

**GENERAL ASSEMBLY OF NORTH CAROLINA**

**SESSION 1997**

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HOUSE BILL 1459\*

Short Title: BANC Initiative.

(Public)

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Sponsors: Representatives Justus; Sexton and Watson.

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Referred to: Appropriations.

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May 25, 1998

A BILL TO BE ENTITLED

1 AN ACT TO APPROPRIATE FUNDS TO THE DEPARTMENT OF HEALTH AND  
2 HUMAN SERVICES FOR THE "BE ACTIVE NORTH CAROLINA  
3 (BANC)" INITIATIVE AS RECOMMENDED BY THE HEART DISEASE AND  
4 STROKE PREVENTION TASK FORCE.  
5

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

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

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

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

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

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

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

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

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

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

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

12 The General Assembly of North Carolina enacts:

13           Section 1. There is appropriated from the General Fund to the Department of  
14 Health and Human Services the sum of three hundred thousand dollars (\$300,000) for the  
15 1998-99 fiscal year for the Be Active North Carolina Initiative established under this act.

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

17           (1) Improve the fitness of North Carolina's youth through the establishment  
18 of an interschool physical education mentoring program;

19           (2) Provide a community-based approach to addressing the physical fitness  
20 needs of all North Carolinians through the encouragement of  
21 development of local fitness councils in each of the State's 100 counties;

22           (3) Utilize, in a coordinated fashion, the educational and training resources  
23 and services that have been developed by the Governor's Council on  
24 Physical Fitness and Health and other appropriate organizations;

25           (4) Raise awareness of the general public about the importance of physical  
26 activity in preventing stroke and heart disease;

27           (5) Adequately fund these programs; and

28           (6) Provide lasting improvement in the fitness and physical well-being of  
29 North Carolinians, thus providing the State's citizens with an improved  
30 quality of life and society with the reduction of health care costs.

31           (b) There is established the 1998-99 Be Active North Carolina (BANC)  
32 Initiative in the Department of Health and Human Services, Governor's Council on  
33 Physical Fitness and Health. Under this initiative the Governor's Council on Physical  
34 Fitness and Health shall provide grants to enable "model" schools that are former  
35 recipients of the Governor's Award for Youth Fitness to partner with 12  
36 "aspiring" schools that are trying to meet the requirements for the Governor's Award so  
37 that physical educators may share ideas and expertise.

38           (c) There is established the Local Fitness Council Development Program in  
39 the Department of Health and Human Services, Governor's Council on Physical Fitness  
40 and Health. The purpose of the program shall be to encourage the development of local  
41 fitness councils in each county in North Carolina where one does not currently exist.

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

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