



Move More: North Carolina's Recommended Standards for Physical Activity in School



What *Move More: North Carolina's Recommended Standards For Physical Activity In School* is part of the "Eat Smart, Move More...North Carolina" initiative. This document serves as a strategy and advocacy tool for increasing physical activity opportunities for North Carolina's children and teens.

When In January 2005, the N.C. Department of Public Instruction, Division of Public Health and N.C. Cooperative Extension convened North Carolina's Consensus Panel to Recommend Standards for Physical Activity in School. The Panel's goal was to formulate a state policy to ensure adequate time for physical activity in schools, as recommended by the N.C. Task Force on Healthy Weight in Children. The panel, consisting of 29 local, state and national experts representing public schools, public health, Cooperative Extension and health advocacy groups, developed the recommendations for this document. It was produced in partnership between the N.C. Division of Public Health, N.C. Department of Public Instruction and N.C. Cooperative Extension Service.

Where The *Move More School Standards* will assist schools in changing their policies and environments so as to increase physical activity and physical education opportunities for all students.

Why Between 1995 and 2004, the prevalence of overweight in North Carolina's children increased 19.8 percent in 12- to 18-year-olds, 62.2 percent in 5- to 11-year-olds, and 65.3 percent in 2- to 4-year-olds. The epidemic of childhood overweight is a complex, multi-faceted problem that requires a multi-level approach to reverse the trend. Physical inactivity contributes to the epidemic of childhood overweight and urgently needs to be addressed. Increased physical activity in school benefits the student, the school and the community by improving academic performance as well as reducing children's risk for overweight and other chronic diseases.

Who *Move More: North Carolina's Recommended Standards For Physical Activity in School* is meant to serve as a tool for parents, community leaders, educators, industry representatives and policy makers who want to create a school environment that supports physical activity.

How *Move More: North Carolina's Recommended Standards For Physical Activity in School* provides suggestions on the roles that students, families, principals, teachers, school staff, school board members, superintendents and community leaders can play in making school a place that supports and encourages physical activity.

Ideally, schools will begin working immediately to develop and implement local policies that support the implementation of the *Move More School Standards*. Such policies should consider all aspects of implementing the standards, including—but not limited to—availability of funds and personnel, staff and community involvement, and strategies for monitoring compliance.

The *Move More School Standards* are also available for consideration by policy makers and policy advocates as they address issues related to overweight, obesity and other chronic diseases.

For more information, please visit:
www.EatSmartMoveMoreNC.com

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