



State of North Carolina
Department of Health and Human Services

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**New Physical Activity Standards Provide Guide
For State's After-School Providers**

GREENSBORO – The Move More After-School Collaborative today released a set of recommended standards for physical activity in North Carolina's after-school programs. After-school providers now have a guide they can use to help young people meet the 60 minutes or more of daily physical activity recommended by the U.S. Department of Health and Human Services. The *Move More After-School Standards* were unveiled at the SYNERGY Conference in Greensboro, sponsored by the North Carolina Center for Afterschool Programs.

North Carolina is the first state to develop a comprehensive set of standards for physical activity in after-school programs, according to Dr. Marcus Plescia, chief of the Chronic Disease and Injury Section in the N.C. Division of Public Health. The standards will help after-school programs improve child health in a state that ranks fifth nationally in child obesity.

"This is not simply an individual issue," Dr. Plescia said. "Obesity is a community issue. It's about young people in our state having opportunities for physical activity and healthy eating throughout the day. Parents, community leaders, after-school providers and after-school partners now have a set of standards they can use to create more physical activity opportunities in after-school programs."

The *Move More After-School Standards* will help programs focus on changes they can make to provide more physical activity to the young people they serve. Physical activity can be a part of what after-school programs are already doing. The Move More After-School Standards are voluntary, but recommended by the many organizations that supported their development.

"The standards are a valuable resource to help after-school programs incorporate physical activity," Jamie Knowles, director of the North Carolina Center for Afterschool Programs, said.

The Move More After-School Collaborative comprises after-school providers, funders and community partners working together to support more physical activity opportunities for children and youth. For a list of the organizations or a copy of the standards, visit www.EatSmartMoveMoreNC.com.

Eat Smart, Move More NC is a statewide program that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray. More information about the program and its partner organizations can be found at the above website.

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