



Oklahoma FIT KIDS Coalition
Supports SB 1186
(Sen. Mary Easley/ Rep. Ann Coody)



Childhood Obesity has become a crisis in Oklahoma:

- 15% of Oklahoma teenagers are considered “severely overweight or obese” – a 300% increase in the past 20 years. (American Academy of Pediatrics)
- Only 37% of Oklahoma students are enrolled in P.E. – compared to 55.7% nationally (Youth Risk Behavior Survey 2004 Interim Report)
- 44.7% of Oklahoma kids spend an average of 2-3 hours watching TV or playing video games on an average school day, compared with 37.7% nationally. (National Survey of Children’s Health)

Oklahoma’s Response:

The Oklahoma Fit Kids Coalition has made tremendous strides in the last four legislative sessions to tackle the crisis of childhood obesity:

- 2004 - Created the Healthy and Fit Schools Committees (HB 1627)
- 2005 - Reinstated physical education in elementary schools (SB 312)
Eliminated access to junk food (SB 265)
- 2006 - Created the Farm to School Program (HB 2655)
Provided additional resources to schools (HB 1459)
- 2007 - Ensured that physical education was in addition to recess (HB 1601)

Continued efforts in 2008: SB 1186 (Sen. Mary Easley/ Rep. Ann Coody)

The American Academy of Pediatrics indicates that children should be engaged in moderate physical activity for at least 60 minutes *every day*. Yet our current requirements are only 60 minutes *per week*. HB 1186 attempts to move closer to the recommended level by doubling the number of minutes that children K-5 spend in physical activity.

Vote YES on SB 1186!

For more information, contact Anne Roberts at the Oklahoma Institute for Child Advocacy, 405/236-KIDS

Oklahoma FIT KIDS Coalition
Facts on Childhood Obesity in Oklahoma
Issue: Physical Activity



Physical Activity						
Question	2003 Oklahoma Results		2005 Oklahoma Results		P-Value**	Difference***
	Percent	95% Confidence Interval	Percent	95% Confidence Interval		
Percentage of students who had participated in physical activity that made them sweat and breathe hard for 20 minutes or more on three or more of the past seven days	64.3	± 3.0	62.6	± 3.1	0.44	Decreased
Percentage of students who had not participated in any vigorous or moderate physical activity during the past seven days	8.3	± 1.5	12.3	± 2.0	<0.01	Increased
Percentage of students who watched three or more hours per day of TV on an average school day	36.7	± 4.3	38.8	± 3.6	0.46	Increased
Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school	37.3	± 5.4	35.9	± 4.5	0.71	Decreased

Source: Centers for Disease Control and Prevention, Youth Risk Behavior Survey, Youth Online!