

Fit Kids of SWOK



Lawton Fort Sill Open Streets: April 21st

Come experience the streets of Lawton in a whole new way! Open Streets closes normal traffic lanes to cars and opens them up to people for walking, biking, and skating.

This year's Open Streets Event will be held on Saturday, April 21st, from 11am to 3pm in downtown Lawton on Avenue C. The first ever Lawton Fort Sill Open Streets Event was

held on June 6, 2015 and had approximately 3,500 people in attendance. Each year the event has grown with the last one having approximately 5,000 people attending. Open Streets also includes elements of recreation, play, shopping, and eating in the downtown area. Please plan on attending this bi-annual event so that it may continue to grow and gain support.



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Register by April 9th : <https://tinyurl.com/ya7xp7lh>

Facebook: Open Streets Lawton Fort Sill

National Minority Health Month

The United States spends more on health care than any other industrialized nation, yet millions of Americans lack the opportunity to lead a healthy life. Differences in health for racial, ethnic and other underserved communities have persisted for years.

Racial and ethnic minorities, people with disabilities, residents of rural areas and other vulnerable groups more often face barriers to good health.

As a result, these Americans are more likely to suffer from disease and may die up to 20 years earlier than others.

By making healthy and safe choices and engaging in healthy and safe behaviors, we can improve our quality of life. But where we live, learn, work and play has an enormous impact on our ability to make healthy decisions.

• It's hard to eat healthy foods if there are no grocery

stores or fresh food markets where you live or work.

• It's difficult to be physically active if there are no sidewalks in your community or you live or work in an unsafe neighborhood.

Differences in health related to these social, economic and environmental factors are known as health disparities.

Health disparities impose a steep cost on the U.S. economy and a heavy toll on the health and productivity of its people. Unless we work to address these factors, we are not going to improve the health and well-being of Americans.



Fit Kids of SWOK

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Chairman: Dr. Ben Cooper,
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Facilitator: Taylor Thompson,
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We are on the web
Fitkidsofswok.org

"Creating an Active and Healthy Community!"

April Monthly Meeting

April 25th 12pm-1pm
CCMH, Oakwood Conference Rooms 1&2

April Events

- 2-1 3 Mile Thursday
- 4-6 Moonlight Walk Against Drugs
- 2-15 3rd Thursday 3 Mile
- 4-16 Hike the Wichitas
- 4-21 Open Street Lawton/Fort Sill
- Sat: Family Friendly Hikes 9am
Wildflower Walks 10am
Mountain Bike Club Rides 9am

More anti-tobacco work is needed!

TOBACCO STOPS WITH ME.

American teens and young adults who are receptive to ads for electronic cigarettes are much more likely to start smoking tobacco cigarettes, a new study finds. A nationwide analysis found that 12- to 24-year-olds who had never used tobacco products had high rates of receptivity -- meaning they recalled and/or liked -- for tobacco product ads.

They were most receptive to ads for e-cigarettes, followed by ads for cigarettes, smokeless tobacco and cigars. Receptivity increased with age, peaking at 69 percent among 18- to 21-year-olds. Those who were receptive to ads for e-cigarettes, cigarettes and cigars were more likely to try those

respective products within a year, the study found.

The researchers also uncovered a startling trend among 12- to 21-year-olds who had never smoked. Those who were receptive to e-cigarette ads were 60 percent more likely to try cigarettes within a year, the study found. The study was published March 26 in the journal *JAMA Pediatrics*.

"There is a growing body of evidence that adolescents who start with an e-cigarette may transition to cigarettes," study lead author John Pierce said. He is a retired professor of cancer prevention at the University of California, San

Diego School of Medicine and Cancer Center. "This study provides the first evidence that e-cigarette advertising is one of the risk factors for those who are underage to become cigarette smokers," he said in a university news release.

The tobacco industry recruits

2,4 

new youth smokers **each year.**