



Eat Smart, Move More NC Leadership Team Quarterly Update

December 2012

Eat Smart, Move More North Carolina Newsletter



Message from the Chair

Dear Eat Smart, Move More NC Member:

We look forward to hosting the December 7th Leadership Team meeting at the US Environmental Protection Agency (EPA) in the Research Triangle Park located at 109 T.W. Alexander Drive MD-FE-105 RTP, NC 27711. Our meeting will include a tour of the First Environments Early Learning Center located on the EPA Campus. We will be hearing presentations from Shape NC and taking a Tour of the First Environments Early Learning Center.

We will get an update on the upcoming release of North Carolina's Plan to Address Obesity: Healthy Weight and Healthy Communities 2013-2020.

You can download highlights from previous Leadership Team meetings and information for upcoming meetings at: www.eatsmartmovemorenc.com/AboutUs/Meetings.html<http://www.eatsmartmovemorenc.com/>.

Please remember to bring a picture ID to the meeting. I look forward to seeing you next week.

Sincerely,

Dave Gardner, Chair
Eat Smart, Move More NC Leadership Team

Next Meeting

Date: Friday
December
7, 2012

Time:
1:00 - 3:30

Place: US
Environmental
Protection
Agency,
RTP

Countdown to the holidays!



Avoid Holiday Weight Gain this year!

HOLIDAY Challenge

Join the Holiday Challenge at www.MyEatSmartMoveMore.com.
Participation is FREE

November 19 through December 31

The Holiday Challenge runs through December 31, 2012 and it is not too late to sign up! Sign up here: <http://www.myeatsmartmovemore.com/HolidayChallenge/index.html> .

Promotional materials, including advertisement fliers, drop-in news articles and the Holiday Challenge worksite guide, are available for download from the Eat Smart, Move More NC Website. If you have any questions about the Holiday Challenge, contact Daniella Uslan at daniella.uslan@dhhs.nc.gov or 919-707-5245.

This holiday season, add to the success - join and promote the Holiday Challenge

Team Up 4 Healthy Learning

NCAFHK and NCPTA are teaming up over the coming months to present a new series of leadership workshops highlighting the benefits of school wellness efforts and coordinated school health programs. "Team Up 4 Healthy Learning" events will take place in Asheville, Raleigh, and Ahoskie in the coming months. These events will emphasize both physical activity and nutrition matters, and they will incorporate a fun learning environment for all event participants.

Learn about how your school can incorporate physical activity into your school day. Find out how to conduct nutrition taste testing. Hear about opportunities for your school to earn grant funding to support wellness programming. Discover what's happening in school wellness initiatives and hear about some of the coordinated health programs that schools in North Carolina are using and the benefits they've reaped from these programs.

These interactive learning events present excellent opportunities for parent leaders, PTA members, teachers, school staff, school administrators, school nurses, and community leaders to learn more about how they can support school wellness policies, activities, and events in their local school communities. Bring a friend or another member of your school community, and join us to learn about how you can make a difference this year!

Team Up 4 Healthy Learning - Asheville:
NC Center for Health & Wellness
UNC Asheville, One University Heights, CPO 4010, Asheville, NC 28804

The Asheville event will take place from 6pm until 8:30pm on Thursday, December 6, 2012. This event is free, but advance registration is requested so that we can adequately

2013 Leadership Team meetings - Save the Dates!

Tuesday, March 12th
1:00 - 3:30 p.m.

Friday, June 14th
1:00 - 3:30 p.m.

Monday, September 16th
1:00 - 3:30 p.m.

Thursday, December 5th
1:00 - 3:30 p.m.

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plan food and materials for the event. While there will not be a formal dinner served, food will be served as part of our interactive nutrition taste test stations. Join us to see what all the hoopla is about! Register here: <https://s.zoomerang.com/s/TeamUpAsheville>.

Emerging
Issues
Commons

TEAM UP 4 HEALTHY LEARNING - RALEIGH:
McKimmon Conference and Training Center
NC STATE UNIVERSITY, 1101 Gorman Street, Raleigh, NC 27606

The Raleigh event will take place from 9am until 3pm Saturday, February 9, 2013. Registration for this event will include a \$10 fee to cover lunch and materials for the day. Registration is expected to open January 15.

Team Up 4 Healthy Learning - Ahoskie:
Details for this March 2013 event are still being confirmed.

