

eat Better
MOVE
MORE BE
TOBACCO
free

Guidelines for a Healthy Workforce



Be Healthy

Contents

Executive Order
Forward
Introduction

- 06 **Guideline 1: Eat Better**
Sample Menus
Food Substitutions
Food Safety
Healthy Vending
Breastfeeding in the Workplace
- 13 **Guideline 2: Move More**
Physical Activity
- 16 **Guideline 3: Be Tobacco Free**
Quitting Tobacco
- 18 **Resources**
OK Health Mentoring Program
Worksite Breastfeeding Policy
OSDH Tobacco-Free Policy
Acknowledgements
More Information



Executive Order

I, Brad Henry, Governor of the State of Oklahoma, by the authority vested in me pursuant to Sections 1 and 2 of the Oklahoma Constitution, hereby encourage all Appointing Authorities to adopt measures that encourage employees to eat better, move more and be tobacco free.

Obesity has become a national epidemic. Over the past ten years, the number of those who are overweight and obese in Oklahoma has increased at an alarming rate to more than sixty percent of our population. Overweight and obese individuals cost the nation between \$69 billion and \$117 billion per year in medical expenses. In Oklahoma, the cost of obesity-attributable medical expenses is a staggering \$854 million per year.

Lack of physical activity significantly contributes to being overweight and obese. There are a number of serious health-related problems attributable to being overweight and obese such as high blood pressure, high total cholesterol or high levels of triglycerides, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and respiratory problems, some cancers and depression.

Physical activity is key to a healthy weight and lowering the risk of various chronic diseases. Each day presents an opportunity for activity such as walking for at least

thirty minutes a day. I encourage state employees to utilize their daily break times to participate in physical activity to improve physical and mental well-being, thereby meeting the minimum national recommendations of thirty minutes of moderate physical activity a day.

Eating nutritious foods also leads to a healthy weight, thereby reducing the risk of developing many diseases related to obesity. Most employees eat at least one of their meals at work. Setting policies within the workplace will help state employees to make better food choices despite busy schedules. For example, offer only healthy beverages at mid morning or afternoon meetings where food is not necessary. If food is served, offer fresh fruits and vegetables and/or other healthy options to employees.

Along with physical activity and nutrition, being tobacco free will contribute to a healthier Oklahoma. Tobacco use is the leading preventable cause of death in the United States and in Oklahoma. Smoking-attributable productivity costs in Oklahoma average over \$1.4 billion, and this monetary figure does not include expenses due to cigarette caused burns or secondhand smoke-related deaths. About one in four Oklahoma adults smoke, while most want to quit smoking. Tobacco free workplaces protect employees' health, lower health care costs, increase productivity and morale, and reduce absenteeism.

State agencies are encouraged to use the agency's health plan to help employees and their families quit tobacco use; actively support and promote the Oklahoma Tobacco Helpline (1.800.QUIT.NOW); and implement and maintain tobacco free workplace policies and other initiatives.

State government, as the largest employer in the State of Oklahoma, must lead the way in building a culture of health for a Strong and Healthy Oklahoma where we work. I encourage all Appointing Authorities to adopt measures that encourage employees to eat better, move more and be tobacco free. State government employees are encouraged to utilize the Guide to a Strong and Healthy Oklahoma, the Strong and Healthy Oklahoma Web site (www.strongandhealthy.ok.gov), the Guidelines for a Healthy Workforce and the OK Health Program.

This Executive Order shall be distributed to all members of the Governor's Cabinet, which shall cause the provisions of the Order to be implemented.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Oklahoma to be affixed at Oklahoma City, Oklahoma, this 23 day of May, 2007. By The Governor of The State of Oklahoma.

Brad Henry
Executive Department
Executive Order 2007-23

When we think about health, most of us imagine living long and productive lives with bodies that cooperate. Having our health allows us to work, play, and enjoy life. But for many Americans, unexpected interruptions in our health can be life changing. Some of these health-episodes, like the onset of Type 2 Diabetes, can be managed, some cannot.

