## GENERAL ASSEMBLY OF NORTH CAROLINA

## SESSION 1997

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## SENATE BILL 1309\*

Short Title: BANC Initiative.	(Public)
Sponsors: Senators Warren; Gulley, Hoyle, Ledbetter, Martin of CRand.	Guilford, Odom, and
Referred to: Appropriations.	-

## May 27, 1998

1 A BILL TO BE ENTITLED

2 AN ACT TO APPROPRIATE FUNDS TO THE DEPARTMENT OF HEALTH AND HUMAN SERVICES FOR THE "BE ACTIVE NORTH CAROLINA (BANC)" 3

INITIATIVE AS RECOMMENDED BY THE HEART DISEASE AND STROKE 4 5

PREVENTION TASK FORCE.

Whereas, the health and physical fitness of our youth are critical to the future of our State and our nation; and

Whereas, studies have shown that many of our children are in poor physical condition; and

Whereas, nationally, 6 out of 10 youth exhibit at least one risk factor for cardiovascular disease by the age of 12; and

Whereas, North Carolina youth exhibit poorer cardiovascular fitness, have a higher percent body fat, and are less flexible than their peers nationally; and

Whereas, 21% of North Carolina's youth watch six or more hours of television every day. This is the largest percentage in the nation; and

Whereas, in North Carolina, the average elementary school student has instruction from a certified physical educator less than twice per week; and

Whereas, 60% of North Carolina adults live sedentary lifestyles; and

Whereas, the annual costs of cardiovascular disease to the health care system in the United States in 1996 were estimated to have been \$151 billion, a 9% increase from the previous year; and

Whereas, increased physical activity in both children and adults has been proven to reduce the incidence of the risk factors for cardiovascular disease; and

Whereas, experts in this area agree that, for children, school physical education class is the opportune setting for teaching lifetime physical activity skills and instilling positive attitudes toward physical fitness; and

Whereas, for adults, workplace fitness programs and local community-based physical activity programs are the most successful mechanisms for improving fitness levels; Now, therefore,

The General Assembly of North Carolina enacts:

Section 1. There is appropriated from the General Fund to the Department of Health and Human Services the sum of three hundred thousand dollars (\$300,000) for the 1998-99 fiscal year for the Be Active North Carolina Initiative established under this act.

Section 2. (a) The purposes of this act are to:

- (1) Improve the fitness of North Carolina's youth through the establishment of an interschool physical education mentoring program;
- (2) Provide a community-based approach to addressing the physical fitness needs of all North Carolinians through the encouragement of development of local fitness councils in each of the State's 100 counties;
- (3) Utilize, in a coordinated fashion, the educational and training resources and services that have been developed by the Governor's Council on Physical Fitness and Health and other appropriate organizations;
- (4) Raise awareness of the general public about the importance of physical activity in preventing stroke and heart disease;
- (5) Adequately fund these programs; and
- (6) Provide lasting improvement in the fitness and physical well-being of North Carolinians, thus providing the State's citizens with an improved quality of life and society with the reduction of health care costs.
- (b) There is established the 1998-99 Be Active North Carolina (BANC) Initiative in the Department of Health and Human Services, Governor's Council on Physical Fitness and Health. Under this initiative the Governor's Council on Physical Fitness and Health shall provide grants to enable "model" schools that are former recipients of the Governor's Award for Youth Fitness to partner with 12 "aspiring" schools that are trying to meet the requirements for the Governor's Award so that physical educators may share ideas and expertise.
- (c) There is established the Local Fitness Council Development Program in the Department of Health and Human Services, Governor's Council on Physical Fitness and Health. The purpose of the program shall be to encourage the development of local fitness councils in each county in North Carolina where one does not currently exist.

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In implementing the BANC Initiative established under this section, the Department shall ensure that sufficient staff are available and trained to effectively implement the initiative.

Section 3. This act becomes effective July 1, 1998.