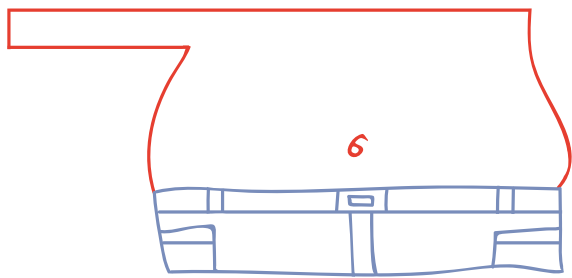


THE PULSE

Checking our pulse is essential in monitoring our Vital Signs. The Pulse highlights a specific indicator of human well-being that is contained in United Way of Central Oklahoma's Vital Signs report or is being noticed through United Way's work in the community.

OBESITY FACTS: OKLAHOMA

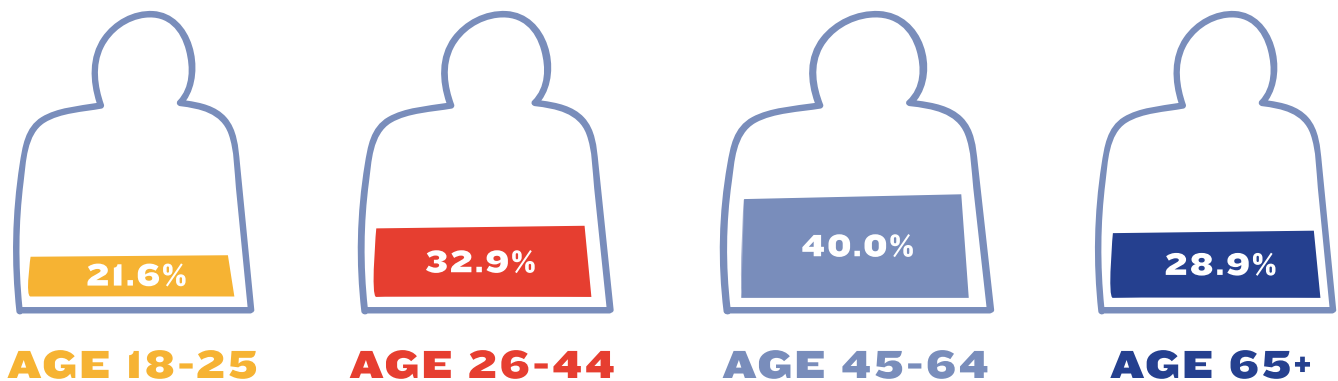
Obesity has significant consequences on our state's health and economy. Obesity is linked to a number of diseases including heart disease, diabetes and stroke. Oklahoma is lacking healthy options when it comes to diet and physical activity, especially in the urban core. In order to combat this growing problem, healthy options need to be available, accessible and affordable for all Oklahomans.



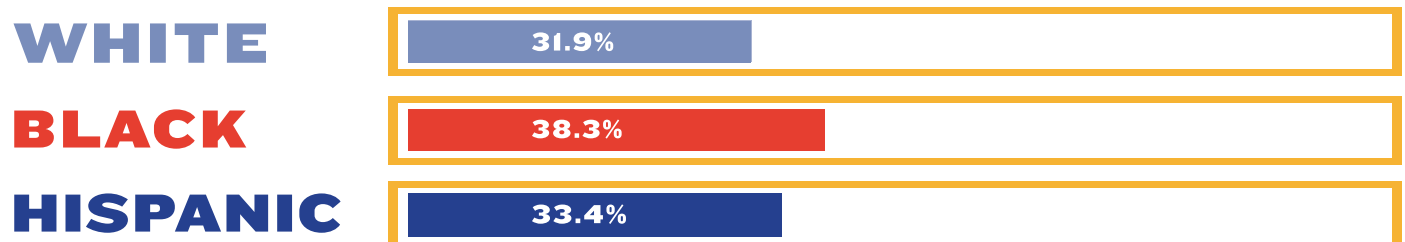
Oklahoma has the **SIXTH HIGHEST** adult obesity rate in the nation: 33.0%.¹

Oklahoma's adult obesity rate has more than **TRIPLED** in the past 25 years, from 10.3% in 1990 to 33.0% in 2014.² 67% of Oklahomans are currently **OVERWEIGHT**.³

