



# Humana

### Humana Healthy Horizons: Louisiana Medicaid

#### Childhood obesity

According to the Centers for Disease Control and Prevention (CDC), childhood obesity is a serious problem in the U.S. and puts children and adolescents at risk for poor health.<sup>1</sup>

#### Behavior

Behaviors that influence excess weight gain include:

- Eating high-calorie, low-nutrient foods and beverages
- Taking medicine
- Not getting enough physical activity
- Having trouble sleeping
- Spending too much time watching television or other screen devices

To help children grow and maintain a healthy weight, the CDC recommends:

- Consuming healthy foods
- Being physically active

#### Health risks<sup>2</sup>

- Children who have obesity are more likely to have:
- Breathing problems, such as asthma and sleep apnea



- Fatty liver disease, gallstones, and gastro-esophageal reflux (e.g., heartburn)
- High blood pressure and high cholesterol, which are risk factors for cardiovascular disease
- Increased risk of impaired glucose tolerance, insulin resistance, and type 2 diabetes
- Joint problems and musculoskeletal discomfort
- Low self-esteem and lower self-reported quality of life
- Psychological problems such as anxiety and depression
- Social problems such as bullying and stigma

#### Programs Offered

- MyHumana Go365 program—earn rewards for healthy activities
- YMCA gym membership
- KidsHealth consumer video library
- Child Wellness visits: Early and Periodic Screening, Diagnostic and Treatment
- Bariatric surgery for age 18 and up
- Humana Neighborhood centers in Baton Rouge and Metairie
- Back to school events
- Health Fair Bash
- Access to [findhelp resource](#)

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Healthy Horizons.

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Louisiana  
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