

Walk This Weigh Oklahoma Fact Sheet

A Call to Action

- U.S. adult obesity rates have risen drastically in the last decade from 16.8% in 1996 to 25.1% in 2006.¹
- Nineteen percent of children (aged 6-11) and 17% of adolescents (aged 12-19) are now overweight or obese, which represents more than a doubling in the last 20 years.²
- The percentage of children with newly diagnosed Type 2 diabetes has increased to 30 to 50 percent.³
- According to the 2001 Surgeon General's Call to Action, overweight issues among children and adolescents are generally caused by lack of physical activity, unhealthy eating patterns or a combination of the two behaviors.⁴
- The national report *America's Health Rankings: A Call to Action for People and Their Communities*, shows Oklahoma ranked 47th in the nation in the overall health of its citizens.⁵
- Oklahoma has a 23.0 percent higher rate of heart disease deaths than the rest of the nation; a 26.9 percent higher rate of chronic pulmonary disease deaths such as emphysema; a 20.8 percent higher rate of stroke deaths.⁶
- From 2004 to 2006, about 30 percent of the adults in Oklahoma reported no leisure time physical activity.¹
- In 2005, over 84 percent of Oklahomans ate fewer than five servings of fruits and vegetables per day.¹
- In 2007, Oklahoma ranked 30th in per capita spending to support public health and prevention programs.⁵

The *Walk This Weigh Oklahoma* initiative is designed to help improve the health of all the residents of Oklahoma by:

- raising public awareness through a fun and innovative approach to reducing individual weight and increasing physical activity levels;
- implementing healthy community design and smart growth strategies; and
- advocating for nutritional and physical activity policies and standards in schools, worksites, healthcare systems, and governmental entities.

The Oklahoma State Board of Health, Oklahoma Turning Point Council, and local health departments support the efforts of community partners in "Creating a State of Health".

References:

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4. U.S. Department of Health and Human Services. The Surgeon General's call to action to prevent and decrease overweight and obesity. Rockville, MD: U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General; [2001]. Accessed March 12, 2008: <http://www.surgeongeneral.gov/topics/obesity/calltoaction/CalltoAction.pdf>.
5. United Health Foundation (2007). *America's Health Rankings: A Call to Action for People and Their Communities*. Accessed March 12, 2008: <http://www.unitedhealthfoundation.org/media2007/shrmediakit/ahr2007.pdf>.
6. Compressed Mortality, 1999-2005. Centers for Disease Control WONDER. Accessed March 12, 2008: <http://wonder.cdc.gov/mortSQL.html>.