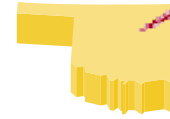




# **Strong & Healthy Oklahoma**



## **Mission:**

**To encourage all Oklahomans to  
eat better, move more, and be tobacco free  
where we live, work, and learn.**



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# Collaborative Effort

State Government Agencies

+

Statewide Coalitions

+

Private Organizations

+

Turning Point Partnerships

+

Oklahomans

=

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# Why Strong and Healthy Oklahoma?

- Overweight & Obesity have doubled!
- 65% of US adults are overweight
- 1 in 2 overweight adults are obese
- Tobacco is the leading preventable cause of death!



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# Overweight & Tobacco Use

- Increased risk of:
  - asthma
  - arthritis
  - diabetes
  - heart disease
  - high blood pressure
  - high cholesterol
  - osteoporosis
  - some types of cancer
  - stroke
  - financial hardships
  - high medical costs
  - lost wages
  - loss of productivity
  - increased sick days
  - unaffordable health coverage



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# State of Oklahoma's Health

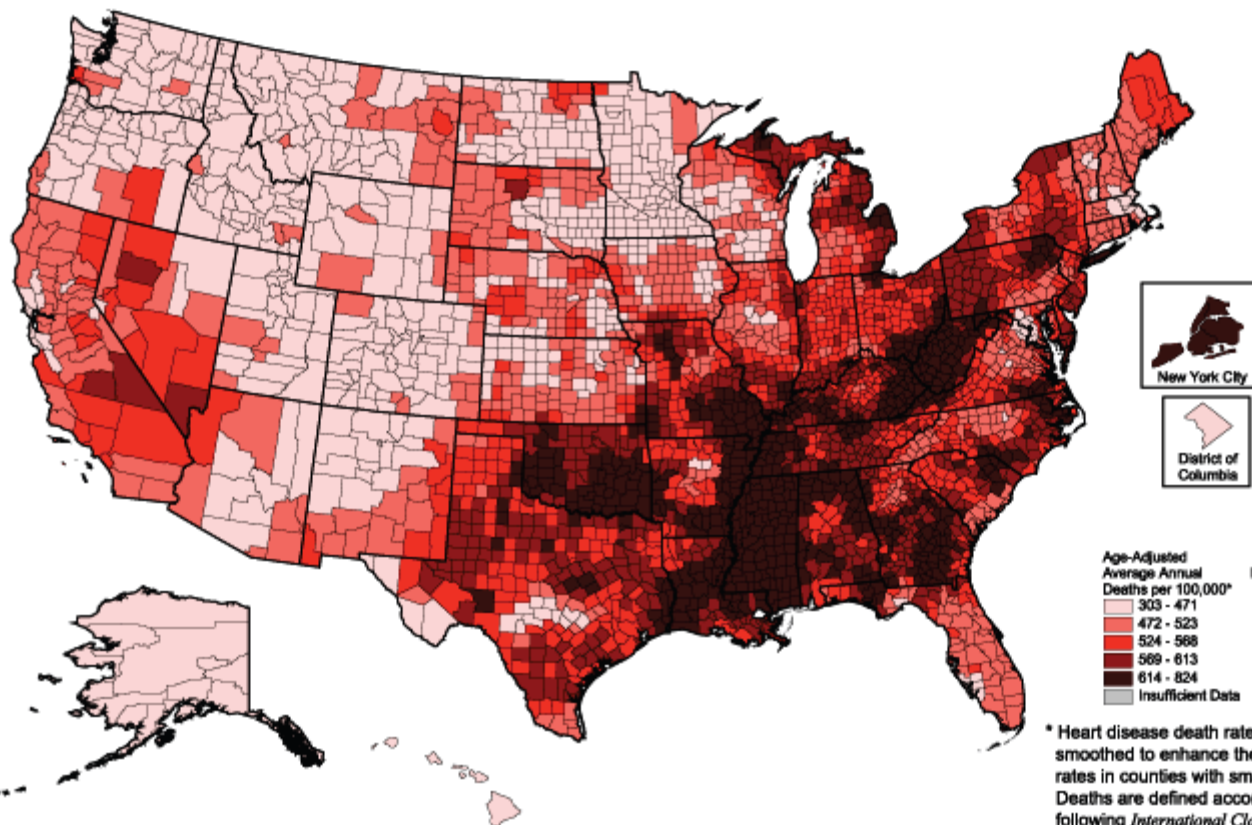
- 1st in deaths from heart disease
- 1st in lowest fruit & vegetable consumption
- 5<sup>th</sup> in adults who smoke
- 8<sup>th</sup> most sedentary state
- 11<sup>th</sup> in the nation for adult diabetes
- 13<sup>th</sup> heaviest in the country



