

## **Oklahoma Tobacco Settlement Endowment Trust Board of Directors: Resolution on the Importance of Physical Activity to Health.**

**September 2025**

**WHEREAS**, the Oklahoma Tobacco Settlement Endowment Trust (TSET) was created by voters in 2000 and has a constitutional mandate to support strategies and programs designed to maintain or improve the health of Oklahomans; and

**WHEREAS**, three behaviors (tobacco use, sedentary lifestyles and poor nutrition) contribute to four conditions (heart disease, lung disease, cancer and diabetes) that cause 58% of all deaths in Oklahoma; and

**WHEREAS**, reducing sedentary behavior and increasing physical activity are essential to improving health, yet only 37.3% of Oklahoma adults and 29.2% of children meet recommended guidelines for physical activity; and

**WHEREAS**, physical inactivity significantly increases the risk of chronic conditions, including obesity, diabetes, high blood pressure, stress, certain types of cancer, heart disease and osteoporosis<sup>1</sup>; and

**WHEREAS**, regular physical activity is proven to reduce these health risks, improve mental health, reduce healthcare costs, boost productivity, strengthen academic outcomes for students and improve overall community well-being; and

**WHEREAS**, access to safe, convenient opportunities for physical activity, such as parks, sidewalks, trails and community programs is essential for promoting healthier lifestyles and equitable health outcomes; and

**WHEREAS**, TSET supports evidence-based strategies that increase physical activity, including local infrastructure, community-based interventions, and public education efforts; and

**WHEREAS**, TSET currently funds and implements a variety of grants and communication campaigns designed to improve physical activity throughout the state. These include:

- A grant to the Oklahoma State Department of Education for online physical education teacher training
- The TSET Healthy Living Program
- TSET Healthy Incentive Grants for Communities and Schools
- TSET Discovery Grants
- TSET Built Environment Grants
- Outreach campaigns such as Elevate Student Health and Shape Your Future; and

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<sup>1</sup> <https://oklahoma.gov/content/dam/ok/en/health/health2/documents/State%20of%20Oklahoma%20-%20State%20Obesity%20Prevention.pdf>

**WHEREAS**, these initiatives work to increase physical activity throughout Oklahoma by improving community and school infrastructure, supporting health-promoting programs and communications, physical education and enacting physical activity-related policy changes.

**BE IT THEREFORE RESOLVED**, the TSET Board of Directors supports efforts to:

- Increase opportunities for physical activity in schools through recess, physical education and afterschool programs.
- Improve built environment infrastructure to promote safe walking and biking, including things like adding sidewalks, trails, shaded areas, splash pads and upgraded park equipment.
- Improve early care and senior care environments to support suitable physical activity.
- Encourage schools to adopt joint use policies for playgrounds and athletic fields to increase community access.
- Expand the number of communities implementing Safe Routes to School policies and programs.
- Support communication efforts that promote sufficient physical activity for all age groups.
- Encourage health care providers to screen for physical activity levels during intake and provide physical activity counseling and resources.

**FURTHERMORE, BE IT THEREFORE RESOLVED**, the TSET Board of Directors calls on the Oklahoma Legislature to:

- Support policies that increase opportunities for physical activity statewide.
- Mandate a minimum amount of physical education for middle and high school students.
- Require school districts to provide at least 40 minutes of daily recess for elementary school students.
- Establish a statewide registry to monitor physical activity and nutrition.
- Increase free social support programming that is inclusive of physical activity.
- Expand access to free, community-based programming that includes physical activity components.
- Support public library initiatives that incorporate physical activity into community programming.
- Appropriate funding for confidential, evidence-based training for schools on physical activity and nutrition assessment.<sup>2</sup>

**FURTHERMORE, THE TSET BOARD OF DIRECTORS** also calls upon other interested groups and governing bodies to adopt similar resolutions in support of increasing opportunities for physical activity and promoting healthier communities across Oklahoma.

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<sup>2</sup> <https://oklahoma.gov/content/dam/ok/en/health/health2/documents/State%20of%20Oklahoma%20-%20State%20Obesity%20Prevention.pdf>