



**SPECIAL  
POINTS OF IN-  
TEREST:**

- SoonerFit
- Children's Fun Fair
- Insure Oklahoma Week
- Red Rock Behavioral Health Services
- Health Improvement Plan
- Hobart SWAT



## Focusing on Trans Fats and Saturated Fats

Anyone striving to make their happy plates healthier plates should be pleased to know the job may get a little easier if the committee updating the nation's dietary guidelines confirms a preliminary recommendation to boot dietary cholesterol off the list of nutrients we should be worried about overconsuming.

In a report released in February, the 2015 Dietary Guidelines Advisory Committee stated "cholesterol was not a nutrient of concern for over-consumption" because of a lack of evidence dietary cholesterol affects our blood cholesterol.

The report also notes that typical cholesterol intake for women is below the recommended limit of 300 mg daily and that adult males 19 years to 70 years old tend to be just slightly over that bar.

"We should more closely watch our intake of saturated fat and trans fat because we know they play a bigger role in increasing the unhealthy LDL-cholesterol in the blood," said Janice Hermann, Oklahoma State University Cooperative Extension nutrition specialist.

High blood LDL-cholesterol can promote the development of atherosclerosis, which is a leading risk factor for cardiovascular disease.

Leading food sources of saturated fat are full-fat dairy products, high-fat meats, and high-fat bakery products and snack foods.

Trans fats are made from partially hydrogenated oils, which make cooking easier but can also raise LDL-cholesterol. High-fat bakery products and snack foods, fried foods and stick margarine are some main food sources of trans fats.

"Your body needs some fat to function properly, so you don't want to completely eliminate it from your daily diet," Brenda Medlock, Kiowa County Extension Educator FCS/4-H. "Instead, try incorporating healthier choices such as lean meats or poultry and low-fat or fat-free milk, yogurt and cheese. You can also switch from using solid fats to oils when preparing foods."

Also, focus on building a healthy plate that more often features vegetables, fruits, whole grains, lean meats and low-fat dairy products. Sources of saturated fats and trans fats should be only occasional choices.

"When it comes to eating healthier, there really is no short cut," Medlock said. "It's a matter of making positive choices."

For more information on healthy eating, contact your county Extension office and visit [www.choosemyplate.gov](http://www.choosemyplate.gov).

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Red Rock Behavioral Health Services



Kiowa County Health Department



# SoonerFit.org

The Oklahoma Health Care Authority battles obesity in an innovative way. We want Oklahomans to be SoonerFit!



In Oklahoma one in three kids between the ages of 10 and 17 are overweight or obese. Oklahoma is predicted to have the highest obesity rate in the country by 2018. Obesity remains high at 32.2 percent of adults; 875,000 adults are obese in Oklahoma.\*



OHCA promotes SoonerFit statewide through various communication channels via community outreach, print materials and social media.

Find links to local farmers' markets that take Supplemental Nutrition Assistance Program (SNAP) benefits



The website also includes links to healthy recipes, low cost gyms, cooking demos, motivational videos, exercise routines, #mysoonercare story videos, fitness challenges, and lots more!

Tobacco Cessation



(\*Source: 2011 to 2012 National Survey of Children's Health)

Healthy Recipes



Exercise Demos



SoonerFit will offer fitness challenges statewide.



February SoonerFit Challenge winner with FitBit

The Oklahoma Health Care Authority wants to help in an innovative way. We want Oklahomans to be SoonerFit!

The SoonerFit website, [www.soonerfit.org](http://www.soonerfit.org), contains information that Sooner-Care members, providers and all Oklahomans can use as an aid to leading a fit and healthy lifestyle in a fun, affordable and easy way.

The website includes fitness challenges, budget friendly healthy recipes, family activity ideas, and exercises you can do at home and work.

KIOWA COUNTY

CHILDREN'S FUN FAIR

FRIDAY, MAY 1ST  
COUNTY FAIRGROUNDS  
5-7 PM

FOR CHILDREN AND FAMILIES.

**FREE ADMISSION FOOD! GAMES! FUN!**



## Ten years, thousands of lives: Insure Oklahoma celebrates milestone in keeping Oklahomans healthy

Gov. Mary Fallin proclaims March 23-27 "Insure Oklahoma Week"

Debbie Guinn echoes the sentiments of many working Oklahomans who pay for health insurance with the help of Insure Oklahoma, the state's premium assistance program for businesses and employees: "I don't really know what I would do without it."

Guinn is one of thousands of Oklahomans who have received assistance from Insure Oklahoma since it launched in 2005. To celebrate the program's 10<sup>th</sup> year in bridging the health coverage gap facing some lower-income workers, Gov. Mary Fallin issued an executive proclamation declaring March 23-27 "Insure Oklahoma Week."

