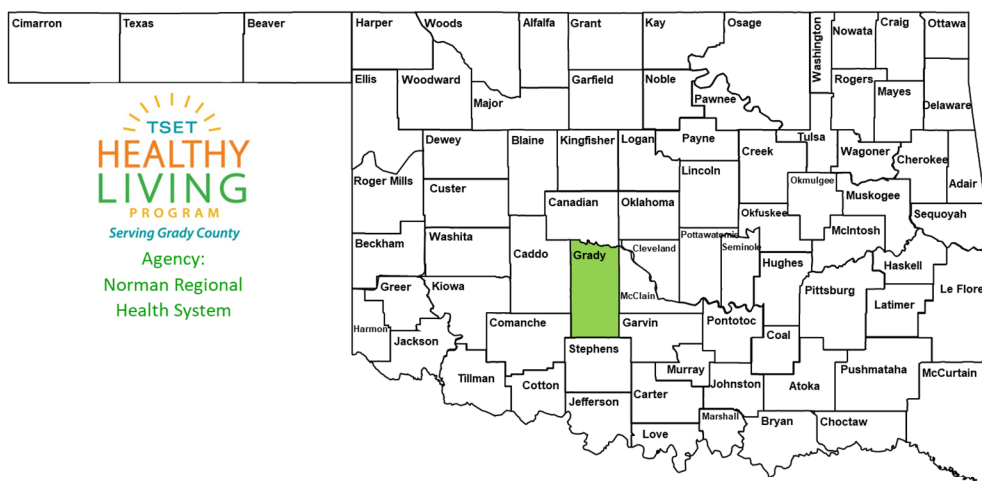


# Grady County TSET HLP Tobacco Control and Prevention Strategic Map



**TSET**  
**HEALTHY LIVING**  
PROGRAM  
Serving Grady County  
Agency:  
Norman Regional  
Health System

## Selected Strategies

- Prevent Youth Retail Access to Tobacco/Vaping
- Tobacco-free City-owned Property Ordinances
- Smoke-free Multi-unit Housing Policies

## Critical Challenges to Overcome

**Intermediate**  
**(3-5 years)**

- Local level ordinances can be made city-wide on youth access to tobacco only if the ordinance is not stricter than the current state law.
- Lack of incentive for local retailers to enforce stricter guidelines regarding youth access.
- The 2019 Annual Oklahoma Synar Report found 18% of the tobacco retailers sold to minors.
- Some organizations allow smoking/e-cigarettes indoors to attract specific customers.
- In 2019, 84% of Oklahoma adults agree or strongly agree that cities and towns should have the right to adopt smoke-free policies for all worksites.
- Many residents in multi-unit housing smoke and removing ability to smoke inside could cause them to look for new or different housing options.

## Health Behaviors to Improve

**Long-term**  
**(6-10 years)**

- 17.5% of adults in Grady County report being current smokers.
- In 2019, 30.8% of high school students in the state of Oklahoma reported using tobacco products, including cigarettes, cigars, e-cigarettes/vaping products, and smokeless tobacco.

## Disease Reduction

**Impact**  
**(10-20 years)**

- 285 per 100,000 adults in Grady County die from cardiovascular disease each year.
- 176 per 100,000 adults in Grady County die from cancer each year.
- 7.8% of adults in Grady County have Chronic Obstructive Pulmonary Disease (COPD).

# Grady County TSET HLP Physical Activity and Nutrition Strategic Map



Agency:  
Norman Regional Health System

## Selected Strategies

- Safe Routes to School Policies
- Wayfinding Signage
- Physical Activity Wellness Policy in Schools
- Nutrition Wellness Policy in Schools
- Healthy Food Options in Convenience Stores
- Healthy Options in Food Assistance Programs

## Critical Challenges to Overcome

Intermediate  
(3-5 years)

- Minimal number of resources and space in the community to support and implement Safe Routes to School and Complete Street policies across the Grady County communities.
- Food assistance programs, like food pantries are limited to what is donated, and healthy options are rarely donated due to the cost and feasibility of supplying healthy or fresh foods versus processed or unhealthy food.
- It is difficult to enhance school wellness policies due to competing priorities and limited time and resources within the school districts.
- 29% of the Grady County population has poor access to healthy food.

## Health Behaviors to Improve

Long-term  
(6-10 years)

- 49% of adults in Grady County engage in 150 minutes/week of aerobic physical activity.
- 29% of Oklahoma High School Students participate in 60 minutes of daily physical activity.
- 50% of adults in Grady County eat less than one serving of fruits each day.
- 17% of adults in Grady County eat less than one serving of vegetables each day.
- 9.4% of Oklahoma High School Students eat 3 or more vegetables per day.

## Disease Reduction

Impact  
(10-20 years)

- 284 per 100,000 adults in Grady County die from cardiovascular disease each year.
- 175 per 100,000 adults in Grady County die from cancer each year.
- 35% of adults in Grady County are obese.
- 38% of adults in Grady County have hypertension.
- 13% of adults in Grady County have diabetes.
- The child food insecurity rate in Grady County is 19%.
- Over half of Grady County's Child Opportunity Index is ranked at moderate or below.

