

Physical Activity and Healthy Eating Policy

Whereas:

The North Carolina Division of Public Health is concerned about the health of its employees and North Carolinians;

Whereas:

The North Carolina Division of Public Health recognizes its role in modeling and promoting healthy work environments for the state;

Whereas:

North Carolinians are becoming more aware of the need to eat smart and move more to improve quality of life and reduce health care costs;

Therefore:

Effective Monday, October 16, 2006, it is the policy of the North Carolina Division of Public Health that activities and events sponsored or supported by this organization will include opportunities for physical activity and healthy eating by :

- ◆ Adopting the Eat Smart, Move More: NC's Plan to Prevent Overweight, Obesity and Chronic Diseases as the NC Division of Public Health's Plan;
- ◆ Building physical activity breaks into meetings whenever possible;
- ◆ Encouraging stairwell use, use of walking maps and worksite wellness facilities and activities;
- ◆ Management supporting and encouraging physical activity, healthy eating and worksite wellness committee activities;
- ◆ Providing healthier foods and beverages during meetings using the Eat Smart Healthy Meeting Guide as a resource.

Leah Devlin, DDS
State Health Director
NC Division of Public Health

Date

