

# OKLAHOMA FIT KIDS COALITION™

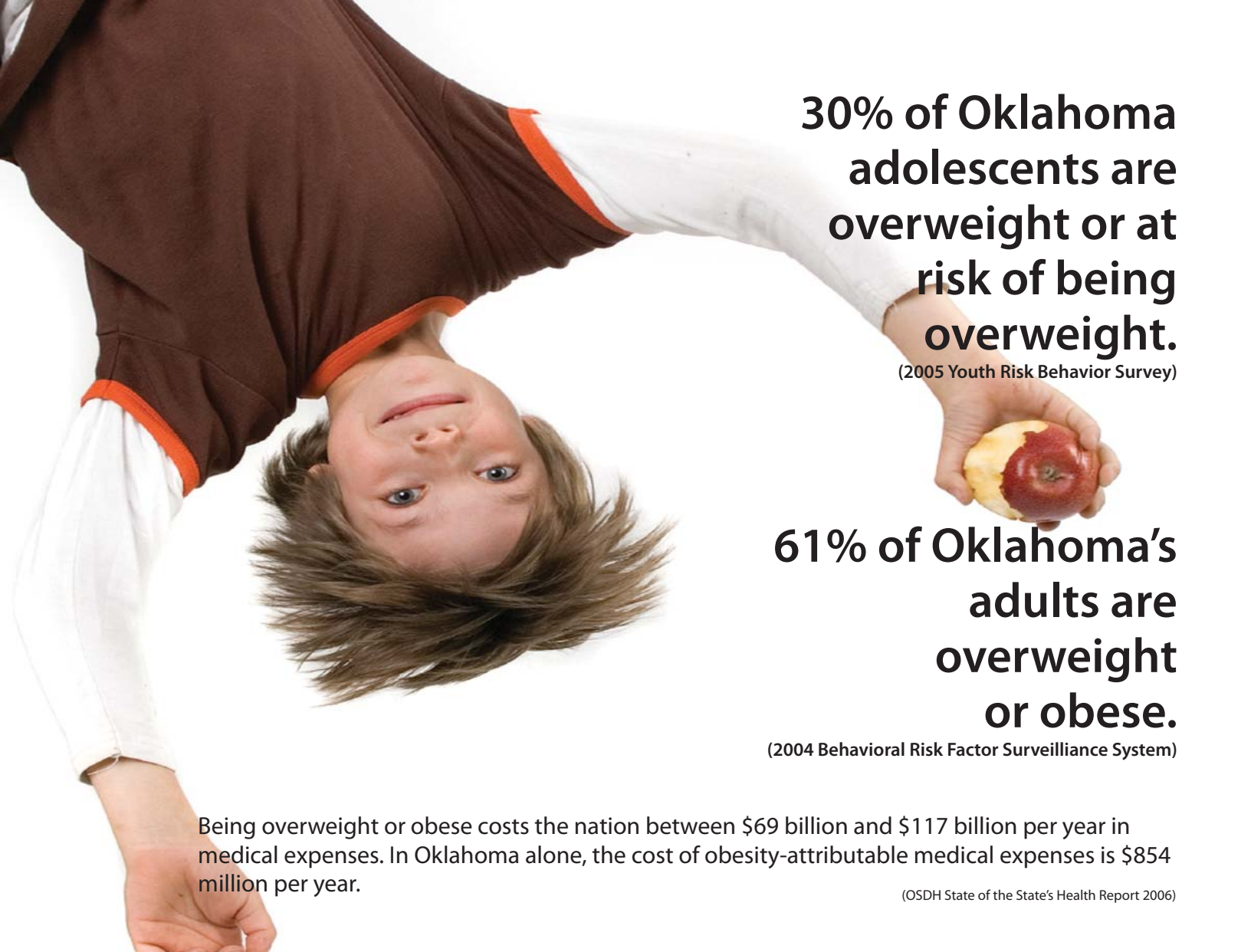
The **Oklahoma Fit Kids Coalition** promotes public awareness through trainings, health fairs and providing resources to schools, parents, teachers and communities.

The **Oklahoma Fit Kids Coalition** has a broad and influential association of over 100 partners working together to improve the environments where our children live, learn and play.

The **Oklahoma Fit Kids Coalition** advocates for Oklahoma to be a state in which it is easy for youth and families to be active and healthy.



[www.fitkidsok.org](http://www.fitkidsok.org)



**30% of Oklahoma adolescents are overweight or at risk of being overweight.**

(2005 Youth Risk Behavior Survey)

**61% of Oklahoma's adults are overweight or obese.**

(2004 Behavioral Risk Factor Surveillance System)

Being overweight or obese costs the nation between \$69 billion and \$117 billion per year in medical expenses. In Oklahoma alone, the cost of obesity-attributable medical expenses is \$854 million per year.

(OSDH State of the State's Health Report 2006)

## Become a Part of the Solution

### JOIN A HEALTHY & FIT SCHOOL ADVISORY COMMITTEE

- Call the principal at a school near you and volunteer to serve
- Help a school improve nutrition and physical activity policies and programs
- Motivate school lunchrooms to provide healthy and appealing food choices

### ENCOURAGE AND PROMOTE

- Fruit, vegetable and low fat dairy availability in all schools
- Daily physical education in our schools for all kids
- Physical activity throughout the school day
- Walking and biking to school
- Recess before lunch
- Nutrition education for all grades
- Safe, accessible walking/biking trails and parks

### MAKE A DIFFERENCE

- Join the Oklahoma Fit Kids Coalition
- Become an advocate in your own community/ educate your fellow citizens about this health epidemic
- Develop a neighborhood walking club
- Establish a community farmer's market
- Be a healthy and active role model
- Unite to protect our children's health by calling your legislators and urging them to act now
- Provide in-kind and/or financial support to make a difference for generations to come