



**Oklahoma FIT KIDS Coalition  
Supports SB 1186  
(Sen. Mary Easley)**



**Childhood Obesity has become a crisis in Oklahoma:**

- 15% of Oklahoma teenagers are considered “severely overweight or obese” – a 300% increase in the past 20 years. (American Academy of Pediatrics)
- Only 37% of Oklahoma students are enrolled in P.E. – compared to 55.7% nationally (Youth Risk Behavior Survey 2004 Interim Report)
- 44.7% of Oklahoma kids spend an average of 2-3 hours watching TV or playing video games on an average school day, compared with 37.7% nationally. (National Survey of Children’s Health)

**Oklahoma’s Response:**

The Oklahoma Fit Kids Coalition has made tremendous strides in the last four legislative sessions to tackle the crisis of childhood obesity:

- 2004 - Created the Healthy and Fit Schools Committees (HB 1627)
- 2005 - Reinstated physical education in elementary schools (SB 312)  
Eliminated access to junk food (SB 265)
- 2006 - Created the Farm to School Program (HB 2655)  
Provided additional resources to schools (HB 1459)
- 2007 - Ensured that physical education was in addition to recess (HB 1601)

**Continued efforts in 2008: SB 1186 (Sen. Mary Easley)**

The American Academy of Pediatrics indicates that children should be engaged in moderate physical activity for at least 60 minutes *every day*. Yet our current requirements are only 60 minutes *per week*. HB 1186 attempts to move closer to the recommended level by doubling the number of minutes that children K-5 spend in physical activity.

**Vote YES on SB 1186!**

For more information, contact Anne Roberts at the Oklahoma Institute for Child Advocacy, 405/236-KIDS

**Oklahoma FIT KIDS Coalition**  
**Facts on Childhood Obesity in Oklahoma**  
**Issue: Physical Activity**



Physical Activity						
Question	2003 Oklahoma Results		2005 Oklahoma Results		P-Value**	Difference***
	Percent	95% Confidence Interval	Percent	95% Confidence Interval		
Percentage of students who <b>had</b> participated in physical activity that made them sweat and breathe hard for 20 minutes or more on three or more of the past seven days	64.3	± 3.0	62.6	± 3.1	0.44	Decreased
Percentage of students who <b>had not</b> participated in any vigorous or moderate physical activity during the past seven days	8.3	± 1.5	12.3	± 2.0	<0.01	Increased
Percentage of students who watched three or more hours per day of TV on an average school day	36.7	± 4.3	38.8	± 3.6	0.46	Increased
Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school	37.3	± 5.4	35.9	± 4.5	0.71	Decreased

Source: Centers for Disease Control and Prevention, Youth Risk Behavior Survey, Youth Online!