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## Heart Disease Death Rates, 1996-2000 Adults Ages 35 Years and Older, by County



Age-Adjusted Average Annual Deaths per 100,000*	Number of Counties
303 - 471	624
472 - 523	630
524 - 568	634
569 - 613	610
614 - 824	603
Insufficient Data	1

\* Heart disease death rates are spatially smoothed to enhance the stability of rates in counties with small populations. Deaths are defined according to the following *International Classification of Diseases (ICD)* codes:  
 ICD-9: 390-398, 402, 404-429  
 ICD-10: I00-I09, I11, I13, I20-I51.

Data Sources: National Vital Statistics System, U.S. Census Bureau.



Department of Health and Human Services  
 Centers for Disease Control and Prevention  
 National Center for Chronic Disease Prevention and Health Promotion  
 May 2004



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# Who Can Benefit?

- All Oklahomans!
  - Older Adults
  - Adults
  - Teens
  - Kids
  - Women
  - Men
  - Rural Residents



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# Don't Get Stuck in a Health Rut

- Arthritis
- Diabetes
- High Blood Pressure
- Mental Health
- Overweight
- Physical Limitations



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# What Can Oklahomans Do?

- Eat Better
- Move More
- Be Tobacco Free



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# Eat Better

Increase daily fruit/vegetables intake

+

Increase daily fiber and water intake

+

Reduce unhealthy fat and sugar intake

=

Fewer Calories!



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# Tips to Eat Better

- Control Portion Sizes
- Read Food Labels
- Shop Local Farmers Markets
- Choose Healthier Vending Options
- Try Healthier “Fast Foods”
- Support Breastfeeding Moms



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# Move More

Increase daily physical activity

+

Reduce daily sedentary activity

=

Fewer Calories!



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# Tips to Move More

- 30 minutes of daily moderate activity
- 20 minutes of daily vigorous activity
- 10,000 steps a day (approx. 5 miles)
- Walk at Work and School during Breaks
- Seek Local Parks, Trails, and Pools
- Park and Walk
- Take the Stairs



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# Be Tobacco Free

Call 1-800-QUIT-NOW

+

Support Tobacco Free Policies

=

## Tobacco Free Oklahoma!



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# Tips to Be Tobacco Free

- Call 1-800-QUIT-NOW
- Join a Freedom From Smoking Class
- Ask Your Insurance Provider about NRT
- Talk to Kids about NOT using Tobacco
- Support 24/7 Tobacco Free Schools
- Look for Breathe Easy Signage



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# Where We Live

- Annual Walk This Weigh Events
- Community Gardens
- Expanding Trail Systems
- Farmer's Markets
- Safe Routes to Schools
- Group Arthritis Exercise Programs



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# Where We Work

- Healthier Vending Options
- Start a Farmer's Market
- Flexible Breaks for Physical Activity
- Private Breastfeeding Rooms
- Tobacco Free Workplace Policy
- Promote Oklahoma Tobacco Helpline



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# Where We Learn

- Get involved in the OK Fit Kids Coalition
- Promote after-school programs that offer healthy snacks and physical activity
- Promote school-based nutrition and fitness programs
- Sign up for nutrition and cooking classes at your local extension service
- Find resources in your area to help improve physical activity, nutrition, and tobacco prevention/control



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# Other Strong and Healthy Oklahoma Tips

- See Your Doctor for a Check-Up:
  - Blood Pressure
  - Cholesterol
  - Blood Glucose
  - Body Mass Index
  - Waist/Hip Ratio
- Ask About an Aspirin-A-Day Therapy



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# For More Information

- Pick up “Guide to a Strong and Healthy Oklahoma – The Centennial Edition”
- Visit: [www.strongandhealthy.ok.gov](http://www.strongandhealthy.ok.gov)
- Talk to Your Health Care Provider



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