Oklahoma now has the dubious distinction of being one of the least healthy states in the nation, ranking 1st in heart disease death rates. In order to affect any change in our health status, Oklahomans need to take charge – we need to eat better, move more and be tobacco free where we live, work and learn!

The following Guidelines for a Healthy Workforce were developed so State employees can help spread the word in the workplace that healthy employees are happy employees; they’re more productive, take less sick days and help to keep group insurance rates down.



DID YOU KNOW?

- **Three out of every five** Oklahomans are overweight or obese, and obesity is the gateway to heart disease.
- Oklahomans eat fewer fruits and vegetables than anyone in the country.
- Diabetes costs the citizens of Oklahoma an estimated **\$1.8 billion each year**.
- Oklahoma has the highest rate of premature deaths related to heart disease in the nation, while hospitalization from heart disease costs over **\$1.3 billion annually**.
- Literature reports that an overweight employee costs the employer **\$175 per year**, and the obese employee costs **\$2,485 per year**.
- **Over 30 percent** of Oklahoma adults do not participate in leisure time physical activity.
- Every year an estimated **5,800 Oklahomans die** because of the ill effects of smoking.
- Smoking costs Oklahomans an estimated **\$3,734 per smoker annually**.

If these few facts speak to you about your own health and those with whom you work, keep reading!

Foreword

Strong and Healthy Oklahoma is an initiative to create a culture of wellness that will benefit all Oklahomans. Focusing on health and well-being, Strong and Healthy Oklahoma is connecting programs and partnerships throughout our state to provide access to resources where you live, work and learn.

Strong and Healthy Oklahoma will help all Oklahomans make healthier decisions and ultimately improve life-long health. Please take a moment to review the Guidelines for a Healthy Workforce. It is sure to help you make informed decisions about eating better, moving more and being tobacco free in the workplace. To learn more about the Governor’s Strong and Healthy Oklahoma initiative, go to www.strongandhealthy.ok.gov.

1. Eat Better

When food and beverages are given at work, they're not always healthy. Whether it's a birthday celebration, a meeting, a single presentation, or a workshop, people have come to expect something to eat. We live in a culture where food is plentiful and eating is the norm. With many of us struggling to control our weight in our food-filled environment, why not think differently about the way we plan our meetings and celebrations?

SAMPLE MENUS

Mid-Morning & Mid-Afternoon Meetings

- Consider not serving snacks, but plenty of water.
- Coffee, tea and water alone will satisfy the majority of participants.
- Small bowls of sugar-free candy, pretzels or low-fat snack crackers are appealing.
- Bowls of apples or oranges are better for employees than baskets of bagels and donuts.

Lunch Meetings

- Try serving a mixed green salad with a variety of raw vegetables and low-fat dressing.
- Try fresh fruit salad, low-fat cottage cheese or yogurt.
- Microwave baked potatoes with salsa or vegetable topping.
- Substitute soda with iced water or tea with lemon.
- Summer or winter soups prepared with vegetables of the season.

Workshops, Meetings & Conferences

Planned Away from the Workplace

- Work with conference planners to prepare only healthy snacks, breakfasts, lunches and dinners.
- Work with conference planners to prepare high-energy fruit snacks, trail mix, herbal teas and other healthy eats for mid-morning or mid-afternoon breaks.

Dinner Meetings

Spend as much time interviewing the chef as the keynote speaker! Don't hesitate to offer your own suggestions and remember, potatoes or rice don't have to be served with every entrée. Suggest healthy options such as:

- salad of Romaine, fennel, and leaks with lemon vinaigrette
- pork loin with apples and walnuts
- steamed asparagus with eggbeater hollandaise
- crisp flat bread with olive oil, garlic and basil dipping sauce
- watermelon sorbet

Take some time to plan a healthy menu. If the one above doesn't suit your taste, try the following:

- spinach salad with strawberries and raspberry vinaigrette
- ground round stuffed with mushrooms and onions
- baked acorn squash with walnuts and brown sugar
- steamed snow peas
- fresh fruit

FOOD SUBSTITUTES

When considering bringing food to work, as many of us do, it's a good idea to think about the nutritional value of food and how to store foods safely. You may have thought about the following food substitutes, but not personalized them for yourself. Think about these options the next time you're at home and preparing breakfast, lunch, dinner or snacks to take to work.



