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**TEN SCHOOLS ACHIEVE HEALTHY SCHOOL STATUS  
FROM EAT SMART MOVE MORE CATAWBA COUNTY**

HICKORY, NC – Catawba County Health Partners’ Eat Smart Move More Catawba County (ESMM) coalition has recognized ten schools as Healthy Schools through its inaugural Healthy Schools Recognition Program: Blackburn Elementary School, Clyde Campbell Elementary, Maiden Middle School, Mountain View Elementary School, Newton-Conover Middle School, Oxford Elementary School, Sherrills Ford Elementary School, Shuford Elementary School, St. Stephens Elementary School and Snow Creek Elementary School.

The Healthy Schools Recognition Program was created by Eat Smart Move More Catawba County to encourage healthy nutrition and physical activity policies in schools. The program recommends that schools meet the following seven criteria, developed from state guidelines, in order to attain recognition status:

- Have a School Wellness Council in place that is committed to the health and well-being of the school population. This council should meet monthly and consist of school personnel and parents who act as positive role models.
- Offer fresh or frozen fruits and vegetables at least 3 times per week at lunch.
- Offer plain bottled water at lunch (or make available a water fountain or container of water).
- 100% of classrooms comply with the “Healthy Active Children” statute for 30 minutes of physical activity per day in K-8.
- Have in place and comply with a school policy for healthy fundraisers.
- Have in place and comply with a healthy school store policy.
- Have in place and enforce a school policy for healthy concessions.

Now wrapping up its first year, the Healthy Schools Recognition Program is coordinated by ESMM coalition members and Catawba County Public Health school nurses. Schools participate voluntarily and are evaluated each spring. Schools that do not attain recognition status can receive technical assistance from the coalition to work toward achieving recognition in the future.

“We are very excited to celebrate the first year of the Healthy Schools Recognition Program with ten outstanding schools,” said Phil DiCasolo, Chairman, Eat Smart Move More Catawba County. “By maintaining these standards, our schools can go a long way toward helping children develop healthy habits for a lifetime.”

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**About Eat Smart Move More Catawba County (ESMM)**

Eat Smart Move More Catawba County (ESMM) is a coalition of volunteers working to reduce childhood obesity in Catawba County. Members represent the three Catawba County school systems, hospitals, physicians, Public Health, school nurses, businesses, child care centers, faith communities, and childhood obesity prevention and treatment programs. ESMM initiatives are designed to make the healthier choice the easier choice for children and families in Catawba County. ESMM is managed by Catawba County Health Partners.

**About Catawba County Health Partners**

Catawba County Health Partners (CCHP) fosters coalitions that address Catawba County's priority health issues through policy, systems and environmental change strategies. Catawba County's current priority health coalitions are Access to Care, A.S.A.P. (Alcohol & Substance Abuse Prevention) of Catawba County (underage drinking), Cancer Task Force (colorectal and prostate), and Eat Smart Move More Catawba County (childhood obesity). CCHP is a 501(c)(3) nonprofit organization with more than 120 members representing 54 community partners dedicated to generating positive, sustainable impact on the health of our community. For more information, please visit [www.catawbacountyhealthpartners.org](http://www.catawbacountyhealthpartners.org).

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