

# CHILDHOOD OBESITY IN OKLAHOMA



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## WHAT YOU SHOULD KNOW & HOW YOU CAN HELP

Childhood obesity is a growing national concern. In Oklahoma alone, **1 in 3 children ages 10-17 are overweight or obese.** Plus, we have the 7th highest high school obesity rate in the nation.

If we address these four contributing factors to childhood obesity, we can **make Oklahoma a healthier place** to live, work, learn and play.

## HEALTHY FOOD CHOICES

Healthy diets can help prevent weight gain and chronic disease.<sup>1</sup>



**What you can do:** Teach children to fill half their plate with fruits and veggies at each meal.

## SUGARY DRINKS

Sugary beverages have been linked to numerous health problems, like obesity.

Children who consume higher amounts of sugary drinks have a 55% greater chance of being overweight or obese compared to those who consume fewer sugary drinks.<sup>2</sup>



**What you can do:** Swapping out water for soda can help children maintain a healthy weight and can help improve their kidney and joint health.

## PHYSICAL ACTIVITY



Sedentary lifestyles are a major contributor to obesity, but regular physical activity reduces the risk for serious health problems like heart disease, type 2 diabetes, obesity and some cancers.<sup>3</sup>

**What you can do:** Encourage children to move for at least 60 minutes per day.

## SCREEN TIME

Too much screen time is linked to obesity, insomnia and other health issues.

The more time children spend using a device, the less time they spend being active.<sup>4</sup>



**What you can do:** Limit the amount of time children spend watching TV, playing video games, or interacting with phones or tablets to fewer than 2 hours per day.

## SOURCES

<sup>1</sup> <https://www.hsph.harvard.edu/obesity-prevention-source/obesity-causes/diet-and-weight/>

<sup>2</sup> [https://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm\\_474846.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_474846.pdf)

<sup>3</sup> <https://www.cdc.gov/physicalactivity/about-physical-activity/index.html>

<sup>4</sup> <https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952>