The Health Issue Team is dedicated to working towards increasing the number of Oklahomans maintaining or improving their health through safe and healthy food and physical activity choices.

**Individual Outcomes:**

**Increase:**
- Fruit consumption
- Vegetable consumption
- Whole grains consumption
- Dairy food consumption
- Physical activity
- Meals prepared at home
- Food preparation skills
- Safe food handling practices
- Safe and effective food preservation practices

**As well as:**
- Reduce sugar-sweetened beverages consumption
- Reduce consumption of foods high in fat, sugar, and salt

**Why is this an issue for Oklahoma?**

Poor nutrition and limited physical activity contribute to Oklahoma ranking as the 8th most obese state in the nation and 6th for adult heart disease, hypertension, and diabetes.

High density of fast food establishments, low fruit and vegetable consumption place Oklahoma as 50th nationwide, while also being the 5th most inactive state.

In 2008, obesity related health care costs reached $854 million in Oklahoma.

If left unchecked, it is projected that by 2018 Oklahoma will have one of the highest rates of obesity in the nation and will incur an estimated $3.2 billion in health care costs.

**Societal Outcomes**

- Increase access to affordable, healthful foods through Community Gardens and Farmer’s Markets
- Increase community opportunities for physical activity such as joint use agreements for school and church facilities, social networks, walking groups, community youth groups

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OKLAHOMA COOPERATIVE EXTENSION SERVICE

Health Issue Team Programs offered

**Maternal, Youth & Families Programs**
- CATCH Kids Club
- Farm to You Interactive Exhibit
- Fuel Up to Play 60
- Growing Strong Bodies and Minds
- Journey through Health
- OrganWise Guys
- Smarter Lunchroom

**Adults & Older Adults Programs**
- Eat Smart Live Strong
- Nutrition for Health Promotion & Older Adults
- America on the Move
- Arthritis Foundation Land Exercise
- Food Safety for Seniors

**Food Preparation, Preservation & Safety**
- Explore the World of Fruits and Vegetables
- Home Food Preservation
- Food Safety Basics
- Wild Game Food Safety: Fish & Venison
- Recipe Modification

**Contact your local Extension Educator to schedule a Health Program**

**Partners**
- Local County Educator
- OSU Extension Specialist
- Program Advising Committee
- Various partnering organizations