

Dear NC Physical Activity & Nutrition Advocate:

It's time to take action for ourselves, our families, our community, and our great state. Poor nutrition and lack of physical activity are taking a significant toll on the health of our citizens and our communities. It's expensive to ignore prevention. It has been estimated that \$11.1 billion dollars is being spent per year on medical and lost productivity costs in NC due to poor nutrition, overweight and obesity, and physical inactivity. Many current diseases in NC are preventable simply by "eating smart" and "moving more".



According to Dr. William Dietz, MD, PhD, Director of the Division of Nutrition and Physical Activity at the Centers for Disease Control and Prevention (CDC), "... *Widespread efforts are needed to encourage physical activity and better nutrition through effective educational, behavioral, and environmental approaches to control and prevent obesity*"...and other chronic diseases. "... *North Carolina is one of our nation's leaders in developing an initiative to move communities to adopt healthy eating and physical activity policy and environmental changes in an effort to prevent and combat rising trends in obesity and other chronic diseases.*"

You can join this initiative and take action today! **Adopt the sample physical activity policy on the reverse side of this sheet and use it in the following ways:**

- **Share it with your employer and encourage a worksite policy that supports physical activity breaks at meetings, designated walking routes or other activity opportunities, and flexible work schedules to allow physical activity.**
- **Share it with your faith organization and encourage a policy that supports physical activity in a variety of ways.**
- **Share it with the variety of community groups in which you may be involved.**
- **Take the pledge to be physically active and encourage your family members and friends to join you.**

Building Healthy Communities in North Carolina...State and Community Partners

Public policy and practices can make it easier for North Carolinians to eat smart and move more. Partners within the NC Dept of Health and Human Services and the Division of Public Health, along with multiple state and community partners have joined together to create the Eat Smart, Move More...North Carolina initiative. Visit the initiative's website <http://www.EatSmartMoveMoreNC.com> to locate potential partners and learn about additional ways to promote healthy eating and physical activity wherever you live, learn, earn, play and pray.

Sample Physical Activity Policy

For use within any organization/agency or community group.

Whereas:

_____ (*fill in your worksite, church, school, etc., name here*) is concerned about the health of our _____ (*employees, members*);

Whereas:

People have become more and more interested in eating smart and moving more;

Whereas:

Heart disease, cancer and stroke--the top three causes of death in North Carolina--are largely affected by what we eat and how physically active we are;

Whereas:

Regular physical activity provides for increased quality of life through improved endurance, strength, flexibility and balance, as well as reduced risk of chronic diseases, injury and perception of stress;

Therefore:

Effective _____ (*today's date*), it is the policy of _____ (*fill in your organization's name*) that activities and events sponsored or supported by this organization will always include opportunities for physical activity by :

- **Building physical activity breaks into meetings**
Examples include facilitated activities such as stretch breaks or icebreakers.
- **Identifying physical activity opportunities**
Examples include provision of map with walking routes and local attractions; identification of recreational and exercise facilities; organization of walking groups and other group activities.
- **Supporting schedules to allow physical activity**
Examples include flexible work schedules; longer lunch breaks to allow activity; as well as scheduled and/or facilitated stretch breaks integrated into meeting agendas.
- **Providing encouragement from group leadership to engage in physical activity**
Examples include community promotion of healthy lifestyles; employee leadership promoting physical activity for employees; group leadership being role models for physical activity.

Signature

Title

Name of Organization, Faith Group, Community Group, Worksite, School, Health Care Facility

Date