



Dear North Carolinians:

If you travel across our great state, you won't go far without seeing a wealth of culture, people and places to enjoy. However, while North Carolina is full of unique destinations – from the mellow tidewaters to the bustling piedmont to the great Western mountains – we share one unfortunate trait with the rest of the country: too many of our citizens are overweight. In fact, North Carolina ranks 16th in the country in adult obesity and 5th in adolescent obesity. We'd like to change that. Together, we can.

The Eat Smart, Move More, NC Leadership Team, composed of nearly 60 organizations, has developed a five-year plan to stem the rising tide of obesity in our state. *North Carolina's Plan to Prevent Overweight, Obesity and Related Chronic Diseases 2007-2012* will establish state, local and organizational policies and improve our community environments so that North Carolinians can eat smart and move more wherever they live, learn, earn, play and pray. We believe it will take this kind of comprehensive approach in all our communities to make good nutrition and active lifestyles more achievable.

This update shares success stories from 2008 – examples of real people whose lives were changed – as well as descriptions of the Eat Smart, Move More NC partners bringing about such powerful change. In addition, we hope you find the state map helpful in your travels.

As we move forward with our vision, we need your help. Look at the [Eat Smart, Move More NC Plan](#) to discover how you – in your home, your job, your child's school, your neighborhood – can help us reach our goal of leveling off the rates of overweight and obesity by 2012.

On behalf of the entire Eat Smart, Move More, NC Leadership Team, thank you for all you do for North Carolina.

*The Eat Smart, Move More NC Leadership Team
Executive Committee*