

**Healthy NC 2020: Physical Activity and Nutrition Subcommittee Meeting
Friday, March 5, 2010**

Subcommittee Members and Interested Persons Present: Jenni Albright, Alice Ammerman, Diane Beth, Phil Bors, Laura Edwards, Sue Hobbs, Donna Miles, Debi Nelson, Jackie Sergent, Doug Urland, Betsy Vetter, Ron Morrow, Lori Schneider, Lisa Harrison, Alexander White

NCIOM Staff and Interns: Pam Silberman, Jennifer Hastings, Catherine Liao, Berkeley Yorkery

Proposed Final Objectives and Targets

Objective 1: Percent of high school students at a healthy weight (who are neither overweight or obese)*

Current: 72.0% (2009)

2020 Target: 79.6%

Data source: Youth Risk Behavior Survey (YRBS)

Rationale for selection: This objective measures healthy weight among high school youth, but is also potentially reflective of efforts to reduce overweight among younger children. Inclusion of this objective will drive local and state strategies to reduce overweight/obesity among children and youth.

Rationale for target: Based on the best state in 2007, which was Utah

Objective 2: Percent of adults getting the recommended amount of physical activity (30+ minutes of moderate physical activity five or more days per week, or vigorous physical activity for 20+ minutes three or more days per week)

Current: 44.0% (2007)

2020 Target: 60.8%

Data source: Behavioral Risk Factor Surveillance System (BRFSS)

Rationale for selection: This objective measures an important factor affecting overall health as well as body weight: physical activity. Inclusion of this objective will drive local and state strategies to increase physical activity.

Rationale for target: Based on the best state in 2007, which was Alaska

Objective 3: Percent of adults who report they consumed fruits and vegetables five or more times per day

Current: 21.6% (2007)

2020 Target: 30.0%

Data source: Behavioral Risk Factor Surveillance System (BRFSS)

Rationale for selection: This objective measures an important factor affecting overall health as well as body weight: fruit and vegetable consumption. Inclusion of this objective will drive local and state strategies to improve nutrition.

Rationale for target: Based on the best state in 2007, which was Vermont

Potential Objective 4: Percent of adults at a healthy weight (who are neither overweight or obese)**

Current: 34.3% (2008)

2020 Target: 44.7%

Data source: Behavioral Risk Factor Surveillance System (BRFSS)

Rationale for selection: Common and often cited population health measure; available annually for all states. Inclusion of this objective will drive local and state strategies to reduce overweight/obesity among adults, which can differ from those strategies for youth.

Rationale for target: Based on the best state in 2008, which was Colorado

*Key performance indicator

Next Steps and Other

**The NCIOM will take the subcommittee's request for a fourth objective to the HNC 2020 Steering Committee. If granted, objective 4 from above will be included in the final set of objectives. In addition, Objective 4 would become the key performance indicator.

In addition, the subcommittee recognizes that the BRFSS measures for fruit and vegetable consumption and adult physical activity level may change in the near future and that some adjustment would possibly need to occur.