

Thank you Co-Chair Thompson and Co-Chair Greenlik, members of the committee. My name is Keyon Reynolds. I have lived in Oregon off and on for the last 21 years. I am currently an assistant Health Coach to my wife Lora Reynolds.

Like many others I am here today to urge Legislature to fully recognize the enormous impact that being overweight and/or obese can have on one's health. I think we are in a precarious position. One where obesity is becoming the norm rather than. There are so many health issues that can be linked in some way to obesity and by addressing one issue we can make great strides in increasing overall health for everyone while significantly reducing the cost of healthcare for all. I would like to briefly explain how this program has benefited me personally.

I am 37 years old and have struggled with my weight since I was around 20 years old. When I was younger it was easy to loose weight so I never really thought of it as an issue. However, as I have gotten older I began to develop health issues such as pain in my joints, migraines, muscle spasms, back pain, and more recently I was told that I had Type 2 diabetes. My doctor told me that I had to loose weight or my health would only get worse. I had started exercising and trying to eat healthier, but at a certain point I couldn't lose any more weight and I was still 80 lbs heavier than my target weight. Then my wife convinced me to go on the Take Shape for Life program.

My wife had been on the program for a couple of months and became a Health Coach and constantly sang the praises of the program. Of course I was skeptical because I had tried so many times in the past and with nominal success. I thought "how is this going to be different". I finally gave in and am so thankful that I did. When I first began the program I weighed 245 lbs and had a host of health problems. I am now 225lbs and still losing. I have much more energy, feel better overall, and now have my blood sugar in check and my Type 2 diabetes has completely reversed.

There are so many benefits to this program and so many people whom would benefit from it. With the cost of healthcare so high it only makes sense to try to focus our efforts on improving the state of health rather than waiting for disease to show and simply treating the disease. There is a real opportunity for this state to be the new model for healthcare in this country. I hope that you seriously consider including this program with other services available to state agencies and those covered by the Oregon Health Plan.

Thank you for your time and consideration.

Sincerely,



Keyon L. K. Reynolds

(503) 397-3248

195 N. 8<sup>th</sup> St.  
St. Helens, OR 97051