



Eat Smart, Move More NC Leadership Team Quarterly Update

September 2016

Eat Smart, Move More North Carolina Newsletter

Message from the Chair

Dear Eat Smart, Move More NC Member:

I look forward to seeing you at the September 21st Leadership Team meeting from 1:00- 3:30 p.m. at the Paragon Bank Building 3535 Glenwood Avenue in Raleigh. We have a strong agenda, with our meeting focused on debriefing some public policy outcomes from the 2015-6 sessions, sharing of next steps and tools-you-can-use in your work to support these positive steps forward. We also will be talking a bit about some work being done now to support the Every Student Succeeds Act (ESSA). We will also be talking about the national Let's Move Outside initiative that is rolling out in Raleigh and Charlotte throughout the coming year.



We also want to start a conversation with you at our September meeting that will roll into our December 7th meeting about Eat Smart, Move More NC 2.0. As a Leadership Team member, YOU are critical to the success of that conversation. The Executive Committee is looking forward to sharing our initial thoughts with you, and then getting your input about how to best shape the future of our Movement over the coming years. We will provide a healthy and tasty lunch that day, so we hope you will mark your calendars now to join us. You will receive an "official" invitation very soon.

Remember, you can always download highlights from previous Leadership Team meetings and access information for upcoming meetings at:
www.eatsmartmovemorenc.com/AboutUs/Meetings.html.

I look forward to seeing you next week.

Sincerely,

Sherée Vodicka, Chair
Eat Smart, Move More NC Leadership Team

Next Meeting

Date:
September 21,
2016

Time:
1:00 - 3:30 p.m.

Place:
Paragon Bank,
3535
Glenwood
Avenue,
Raleigh, NC
27612

**2016
Leadership
Team
Meeting
- Save the
Date!**

December 7
12:00 - 1:00
Lunch
1:00 - 3:30
Meeting
JC Raulston
Arboretum,
4415 Beryl
Road, Raleigh
NC 27606

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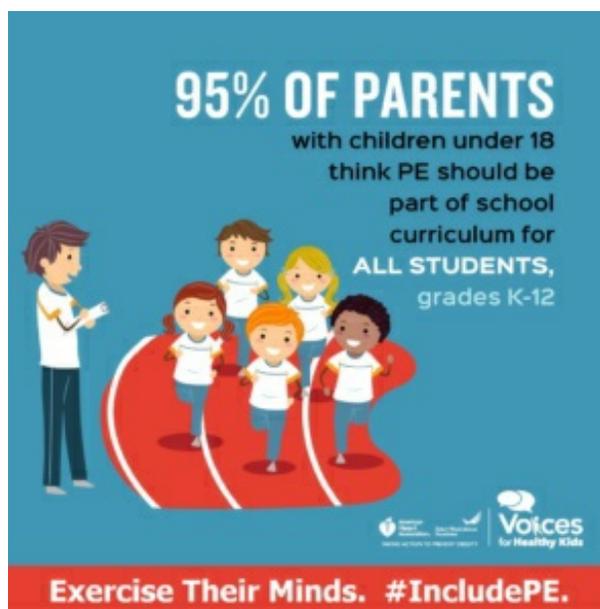
Physical

Physical Education Should Be an Indicator in the State's Education Plan!

Did you know we have a special opportunity this year to make Physical Education (PE) a higher priority in the state? The Every Student Succeeds Act was passed in 2015, and in order to draw down federal funds for education, states have to create an accountability plan. The American Heart Association, along with the North Carolina Alliance for Health and partners, are working to ensure that PE is an indicator in this plan. We will be engaging advocates across the state to help us make sure PE is a measure of school's success.



The American Heart Association will be highlighting the issue at this year's Heart Walks. Walkers will have the opportunity to deliver an important message to decision makers about the importance of PE for all NC students. The "My PE Wish" campaign will also provide students an opportunity to share what they like best about PE.



To learn more about how you can participate in this campaign, please contact Sarah Jacobson, Government Relations Director at the American Heart Association, at sarah.jacobson@heart.org.

To learn more about ESSA and the North Carolina accountability plan, go to <http://www.ncpublicschools.org/succeeds/>.

North Carolina Center for Health and Wellness

In 2015, the North Carolina Center for Health and Wellness (NCCHW), anchored at UNC Asheville, embarked on a refresh of its mission, projects and staff by building on a foundation of statewide collaborations and local partnerships. The focus remains on building equitable opportunities that lead to healthy North Carolina communities.

