

Executive Summary

Sixty-five percent of Oklahoma adults are either overweight or obese, and 31% of Oklahoma youth are either overweight or at risk of overweight. Overweight and obesity are associated with many health risks, such as heart disease, high blood pressure, high blood cholesterol, Type 2 Diabetes, some types of cancers, arthritis, depression, and possibly stroke. The estimated cost associated with obesity in Oklahoma is nearly \$1.3 billion each year. This problem affects the health of individuals, families and communities throughout the state.

In 2004, the Oklahoma State Department of Health Chronic Disease Service was awarded a cooperative agreement from the Centers for Disease Control and Prevention to address obesity issues in Oklahoma. From this, the Oklahoma Physical Activity & Nutrition Program (OKPAN) formed. The purpose of the funding was to help Oklahoma build state capacity to address the issues surrounding obesity and obesity-related chronic diseases across the lifespan and develop a physical activity and nutrition state plan (State Plan) to coordinate and inform future efforts on this topic.

OKPAN partnered with the Oklahoma Fit Kids Coalition (Fit Kids) to create the OKPAN Taskforce comprised of many partners across the state. The Taskforce developed strategies in five Focus Areas:

- ✱ Physical Activity
- ✱ Breastfeeding
- ✱ Screen-Time
- ✱ Healthy Eating
- ✱ Surveillance and Evaluation

The strategies developed address the following Settings:

- ✱ Schools and Childcare Facilities
- ✱ Worksite
- ✱ Community/Environment
- ✱ Healthcare

Additionally, input was gathered from the citizens of Oklahoma through five Regional Forums and 24 Facilitated Student Discussions. This information helped identify the environmental, social and policy issues affecting Oklahomans' ability to live healthy, active lifestyles.

The implementation of the strategies in the State Plan will help Oklahomans reach the following goals:

- ✱ Healthy eating and active lifestyle choices available and accessible in all settings
- ✱ Reduced rates of obesity
- ✱ Reduced rates of obesity-related chronic diseases

The State Plan is just a document, but with strong partnerships, commitment, and deliberate action, implementation of the State Plan will improve the health status of Oklahomans.