

# 3-4-64 IN OKLAHOMA

## 3 BEHAVIORS

### TOBACCO USE



1 in 5 adults currently smoke

### POOR NUTRITION



1 in 2 adults consume <1 fruit/day

1 in 5 adults consume <1 vegetable/day

### SEDENTARY LIFESTYLE



3 in 5 adults do not meet physical activity recommendations

## 4 CHRONIC DISEASES

### CARDIOVASCULAR DISEASE

13,502 DEATHS



### CANCER

8,309 DEATHS



DIABETES  
1,306 DEATHS

LUNG DISEASE  
3,003 DEATHS



## 64% OF OKLAHOMA DEATHS

Almost 41,000 annual deaths from all causes in Oklahoma

3 in 5

Oklahomans die from a 3-4-64 chronic disease



# Contact us for more information

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