



# Eat Smart, Move More...North Carolina in School

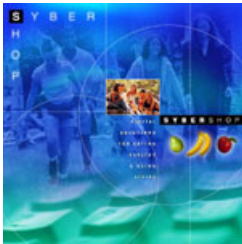


## Initiative Overview

**Mission** “To reverse the rising tide of obesity and chronic disease among North Carolinians by helping them to eat smart, move more and achieve a healthy weight.”

## Programs and Resources in the School Setting

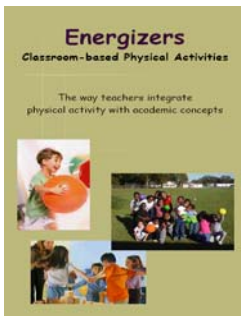
### SyberShop



- Currently used in more than 20 states, SyberShop is an interactive CD for youth ages 13-19 that focuses on physical activity and healthy eating.
- The CD is composed of five modules that allow teenagers to learn about different areas of physical activity, healthy eating, weight management and body image issues.
- The SyberShop CD is available free to North Carolina high school health and physical education teachers, and it can be ordered nationwide.

**PARTNERS:** N.C. Cooperative Extension Service, N.C. Physical Activity and Nutrition Branch and N.C. Department of Public Instruction.

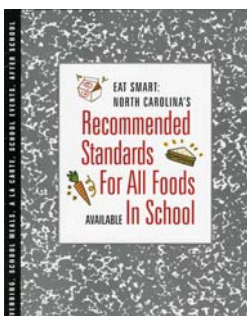
### Energizers for Elementary and Middle School



- Energizers are classroom based physical activities that help teachers integrate physical activity with academic concepts.
- These are short (about 10 minute) activities that classroom teachers can use to provide activity to children which correspond with the request from the North Carolina State Board of Education’s Healthy Active Children Policy for elementary teachers.

**PARTNERS:** N.C. Department of Public Instruction, Be Active NC, NC Healthy Schools and N.C. Physical Activity and Nutrition Branch

### Eat Smart: NC’s Recommended Standards for All Foods Available in School

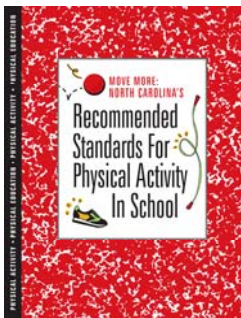


- Released in May 2004, the Eat Smart School Standards served as the guide for implementing the legislated Healthy Food Choices “no risk” pilots in eight school districts in North Carolina’s public schools.
- The document encourages schools to examine *all* foods and beverages available in school, not just what’s served in cafeterias.

- Six additional supporting documents were developed to help schools educate school personnel and parents about ways to impact the foods and beverages available to students through fundraising, school parties and celebrations, concessions, school stores, rewards and incentives and vending.
- In August 2005, the N.C. General Assembly passed and Governor Easley signed into law new requirements that limit the types and amounts of sweetened beverages sold in schools. Senate Bill 961 prohibits the sale of soft drinks of any kind in elementary schools, prohibits the sale of carbonated soft drinks in middle schools, and limits sweetened carbonated beverages to 50 percent of beverages offered in high school vending machines. The bill also requires water to be an option anywhere beverages are sold. Additionally, the bill requires schools to adopt the “Proficient” standard for vended snacks beginning in the 2006-07 school year. This standard eliminates snack vending for elementary school students, and requires that 75 percent of vended snacks in middle and high schools contain 200 calories or fewer per portion or package.
- House Bill 855, ratified August 23, 2005, requires the State Board of Education to establish statewide nutrition standards for school meals, a la carte foods and beverages, and foods served in the after school program. The nutrition standards are to be based on the Eat Smart School Standards and the Dietary Guidelines for Americans, and promote increase in fruits, vegetables, and whole grains, and decrease total fat, trans fat and saturated fat, and sugar.

**PARTNERS:** N.C. Division of Public Health, N.C. Cooperative Extension Service and N.C. Department of Public Instruction.

## Move More: NC’s Recommended Standards for Physical Activity in School



- Released in August 2005, this document guides Local Education Agencies (LEAs) in developing policies and practices that promote physical activity and physical education before, during and after school, as necessary for students’ academic success and overall healthy lifestyles.
- This piece supports advocacy efforts for state policy regarding physical activity and education in North Carolina’s public schools.

**PARTNERS:** N.C. Division of Public Health, N.C. Cooperative Extension Service and N.C. Department of Public Instruction.

## School Fundraising Toolkit

- This downloadable toolkit includes ideas and resources on how to have healthy fundraisers for schools and will be useful for PTA members, Booster Club parents and members, and anyone involved in school fundraising.
- It offers planning tips, ideas on how to utilize physical activity and non-food items, and a local success story on how to have a healthy fundraiser

**PARTNERS:** Physical Activity and Nutrition Branch of N.C. Division of Public Health

## Food For Thought

- A nutrition education resource that uses the 2000 Dietary Guidelines for Americans to teach children concepts of healthy eating and physical activity.
- The activities integrate healthy eating and physical activity into the Standard Course of Study objectives for math, language arts, science and healthful living.

**PARTNERS:** Nutrition Services Branch of N.C. Division of Public Health

## N.C. Walks to School

- Provides key documents and tools to address components of planning local Walk to School events.
  - Documents are comprehensive and provide instructional resources and examples, providing insight into particular issues that surround Walk to School programs.
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### What Is Considered Success?

- State policy establishes standards for all foods and beverages available in schools and after-school programs
- State policy ensures adequate time in the school day for physical activity, including physical education, recess and after-school programs
- Child nutrition is not compromised by lack of school funding
- Students participate in at least 60 minutes of physical activity each day
- Students limit consumption of sugar-sweetened beverages
- Students limit portion sizes of foods and beverages
- Healthy lifestyles are accepted as the norm, rather than the exception among North Carolina school-age children and youth
- Wellness policy for school staff, with school staff acting as role models for healthy students

For more information please visit  
[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)

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