

Obesity in Oklahoma

Importance/Relevance of Obesity

- Obesity is associated with increased mortality.¹
- Excess weight increases the risk of developing chronic disease, such as heart disease, stroke, diabetes, and some cancers.¹
- As an individual's Body Mass Index (BMI) increases, so do the number of sick days, medical claims, and health care costs associated with that person.⁴
- Obesity increases a child's risk for a range of health problems and negatively impacts mental health and school performance.^{5,6}

Status of Obesity in OK

- 31.3 % of Oklahoma adults are obese, ranking 39th in the nation (or 11th most obese).²
- 67.3% of Oklahoma adults have a BMI over 25 (overweight and obese).²
- Oklahoma youth obesity rate is 17%.³ (11.1% in 2003)³
- An additional 16 % of Oklahoma youth are overweight.³

Factors Impacting Obesity

- 42 Oklahoma counties received a grade of "F" in the amount of physical activity in which they engage.²
- 30% percent of Oklahoma high school students watch three or more hours of TV daily.³
- 63% of students did not attend any physical education classes in an average week when they were in school.³
- 50 Oklahoma counties received a grade of "F" for fruit and vegetable consumption.²
- Food industry marketing, many fast food restaurants, and few grocery stores are some community factors

that influence unhealthy food choices.⁸

Strategies to Improve Obesity

- Policy and environmental interventions can create supportive environments for populations to eat better, move more, and be tobacco free.¹
- Adopt laws and policies to increase accessibility and affordability of fruits and vegetables in all settings.¹⁰
- Strengthen local food system to increase access to high quality produce at all food venues.¹⁰
- Implementation of *Get Fit, Eat Smart*, state plan to reduce obesity, is a priority of the Oklahoma Health Improvement Plan (OHIP).
- The Partnership for a Strong and Healthy Oklahoma is supporting programs that adopt *Get Fit, Eat Smart*.
- Oklahoma State Department of Health has begun a 4-year pilot utilizing an evidenced-based physical activity and nutrition curricula in multiple school districts.
- Nearly 75% of local Turning Point partnerships have a program or collaborative initiative supporting physical activity in their community.
- The Oklahoma Action for Healthy Kids state team has embraced screen-time reduction as their focus area.
- The Oklahoma Safe Routes to School program provides schools with opportunities to encourage walking and bicycling to school.

Resources

Strong & Healthy Oklahoma initiative – www.ok.gov/strongandhealthy



References