

## **Eat Smart, Move More North Carolina Key Measures At-a-Glance**

Executive Summary of the Key Measures Report, released January 2011

### **Background**

The Key Measures Ad Hoc Committee of the Eat Smart, Move More North Carolina Leadership Team was assembled in 2009 to measure North Carolina's progress on making the places where we live, learn, work, play and pray more supportive of healthy eating and physical activity (Goal 1 of *Eat Smart, Move More: North Carolina's Plan to Prevent Overweight, Obesity and Related Chronic Diseases, 2007 - 2012*). The committee selected two key measures from the *Recommended Community Strategies and Measurements to Prevent Obesity in the United States: Implementation and Measurement Guide, July 2009*: (1) discourage consumption of sugar-sweetened beverages and (2) increase opportunities for extracurricular physical activity.

### **Key Measure #1: Discourage consumption of sugar-sweetened beverages**

**Progress through State Legislation:** In 2010, the North Carolina General Assembly passed House Bill 1726 (Improve Child Care Nutrition/Activity Standards), which requires the North Carolina Child Care Commission to adopt rules for child care facilities to ensure that all children receive nutritious food and beverages according to their developmental needs. Specific bill language is available at <http://www.ncleg.net/Sessions/2009/Bills/House/PDF/H1726v6.pdf>.

**Progress through Organizational Policy Change:** Between 2007 and 2009, Smart Start funded 128 child care centers in North Carolina to implement the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) program. The final evaluation report indicated that significant changes were made in five areas, one of which was beverages (e.g., water and milk instead of sugary drinks). More results of the Smart Start funded NAP SACC implementation are available at <http://hugh.ncsmartstart.org/wp-content/uploads/2010/08/NAP-SACC-Final-Oct2009.pdf>.

### **Committee Recommendations for Measuring Policy Change**

1. Incorporate qualifications based on a child care center's policy and environmental supports for physical activity and healthy eating into the Star Rated License System to create a method for tracking the number of centers making these changes as well as the quantity and quality of the changes made.
2. Work with the Child and Adult Care Food Program to develop a system for regularly collecting data about nutrition and physical activity policies and practices from participating centers.

### **Key Measure #2: Increase opportunities for extracurricular physical activity**

**Progress through State Legislation:** In 2009, the North Carolina General Assembly passed House Bill 1471 (Counties and Schools Share PE Equipment), which directs the State Board of Education to encourage local school boards to enter into agreements with local governments and other entities regarding the joint use of their facilities for physical activity. Specific bill language is available at <http://www.ncleg.net/Sessions/2009/Bills/House/PDF/H1471v3.pdf>.

**Progress through Organizational Policy Change:** Some North Carolina middle and high schools have policies in place that allow community members to use the schools' facilities for physical activity. The following data are from the 2008 and 2010 School Health Profiles Survey:

- Outdoor facilities (2008): Of the middle and high schools participating in the 2008 School Health Profiles Survey, 83% allow people in the community to use at least some of the school's outdoor physical activity or athletic facilities outside of school hours or when school is not in session, without being in a supervised program. The two previous surveys showed similar results (82% of schools in 2004, 81% of schools in 2006). The 2010 survey did not include this question.

- Indoor facilities (2010): Of the middle and high schools participating in the 2010 School Health Profiles Survey, 71% allow use of their indoor physical activity or athletic facilities for community-sponsored classes or lessons outside of school hours or when school is not in session. Due to changes in the survey questionnaire, comparable data from previous years is not available.

### **Committee Recommendations for Measuring Policy Change**

1. Create a process for collecting information on joint use policies between schools and communities. Information needed includes: presence of policy, quality of the policy, whether the policy is being implemented, and results of implementation (including positive or negative unintended consequences).
2. Develop a set of standards for joint use agreements to include: a consistent definition, an overview of associated issues, model language and/or policies, roles and responsibilities, and opportunities for success.

### **Conclusions from the Key Measures Committee**

1. There is a need to standardize data collection on nutrition and physical activity policy and environmental changes across facilities in any given setting (e.g., child care facilities, schools).
2. State level policy change, including state legislation, indicates progress. However, the next challenge is to create a system to track policy implementation at the organizational level. It would be useful to engage various organizations who are affected by obesity-related state policy to discuss standardized methods to feasibly assess organizational policy implementation.
3. It would be valuable to incorporate the collection of information about policy and environmental supports for healthy eating and physical activity into existing statewide or organizational data collection systems.

For more information, contact Lori Carter-Edwards, Key Measures Committee Chair (lori.c.edwards@duke.edu), or Jenni Albright, Key Measures Committee Coordinator (jenni.albright@dhhs.nc.gov).

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<sup>i</sup> Keener, D., Goodman, K., Lowry, A., Zaro, S., & Kettel Khan, L. (2009). Recommended community strategies and measurements to prevent obesity in the United States: Implementation and measurement guide. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. Available at [http://www.cdc.gov/obesity/downloads/community\\_strategies\\_guide.pdf](http://www.cdc.gov/obesity/downloads/community_strategies_guide.pdf). Accessed November 19, 2010.