HEALTHY CHOICE

DRINKS

water, 100% fruit juices, coffees or teas, carbonated drinks (no sugar)

flavored soft drinks or fruit-flavored drinks, sweet tea

skim or 1% low-fat milk

whole or 2% milk

BREAKFAST

fresh fruits, dried fruits

sweetened canned fruits

lowfat yogurt

regular yogurt

small bagels (3 1/2" or smaller)

regular or large bagels

small or mini whole grain muffins

regular or large muffins

small, low-fat muffins or granola bars

muffins, croissants, doughnuts, sweet rolls, pastries

toppings of light margerine, low-fat cream cheese, jam or jelly, natural peanut butter

regular butter, cream cheese, peanut butter

unsweetened whole grain cereals

sweetened cereals

whole-grain waffles

waffles made from white bread

100% whole-grain bread

white bread

HEALTHY CHOICE

SNACKS

roasted almonds

potato chips

dried fruits, apples, oranges or grapes

fruit roll-ups

LUNCH & DINNER

salads with dressing on the side

salads with added dressing

low-fat or fat-free dressings

regular salad dressings

soups made with skim milk

soups made with cream

pasta salads with low-fat dressings

pasta salads made with mayonnaise or cream dressing

sandwiches on whole grain bread

sandwiches on croissants or white bread

lean meats, fish, poultry or tofu

high-fat/fried meats

Lunch habits are hard to break. Going out to eat for lunch every day helps pack on the pounds. Consider bringing your lunch every day and if that gets boring, organize a progressive salad luncheon at your worksite! It's fun to see a salad take shape. Be creative! Think sprouts, sesame seeds, red leaf lettuce, beets, green onion – you get the idea – now have fun with food and fill up healthy!



FOOD SAFETY

Safe steps in food handling, cooking and storage are essential to prevent food-borne illness. You can't always see, smell or taste harmful bacteria that may cause illness. In every step of food preparation, follow these guidelines to keep food safe and employees healthy.

Clean & Separate

- Wash your hands with warm soap and water for at least 20 seconds before and after handling food.
- Wash cutting boards, dishes, utensils, and counter tops with hot soapy water and sanitize after preparing each food item, and before going on to the next food item.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood and sanitize the cutting board between meat species.
- Never place cooked food back on a plate that previously held raw meat, poultry, seafood or eggs.

Cook

- Cook meat to a minimum of 165°F for poultry/stuffed foods, 155°F for ground meats, and 145°F for seafood/pork.
- On a buffet table, hot food should be kept at 135°F or higher.
- Leftovers should be reheated to 165°F throughout before eating.

Chill

- Refrigerators should be kept at 41°F or below.
- Perishables, prepared foods, and leftovers shall be used in less than four hours, if not, discard the prepared food or leftover because it has been in temperature "danger zone" for too long.
- Separate large amounts of leftovers into smaller amounts for quicker cooling in the refrigerator.
- Three safe ways to defrost food:
 - 1 in the refrigerator
 - 2 submerged under cold running water
 - 3 in the microwave as part of the cooking process



What's the vending policy in your agency? Ask your Wellness Coordinator to help identify healthy snacks. Don't settle for less – your health depends on it!

"The first wealth is health."

-Ralph Waldo Emerson



HEALTHY VENDING

In order to increase employee access to healthy food and beverage options at work, employers are encouraged to implement the following healthy food and beverage recommendations regarding their onsite vending machines.

