Building a Healthier Generation
Support HB 1051

The state of Oklahoma is home to many of the country’s finest corporations, higher education institutions, and medical facilities, each bolstered by a vibrant workforce and supportive community. However, childhood obesity poses a serious threat to the future of our economy. The state of Oklahoma has the opportunity to improve both the health and education of our children by enacting House Bill 1051 by Rep. Danny Sterling and Sen. Rob Standridge.

HB 1051 requires the implementation of a statewide physical fitness assessment requirement to help Oklahoma leaders identify and prioritize health interventions. FitnessGram by The Cooper Institute is an in-school assessment tool that scientifically measures youth fitness, allowing leaders to evaluate and correct physical education. Physical fitness assessment, feedback, and activity encourage lifelong physical activity and fitness to improve the health and wellness of our children.

DATA DRIVES DECISIONS!

Did you know?

- 1 in 3 children will be diagnosed with diabetes in their lifetime.
- 73% of Oklahomans aged 17-24 are ineligible to serve in the military, primarily due to weight and physical fitness – a clear threat to national security.
- 58% of the Oklahoma population is projected to be obese by 2030.
- Oklahoma elementary and middle school students do not receive the minimum recommended weekly PE time of 150 and 225 minutes, respectively.
- 65% of Oklahoma high school students do not attend PE class during an average school week.
Why Do We Need Fitness Assessment?
Research shows that fit students perform better inside and outside of the classroom. Regular physical activity improves fitness and reduces the risk of developing chronic health conditions such as diabetes, heart disease and many forms of cancer.

- Schools should have quality physical education, daily physical activity opportunities, and routine fitness assessment to measure progress.
- An evidence-based fitness assessment is critical to evaluate school physical activity programs to ensure effectiveness and improve youth health.
- Routinely assessing student fitness levels is just as critical as academic assessments of reading, math, science and history. Fitness assessment data helps drive decisions for curriculum programming and assists families in making healthy behavior modifications. *You can’t manage what you don’t measure.*

Support HB 1051 and The Cooper Institute mission to improve youth health:

- Establish a comprehensive statewide physical fitness assessment and evaluation in all Oklahoma public schools.
- Strengthen physical education and health standards in Oklahoma public schools.
- Raise a healthier generation in Oklahoma to protect our future workforce and talent pipeline, economic prosperity, national security and quality of life.

**HB 1051 by Rep. Sterling/Sen. Standridge - Supported by:**

- Healthy Schools Oklahoma
- Oklahoma Association of Healthy, Physical Education, Recreation & Dance
- Oklahoma State Medical Association
- Dan Little, Board Chairman of Oklahoma School of Science & Mathematics

“*HB 1051 would implement a standardized fitness assessment among Oklahoma children with the goal of improving their health. Additionally, the data collected will increase our understanding of obesity prevalence and trends among children and allow us to measure progress towards achieving our health objectives toward Governor Stitt’s goal to turn Oklahoma into a top 10 State for health.*”

**Dr. Ashley Weedn, board-certified pediatrician at OU Medical Center on behalf of the Oklahoma State Medical Association.**

“The FitnessGram program and the data that is gathered are a great tool and resource in helping me to advocate for my program to my Principal, to my Superintendent, to my School Board, and to the community and other organizations I may request or apply to for grants to purchase equipment or other needs that benefit my students, my school, and our Physical Education program.”

**Virginia Mitchell, Physical Education teacher/coach at Lone Grove Primary/Intermediate**

2016 Let’s Move! Active Schools National Award Recipient