New initiatives and growing toward that goal include this month's launch of their Healthy Aging

[Education Should Be an Indicator in the State's Education Plan!](#)

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NC website-accessible September 12, 2016. NCCHW's Healthy Aging NC project positions them as trusted partner in the state to help people meet the challenges of aging. They connect with nonprofit organizations, government, and businesses to provide innovative community programs and services that meet the needs of North Carolina's older adults and adults with a disability. Their current focus is on Evidenced-Based Programs in Falls Prevention and Chronic Disease Self Management Education. Going forward they are looking to build on this core work.



NCCHW's Culture of Results work continues to focus on evaluation capacity building for community-based programs and collaborations. Their goal is to encourage others to track their own results and evaluate program outcomes. NCCHW has helped train cross-sector teams in nearly half of the state's 100 counties. For example, NCCHW is an integral part of the steering committee for Western North Carolina Healthy Impact which works across 16 western NC counties - from Yancey to Cherokee counties and including the Eastern Band of Cherokee Indians. They have been innovative evaluation partners on this project since 2011, offering training, technical assistance and coaching to hospitals and health departments.

[by Design Releases Model for Community-Driven Change](#)

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Quick Links

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Two new staff will join NCCHW shortly. In September, Emma Olson relocates from New York City to assume the role of Culture of Results Evaluation/Communications Coordinator. In 2014, she was an epidemiology intern for the Buncombe County Health & Human Services Public Health and supported the county's Community Health Improvement Process (CHIP) to define and align evaluation measures and communicate progress through an electronic data system.

In October, Nicolle Miller starts in the Director of State and Community Collaborations role. She comes to NCCHW from the North Carolina Department of Health and Human Services where she has served as a Healthy Aging Specialist with the Division of Aging and Adult Services. She will be based in Raleigh to enhance NCCHW's statewide reach.

Stacey Millett, who joined NCCHW as Executive Director in 2015, was recently promoted to UNC Asheville's Senior Leadership team to serve Executive Director for Community Engagement and NCCHW. She now also has two other units focused on community engagement reporting to her- The Center for Diversity Education and the Key Center for Community Citizenship and Service Learning.

North Carolina Medical Society Employee Benefit Plan Partners with Eat Smart, Move More, Weigh Less to Promote Employee Well-Being

In the spirit of opening doors to better health and wellness, the North Carolina Medical Society Employee Benefit Plan (NCMS Plan) provides coverage for [Eat Smart, Move More, Weigh Less Online](#), a fifteen (15) week weight management program that promotes healthy eating and physical activity. Eat Smart, Move More, Weigh Less Online is a component of each member's preventive care benefits and covered at no charge. Members access the program in an interactive, real-time classroom format led by a credentialed Registered Dietitian (RD) instructor. Members select the class that best suits their schedule - lunchtime and evening classes are available. Since January 2015, 330 NCMS Plan members from 46 medical practices have participated in the program with an average weight loss of 7 pounds of those that 'completed' the program (completion defined as attending at least 10 out of 15 classes).

One of many success stories from the NCMS Plan's-Eat Smart, Move More, Weigh Less partnership is from **Rick, Director of Managed Care for Allergy Partners in Asheville**. He participated in the program as a covered benefit under this partnership.



Rick Before

"If I can prevent a heart attack or an early symptom detected in others I would feel blessed to do it. The ER doctor I saw has told me I'm lucky to be alive with where the blockages was located. The scary part is the pain was not intense at all. Had I not been informed, I would have probably disregarded the symptoms and who knows what the outcome would have been. I began my Eat Smart, Move More, Weigh Less class in October 2015. I was making very good progress and starting to faithfully increase my cardio workout when I had a heart attack. Yes, on 12/13/15 I had a heart attack (thus I missed one class as I was in ICU at the hospital). I had 100% blockage in my "widow maker" artery and 99% blockage in another artery. I now have two stents in my heart. My symptoms were more like "whispers" versus screams. A heart attack often is not how it's portrayed on TV and in movies. Mine was unnoticeable from a chest pain perspective, yet major blockage was occurring in my heart. There is no history of heart disease in my family. I had some slight tightness in my chest and shortness of breath while walking the track at UNC-Asheville the week leading up to the heart attack, but chalked it up as being out of shape.

Having the heart attack has put all of this into glaring perspective. Keep up the good work, Eat Smart, Move More, Weigh Less, and keep motivating and encouraging everyone to eat healthy and move more! **It may save their life like it did mine.**"



Rick After

Please click [here](#) to read more about Rick's story.

Jason Horay, NCMS Plan Health Promotion Coordinator states, "The NCMS Plan offers services designed to drive wellness, support behavior change, and ultimately allow members to lead healthier lives. Our partnership with ESMMWL has proven to be an extraordinary benefit that engages our population and furthers our goal of promoting well-being to our members."

