

PUSHMATAHA COUNTY

Oklahoma Tobacco Helpline

1 800 QUIT NOW

1-800-784-8669

OKhelpline.com

A Program of TSET



The Oklahoma Tobacco Helpline provides free telephone and web-based coaching sessions, free nicotine patches, gum and lozenges to all Oklahomans each year, 24/7.

TOTAL REGISTRATIONS:

County FY23:

80

County Cumulative:

2,035

State Cumulative:

590,541

* 2021 DATA

† 2022 DATA



405.521.3888 | Oklahoma.gov/TSET
Board of Directors Chair Marshall Snipes
Executive Director Julie Bisbee

HEALTH INDICATORS

OKLAHOMA STATE
DEPARTMENT OF HEALTH



**HEART
DISEASE DEATHS**
(Rate per 100,000)



CANCER DEATHS
(Rate per 100,000)



ADULT SMOKING RATE
(%)



OBESITY RATE
(%)



**PREVALENCE
OF DIABETES**
(%)

COUNTY*	396	186.6	26.6%	34.7%	11.3%
OKLAHOMA†	264.2	175.1	15.6%	40.0%	13.3%
U.S.†	173.8	143.8	14.0%	33.6%	11.5%



These TSET grants work with local community partners to help prevent cancer and cardiovascular disease by reducing tobacco use and obesity.

\$92,661 invested in your community FY21

\$1,076,813 invested in your community FY16-FY20

Grantees FY21

Pushmataha County Health Department **\$92,661**



These TSET grants are for schools, school districts and local communities to promote wellness through policies and strategies that encourage healthy eating, physical activity and tobacco-free lifestyles.

\$144,000 invested in your community

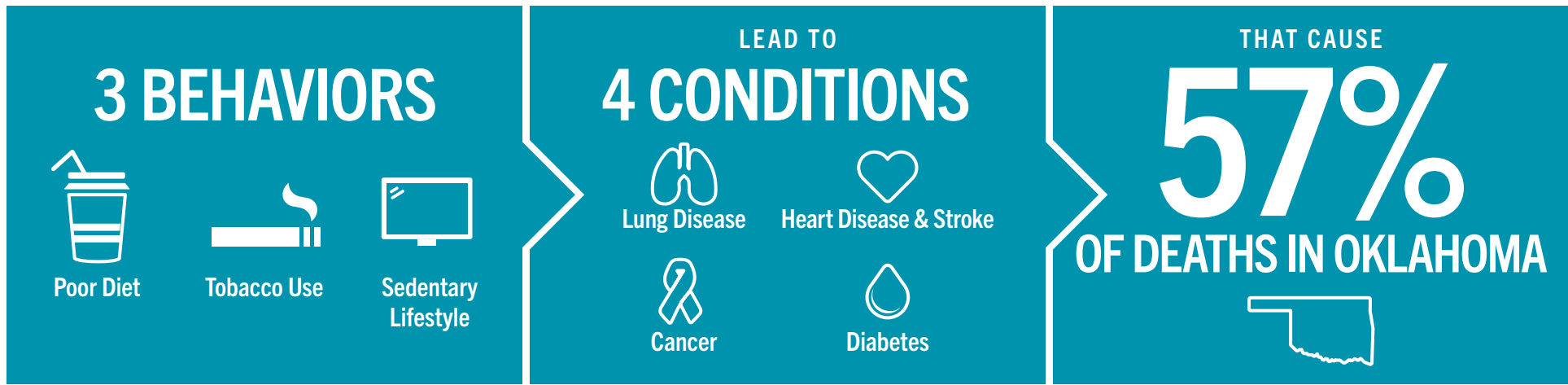
Healthy Communities Incentive Grants

City of Antlers **\$36,000** Town of Clayton **\$36,000**

Healthy Schools Incentive Grants

Antlers Elementary School **\$2,000** Moyers Public Schools **\$15,000**
Antlers High School **\$7,500** Nashoba Public Schools **\$1,500**
Antlers Public Schools **\$25,000** Rattan Public Schools **\$3,000**
Clayton Public Schools **\$3,000** Tuskahoma Public School **\$15,000**

TSET'S MISSION: TO REDUCE PREVENTABLE DEATH IN OKLAHOMA



TSET INVESTS IN:

- Tobacco Cessation
- Physical Activity
- Improving Nutrition
- Medical Access and Research

IN OKLAHOMA:

OBESITY COSTS \$1.72 BILLION IN MEDICAL EXPENDITURES EACH YEAR

- 1 IN 6 HIGH SCHOOL STUDENTS IS OBESE
- 1 IN 6 HIGH SCHOOL STUDENTS IS OVERWEIGHT
- 1 IN 3 ADULTS IS OBESE

SMOKING COSTS \$1.88 BILLION IN DIRECT HEALTH CARE COSTS EACH YEAR

- 7,500 ADULT DEATHS EACH YEAR
- 8,400 KIDS (UNDER 18) TRY CIGARETTES FOR THE FIRST TIME EACH YEAR
- \$149 MILLION IS SPENT BY THE TOBACCO INDUSTRY ANNUALLY TO MARKET TOBACCO IN OKLAHOMA

MOVING THE NEEDLE:

ADULT SMOKING PREVALENCE

- 2001: 28.6%
- 2022: 15.6%

SMOKING AMONG KIDS CUT IN HALF

NEARLY \$723 MILLION ADDITIONAL RESEARCH DOLLARS LEVERAGED AFTER TSET'S INVESTMENT

MORE THAN 590,000 REGISTRATIONS TO THE OKLAHOMA TOBACCO HELPLINE

THROUGH THE HEALTH CARE WORKFORCE TRAINING COMMISSION, **117 PHYSICIANS** HAVE PRACTICED OR ARE PRACTICING IN RURAL AND **UNDERSERVED AREAS** OF OKLAHOMA