"Insure Oklahoma is a key part of our effort to improve health outcomes in Oklahoma and improve quality of life," Fallin said. "It was developed by Oklahomans, for Oklahomans, and serves as a national model of an innovative public-private partnership to provide health care coverage for thousands of working adults in our state."

Fallin's proclamation can be viewed on the Oklahoma Secretary of State's [website](#). During "Insure Oklahoma Week," Oklahoma Health Care Authority plans to share stories on the agency's [Facebook](#) and [Twitter](#) pages from businesses and individuals, like Guinn, who credit the program with making it possible to access quality health care.

"Since 2005, Insure Oklahoma has helped more than 9,500 businesses offer health coverage to their employees," said Nico Gomez, Oklahoma Health Care Authority CEO. "Insure Oklahoma's successes have built a strong foundation for the future of the program."

Insure Oklahoma is funded by the state's tobacco tax matched with federal funds. It is currently authorized to operate through December 31, 2015, and state officials continue to work toward a solution for long-term sustainability.

Today, nearly 5,000 businesses and almost 18,000 lower-income Oklahomans are enrolled in either Insure Oklahoma's Employer-Sponsored Insurance (ESI) plan or Individual Plan. Under the ESI plan, private health premium costs are shared by Insure Oklahoma (60 percent), the employer (25 percent) and the employee (15 percent). The Individual Plan allows those who don't have access to health insurance through their employer -- including the self-employed, temporarily unemployed and college students -- to buy health benefits directly through the state.

### About OHCA

The Oklahoma Health Care Authority (OHCA) administers Oklahoma's Medicaid program, known as SoonerCare, and Insure Oklahoma, a premium assistance program funded by tobacco tax revenue. SoonerCare works to improve the health outcomes of Oklahomans by ensuring that medically necessary benefits and services are responsive to the health care needs of our members. Qualifying Oklahomans include low-income children, pregnant women, seniors, the disabled, those being treated for breast or cervical cancer and those seeking family planning services. All must meet income guidelines. Insure Oklahoma assists qualifying adults and small business employees in obtaining health care coverage for themselves and their families. OHCA works with our current 819,110 members, our statewide network of 40,161 health care providers and numerous state and local partners to promote responsible health care service utilization, healthy behaviors and improved health outcomes. For more information, visit [www.okhca.org](http://www.okhca.org) or [www.insureoklahoma.org](http://www.insureoklahoma.org).

## RED ROCK BHS

Striving to meet the behavioral and emotional needs of today's youth and families

### TRAUMA SERVICES

#### COMMON TRAUMATIC EVENTS

- Death of a loved one
- Serious injury of self or a loved one
- Threats
- Physical, sexual, emotional abuse

#### POSSIBLE SYMPTOMS TO BE ASSESSED

##### BY OUR TRAINED CLINICIANS:

- Intense fear, helplessness, horror, disorganization, irritable behavior, flashbacks, nightmares, distress, anger, difficulty sleeping, and concentrating

Red Rock has trained staff in a type of therapy called Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

For more information contact: **Red Rock BHS/Hobart 580-726-2483**



The Oklahoma State Department of Health and Community Partners are excited to unveil the next five years of the Oklahoma Health Improvement Plan! This comprehensive statewide plan seeks to address the improvement of the physical, social and mental well-being of all Oklahomans through a high-functioning public health system. The second edition of the plan focuses on four targeted “flagship initiatives” including behavioral health, children’s health improvement, tobacco use prevention, and obesity reduction. For more information visit [www.OHIP2020.com](http://www.OHIP2020.com)

### Hobart SWAT Members Participate in Kick Butts Day Event



Members of the Hobart Students Working Against Tobacco (SWAT) team educated students and community members for Kick Butts Day, held March 18, 2015, by participating in Not A Replacement “Selfie Statement” campaign. The tobacco industry refers to teens as “replacement smokers” so in this campaign youth uses the tobacco industry’s own words to stand up to Big Tobacco and declare that they are Not A Replacement. Hobart students personalized a “Not A Replacement Selfie Statement” with a description of who they are or what they represent. Then they took a picture of themselves holding their “Selfie Statement” and shared it on social media. Each year Kick Butts Day is held in March as an educational campaign for youth to become involved in their local schools and communities to expose the deceptive marketing practices of Big Tobacco. Tobacco users who are interested in quitting are urged to call the statewide helpline for free services at 1-800-QUIT-NOW, or by going online at OKHelpline.com. “This activity was fun for our students,” said Denise Worley, SWAT Adult Partner for Hobart SWAT. “Students learned how the tobacco industry depends on them to be replacement smokers, but they can choose NOT to be.”

CKTEd was formed in 2007 with funding from the Tobacco Settlement Endowment Trust. Their mission is to expose the lies of Big Tobacco. *Pictured Hannah Hart-Hobart*



## Kiowa County Coalition

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