



Oklahoma Tobacco Settlement Endowment Trust Board of Directors resolution: “Support policies to curb childhood obesity”

WHEREAS, the Oklahoma Tobacco Settlement Endowment Trust has a constitutional mandate to support strategies and programs designed to maintain or improve the health of Oklahomans, with particular emphasis on such programs for children; and

WHEREAS, the Oklahoma Tobacco Settlement Endowment Trust also has a constitutional mandate to support efforts designed to improve the health and quality of life of children; and

WHEREAS, developing healthy habits should start at a young age and be a part of improving the health of Oklahomans; and

WHEREAS, Oklahoma has higher rates of preventable disease compared to the rest of the nation, impacting the quality of life of our people and increasing rates of premature death; and

WHEREAS, the current generation of children in the United States and Oklahoma may have shorter life expectancies than their parents due to the rapid rise in childhood obesity; and

WHEREAS, 18.7 percent of Oklahoma children aged 10-17 years olds are obese, ranking the state 5th highest in the nation, and 17.1 percent of Oklahoma high school students are obese, which is the 7th in the nation; and

WHEREAS, children who are obese are more likely to be obese as adults, putting them at a higher risk for developing serious health problems including type 2 diabetes, heart disease, hypertension, asthma and many types of cancers; and

WHEREAS, families, schools, communities and state government all have a role to play in encouraging and supporting healthy habits including a balanced diet, exercise and a less sedentary lifestyle; and

WHEREAS, local environmental factors can impact health to include availability of healthy foods, complete streets that include features that promote active transportation and community plans to prioritize and support safe routes to schools for children and families; and

WHEREAS, taking steps now to curb childhood obesity is an investment in the future of our state, and the work we do today to teach our children healthy habits will reap benefits for generations to come; and

BE IT THEREFORE RESOLVED, the TSET Board of Directors respectively encourages the public and leaders at the state and local level to embrace policies that encourage active lifestyles and smart dietary choices, and programs that educate children about the importance of wellness and healthy lifestyles; and

BE IT THEREFORE RESOLVED, the TSET Board of Directors supports efforts to:

- Increase availability of fresh fruits and vegetables for Oklahoma families;
- Promote healthy eating and cooking by Oklahoma families;
- Promote physical activity and health education opportunities in Oklahoma schools and communities;
- Create and enhance local parks, walking and cycling trails and other local opportunities for active outdoor recreation;
- Encourage active transportation and complete streets that make walking and cycling a safe and viable means of everyday transportation; and

FURTHERMORE, BE IT THEREFORE RESOLVED, the TSET Board of Directors respectively recommends the adoption of the aforementioned policies and strategies to prevent and reduce childhood obesity and improve the health and wellbeing of Oklahomans of all ages now and in the future.

THE TSET BOARD OF DIRECTORS hereby calls upon other interested groups and governing bodies to adopt similar resolutions.