



Brad Henry
Governor

EXECUTIVE DEPARTMENT

EXECUTIVE ORDER 2007-23

FILED

MAY 24 2007

**OKLAHOMA SECRETARY
OF STATE**

I, Brad Henry, Governor of the State of Oklahoma, by the authority vested in me pursuant to Sections 1 and 2 of Article VI of the Oklahoma Constitution, hereby encourage all Appointing Authorities to adopt measures that encourage employees to eat better, move more, and be tobacco free.

Obesity has become a national epidemic. Over the past ten years, the number of those who are overweight and obese in Oklahoma has increased at an alarming rate to more than sixty percent of our population. Overweight and obese individuals cost the nation between \$69 billion and \$117 billion per year in medical expenses. In Oklahoma alone, the cost of obesity-attributable medical expenses is a staggering \$854 million per year.

Lack of physical activity significantly contributes to being overweight and obese. There are a number of serious health-related problems attributable to being overweight and obese such as high blood pressure, high total cholesterol or high levels of triglycerides, Type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and respiratory problems, some cancers and depression.

Physical Activity is key to a healthy weight and lowering the risk of various chronic diseases. Each day presents an opportunity for activity such as walking for at least thirty minutes a day. I encourage state employees to utilize their daily break times to participate in physical activity to improve physical and mental well-being, thereby meeting the minimum national recommendations of thirty minutes of moderate physical activity a day.

Eating nutritious foods also leads to a healthy weight, thereby reducing the risk of developing many diseases related to obesity. Most employees eat at least one of their meals at work. Setting policies within the workplace will help state employees to make better food choices despite busy schedules. For example, offer only healthy beverages at

042116

mid morning or afternoon meetings where food is not necessary. If food is served, offer fresh fruits and vegetables and/or other healthy options to employees.

Along with physical activity and nutrition, being tobacco free will contribute to a healthier Oklahoma. Tobacco use is the leading preventable cause of death in the United States and in Oklahoma. Smoking-attributable productivity costs in Oklahoma average over \$1.4 billion, and this monetary figure does not include expenses due to cigarette caused burns or secondhand smoke-related deaths. About one in four Oklahoma adults smoke, while most want to quit smoking. Tobacco free workplaces protect employees' health, lower health care costs, increase productivity and morale, and reduce absenteeism.

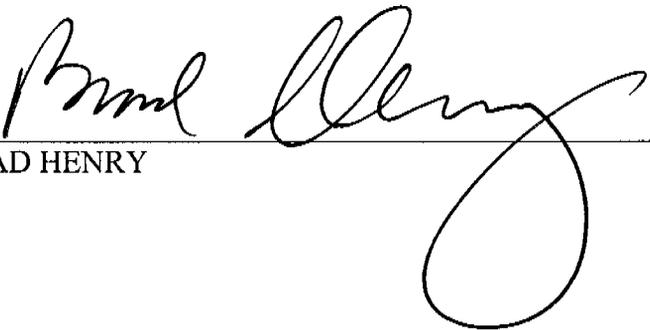
State agencies are encouraged to use the agency's health plan to help employees and their families quit tobacco use; actively support and promote the Oklahoma Tobacco Helpline (1-800-QUIT-NOW); and implement and maintain tobacco free workplaces polices and other initiatives.

State government, as the largest employer in the State of Oklahoma, must lead the way in building a culture of health for a Strong and Healthy Oklahoma where we work. I encourage all Appointing Authorities to adopt measures that encourage employees to eat better, move more, and be tobacco free. State government employees are encouraged to utilize the *Guide to a Strong and Healthy Oklahoma*, the Strong and Healthy Oklahoma website (www.strongandhealthy.ok.gov), the *Guidelines for a Healthy Workforce*, and the OKHealth Program.

This Executive Order shall be distributed to all members of the Governor's Cabinet, which shall cause the provisions of this Order to be implemented.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Oklahoma to be affixed at Oklahoma City, Oklahoma, this 23 day of May, 2007.

BY THE GOVERNOR OF THE STATE OF OKLAHOMA



BRAD HENRY

ATTEST:


SECRETARY OF STATE

