

1 STATE OF OKLAHOMA

2 1st Session of the 52nd Legislature (2009)

3 HOUSE

4 RESOLUTION 1050

By: Morrissette

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7 AS INTRODUCED

8 A Resolution promoting health and wellness efforts
9 within Oklahoma state government.

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12 WHEREAS, Oklahoma's statistically high obesity and low physical
13 activity rates position our citizens among the nation's least fit;
14 and

15 WHEREAS, Oklahoma has the highest rate of cardiovascular deaths
16 in the nation and ranks among the worst states in terms of obesity,
17 tobacco use and cancer deaths; and

18 WHEREAS, according to the Centers for Disease Control and
19 Prevention, there has been a dramatic increase in obesity in the
20 United States during the past 20 years; and

21 WHEREAS, Oklahoma's trends are mirroring the troubling national
22 trend of declining physical activity and increasing rates of
23 obesity; and
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1 WHEREAS, beyond the negative impact on quality of life and
2 productivity, obesity is linked to chronic, yet preventable,
3 disease, such as Type 2 diabetes, heart disease, stroke,
4 hypertension and cancer; and

5 WHEREAS, nearly 85 percent of Oklahoma adults are not eating the
6 recommended amounts of fruits and vegetables, ranking Oklahoma
7 lowest among the United States; and

8 WHEREAS, Oklahoma state government offers the OK Health
9 Mentoring Program through its Employees Benefits Council; and

10 WHEREAS, research conducted by the OK Health Mentoring Program
11 shows 30 percent of state employees who have completed the program's
12 risk assessment have cardiovascular disease or diabetes and another
13 30 percent are at risk of developing those conditions; and

14 WHEREAS, OK Health is designed to offer employees unique and
15 effective solutions for better health by incorporating lifestyle,
16 disease management and health mentoring into a single,
17 comprehensive, individualized mentoring program; and

18 WHEREAS, as elected officials we wield great influence with
19 leaders of state agencies who can work with us as partners, taking
20 their own steps to make the work environment healthier for
21 employees.

22 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES
23 OF THE 1ST SESSION OF THE 52ND OKLAHOMA LEGISLATURE:

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1 THAT the Oklahoma House of Representatives resolves to act in a
2 strategic and concerted effort to impede and reverse negative health
3 trends in Oklahoma's state government by promoting policies and
4 programs and by pursuing workplace changes that encourage healthy
5 eating and promote active living. To further these goals, we intend
6 to take voluntary actions, individually and collectively. Such
7 actions may include, but are not limited to, the following:

- 8 a. participating in the OK Health Mentoring Program and
9 projects that promote healthy eating and active
10 living,
- 11 b. hoping that agencies will promote the OK Health
12 Mentoring Program and incentivize employees to
13 participate with reduced cost,
- 14 c. adopting policies that promote healthy eating and
15 active living,
- 16 d. creating and/or modifying work environments at no cost
17 to the state that are supportive of healthy eating and
18 active living within fully smoke-free workplaces and
19 campuses,
- 20 e. encouraging agencies to make employees' time more
21 flexible to facilitate walking breaks and other
22 wellness activities, and
- 23 f. insisting on better, healthier choices in snack bars
24 and vending areas.

1 These actions will support Oklahoma state employees' determination
2 to become the healthiest in the nation by creating a culture of
3 change within state government.

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