TREND/ISSUE TEAM STATEMENT

ISSUE TEAM: Health

DESIRED OUTCOME – <u>Oklahomans will maintain or improve their health through safe and healthy food and physical activity choices</u>

TREND: Why is it an issue in Oklahoma?

Poor nutrition and limited physical activity contribute to Oklahoma ranking as 6th most unhealthy state in the nation (America's Health Ranking, 2013). Components of this ranking are attributed to Oklahoma being the 5th most obese state in the nation, 11th for adult heart disease, 8th for hypertension, and 7th for diabetes (America's Health Rankings, 2013). These rankings reflect our high density of fast food establishments, low fruit consumption (46th nationwide) and low vegetable consumption (41th nationwide) and low levels of physical activity (6th most inactive nationwide) (America's Health Rankings, 2012). In addition, the State has large Native American and Hispanic populations and ranks 38th among the 50 states in terms of poverty, all of which are associated with greater health disparities (US Census, 2010). Total annual health-related costs of food borne illness in Oklahoma were estimated at $1.7 million by the Produce Safety Project at Georgetown University in 2010. The cost per case was estimated at $1,796. The poor health conditions of Oklahomans are associated with staggering and burdensome economic consequences. In 2008, obesity related health care costs reached $854 million in Oklahoma (Centers for Disease Control, 2010). If left unchecked, it is projected that by 2018 Oklahoma will have one of the highest rates of obesity in the nation and will incur an estimated $3.2 billion in health care costs attributed to obesity (United Health Foundation, 2009).

INDIVIDUAL OUTCOMES [Value to Participants]:

Participants in extension programs will have potential to change behaviors in these areas:

- Increase fruit consumption
- Increase vegetable consumption
- Increase whole grains consumption
- Increase consumption of low-fat dairy and other calcium-rich foods
- Reduce sugar-sweetened beverages consumption
- Reduce consumption of foods high in fat, sugar and salt
- Increase physical activity
- Decrease time in front of TV, computer, etc.
- Increase meals prepared at home
- Increase food preparation skills
- Increase safe food handling practices
- Increase safe and effective food preservation practices
- Develop a healthy physical and emotional self image

SOCIETAL OUTCOMES [Public Value]:

Improved health status of Oklahomans has potential to advance the socio-economic development of the state. A healthy population leads to a more productive work force, and healthy children are in school more often and are better able to learn. Improving health status and thus educational achievement provides Oklahoma a potential gain of $3.8 billion dollars in wages, taxes and productivity (Alliance for Excellent Education, 2009) and potential savings of $390 million in saved Medicaid and Medicare costs related to obesity (Centers for Disease Control, 2010).

Communities/Counties will have the potential to make changes in these areas:

- Increase access to affordable, healthful foods (Community Gardens, Farmer's Markets)
- Increase community opportunities for physical activity such as joint use agreements for school and church facilities, social networks, walking groups, 4-H project groups, and community youth groups