

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.



Schools Care for students, teachers, and staff

Over 1.5 million students attend North Carolina schools. Schools have considerable influence on what children eat and how they move. Many people can help schools promote healthy weight for North Carolina's children and youth, including superintendents, school board members, administrators, teachers, child nutrition staff, school nurses, and families. Families are powerful advocates for making schools places that support healthy weight behaviors. School staff can model healthy weight behaviors for young people. School administrators can establish policies and procedures that support students in achieving healthy behaviors and maintaining healthy weight. Teachers can educate students about healthy behaviors. Students can advocate for schools to support healthy eating and physical activity.

Implement the Move More North Carolina: Recommended Standards for After-School Physical Activity in all after-school programs.

Implement and monitor all sections of the Healthy Active Children Policy to ensure schools provide the recommended minutes of quality physical education, required minutes of daily physical activity and required nutrition guidelines.

Establish policies and practices to create a school environment that encourages a healthy body image, shape, and size among all students and staff members, accepts diverse abilities, and does not tolerate weight-based teasing or stigmatizing healthy eating and physical activity.

Provide a quality school meal program and ensure that students have only appealing, healthy food and beverage choices offered outside of the school meal program.

Implement a comprehensive physical activity program with quality physical education as the cornerstone.

Implement health education that provides students with the knowledge attitudes, skills, and experiences needed for healthy eating and physical activity.

Discourage consumption of sugar-sweetened beverages, promote drinking water, and restrict the availability of less healthy foods and beverages.

Teach educators and other school personnel how to increase children's physical activity, decrease their sedentary behavior, and advise parents or caregivers about their children's physical activity.

Implement policies and practices to provide evidence-based Healthful Living curricula in schools.

Comply with federal regulations regarding school meals and wellness policies.

Implement policies and practices to improve the availability of mechanisms for purchasing locally grown foods.

Implement policies to limit advertisements for less healthy foods and beverages.

Require high-quality physical education that meets North Carolina Department of Public Instruction standards in all district schools.

Implement policies and practices that provide opportunities for extracurricular physical activity.

Implement policies to enhance infrastructure that supports bicycling and walking to school.

Implement policies and practices to promote joint use and community use of school facilities.

Implement policies and practices that support any or all aspects of Farm to School (local foods purchased, promoted and served in meals, snacks or taste tests; education activities related to agriculture, food, health and nutrition; and school gardens where children engage in hand-on experiential learning through gardening).