



State of North Carolina  
Department of Health and Human Services

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Contact: Carol Schriber, (919) 733-9190

**Twenty-one local health departments to receive funding  
for healthy eating and physical activity projects**

RALEIGH – The N.C. Division of Public Health has announced the recipients of 21 *Eat Smart, Move More...NC* community grants. Health departments across the state will receive funding to create more opportunities for healthy eating and physical activity.

The \$321,000 in grants was given in support of the *Eat Smart, Move More...North Carolina* initiative and *Eat Smart, Move More: North Carolina's Plan to Prevent Overweight, Obesity and Related Chronic Diseases*. Thirty-eight local health departments submitted applications to secure funding for projects aimed at increasing opportunities for healthy eating and physical activity.

Funded projects will build upon existing effective programs or will try new approaches to increasing healthy behaviors. The projects range from worksite wellness programs to building new parks and walking trails. The projects receiving grants must be sustainable after the year of funding has ended.

Local health departments in the following counties and health districts were selected to receive the grants: Appalachian Health District, Bladen County, Buncombe County, Catawba County, Durham County, Forsyth County, Granville-Vance Health District, Guilford County, Halifax County, Henderson County, Iredell County, Jackson County, Macon County, Orange County, Person County, Pitt County, Robeson County, Rowan County, Swain County, Wayne County, and Wilkes County. Complete descriptions of each funded project can be found on the *Eat Smart, Move More...NC* Web site, [www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com).

North Carolina was recently ranked 17<sup>th</sup> in the nation in adult obesity in a national report. More alarming is the state's ranking of 5<sup>th</sup> in the nation in overweight adolescents. The percentage of children and adults who are overweight or obese rises each year and despite advances in medicine, the current generation of children may be the first to live shorter lives than their parents. *Eat Smart, Move More...NC* strives to reverse this trend by creating environments where healthy eating and physical activity are the norm instead of the exception.

For more information on the statewide *Eat Smart, Move More NC* initiative or to find out how your community can promote healthy eating and physical activity, visit [www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com) on the Web.

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