News from the NC Office of State Human Resources

Miles for Wellness, the NC Office of State Human Resources sponsored biannual physical activity program for state employees across North Carolina, is now open for team registration with Challenge 14 "The Celebration Trail: 100 Years of National Parks". With new and improved functionality, the virtual team based program hopes to expand its reach beyond accomplishments of this past springs' Challenge 13 competition.

Challenge 13 saw a 61% overall increase in the number of teams registered in comparison to Challenge 12. The agency with the largest increase in participation was NC Department of Public Safety with a 546% increase from 13 teams in Challenge 12 to 71 teams in Challenge 13. Among North Carolina Universities, NC State University grew from 0 teams in Challenge 12 to 22 teams in Challenge 13, only one team behind longtime participating UNC-Chapel Hill. All total, 26 state agencies, 11 universities, and 7 + community colleges took part in the spring 2016 competition. At 440 teams, made up of 4,082 state employees, registering to participate, 380 teams completed the competition for an 86% completion rate.

The Office of State Human Resources is hoping for an even larger turnout for this fall's Challenge 14.

For more information on Miles for Wellness, go to MilesforWellness.nc.gov or call the NC Office of State Human Resources at 919-807-4800.

Final State Budget Included \$250,000 for Creation of Statewide Healthy Corner Store Initiative!

Late on Friday, July 1, the North Carolina General Assembly passed the state budget. The final budget includes \$250,000 for the creation of the [Healthy Corner Store Initiative](#) (HCSI) in North Carolina! (Section 13.4(a)). This is the first time that state funds have been invested in a program of this kind and it is a great incremental step in establishing the HCSI in the state.

The HCSI will increase access to healthy foods in low and moderate income communities across the state. The HCSI creates a fund within the Department of Agriculture to work with small stores to increase access and consumption of nutrient-dense foods. The fund will be used to provide technical and marketing assistance by county or regional health departments or other local agencies for nutrition education, food safety and handling. Local health departments will help connect store owners with local farmers and fishermen as available. The fund will also be used to install equipment such as refrigeration and shelving, which is necessary for the retailer to stock nutrient-dense foods.

There are over 349 food deserts across 80 counties in North Carolina; more than 1.5 million North Carolinians live in these areas and lack access to healthy, nutrient-rich foods. Those who live in food deserts are more likely to suffer from type 2 diabetes, heart disease, some cancers, and other chronic conditions. The adverse health effects of food insecurity also contribute to the estimated \$54 billion in healthcare costs in North Carolina due to diet-related disease. The HCSI will combat the state's rising food insecurity and obesity rates by providing fresh, healthy foods to residents living in food deserts.

The North Carolina Alliance for Health thanks all of their members and partners who have been instrumental in this effort over the past few years. NCAH looks forward to working in the 2017 legislative long session to secure \$1 million in recurring funding for the continuation of this program.

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For more information about the Healthy Corner Store Initiative, please visit www.ncallianceforhealth.org.

North Carolina PTA

North Carolina PTA launched the Health is Academic Campaign in May and June. The information, which was shared directly with PTAs and schools across the state and through Facebook, highlights the connection between healthy schools and the academic success of students. Please like "North Carolina PTA" on Facebook to share resources from there, or visit www.ncpta.org to download resources.

Additionally, NCPTA is hosting their "Here We Grow!" trainings this fall. The remaining dates are September 24 in Elizabeth City, October 8 in Haywood County, and October 22 in Winston-Salem. They're looking at parent leadership and advocacy. Everyone is welcome, and participants can register at www.ncpta.org.



Healthier students have better:

1. Academic performance.
2. Attendance.
3. Behavior.
4. Focus.

HEALTH IS ACADEMIC.

**HEALTH IS
ACADEMIC.**

When schools are healthier,

kids do better.



Alamance-Burlington Schools Open Playgrounds and Trails to Public

The Alamance-Burlington School System wants children to play outside, and they're spending \$153,000 to prove it. On Feb 22, the Board of Education approved a change to the Use of Community Facilities policy to allow the public to use elementary school playgrounds and trails after school hours and on the weekends. Read more [here](#).

Source: thetimesnews.com

Walk to School Day Participation in North Carolina Skyrockets

Participation in North Carolina's 2015 Walk to School increased nearly 50% from 2014! Walk to School Day events were held in over 60 North Carolina Counties with a record 235 schools registering events. Nationally, in 2014 North Carolina ranked 27th in Walk to School Day registrations and in 2015 North Carolina rose to 6th place.

Walk to School Day events have a history of leading to policy and engineering changes that help to make it safer and more convenient to walk to school on a regular basis. Read more in the report [Walk to School Day Participation in North Carolina Skyrockets](#).



