

Take Action for Fit Kids!

STATE AND LOCAL LEADERS

State and local leaders can build the capacity for communities to improve the health-related fitness of SC children and adolescents through effective policies, funding, training, technical assistance and accountability.



Recommendations for state leaders are to:

- Maintain the SC FitnessGram software and system to monitor student fitness levels at the state and local levels to provide evidence of improvement over time and encourage all non-participating school districts to join the state system.
- Support the inclusion of nutrition and physical activity best practice standards in child care regulations and program requirements.
- Establish and maintain staff at the state and local levels to provide training, technical assistance and accountability for school health programs.
- Implement existing federal, state and local policies that support K-12 health and physical education to ensure children receive the knowledge and skills to lead a healthy life.
- Maintain staff at the state level to facilitate the expansion of current SC Farm to Institution initiatives, including SC Farm to School, to support healthy, locally produced food throughout South Carolina.
- Consider all users, including pedestrians, bicyclists, motorists and transit riders of all ages and abilities, when planning, designing, operating and maintaining local and state transportation networks to enable safe, convenient and comfortable travel regardless of mode of transportation (smartgrowthamerica.org/program/national-complete-streets-coalition).
- Encourage school districts to adopt the SC School Boards Association's model Open Community Use of School Recreational Areas policy (KFA) to expand access to safe, convenient, and free places for physical activity in communities.
- Prioritize population health approaches to promote healthy eating and active living where children live, learn, and play by taking a Health in All Policies approach when making decisions. (www.phi.org/uploads/files/Health_in_All_Policies-A_Guide_for_State_and_Local_Governments.pdf).