

Lasorsa, Megan

From: Katlin Hilton <khiltonchesterville@gmail.com>
Sent: Tuesday, March 11, 2025 11:52 AM
To: Cmte HHS
Subject: Fwd: Urgent Info-for workshop today
Attachments: IMG-7692.PNG

This message originates from outside the Maine Legislature.

Important info for today's workshop

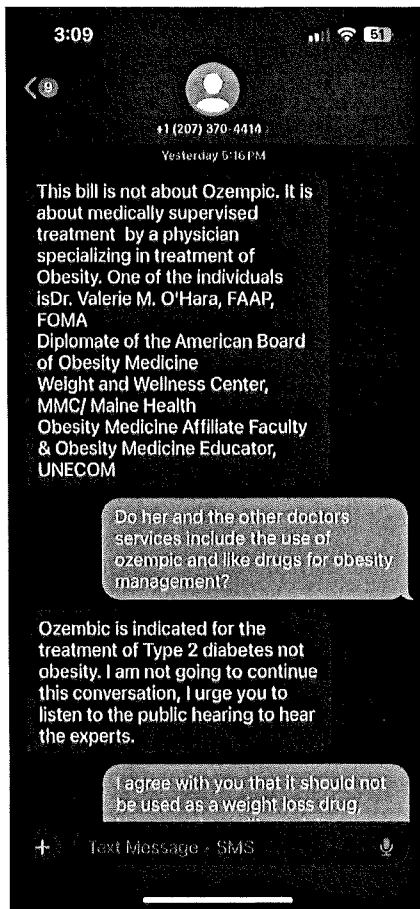
----- Forwarded message -----

From: **Katlin Hilton** <khiltonchesterville@gmail.com>
Date: Tue, Mar 11, 2025 at 11:45 AM
Subject: Urgent Info-for workshop today
To: <Kathy.Javner@legislature.maine.gov>, <Abigail.Griffin@legislature.maine.gov>, <Michael.Lemelin@legislature.maine.gov>, <Ann.Fredericks@legislature.maine.gov>, <Marianne.Moore@legislature.maine.gov>, <Joe.Baldacci@legislature.maine.gov>, <Michele.Meyer@legislature.maine.gov>, <Colleen.Madigan@legislature.maine.gov>, <Margaret.Craven@legislature.maine.gov>, <Sam.Zager@legislature.maine.gov>, <Daniel.Shagoury@legislature.maine.gov>, <Anne.Graham@legislature.maine.gov>, <henry.ingwersen@legislature.maine.gov>

Good morning,

I wanted to share this information with you for today's workshop.

About a month ago, I reached out to LD 480 Bill Sponsor, Anne Graham for clarification on what this bill is about. Here is a screenshot of our conversation here and attached to this email. This conversation was had on Wednesday, February 12th, 2025.



She lied to me twice, once stating the bill is not about ozempic and then again stating that ozempic is indicated for treatment of type 2 diabetes not weight loss.

After my conversation with Anne, I called and emailed all the co-sponsors. They all told me that, yes this bill is about ozempic and similar weight loss drugs. I find this very concerning that the head sponsor of the bill lied to me about what the bill is actually about.

I have owned a gym for 6 years and I have been a personal trainer for 10 years. I am very concerned about this bill and the potential side effects from these drugs. We need to be teaching people how to eat properly, and how to exercise. People can lose weight without the use of these dangerous drugs. I personally lost 70lbs after my first pregnancy, this past year, by diet and exercise. It is all about lifestyle. Did you know the average American's diet is 60% or more UPF (Ultra Processed Foods). We need to make changes to our food system before jumping to the extreme of weight loss drugs with dangerous and fatal side effects. EBT covers snickers bars and sodas, we cannot cause the problem, then act like heros and come in to solve the problem that we created. Not to mention it is cheaper to pay for someone to have 3 organic meals a day, than a month's worth of Ozempic.

Anne Graham needs to be held accountable for lying to a concerned citizen and touting Ozempic as a type 2 diabetes drug, not intended for weight loss.

Thank you,

Katlin Hilton