International Walk to School Day 2016 will be held on October 5th. For more information on Walk to School Day or to register your event visit www.walkbiketoschool.org To learn more about NCDOT's Division of Bicycle and Pedestrian Transportation, visit ncdot.gov/bikeped or reach out to your Regional Active Routes to School Coordinator at www.communityclinicalconnections.com/What_We_Do/Active_Routes_To_School/index.html.

Active Living by Design Releases Model for Community-Driven Change

[Active Living By Design](#) (ALBD) recently released a fresh [model for community-driven change](#) to reflect the evolution of the healthy community field's growth. ALBD works to create healthier places through community-led change with a focus on the policies, systems, and environments that shape our daily lives, and created this new model to support community coalitions, local leaders, and funders seeking a collaborative approach to creating healthier places. An easy-to-navigate graphic displays the model's framework and how the elements are connected. It highlights the importance of a community's context, defines six essential practices that undergird success, and outlines a three-part action approach. It also describes expected impacts. For more information, contact joanne_lee@activelivingbydesign.org.

Cathy Thomas Recognized for Achievements in Healthy Eating and Physical Activity

The East Carolina Alumni Association presents several notable awards each year to alumni, faculty, graduating seniors, and those who have shown exceptional dedication to and support of the university. The Alumni Association's Outstanding Alumni Award is one of the most prestigious offered by the University. It recognizes alumni with a minimum of five years of work history, outstanding and uncommon achievement in one's profession, civic affairs, and/or politics. Recipients adhere to standards of moral and ethical conduct that would cause the university to be proud to present the honorees as role models for students and other alumni. It is expected that recipients are recognized by their professional peers as being truly outstanding within their professions. In her extensive career in health education, Cathy Thomas has served as a public health educator, classroom teacher, school health coordinator, assistant principal, and public health administrator. The branch she leads, Community and Clinical Connections for Prevention and Health, works to reduce obesity, diabetes, heart disease, and stroke through healthy eating and physical activity. Cathy has developed national award-winning health education programs including Color Me Healthy and Eat Smart, Move More, Weigh Less. She was instrumental in the formation of Eat Smart, Move More, North Carolina, a statewide movement that works to create a North Carolina where people can eat smart and move more wherever they live, learn, earn, play, or pray. She is widely published in professional literature. She received the College of Health and Human Performance's Outstanding Alumni Award in 2015. She has a bachelor of science in school and community health education, a master of arts in health education, and an

educational supervision certification, all from ECU.

Read more [here](#) about Cathy and the other ECU Outstanding Alumni Awardees.

Cathy is also an honoree of this year's Women's Roundtable (WRT) at ECU. WRT is hosting the fifth edition of its Incredible ECU Women series. The event honors 11 women who went to ECU and serves as a fundraiser for the WRT's Access and Honors college endowments. The Honors Scholarship is awarded to academically talented students with strong character, and the Access Scholarship is awarded to North Carolina residents who are in financial need, have excellent academics and show community leadership.

The [Women's Roundtable 2016 Incredible Women Series event](#) will be October 13 at the Greenville Convention Center. The impact of scholarships as told through student stories will highlight the luncheon.

2016 Faithful Families Summit

On Thursday, September 8th NC Division of Public Health and Extension at NC State University held the 2016 Faithful Families Summit: Enhancing Partnerships and Creating Connections for Eating Smart and Moving More at the Crabtree Marriot.



Faithful Families has been implemented in over 60 counties across North Carolina, and is currently being used by Arkansas, Florida, Illinois, New Jersey, South Carolina and Tennessee. Nearly 200 state and national Faithful Families partners met at the Summit with a shared goal of creating lasting changes to support healthy eating and physical activity in faith communities.



The Summit opened with a heartfelt welcome by Dr. Annie Hardison-Moody, Faithful Families

Director, and an energizing opening session. During the session, presenters from several states across the country shared approaches they are utilizing to positively impact the health of the members and communities they serve. Following the opening session, participants attended breakout sessions where they heard innovative strategies to encourage shared use for physical activity, promote local foods, engage food pantries and increase diversity in your faith-based programming. The Summit ended on a high note with a dynamic keynote presentation by Acacia Bamberg Salatti, Director of the Center for Faith-based and Neighborhood Partnerships from the U.S. Department of Health and Human Services. Ms. Salatti discussed how faith and community groups promote health equity, creating healthier congregations and communities. The 2016 Faithful Families Summit was a celebration of partnerships that support eating smart and moving more for members of faith communities. Presentations from the Summit will be posted on the Faithful Families website at <http://www.faithfulfamiliesesmm.org/>.