

# PREVENT OBESITY

Encourage our youth to make healthy choices!

## AMONG OKLAHOMA PUBLIC HIGH SCHOOL STUDENTS IN 2015:

17% **WERE OBESE**<sup>1</sup>

15% **WERE OVERWEIGHT**<sup>2</sup>

12% Did not get at least 60 minutes of physical activity on any day<sup>3</sup>

62% Did not take part in physical education (PE) classes<sup>4</sup>

29% Watched television 3 or more hours a day<sup>5</sup>

46% Used computers 3 or more hours a day<sup>5</sup>

17% Did not eat fruit<sup>3</sup>

8% Did not eat vegetables<sup>3</sup>



## RECOMMENDATIONS<sup>6</sup>



### LESS SUGAR

Have less sugar-sweetened drinks, high-calorie snacks, and sweets.



### EAT AT LEAST 3 TIMES A DAY

starting with breakfast or a morning snack. Try to space meals 3-5 hours apart.



### LESS TV

Reduce sedentary behavior by having fewer TV sets in the home and removing TV and other media from the bedroom and kitchen.



## ACCESS TO BETTER CHOICES

**AT SCHOOL:**  
Offer healthy fruit snacks in vending machines (dried fruits, fruit and nut bars, etc.).

**AT HOME:**  
Keep healthy foods and drinks readily available and in plain sight.



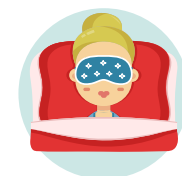
### EAT MORE FRUITS AND VEGETABLES

Eat five or more servings of fruits and vegetables each day.



### BE ACTIVE

Have fun with family centered activities, like going to a park or walking/bicycle trails, bowling, walking the dog, etc. Aim for 60 minutes a day.



### GET ENOUGH SLEEP

8 to 10 hours a night for teens (those sleeping less are more likely to be overweight or obese).<sup>7</sup>

1. Students who were > 95th percentile for body mass index, based on sex and age-specific reference data from the 2000 CDC growth charts.

2. Students who were > 85th percentile but < 95th percentile for body mass index, based on sex and age-specific reference data from the 2000 CDC growth charts.

3. During the 7 days before the survey.

4. In an average week when they were in school.

5. On an average school day.

6. American Academy of Pediatrics Updates Recommendations on Obesity Prevention: It's Never Too Early to Begin Living a Healthy Lifestyle, Pediatrics, July 2015.

7. AAP Supports Childhood Sleep Guidelines. American Academy of Pediatrics. June 2016.