Ask your vendor about including some of the following options:

- low fat/calorie chips (baked or whole grain)
- whole grain crackers
- fig bars
- pretzels
- canned fruit (in juice or light syrup)
- low fat popcorn
- low fat/calorie granola/cereal bars
- dried fruits, such as raisins, apricots and apples

For refrigerated units choose:

- fresh fruit and vegetables
- low fat or fat free cottage cheese or pudding
- salads with low fat/calorie dressing
- water
- 100% fruit juices
- 100% vegetable juices
- skim or 1% milk

SUPPORT BREASTFEEDING IN THE WORKPLACE

Breastfeeding is widely known to benefit mothers and infants both from a nutritional and bonding aspect. A lesser-known fact is that breastfeeding also benefits employers of working mothers. Support the ability for women to breastfeed after returning to work by providing a comfortable, private space for them to nurse or express milk.



When planning conferences, don't forget your breastfeeding moms. Work with your conference planner to offer a lactation room for participants.

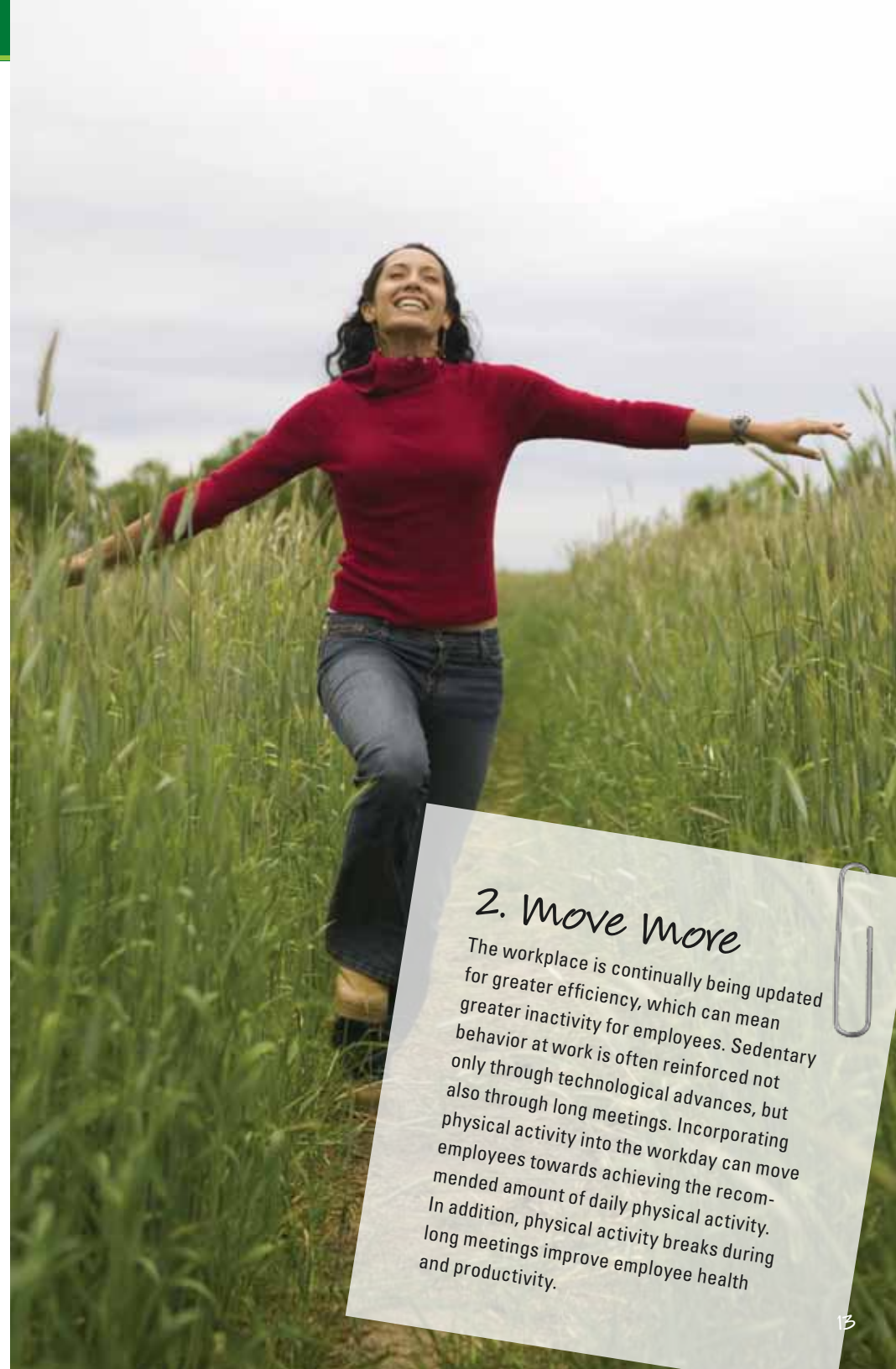
OSDH Worksite Breastfeeding Policy

The OSDH sets a good example by implementing a worksite breastfeeding policy. See page 20.

Businesses benefit a great deal by supporting breastfeeding mothers:

- have shorter absences when they do miss work and tend to return earlier from maternity leave
- reduction in staff turnover and retention of skilled workers after giving birth
- reduction in use of sick days/personal leave due to a sick child
- lower and fewer health insurance claims
- enhanced job productivity, employee satisfaction, loyalty, and morale
- overall positive image of a "family friendly" company, which serves as an enticing recruitment incentive

