

focus

AFTERSCHOOL IN
OKLAHOMA



Issue Brief:

Children's Health in Oklahoma

Fast Facts:

In Oklahoma, childhood obesity rates have **tripled** since 1980. *2008 State of the State's Health Report*

More than half of teens say they would not watch so much TV or play video games if they had other things to do after school.

Alliance for a Healthier Generation

Oklahoma will spend **more than any state** on obesity-attributable health care by 2018. *America's Health Rankings, 2009*

The Oklahoma Afterschool Network (OKAN) is a community of private and public partners who are committed to a vision in which all Oklahoma children and youth are safe, nurtured and involved in enriching activities during their out-of-school time.

Afterschool programs:

- Keep kids safe and healthy
- Inspire learning
- Support working families

Join us at www.okafterschool.org



80% of obese adolescents will continue to be obese as adults.
Oklahoma State Department of Health



2/3 of Oklahomans are either overweight or obese.
Oklahoma State Department of Health



Before and afterschool programs provide opportunities for children to consume nutritious snacks and learn to make healthy choices.



Oklahoma is expected to have the highest obesity rate in the country by 2018.

America's Health Rankings, 2009

Why Afterschool Matters For Our Kid's Health

Health professionals say Oklahoma's obesity rates can be controlled if children get at least 60 minutes of exercise every day, eat lots of fruits and vegetables and get off the couch!

With our schools facing increased budget challenges, physical education has not remained a priority. Afterschool programs are a great way to increase activity in kids and educate families about healthy lifestyles.



In Grove, Oklahoma, the Grand Lake YMCA, Oklahoma State University Cooperative Extension Service and the Oklahoma State Department of Health partnered to implement the Coordinated Approach to Child Health (CATCH) Kids Club program successfully.

The CATCH Kids Club averages 32 participants daily and is licensed by the Oklahoma Department of Human Services to serve children 5 to 12 years of age. It is staffed by the Grand Lake Family YMCA.

The nutrition component includes 32 quick, easy-to-teach lessons, including 8 snack preparation lessons. "Home Letters" encourage parents to offer program reinforcement through family discussions and to provide healthy meals and snacks at home using CATCH recipes.

The program also includes a physical fitness component that helps kids realize that exercise is fun!

After-School Action Plan:

Many kids list watching TV as their #1 after school activity. Sometimes, they just need help coming up with other things to do.

Have your kids make a "Top 10 List" of after-school activities. Examples include riding bikes, shooting hoops, walking the dog, folding laundry or even helping with dinner. Post the list on the fridge, so your kids can check it when they get home. *Alliance for a Healthier Generation*

Online Resources:

Afterschool Alliance
afterschoolalliance.org

Oklahoma Department of Education
sde.state.ok.us

Oklahoma State Department of Health
ok.gov/health

Oklahoma Institute for Child Advocacy
oica.org

Forum for Youth Investment
forumforyouthinvestment.org

C.S. Mott Foundation
mott.org

Wallace Foundation
wallacefoundation.org

Oklahoma Afterschool Network

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OKAN is a statewide initiative coordinated by the Oklahoma Institute for Child Advocacy