



comanche county

COMANCHE COUNTY (MEASURE; GRADE)

MORTALITY

INFANT (RATE PER 1,000)	7.6	C
TOTAL (RATE PER 100,000)	952.1	F

LEADING CAUSES OF DEATH

(RATE PER 100,000)		
HEART DISEASE	272.0	F
CANCER	214.3	F
STROKE	57.9	F
CHRONIC LOWER RESPIRATORY DISEASE	71.8	F
UNINTENTIONAL INJURY	41.7	C
DIABETES	35.5	F
INFLUENZA/PNEUMONIA	30.4	F
ALZHEIMER'S DISEASE	21.8	C
NEPHRITIS (KIDNEY DISEASE)	14.1	C
SUICIDE	12.7	C

DISEASE

DIABETES PREVALENCE	9.9%	D
ASTHMA PREVALENCE	8.3%	C
CANCER INCIDENCE (RATE PER 100,000)	466.4	C

RISK FACTORS & BEHAVIORS

FRUIT/VEGETABLE CONSUMPTION	15.1%	F
NO PHYSICAL ACTIVITY	30.7%	F
SMOKING	27.5%	F
OBESITY	27.8%	D
IMMUNIZATIONS < 3 YEARS	79.9%	C
SENIORS FLU VACCINATION	73.0%	C
SENIORS PNEUMONIA VACCINATION	71.1%	B
LIMITED ACTIVITY DAYS (AVG)	5.5	D
POOR MENTAL HEALTH DAYS (AVG)	4.0	F
POOR PHYSICAL HEALTH DAYS (AVG)	3.9	B
GOOD OR BETTER HEALTH RATING	82.5%	D
TEEN FERTILITY (RATE PER 1,000)	28.0	D
FIRST TRIMESTER PRENATAL CARE	83.2%	C
LOW BIRTH WEIGHT	8.5%	C
ADULT DENTAL VISITS	68.7%	C
USUAL SOURCE OF CARE	76.2%	D

SOCIOECONOMIC FACTORS

NO INSURANCE COVERAGE	16.1%	C
POVERTY	17.6%	F

Fit Kids of Southwest Oklahoma

Coalition Priorities

- Physical activity
- Healthy eating

About Us

Childhood obesity is the greatest health threat facing our children and arguably our state today. The fact that the Centers for Disease Control and Prevention and other leading health experts predict that this generation of children will be the first that will *not* outlive their parents due to the health implications of obesity is deplorable. This profound statement is the driving force behind the Southwest Oklahoma Fit Kids Coalition. In fact, their motto follows that statement with “not OUR kids!” Fit Kids of Southwest Oklahoma, originally Lawton Fit Kids, was developed in 2005 to serve as a coordinating organization in an effort to create a more active and healthy community for children. As the name indicates, the focus of Fit Kids is children but they realized that they must develop and grow an active and healthy community for all persons. Southwest Oklahoma Fit Kids has taken a comprehensive approach to reaching families where they live, work, and learn. Southwest Oklahoma Fit Kids promotes the idea of creating a community-based participatory process to improving community life. A pilot study is currently in progress in ten elementary schools.

Key Activities

- \$100,000 MacMahon Foundation Grant (for school fitness)
- Alliance for a Healthier Generation Initiative (AHG)
- Implemented Beat the Track
- Implemented Farm to School
- Safe Routes to School and Walking School Bus
- Intramural sports for middle school and high school students
- 6th hour PE offered at YMCA
- Kids in the Kitchen
- WALK (Wellness And Lawton's Kids)
- PLAY (Preventive Lifestyles for Active Youth)
- Super Kid's Marathon
- Spirit of Survival Marathon
- Miracle League Fields
- Fitness Trailway through the wildlife refuge
- Accessible Communities Model City Project
- Commanding General's Walk /Run Challenge: Western Miles
- Civilian Health Improvement Program