Since breastfeeding is in the best interest of mother, baby and employer, the workplace environment should include accommodations for a comfortable lactation experience. The workplace environment has a responsibility to enable new mothers to continue to breastfeed after returning to work.

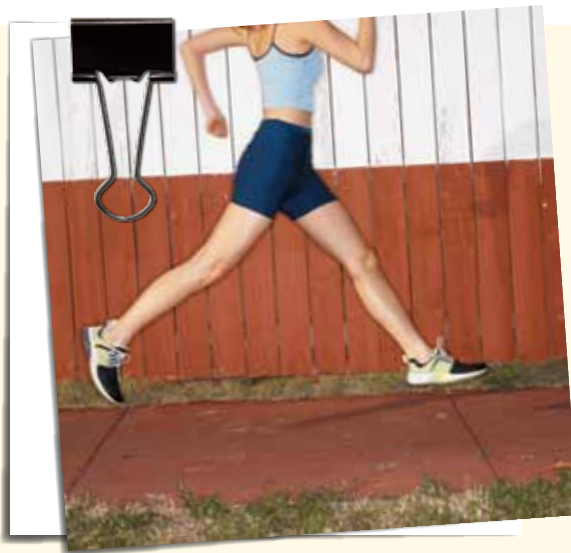


2. Move More

The workplace is continually being updated for greater efficiency, which can mean greater inactivity for employees. Sedentary behavior at work is often reinforced not only through technological advances, but also through long meetings. Incorporating physical activity into the workday can move employees towards achieving the recommended amount of daily physical activity. In addition, physical activity breaks during long meetings improve employee health and productivity.

PHYSICAL ACTIVITY

Adults gain substantial health benefits from two and one half hours a week of moderate intensity aerobic physical activity, or one hour and 15 minutes of vigorous physical activity. Aerobic activity should be performed in episodes of at least 10 minutes. Adults should incorporate muscle strengthening activities at least two days a week.



Moderate Intensity

- walking briskly
- water aerobics
- ballroom dancing
- gardening

Vigorous Intensity

- race walking
- jogging
- running
- swimming laps
- jumping rope

Muscle Strengthening

- weight training
- push-ups
- sit-ups
- carrying heavy loads
- heavy gardening

Lower Your Risk

- early death
- coronary heart disease
- stroke
- type 2 diabetes
- high blood pressure
- colon and breast cancer
- depression



Many Oklahoma adults spend most of their time during the day in the workplace. You don't have to be an aerobics instructor to lead a physical activity break. The important thing to remember is to have fun and be safe!

