

PREVENT OBESITY

Encourage our youth to make healthy choices!

AMONG OKLAHOMA PUBLIC HIGH SCHOOL STUDENTS IN 2017:

17% WERE OBESE¹

17% WERE OVERWEIGHT²

29% Got at least 60 minutes of physical activity everyday³

27% Took part in physical education (PE) classes on all 5 days⁴

23% Watched television 3 or more hours a day⁵

43% Used computers 3 or more hours a day⁵

12% Ate fruit or drank 100% fruit juice three or more times per day³

9% Ate vegetables three or more times per day³



RECOMMENDATIONS⁶



LESS SUGAR

Have less sugar-sweetened drinks, high-calorie snacks, and sweets.



EAT AT LEAST 3 TIMES A DAY

starting with breakfast or a morning snack. Try to space meals 3-5 hours apart.



LESS TV

Reduce sedentary behavior by having fewer TV sets in the home and removing TV and other media from the bedroom and kitchen.



ACCESS TO BETTER CHOICES

AT SCHOOL:
Offer healthy fruit snacks in vending machines (dried fruits, fruit and nut bars, etc.).

AT HOME:
Keep healthy foods and drinks readily available and in plain sight.



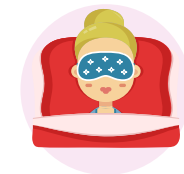
EAT MORE FRUITS AND VEGETABLES

Eat five or more servings of fruits and vegetables each day.



BE ACTIVE

Have fun with family centered activities, like going to a park or walking/bicycle trails, bowling, walking the dog, etc. Aim for 60 minutes a day.

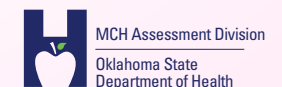


GET ENOUGH SLEEP

8 to 10 hours a night for teens (those sleeping less are more likely to be overweight or obese).⁷

1. Students who were > 95th percentile for body mass index, based on sex and age-specific reference data from the 2000 CDC growth charts.
2. Students who were > 85th percentile but < 95th percentile for body mass index, based on sex and age-specific reference data from the 2000 CDC growth charts.
3. During the 7 days before the survey.
4. In an average week when they were in school.
5. On an average school day.
6. American Academy of Pediatrics Updates Recommendations on Obesity Prevention: It's Never Too Early to Begin Living a Healthy Lifestyle, Pediatrics, July 2015.
7. AAP Supports Childhood Sleep Guidelines. American Academy of Pediatrics. June 2016.

FOR MORE INFORMATION CONTACT:



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