

Fit Kids of SWOK



World No Tobacco Day today MAY 31st

Today is World NO Tobacco Day! Every year on May 31, Tobacco Stops With Me highlights the health risks associated with tobacco use in hopes of ending the tobacco epidemic for good on World No Tobacco Day.

Tobacco use is the leading preventable cause of death in the United States and more than 16 million Americans suffer from a disease caused by smoking. Cigarette smoking is responsible for more than 480,000 deaths per year in the United States, including an estimated 50,000 deaths resulting from secondhand smoke exposure. In Oklahoma, smoking alone kills more than 7,500 adults annually and leaves thousands suffering with chronic diseases such as heart disease, stroke, cancer and diabetes.

Tobacco won't stop until kids never start. On World No Tobacco Day, talk to your kids and prepare them to take on the world.

Visit [here](#) for more information.



June is Men's Health Month



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Men's Health
Month www.menshealthmonth.org

Men's Health Week was created by Congress in 1994 in part because male life expectancy was 7yrs less than female. Father's Day was chosen as the anchor to make use of the extra attention

paid to male family members near that holiday. The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and

treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular

medical advice and early treatment for disease and injury. Comanche county has [TSET's Healthy Living Program](#) and [Fit Kids of Southwest Oklahoma](#) which work towards promoting health and physical activity.

Fit Kids of SWOK

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Chairman: Dr. Ben Cooper,
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Facilitator: Ashley Green,
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We are on the web
Fitkidsofswok.org

"Creating an Active and Healthy Community!"

Monthly Meeting

Every 4th Wednesday, 12pm-1pm, CCMH, Oakwood 1&2

April Events

- 6-1-17 3 Mile Thursday
- 6-3-17 Diamond Brigade Run
- 6-15-17 3rd Thursday 3 Mile
- 6-24-17 CMV Awareness Run
- 6-24-17 Tour of the Wichitas
- 6-29-17 Fort Sill Buggy Brigade Run 5K (Stroller Run)
- Sat: Family Friendly Hikes 9am
- Wildflower Walks 10am
- Mountain Bike Club Rides 9am

[Fitness in Action Series](#)
www.fitnessinactionseries.com

More anti-tobacco work is needed!

TOBACCO STOPS WITH ME.

A health care bill approved May 4th, 2017 by the U.S. House of Representatives could set back the nation's efforts to reduce tobacco use and prevent deadly diseases. The bill eliminates the Prevention and Public Health Fund, which has supported critical initiatives to reduce tobacco use and prevent leading killers such as cancer and heart disease. Services like tobacco cessation which is crucial to Medicaid recipients who smoke at a higher rates than adults with private health insurance. The pre-

vention fund currently provides 12 percent of the budget for the Centers for Disease Control and Prevention. That budget covers funding for the CDC's programs aimed at preventing and reducing Tobacco use. Programs like the CDC's

[Tips from Former Smokers media campaign](#) that has been so cost-effective at helping smokers quit. Since its launch in 2012, the Tips campaign has motivated about 500,000 smokers to quit successfully and saved at least 50,000 lives, according to the CDC. 7,500 Oklahoma adults die each year from smoking, and hundreds of thousands more suffer from its harmful effects. Call 1-800-QUIT-NOW or visit the [website](#) for ideas.