"Movement is the celebration of life."

-John Selland



Physical Activity Breaks

It's important to include physical activity breaks during meetings, especially those lasting longer than an hour. This can help participants stay focused and involved. See below for ideas on incorporating physical activity into meetings, workshops and conferences.

Things to Consider

- Use icebreakers that encourage people to move.
- Include activity breaks in meeting agendas.
- Set dress codes that allow for comfortable clothing and shoes.
- No one should be required to participate.
- Allow each person to move at his/her own pace.
- Keep people moving for 5 to 10 minutes and get their hearts pumping.

Multiple Day Conferences

- Book conference rooms at hotels that have onsite fitness centers.
- List nearby activity opportunities in the conference brochure.
- Provide participants maps of nearby attractions and walking trails.
- Organize walking or jogging groups.

Tips for Increasing Physical Activity

- Wear a pedometer at work; pedometers are great motivators to move more during your work-day; every step counts! Work up to 10,000 steps a day!
- Take the stairs instead of the elevator.
- Stretch your arms and legs; use a resistance band for a 5-minute stretch.
- Stretch your stress away; tension in your shoulders, neck and back is easy to release with standing stretches and a resistance band.
- Turn a meeting into an opportunity for physical activity – walk while you talk!

QUITTING TOBACCO

Regardless of how much or how long you have used tobacco, you will experience the benefits of quitting as soon as you quit. Smoking or chewing tobacco is a powerful addiction. But, thousands quit every year, and so can you!

Tips to Help You QUIT

Make an Appointment

Schedule an appointment with your healthcare provider. Your doctor can recommend medications that will help you through the process of quitting.

Call The Oklahoma Tobacco Helpline

- 1.800.QUIT.NOW (1.800.784.8669)
- The Helpline provides free, personalized assistance administered by professional tobacco cessation specialists. During a series of up to five telephone sessions, the specialists assist callers in developing and working through a quit plan based on their individual needs, as well as identifying and accessing benefits to cover the cost of patches, gum or other cessation aids.

Dangle the Financial Carrot

Give yourself a financial incentive to quit by putting the money you would have spent on tobacco products in a glass jar.

Make a Plan

Plan and set a quit date. Give yourself some time to prepare before launching into your quit attempt. Make a list of all your reasons for quitting and put this list where you will see it often. Think about reasons you smoke or chew, and brainstorm how to change those routines and avoid cues that prompt you to light up or dip. Mark your quit date on your calendar and get mentally prepared.



Support a Tobacco Free Environment

Book your conferences, meetings and workshops at tobacco free sites to provide a healthy environment.

HealthChoice Tobacco Cessation Program

Effective January 1, 2008, HealthChoice expanded its coverage of medications that can help in kicking the habit for all active and retired HealthChoice members and dependents 18 years of age and older. HealthChoice now covers two full 90-day courses of any FDA-approved tobacco cessation product per year. The covered medications include:

- Chantix™ (varenicline)
- Nicotrol® Inhaler (nicotine)
- Nicotrol® Nasal Spray (nicotine)
- Bupropion SR 150mg (generic for Zyban®)
- Buproban 150mg (generic for Zyban®)

Not a HealthChoice Member?

Contact your insurance provider to find out what tobacco cessation benefits are offered.

3. Be Tobacco Free

Promoting and supporting a tobacco-free workplace is more than just good business sense; it says a lot about your agency's commitment to you, your coworkers and your customers.



OK HEALTH MENTORING PROGRAM

The OK Health Mentoring Program is a comprehensive lifestyle management program offered to active state employees. There are no quick fixes. The program emphasizes making small changes over time to help lower the risk for cardiovascular disease. It is administered over the telephone and Internet at the worksite.

