



MEDIA RELEASE

KNOX COUNTY HEALTH DEPARTMENT

140 Dameron Avenue, Knoxville, TN 37917-6413

FOR IMMEDIATE RELEASE

Contact: Kelsey Leyrer
865-215-5116 office
865-257-7460 cell

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KCHD announces 2018-2019 N.E.A.T. Approved Sites

Knoxville, Tenn. – N.E.A.T. (Nutrition Education Activity Training) is an after-school program designed to teach children about the importance of healthy eating and an active lifestyle. The program reaches more than 1,200 children at 39 sites in the Knoxville and greater Knoxville area.

N.E.A.T. Approved is a designation given to sites who adopt nutrition- and physical activity-related policies and best practices that helps create a healthy after-school environment. The designation is a tiered system, where the level of achievement determines a site's award status: Bronze, Silver or Gold. This year's list of approved sites is below.

"These afterschool sites have made health a priority," said KCHD Nutritionist Megan Rodgers. "There have been marked improvements in menu offerings. Staff are role modeling healthy behaviors. Parents are even noticing that their children are requesting more healthy foods. Afterschool programs have the opportunity to help children establish healthy habits at a young age, and N.E.A.T. Approved sites are leaders in the healthy afterschool time frontier."

When a child attends after-school care at a N.E.A.T. Approved site, they are given a healthy snack or meal and offered more opportunities to be active. During the 2018-2019 school year, twenty-five afterschool programs in Knox County achieved N.E.A.T. Approved Gold status, the highest recognition level, ten sites achieved Silver status and one site achieved Bronze status.

In 2016, the Knox County Health Department received a highly competitive, three-year Project Diabetes grant from the Tennessee Department of Health, to implement N.E.A.T. and other health promotion efforts focused on reducing diabetes and obesity in the community.

According to the CDC, there is a link between healthy eating, physical activity and improved academic achievement of children, which includes many factors such as academic performance, attendance, behavior, concentration and memory. This evidence shows the importance supporting the effort to provide children with the opportunity to be healthy both during the school day and during out-of-school time.

To learn more about N.E.A.T. Approved, visit KCHD's website: <https://www.knoxcounty.org/health/neat.php>.



2018/2019 N.E.A.T. Approved Sites

<i>Gold status, 25 sites</i>	<i>Silver status, 10 sites</i>	<i>Bronze status, one site</i>
Emerald Youth Foundation The Restoration House Knoxville Parks and Recreation Christenberry Recreation Center SHADES of Development Brickey-McCloud Elementary School Karns Elementary School Mt. Olive Elementary School New Hopewell Elementary School Powell Elementary School Sunnyview Elementary School YMCA A.L. Lotts Elementary School Ball Camp Elementary School Bearden Elementary School Beaumont Magnet Academy Blue Grass Elementary School Cedar Bluff Elementary School Farragut Intermediate School Green Magnet Academy Halls Elementary School Hardin Valley Elementary School Northshore Elementary School Pleasant Ridge Elementary School Rocky Hill Elementary School Sarah Moore Greene Magnet Academy Shannondale Elementary School Spring Hill Elementary School West Hills Elementary School	Boys and Girls Club Halls/Powell Haslam Middlebrook Montgomery Village North Ridge Crossing Vestal Walter P. Taylor Western Heights Great Schools Partnership Dogwood Elementary School University Assisted Community Schools Inskip Elementary School	Great Schools Partnership Norwood Elementary School

About Knox County Health Department

As the first health department in Tennessee to achieve national voluntary accreditation by the Public Health Accreditation Board, the Knox County Health Department (KCHD) is dedicated to ensuring the conditions in which every resident can be healthy. KCHD investigates disease outbreaks, identifies community health threats, conducts extensive outreach and education, prepares for public health emergencies, provides and connects the public with medical care, enforces food safety and air quality laws, and more. For more information, visit www.knoxcounty.org/health.

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