

# **Please Support H.618/S.671 -- “Eat Smart . . . Move More” Community Health Grant Funding**

Regular physical activity is essential to the well-being of all North Carolinians. H.618/S.671 will provide funding for communities across North Carolina to promote safe, convenient places for residents to move more as part of their daily life.

## **Supporting Organizations**

- AARP North Carolina
- North Carolina Alliance for Health
- North Carolina Chapter of the American Planning Association (NCAPA)

## **Why This Legislation is Important for Every North Carolinian**

- According to the latest public health statistics, nearly 2 out of 3 adults in North Carolina don't get enough regular physical activity.
- This costs North Carolina taxpayers and businesses about \$9 billion a year in additional health care costs and lost productivity.
- Lack of physical activity increases risk for the leading causes of death and disability in North Carolina, including heart disease, stroke, cancer, and diabetes, all of which are related to obesity and overweight.
- The prevalence of obesity in children has doubled in the last two decades, bringing increased risk of chronic disease for the next generation as well.

## **What This Legislation Will Do**

- In order to live active lifestyles, North Carolinians need safe, convenient opportunities for daily physical activity as part of their regular routine.
- This legislation will make grants available on a competitive basis to all 100 counties and their partners to create walkable communities projects.
- Sample projects include: 1) helping to create safe walking routes for seniors near a senior center, 2) developing safe routes to school for children, 3) promoting economic development by creating a downtown walking tour, 4) building a universally accessible nature trail, 5) creating a walking route to celebrate African-American heritage, and 6) building a walking trail at a government complex in a rural county.
- This legislation will help communities across the state connect people of all ages to desired destinations by foot and by bike so that they can lead more active lives.

**Please support H.618/S.671 to promote physical well-being for North Carolinians.  
Our health depends on it!**