

Fit Kids of SWOK



American Heart Month 2018: You're in Control

National trends show heart disease death rates are declining more slowly than they have in the past, especially among adults ages 35 to 64. In many communities across the U.S., death rates are actually increasing among



adults in this age group. Not only are more younger adults dying of heart disease, but their rates of risk factors—such as physical inactivity, tobacco use, and hyper-

tension—are also increasing.

For American Heart Month, join the CDC Division of Heart Disease and Stroke Prevention and Million Hearts in letting younger adults know they are not immune to heart disease, but that they can reduce their risk—at any age—through lifestyle changes and by managing medical conditions.

Take Control of Your Heart Health!

Find time to be active. Aim for at least 150 minutes of physical activity per week.

Make healthy eating a habit.

Small changes in your eating habits can make a big difference. Try making healthier versions of your favorite recipes.

Quit tobacco—for good. Smoking cigarettes and using other tobacco products affects nearly every organ in your body, including your heart.

Know your numbers. High blood pressure and high cholesterol are major risk factors for heart disease. Ask your health care team to check your blood pressure and blood cholesterol levels regularly and help you take steps to control your levels.

Stick to the 'script. Taking your medications can be tough, especially if you feel fine. But sticking with your medication routine is important for managing and controlling conditions that could put your heart at risk.

World Cancer Day

ABOUT WORLD CANCER DAY

World Cancer Day takes place every year on February 4th and is the single initiative under which the world can unite to raise the profile of cancer in a positive and inspiring way.

WE CAN. I CAN.

In 2018, World Cancer Day is taking place under the tagline 'We can. I can', and explores how everyone – as a collective or as individuals – can do their part to reduce the glob-

al burden of cancer. Just as cancer affects everyone in different ways, everyone has the power to take action to reduce the impact that cancer has. World Cancer Day is a chance to reflect on what you can do, make a pledge and take action.

WHY IT IS IMPORTANT

This year alone, nearly 8 million people will die of cancer, and left unchecked, the number of deaths will increase to 13.2 million per year by 2030.

There is an urgent need for action to raise awareness of the disease and to develop practical strategies to reduce the burden of cancer. With the recent adoption of the UN's Sustainable Development Goals (SDGs), global health is entering a new era. Today, more than ever, a global commitment is needed to advance progress in the fight against cancer and non-communicable diseases

(NCDs). World Cancer Day is the perfect opportunity to spread the word and create a global awareness of the disease in international media and global health and development programs.

WE CAN. I CAN.

Fit Kids of SWOK

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We are on the web
Fitkidsofswok.org

"Creating an Active and Healthy Community!"

February Monthly Meeting

February 28th 12pm-1pm
CCMH, Maple Conference Rooms 1&2

February Events

- 2-1 3 Mile Thursday
- 2-3 20th Annual Polar Plunge
- 2-3 Take your Child to the Library Day
- 2-22 8th Annual Lawton Soulful Story
- 2-15 3rd Thursday 3 Mile
- Sat: Family Friendly Hikes 9am
- Wildflower Walks 10am
- Mountain Bike Club Rides 9am

More anti-tobacco work is needed!

TOBACCO STOPS WITH ME.

U.S. District Court Judge Gladys Kessler found tobacco companies guilty of breaking civil racketeering laws, engaging in ongoing fraud and lying to the public about the dangers of smoking. Judge Kessler ruled that the tobacco industry must publish corrective and educational statements about the

dangerous effects of tobacco. Big Tobacco spent nearly 11 years



fighting the corrective statements in court. Now, they are being forced to come clean with the public after nearly 50 years of lying and deceiving. Corrective statements began running Nov. 26. Here are the five lies Big Tobacco is being forced to admit publicly:

1. Big Tobacco lied, saying smoking wasn't dangerous.
2. Big Tobacco knew nicotine was addictive.
3. Big Tobacco lied about light and low tar cigarettes being healthier.
4. Big Tobacco engineered cigarettes to contain higher amounts of nicotine. Big Tobacco continually denied the dan-

gers of secondhand smoke. The defendants have been ordered by the court to publish their corrective statements in the Sunday editions of 50 newspapers and on the newspapers' websites. As a penalty they must also air these statements on CBS, ABC or NBC five times per week for a year, post the statements on their websites and affix the statements to their products every February, June and October for two years.