

Talking points for SB 1186



Rates of childhood obesity in Oklahoma have reached crisis proportions. Since 1980, the percentage of children who are overweight has more than doubled, and rates among teenagers have tripled. The reasons are clear - too much junk food and not enough exercise.

Poor diets: Oklahoma is dead last in the nation in the numbers of children who eat the recommended 5 to 7 servings of fruits and vegetables everyday.

Sedentary lifestyles: Almost 40% of students report watching three or more hours of TV on an average day. The consequences have been dire: this crisis may well cause this generation of young people to be the first one in our history to have a shorter life expectancy than their parents!

Professionals speak out: The American Academy of Pediatrics, the Surgeon General of the U.S. and the Centers for Disease Control all recommend that children get 60 minutes *per day* of moderate exercise. Oklahoma law requires on 60 minutes *per week*.

Even though our schools did not cause this problem, they certainly have a roll to play in helping find a solution.

Bill Summary: SB 1186 will help our kids get moving by increasing the physical education requirement from 60 minutes per week to 120 minutes per week.

- The first 60 minutes required by law will be held harmless - meaning it must remain a structured physical education class, and recess cannot be counted toward the requirement. (Most schools alternate 30-minute slots every other day with art and music).
- This new 60 minutes of additional physical activity is flexible, and can include recess, fitness breaks and class room activities, as well as wellness/nutrition education integrated in the regular curriculum throughout the year. The details of this second 60 minutes are left up to the local school boards.

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