

PREVENTING OBESITY BY DESIGN (POD) PROGRAM COMING TO SOUTHERN VILLAGE

The Chapel Hill Day Care Center in Southern Village has been selected as the Orange County 2010 site for the 'Preventing Obesity by Design' (POD) project! The school is now in the process of converting their playground to an outdoor learning environment that will promote increased physical activity for children and thus forestall the risk of childhood obesity.

Childhood obesity is on the rise and now affects over 30% of 2-4 year olds in our state. The POD project, led by the Natural Learning Initiative, converts typical mulch-covered playgrounds into green landscapes which introduce children to the natural world and provide opportunities for active play and exploration.

POD is sponsored by the Natural Learning Initiative at N.C. State, Orange County Partnership for Young Children, and Child Care Services Association. To educate the public about this unique program and engage the community in volunteering to help with the POD initiative, the group is holding an informational meeting at Christ Church on Wednesday, September 15th from 6:00pm-8:00pm.

For more information about this project and its affiliated organizations, visit any of the following links:

<http://www.naturalearning.org/showcase/projects/POD/about.html>

www.orangesmartstart.org

www.childcareservices.org/

<http://www.chapelhilldaycarecenter.com/index.html>