OBESITY RATE BY AGE IN OKLAHOMA (2014)⁴



OBESITY RATE BY RACE AND ETHNICITY IN OKLAHOMA (2014)⁵



OBESITY RATE BY GENDER IN OKLAHOMA (2014)⁶

MEN

33.1%

WOMEN

31.4%

OBESITY RATE BY COUNTY⁷

COUNTY	2013 RATE	2014 RATE	% CHANGE
CANADIAN	30.6%	31.7%	+1.1%
CLEVELAND	28.9%	30.0%	+1.1%
KINGFISHER	31.1%	32.3%	+1.2%
LINCOLN	32.0%	33.1%	+1.1%
LOGAN	31.0%	32.1%	+1.1%
OKLAHOMA	30.9%	32.1%	+1.2%
POTTAWATOMIE	31.7%	32.9%	+1.2%

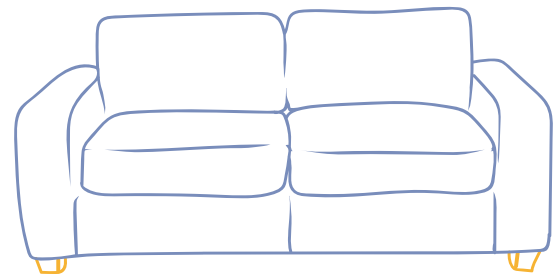
OBESITY-RELATED HEALTH ISSUES IN OKLAHOMA⁸

DIABETES (2014)

The rate of adult Diabetes is 12%, the **SEVENTH HIGHEST** in the U.S.

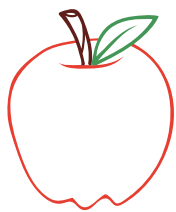
HYPERTENSION (2013)

The rate of adult hypertension is 37.5%, the **NINTH HIGHEST** in the U.S.



The adult physical inactivity rate is 28.3%, the **FIFTH HIGHEST** in the U.S.⁹ 33% of Oklahoma adults report not participating in any physical activity in the past month.¹⁰

FRUIT AND VEGETABLE CONSUMPTION¹¹



50% of Oklahoma adults reported consuming fruit less than one time daily.



25.3% of Oklahoma adults reported consuming vegetables less than one time daily.

OKLAHOMA

ranks the **SECOND WORST** in the U.S. in terms of vegetable and fruit consumption.

LIVE UNITED



United Way of Central Oklahoma

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The Pulse is a product of Vital Signs, Central Oklahoma’s broad-based community indicators report with over two decades of trend data in six key areas important to our quality of life.

Interested in printed copies of Vital Signs or a presentation?

Contact Susan Hemphill, Director of Research Convening and Advocacy, at shemphill@unitedwayokc.org

NOTES AND CITATIONS

¹Trust for America’s Health. The State of Obesity: Better Policies for a Healthier America. September 2014. Report. 10 11 2015.

²Trust for America’s Health. The State of Obesity: Better Policies for a Healthier America. September 2014. Report. 10 11 2015.

³INTEGRIS. Obesity in Oklahoma. n.d. Website. 10 November 2015.

⁴Trust for America’s Health. The State of Obesity: Better Policies for a Healthier America. September 2014. Report. 10 11 2015.

⁵Trust for America’s Health. The State of Obesity: Better Policies for a Healthier America. September 2014. Report. 10 11 2015.

⁶Trust for America’s Health. The State of Obesity: Better Policies for a Healthier America. September 2014. Report. 10 11 2015.

⁷Oklahoma State Department of Health. 2014 State of the State’s Health. Annual Report. Oklahoma City, 2014. PDF.

⁸Trust for America’s Health. The State of Obesity: Better Policies for a Healthier America. September 2014. Report. 10 11 2015.

⁹Trust for America’s Health. The State of Obesity: Better Policies for a Healthier America. September 2014. Report. 10 11 2015.

¹⁰Centers for Disease Control. “Oklahoma: State Nutrition, Physical Activity, and Obesity Profile.” Annual Report. 2015. PDF.

¹¹Centers for Disease Control. “Oklahoma: State Nutrition, Physical Activity, and Obesity Profile.” Annual Report. 2015. PDF.