Participants are assigned a personal mentor to guide them through establishing specific, personal goals and a plan to meet those outlined goals. The program is 12 months long, and the number of appointments is determined by the participant's risk level for cardiovascular disease. Educational kits on various topics are assigned and discussed thoroughly during appointments.

Participants receive incentives in the form of one free visit to physician and waived lab work specific to OK Health requirements, as well as discounts to select fitness centers. Some agencies offer financial incentives to their employees who participate in the OK Health Mentoring Program. Incentive levels range from \$100 to \$500, paid in three installments. The columns below show more of what participants should expect to receive.



For more information about the program or to join, go to www.ebc.state.ok.us/en/OkHealth or call 1.800.219.8115.

Eating Better

- a detailed meal plan
- recommendations on daily food group servings, fat grams and other nutrients
- food diaries to track food intake
- extensive Nutrition Kits
- one-on-one help from an OK Health Mentor

Moving More

- recommendations on frequency, intensity and duration of physical activity
- diaries to track physical activity routines
- extensive Physical Activity Kits
- one-on-one help from an OK Health Mentor

Being Tobacco Free

- assistance with determining quit date
- extensive kits on becoming tobacco free
- kits on maintaining a tobacco free status
- one-on-one help from an OK Health Mentor

4. Resources

Are you looking to make healthier food choices? Would you like to learn new ways to incorporate physical activity in your workday? Or, are you ready to quit using tobacco? If any of these sound familiar, the OK Health Program is just for you! The following pages will give you insight on the OK Health Program as well as examples of what the Oklahoma State Department of Health has done through policy implementation to impact the health of its employees. In addition, you will find a list of Web sites to help get you started on your path to a healthier you!

WORKSITE BREASTFEEDING POLICY

Objective

To inform employees of the benefits of breastfeeding, and provide a work environment supportive of breastfeeding when employees return to work.

The Oklahoma State Department of Health (OSDH) identifies breastfeeding as the normal method of nurturing infants and recognizes breastfeeding as fundamental in achieving optimal infant and child health, growth and development. Therefore, the OSDH encourages activities that promote, protect and support breastfeeding and the health of all Oklahoma children.

Procedure

Because employees breastfeeding their infants need ongoing support in the worksite to provide breast milk for their babies, it is the policy of the OSDH that:

- A positive environment supportive of breastfeeding is maintained, and breastfeeding promotion information is provided to employees. A copy of the Worksite Breastfeeding Policy will be provided to all employees at new employee orientation. Breastfeeding information and resources will be readily available for employees. All work sites (OSDH and county health department) will display in locations accessed by employees and the public, positive messages supporting breastfeeding. (All worksites are strongly encouraged to provide a hospital grade breast pump for employee use).
- A "Back-To-Work" consultation is available for employees who plan to breastfeed and employees whose partner plans to breastfeed. This consultation will provide information to promote a successful transition while continuing to breastfeed.

- Employees shall be provided flexible breaks to accommodate breastfeeding or milk expression. If the time exceeds normal time allowed for lunch and breaks, employees may be allowed to adjust working hours.
- Employees are provided a place to breastfeed or express their milk. Reasonable efforts are made to provide a private, secure, and sanitary room or other location (other than a restroom) in close proximity to the work area, where an employee can express her milk or breastfeed her child who may visit during work hours. The private room will include an electrical outlet to accommodate an electric breast pump, a comfortable chair, and access to a clean water source, soap and hand washing facility.
- Employees are allowed to use an available refrigerator for safe storage of expressed milk. Employees may use their own cooler packs to store expressed breast milk, or may store milk in a designated refrigerator/freezer. Employees will be required to provide their own containers, clearly labeled with name and date.
- Supervisors will ensure that employees are aware of these workplace accommodations, and receive a copy of the Worksite Breastfeeding Policy and breastfeeding information, when they are informed of the employee's pregnancy.



Employees who have questions concerning breastfeeding, or who may need breastfeeding support, may contact the Maternal and Child Health Service (MCH) 405.271.4480 or the Women, Infants and Children Service (WIC) 405.271.4676.

