

Fit Kids of SWOK



American Diabetes Month



Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 10 Americans have diabetes — that's more than 30 million

people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, getting more physical activity, and losing weight.

We can use this month to raise awareness about diabetes risk factors and encourage people to make healthy changes.

Here are just a few ideas: Encourage your friends and family to make small changes, like taking the stairs instead of the elevator. Also, talk to people in your community about getting regular checkups. Ask doctors and nurses to be leaders in their communities by speaking about the importance of healthy eating and physical activity.

The Great American Smokeout

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society Great American Smokeout event.

Encourage someone you know to use the date to make a plan to quit, or plan in advance and then quit smoking that day.

By quitting — even for 1 day — smokers will be taking an

important step toward a healthier life and reducing their cancer risk. About 36.5 million Americans still smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and premature death in the world.

While cigarette smoking rates have dropped cigar, pipe, and hookah — other dangerous and addictive ways to smoke tobacco — are very much on

the rise. Smoking kills people — there's no "safe" way to smoke tobacco. Quitting is hard, but you can increase your chances of success with help. Getting help can double or triple the chances of quitting successfully.

If you're thinking about quitting tobacco, visit the Oklahoma Tobacco Helpline.



The Helpline is a FREE service available 24/7. The Helpline provides the tools and support you need to quit tobacco your own way. That includes free text and email support, phone and web coaching, nicotine replacement therapies and more for registered participants.

To find out more about their free, customizable services, visit OKhelpline.com or call 1-800-QUIT NOW.

Fit Kids of SWOK

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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

November Events

- 11-2 3 Mile Thursday
- 11-4 Kids Arts and Crafts Workshop @
Lawton Fort Sill Arts Council
- 11-16 3rd Thursday 3 Mile
- 11-16 Great American Smokeout
- Sat: Family Friendly Hikes 9am
Wildflower Walks 10am
Mountain Bike Club Rides 9am

More anti-tobacco work is needed!

TOBACCO STOPS WITH ME.

Many nearby states are stepping up their smokefree policies to protect their friends, families and loved ones from the dangers of tobacco use and secondhand smoke.

While Oklahoma continues to make improvements regarding smoking, 70% of states are still ahead of us. Here are the 3 policies we could enact in order to catch up.

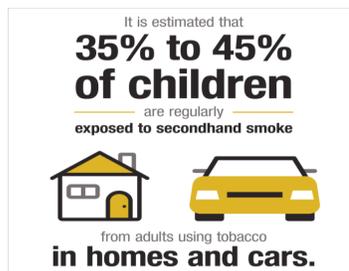
1. 100% SMOKEFREE POLICY

A comprehensive smokefree policy prohibits smoking in workplaces, res-

taurants and bars, all major sources of secondhand smoke.

2. SMOKEFREE CARS

A smokefree cars policy would make it illegal to smoke in cars while children are present. Secondhand smoke in cars is



highly concentrated. Such intense exposure leaves children at great risk for serious health issues like lower respiratory illness, ear infections, asthma, SIDS and cancer.

3. SMOKEFREE CLUBS & BARS

In confined spaces like bars and clubs, secondhand smoke accumulates, making for a highly toxic environment. While we wait for our policies to catch up, Oklahomans must seek out establishments that voluntarily prohibit smoking.