For more information on any of these three events, contact Sarah Martin at smartin@actionforhealthkids.org or Marianne Weant at Marianne@ncpta.org.

**Quick
Links**

[Eat Smart,
Move
More, NC
Leadership
Team](#)

Healthy Schools Program in North Carolina



Although childhood obesity is an issue that continues to plague our country with one in three youth currently overweight or obese, North Carolina continues to make great strides in this battle within the school systems. More than 400 schools in the state of North Carolina have joined the Alliance for a Healthier Generation's Healthy Schools Program and receive support as they increase healthy behaviors among both students and staff. These schools have seen noted improvements in physical activity offered to students throughout the school day, healthier foods sold in vending machines and fundraising efforts, health education integrated into core subjects and the creation of engaging employee wellness programs. The Healthy Schools Program in North Carolina is supported by the Robert Wood Johnson Foundation and Sam's Club Giving.

This year, ten North Carolina schools are being honored for their efforts with a National Recognition Award from the Alliance for a Healthier Generation, five at the Bronze level and five at the Silver level. Here are some examples of what these schools did to earn the award:

- Ranson IB Middle School in Charlotte helps employees manage stress and keep active through weekly Zumba and yoga classes and a faculty-parent basketball game.
- Estes Hills Elementary in Chapel Hill introduced the Nutrition Detectives program to teach students how to read food labels and have adopted a policy that only allows non-food rewards for students
- Louisburg Elementary in Louisburg increased physical education minutes by adding a daily, ten-minute "PE extension period"
- Northeastern High School in Elizabeth City added a "Grab and Go" line which made grabbing fresh fruits and vegetables easier and more appealing for students.

Shauvon Simmons-Wright, Healthy Schools Program Manager for the state of North Carolina is excited and encouraged by the momentum building across the state. She identifies several initiatives and organizations working collaboratively to increase healthy lifestyles and behaviors. NC Energizers integrates physical activity breaks into core subjects for students throughout the day. Move More, Weigh Less is a program offered to state employees to help reduce and manage a healthy weight. The State of North Carolina's Healthy Schools Program uses a Coordinated School Health approach and offers resources and consultative assistance to schools in their efforts to reduce childhood obesity. As teacher Lisa Micco from Louisburg Elementary concluded, "The improvements to our schools will impact the future of our children."

State-wide NC Food System Assessment Input Needed

Over the coming months the Center for Environmental Farming Systems will be working to define parameters for a state-wide food system assessment. A large number of individuals (economic development consultants, local and state government staff, heads of existing or forming policy councils, etc.) were recently contacted who may have conducted, are conducting, or hope to soon conduct food system assessments for a North Carolina city, county, or region.

One ideal outcome of the assessment is that the data generated through assessment activities (collecting and synthesizing existing data and collecting primary data) is standardized across counties/regions and displayed and disseminated in an easy-to-use format. This will enable food policy councils and others to easily utilize the information for their own strategic decision-making around food systems. If you would like to be 'in the loop' as the assessment parameters are constructed, and are able to contribute knowledge and suggestions to this effort, please contact Rebecca Dunning at 919.389.2220 or rebecca.dunning9@gmail.com.

Jingle Bell Run/Walk for Arthritis



The Jingle Bell Run is a festive holiday Run/Walk. Proceeds benefit the Arthritis Foundation mission including research, education, exercise and advocacy for the more than one million North Carolinians living with arthritis.

2012 Asheville Jingle Bell Run/Walk®
Saturday, December 1, 2012
Montford Recreation Center
34 Pearson Drive
Asheville, NC

2012 Charlotte Jingle Bell Run/Walk®
Saturday, December 1, 2012
Blakeney Shopping Center 2012 Triad Jingle Bell Run/Walk®
City Lake Park, 602 West Main Street
Jamestown, NC 27282

Saturday, December 15, 2012 2012 RALEIGH JINGLE BELL RUN/WALK®
SATURDAY, DECEMBER 1, 2012
Saint Mary's School
900 Hillsborough St.
Raleigh, NC 27603

Play More at the PlayWELL Park!



Through the John Rex Endowment's Healthy Weight Initiative grant, the Alice Aycock Poe Center for Health Education (Poe Center), in partnership with Wake County Human Services (WCHS), has kicked off the Play More at the PlayWELL Park Project.