"We do not stop exercising because we grow old - we grow old because we stop exercising."

- Dr. Kenneth Cooper, Cooper Institute

OSDH TOBACCO-FREE POLICY

Objective

To eliminate all tobacco use indoors and outdoors on the premises of all Oklahoma State Department of Health facilities including County Health Departments, in state vehicles used for OSDH business, and by OSDH personnel providing services in clients’ homes.

The Oklahoma State Department of Health strives to be a leader in protecting the health of its employees and everyone visiting its facilities. The OSDH sets a good example by adopting the following tobacco-free policy.

Procedure

Tobacco use is Oklahoma’s leading preventable cause of death, and exposure of non-smokers to secondhand smoke is the third leading preventable cause of death. Reduction of smoking and other forms of tobacco use and protection of the public from involuntary exposure to secondhand smoke are among the top priorities of the Oklahoma State Department of Health as outlined in recent annual State of the State’s Health Reports.

This policy is to help reduce tobacco use among this Department’s employees and throughout Oklahoma, and it is not intended to be punitive towards any OSDH employees. The Oklahoma State Department of Health is committed to encouraging and providing support to any OSDH employee who wishes to engage in a tobacco dependency treatment program, within the Department’s available resources.

The Oklahoma State Department of Health strives to be a leader in protecting the health of our employees and everyone visiting our facilities and to set a good example through the conduct of our personnel by adopting the following tobacco-free policy:

- 1 The use of tobacco products shall be prohibited throughout all indoor and outdoor areas of premises under the control of the Oklahoma State Department of Health, in all vehicles on those premises, and in state vehicles in use for OSDH business anywhere.
- 2 This policy applies to all employees, clients, visitors and others on business at all Oklahoma State Department of Health premises.



- 3 The Central Office and each County Health Department or other facility shall identify the boundaries of its premises, post this information for public reference, and provide notice of this policy with appropriate signage, including signs at the entrances to the properties and/or other locations as needed.
- 4 County Health Departments and other facilities that share a building with other offices shall eliminate tobacco use in their offices and from all the indoor and outdoor premises under their control. They shall encourage tobacco-free policies for all tenants and throughout the entire premises.
- 5 Tobacco product receptacles shall be removed from the premises, including any ash cans near entryways.
- 6 OSDH employees shall not use tobacco products while providing services in clients’ homes.
- 7 To the extent allowed by Oklahoma law, contracts to provide services to the public on behalf of OSDH entered into on or after the effective date of this policy shall require contractors to follow the tobacco-free policy of OSDH in performance of services for OSDH.
- 8 Violation of this policy by an OSDH employee shall be cause for management/supervisor intervention and may result in corrective or disciplinary action in accordance with the OSDH Administrative Procedures Manual and state personnel rules.

Resources

Acknowledgements

Organization & Content

Kathy Payne, MHR
Traci House, M.Ed., CHES
Brittney Foy, BS, CHES

Design

Sara Ramsey, BFA

More Information

Strong and Healthy Oklahoma
www.strongandhealthy.ok.gov

Certified Healthy Business Program
www.okturningpoint.org

OSDH Breastfeeding Information and Support
www.bis.health.ok.gov

Physical Activity Guidelines for Americans
www.health.gov/paguidelines

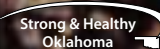
Fruits and Veggies - More Matters®
www.fruitsandveggiesmorematters.org

Become An Ex
www.becomeanex.org

Tobacco Stops With Me
www.stopswithme.com

Oklahoma Tobacco Settlement Endowment Trust
www.tset.ok.gov

Lead the Way



The OSDH is an equal opportunity employer. This publication, printed by Central Printing, was issued by the OSDH as authorized by Rocky McElvany, MS, Interim Commissioner. 1,000 copies were printed in July, 2009 at a cost of \$2,282. Copies have been deposited with the Publications Clearinghouse of the Oklahoma State Department of Libraries.