



The mission of the Central Communities Health Access Network (CC-HAN) is to improve health care for SoonerCare Choice members and to address the challenges of the underserved populations in Central Oklahoma communities.

Central Communities Health Access Network



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Important Information About Childhood Obesity



Oklahoma Childhood Obesity Information

In Oklahoma, 1 in 3 children ages 10–17 are overweight or obese, according to the [National Survey of Children’s Health](#) (NSCH). Plus, we have the 7th highest high school obesity rate in the nation. Overweight and obese children are at a higher risk for bone and joint problems, sleep apnea, diabetes and cardiovascular disease. Childhood obesity also increases the likelihood of an individual being obese as an adult.

- Oklahoma Child Food Insecurity Rate is 21.8, which is the percentage of children that lack consistent access to enough food to support a healthy lifestyle.

High school health Data:

- Low PE Participation: 72%
- Physically active at least 60 minutes daily: 29%
- High TV Watching: 22%
- High Soda Consumption: 22%
- High Computer Usage: 48%
- Unhealthy food choices and sedentary lifestyles are the main contributors to obesity. Food and drinks that are loaded with sugar and empty calories are unhealthy choices.

Ways to Combat Childhood Obesity

5-4-3-2-1 principle

- 5: Five servings of fruits and vegetables
 - 4: Four glasses (at least) of water
 - 3: Three servings of low-fat dairy products
 - 2: Two hours or less of screen time
 - 1: One hour or more of exercise daily
- *Children should fill half their plates with fruits and vegetables at each meal.

Parents and caregivers can help kids develop healthy habits by:

- Talking to your child’s doctor about their healthiest weight and simple lifestyle changes to achieve it.
- Make activities at home fun by going for family walks after dinner, visiting a local park, encouraging school or out of school sports, dance class or swimming lessons.
- Modeling healthy behaviors like choosing water over sugary drinks. Kids often mimic what they see.
- Reducing screen time and providing more active time. Limit screen time outside of schoolwork to no more than 2 hours a day. Avoid TV in the child’s bedroom. Encourage children to be physically active before allowing screen time.
- An easy way to eat more vegetables is to plan your meals around them. Have children help.

10 Questions to Know Where Your Child Stands

- Does your child eat five or more fruits and vegetables per day?
- Does your child have a favorite fruit or vegetable that they eat every day?
- Does your child eat breakfast five times a week or more?
- Does your child watch TV, videos or play computer games for two hours or less per day?
- Does your child take gym class or participate in sports or dance in or outside of school three or more times a week?
- Does your child have a favorite sport or physical activity that they love to do?
- Does your child eat dinner at the table with the family at least once a week?
- Is your child’s room a “TV-Free Zone”?
- Does your child eat meals at the table with the TV turned off?
- Does child drink water instead of soda, juice or other sweetened drinks?

Add up “No’s”

- 1-5: Low to Medium Risk; 6-8: High Risk
- 9-10: Very High Risk
- Additional Resources:
 - <https://healthykidshealthyfuture.org/resources-for-parents/>
 - <https://www.myplate.gov/>
 - <https://kidshealth.org/en/parents/overweight-obesity.html>