

Be Part of the SOLUTION ▶



You

Eat smart and move more to achieve and maintain a healthy weight. Track your steps or minutes of exercise each day. Include fruits and vegetables at every meal. Learn to recognize hunger and satiety. We are all role models and can be part of the solution.

Friends and Family

Encourage the families you work with to plan and fix simple healthy meals and make healthy snacks easy to “grab and go”. Suggest they meet a friend for a walk or start a walking group in their neighborhood or work place. Have them explore local parks and playgrounds. Have them find outdoor and indoor recreational activities that are fun for them and their family.

The Places You Go

Make it easier and safer for people to be physically active, whether at the office, in the neighborhood, or to and from school. Advocate for more walking paths, trails, sidewalks, and greenways. Help make fruits and vegetables accessible to all including mobile markets and farmers markets. When serving meals or snacks, offer water and healthy food options. Make healthy choices possible for your employees, clients, patients, or students.



Colleges and Universities **Care for students, staff, and faculty**

North Carolina has more than one million students in the community college, college, and university settings, along with tens of thousands of staff and faculty. The environment of a college campus can support healthy weight behaviors. From the president or chancellor to the student entering college for the first time, each person has a role to play. Students can identify ways in which the environment could be more supportive of healthy eating and physical activity, and they can help make appropriate environmental changes. College officials can consider health in policies related to campus food offerings, food procurement, and land use. Student health providers can include healthy eating and physical activity as critical points in plans to address student health. Faculty, staff, and students can engage communities to disseminate evidence-based practices and best practices to promote health.

Expand intramural sports and campus recreation opportunities for students of all abilities.

Provide opportunities for students, faculty, and staff to volunteer with community coalitions or partnerships that address obesity.

Limit advertisements for less healthy foods and beverages on campus.

Improve the capacity of university dining services to purchase locally grown food.

Increase the number of campus organizations with policies and practices that provide opportunities for physical activity and healthy eating.

Enhance the university infrastructure to support all students, staff, faculty, and visitors in bicycling, walking, and wheeling on campus.

Implement policies and practices to encourage joint use of fitness facilities by faculty, staff, and community members.

Implement policies and practices that enhance personal safety in university settings where people are or could be physically active.

Implement policies and practices that enhance traffic safety in areas on campus where people are or could be physically active.

Develop and implement a campuswide comprehensive plan for land use and transportation that creates opportunities for physical activity and that aligns with comprehensive plans for the city and county.

Implement policies to discourage consumption of sugar-sweetened beverages and increase consumption of water.

Implement routine BMI screening, counseling, and behavioral interventions to improve physical activity and healthy eating within student health services.

Shift to healthier food and beverage choices. Offer nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.

Implement educational programs tailored to individuals and change organizational practices, approaches, and/or policies to support health food choices where food decisions are being made.

Implement menu-labeling policies and practices in college and university dining facilities.