Designed to ultimately increase opportunities for physical activity and encourage healthy choices in the 27610 area of Raleigh, this project has made critical enhancements to the PlayWELL Park, and has extended the park's hours of operation to better accommodate community members' various schedules.

What is the PlayWELL Park?

The PlayWELL Park, located at the Poe Center's flagship facility (224 Sunnybrook Road Raleigh), is a fully accessible, health education-themed playground that was designed by children, for children. The park offers recreational opportunities for visitors of all ages:

- Two shaded picnic areas.
- Wheelchair accessibility and close parking spaces.
- The POE and Grow Garden.
- Healthy Choices Maze.
- Nutrition Climbing Wall.
- Bone Balance.
- The Artery Connection (Rib Rise, Nerve Net & Artery Slides.)
- Sun Shade and Lickety Split Slide.
- Ear-to-Ear Zip Line
- And MUCH MORE!

Why Does Wake County Need the PlayWELL Park?

Approximately 19.2% of low-income children in Wake County are obese, with physical inactivity being the greatest health risk factor and contributor for obese and overweight NC children.

In the 27610 area of Raleigh, 68% of students are eligible for free or reduced price lunches. Nearly eighty percent (78.8%) of the surrounding community is comprised of African Americans (65.5%) or Hispanics (13.3%). Living far from safe and well-equipped parks is more than an inconvenience it is a contributing factor to obesity and associated diseases in low-income communities of color.

Further, adults who live near recreational facilities or places in which to be active, engage in more recreational physical activity. While the Play More at the PlayWELL Park Project's goal is to increase physical activity in children, adults are the primary sources of transport for these children to outdoor recreation spaces.

There is no park in the 27610 area of Raleigh that provides children with a fully accessible, health education-focused playground-except, for the PlayWELL Park!

Funding from the John Rex Endowment has extended the park's hours of operation to include the first and third Saturday of every month from 10:00am to 2:00pm. Monday through Friday hours are 8:30am to sundown.

Funds for the Play More at the PlayWELL Park Project have also allowed for the purchase of new equipment for visitors of all levels of ability. The park will now have a paved, wheelchair-accessible pathway to the POE and Grow Garden; sensory equipment (bongos and a glockenspiel); and two message centers, one of which includes full body stretches compliant with the American with Disabilities Act (ADA) guidelines.

For more information on the PlayWELL Park, please visit: www.PoeHealth.org or contact the Poe Center at (919) 231-4006.



Emerging Issues Commons

Opening in January 2013, the Emerging Issues Commons, located in new James B. Hunt, Jr. Library on NC State University's Centennial Campus and online, will allow more North Carolinians than ever before to be engaged in the issues that affect them most and have a voice in constructing the solutions to address them. The Commons provides a groundbreaking opportunity to link all North Carolinians in a way that allows for more citizens to be engaged with the issues facing our state - including obesity prevention - and have a voice in crafting the solutions to address them.

At the heart of the Commons is the Emerging Connections wall. The most prominent feature is a large map of North Carolina, which will display health, education, economy, and the natural and built environments data from all 100 counties. This technology will allow visitors to interact with the wall, selecting content most interesting to them. On the web platform, the Connections area will allow users to explore a wide range of data on their communities and the state, tease out interesting relationships between data sets, and showcase opportunities for action.

The Emerging Voices area of the Commons humanizes the data from the Connections wall, making our challenges come alive as we see how they affect citizens across the state. Short videos tell the stories of how North Carolinians, both past and present, overcome difficult challenges, the actions they take to move forward, and how their efforts result in progress for the state. These stories connect Commons visitors to North Carolina's long-standing traditions of innovation, collaboration and community engagement.

Inspired by the stories and informed by data, visitors to the physical and online Emerging Ideas area of the Commons can add their own ideas for solving North Carolina's biggest challenges. Good ideas will rise to the top for further discussion and refinement as visitors view, rank, and comment on the ideas of others.

Many citizens have innovative ideas but do not know how to go about putting them into action. The Action Tracker prompts users to consider various steps along a process toward implementation: articulating their audiences, assets and threats; finding champions and influencers; identifying potential funding resources; and collectively moving forward.

Click [here](#) for a brief video overview of the Commons. For more information, contact Sarah Langer, IEI Health Policy Manager at 919-513-2800 or sarah_langer@ncsu.edu