3 Behaviors

Tobacco Use: 1 in 5 adults currently smoke.

Poor Nutrition: 1 in 2 adults consume <1 fruit/day.

Sedentary Lifestyle: 1 in 2 adults do not meet physical activity recommendations.

4 Chronic Diseases

Cardiovascular Disease: 13,279 deaths.

Diabetes: 1,340 deaths.

Cancer: 8,422 deaths.

Chronic Lower Respiratory Diseases: 3,013 deaths.

64% of Oklahoma Deaths

Over 40,000 annual deaths from all causes in Oklahoma.

3 in 5 Oklahomans die from a 3-4-64 chronic disease.
### WHAT WE DO & WHY WE DO IT

#### TRACK
Chronic diseases and their risk factors through surveillance and evaluation to guide, prioritize, deliver, and monitor public health programs.

#### PARTNER
With communities, tribes, and organizations through technical assistance and consultation to make the healthy choice the easy choice while promoting health equity.

#### SUPPORT
Health care to deliver quality clinical services that prevents chronic diseases by managing risk factors and detect diseases early, especially among disparate groups.

#### CONNECT
Community programs to clinical services that help people prevent and manage their chronic diseases, with guidance from their physicians.

### OUR IMPACT

- **During state fiscal year 2007-2017,** there has been a 22.7% decline in cigarette consumption (307.2 stamps to 237.4 stamps).

- An ever increasing number of organizations across Oklahoma are committed to make health and wellness a priority as indicated by a 27% increase in the percent of Certified Healthy Oklahoma Excellence level certifications in the last five years.

- Oklahoma has seen an increase in Diabetes Self-Management Education & Support (DSMES) programs from 39 in 2013 to 53 in 2018, a 36% increase. These programs have provided support to 1,500 diabetic individuals during 2015-2017.

- Since the introduction of the GO NAP SACC program in 2015, 97 Early Child Care & Education providers across the state enrolled to complete an environment and policy assessment to increase health promoting practices.

- In 2018, the Choctaw Nation Health Services clinic in McAlester, in collaboration with OSDH and ASTHO, achieved their goal of improving hypertension control by 10% through team-based care strategies, including pharmacist counseling and management programs.

- Since 1994 the Take Charge! program has served 73,157 women, diagnosed 590 breast cancer and 40 cervical cancers, and 12,648 women received referral and/or followed up through the Program.

### OUR OBJECTIVES

<table>
<thead>
<tr>
<th>Objective</th>
<th>Description</th>
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<tbody>
<tr>
<td>Reduce adult smoking prevalence from 20.1% in 2017 to 15.8% in 2022.</td>
<td>Reduce annual per capita consumption of cigarettes from 60.5 packs per capita in 2017 to 47.5 packs per capita in 2022.</td>
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<tr>
<td>Reduce adult obesity prevalence from 36.5% in 2017 to 35% in 2022.</td>
<td>Increase the percent of adults who engage in physical activity for at least 150 minutes per week from 42.5% in 2017 to 50% in 2022.</td>
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<td>Increase the proportion of schools across the state that do not sell less healthy foods and beverages from 53.5% in 2016 to 76% in 2022.</td>
<td>Decrease cardiovascular disease death rate from 297.9 per 100,000 in 2017 to 285.5 per 100,000 in 2022.</td>
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<td>Increase participation of Oklahomans with diabetes in ADA recognized or AADE accredited DSMES programs from 4.4% annually to 5% annually by 2022.</td>
<td>Decrease cancer death rate from 177.3 per 100,000 in 2017 to 168 per 100,000 in 2022.</td>
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</tbody>
</table>
Contact us for more information

Center for Chronic Disease Prevention and Health Promotion

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