



To Protect, Promote and Prioritize the Health of Our Entire
Community

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A Common Underlying Condition

The Douglas County Health Department (DCHD) knows there has been a great deal of discussion about underlying conditions and how those impact the outcomes of COVID-19 cases. There now is a new focus on a common health concern.

The Centers for Disease Control and Prevention (CDC) this week added obesity to the list of conditions that can increase the risk of serious illness from COVID-19. Obesity is defined as having a body mass index (BMI) of at least 30 and it's linked with impaired immune function and decreased lung capacity. Obesity also may lower vaccine response, and simply being overweight also may increase the risk.

The DCHD points out that with roughly 40% of American adults considered obese, according to the CDC, this severely increases the at-risk population. Obesity is a complex problem, but steps can be taken to decrease chances of complications from being obese and infected with COVID-19. Those steps include a healthy diet and regular physical activity

On Friday, October 9, the Douglas County Health Department (DCHD) reported 185 new cases of COVID-19 that were received by midnight the previous day. This makes 17,827 total cases in Douglas County since the outbreak began in March.

Sadly, the Health Department received four new death certificates during the past day related to COVID-19. Three men and a woman over 70 years of age have passed. The number of deaths in the county connected to the pandemic has increased to 202. DCHD has confirmed 13,397 county residents have recovered from the illness.

As of this morning, metro area hospitals had 172 medical and surgical beds available for an 88% occupancy rate with 25 Intensive Care Unit (ICU) beds available for a 93% occupancy rate. There were 144 individuals hospitalized who have been diagnosed with COVID 19 and 30 more persons of interest (generally waiting for test results). Thirteen individuals who were confirmed or suspected of having COVID-19 were on ventilators.

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