



North Carolina 2010 Health Objectives

Governor's Task Force for Healthy Carolinians. Healthy Carolinians 2010: *North Carolina's Plan for Health and Safety*. 2000

Nutrition:

- Increase the proportion of adults eating five or more servings of fruits and vegetables each day.
- Increase the percent of middle school and high school students who eat any fruit or juice on a given day.
- Increase the percent of middle school and high school students who eat any vegetables on a given day.
- Decrease the percent of middle school and high school students who eat high-fat meats on a given day.
- Decrease the percent of students who eat high-sugar foods on a given day.

Overweight and Obesity:

- Reduce the percent of children and adolescents who are overweight or obese.
- Reduce the proportion of adults who are obese.
- Increase the proportion of adults who are at a healthy weight.

Physical Activity:

- Increase the proportion of middle and high school students who report participating in vigorous physical activity for at least 20 minutes on three or more of the previous seven days.
- Increase the proportion of middle and high school students who report participating in moderate physical activity for at least 30 minutes on five or more of the previous seven days.
- Increase the proportion of adults (18 and older) who engage in physical activity for at least 30 minutes on five or more days of the week.
- Reduce the proportion of adults who engage in no leisure-time physical activity.

Barriers to obesity problem solving

- Lack of funding for health promotion, reimbursement for treatment, policy changes, etc.
- Communities developed for driving more often than walking/biking
- Workplace settings not conducive to healthy eating and physical activity
- Schools have reduced physical education/recess and serve non-nutritious foods
- Access to nutritious foods and recreational/exercise facilities limited due to cost



What can we do about the obesity problem?

- Initiate public education campaigns or public challenges to make health a priority
- Allocate funding for policy and environmental changes to make communities more “walkable” and make recreational activities more available
- Establish standards for restaurants to provide nutrition and calories information and/or to serve more nutritious, healthy food options
- Improve quality of food sold in schools and limit non-nutritious foods; and improve physical and health education and encourage increased physical activity at recess
- Educate doctors about providing better physical activity and nutrition counseling to patients
- Encourage employers to create healthful work environments by supporting gym memberships/offering onsite workout facilities, etc.; and reduce amount of non-nutritious food items in food service areas
- View supplement available at healthyamericans.org for a summary of states’ legislation against overweight and obesity.

