



September 2017

Eat Smart, Move More North Carolina Quarterly Newsletter

Message from the Chair

Dear Eat Smart, Move More NC Member:

We look forward to seeing you at our upcoming Move More, Walk Now Workshop on September 20, 9:30 - 3:30, at the Embassy Suites, 201 Harrison Oaks Blvd., Cary. This Community Walkability workshop will feature national public health planner and transportation consultant, Mark Fenton. Mark is a vocal advocate for non-motorized transportation and a recognized authority on community and environmental initiatives to encourage walking. During the workshop, we will be exploring 15 neighborhoods throughout Cary and Raleigh to learn how to conduct a walkability audit. Mark's knowledge and motivation will not only inspire you to walk; he will also inspire you to think about how we can work together to build local community support for walking. In the afternoon, panelists from Active Living by Design, NC Department of Transportation, BikeWalk NC, CLH Design, NC State University, and UNC-Chapel Hill will contribute to the walkability conversation with additional ideas unique to North Carolina. You can find additional workshop information at the following



link: eatsmartmovemorenc.com/MoveMoreWalkNow/MoveMoreWalkNow.html.

We are also excited to share three new Ad hoc committees within Eat Smart, Move More NC. As you are aware, your Executive Committee of Eat Smart, Move More NC gathered feedback from all members about how to best shape

Next Meeting

Date:

September 20, 2017

Time:

9:30 - 3:30

Registration was required for this meeting and is now closed.

Location:

Embassy Suites, 201 Harrison Oaks Blvd., Cary, NC 27513

the future of the Eat Smart, Move More NC movement. Based on your enthusiastic responses and with support from many members at our last meeting, we kicked-off the formation of three Ad hoc committees. These committees are 1) Meeting Enhancements 2) Communication and Connections and 3) Movement Structure and Roles. We encourage all Eat Smart, Move More NC members to consider participating in one or more of these committees. For more information on the committees, see the committee update section below.

You can download highlights from previous Eat Smart, Move More NC meetings and access information for upcoming meetings at: eatsmartmovemorenc.com/AboutUs/Meetings.html.

I look forward to seeing you next week.

Sincerely, Melissa Roupe, Chair Eat Smart, Move More NC

Ad Hoc Committee Updates

The Meeting Enhancements Committee is working on the following:

1. Conduct meeting planning, implementation, and evaluation enhancements; and
2. Plan meetings that provide formal and informal networking opportunities.

Committee members are focusing their efforts around 4 key areas at this time:

1. Identifying topics for 2018 meetings;
2. Identifying and testing various platforms to support virtual meetings in 2018;
3. Implementing various strategies to increase networking opportunities within our 2018 meetings; and
4. Developing a brief, simple evaluation form to be completed at the end of each 2018 meeting to help committee members learn which new strategies are effective in meeting members' needs.

If you would like more information or want to join this committee, you can contact Melissa Roupe at MYRoupe@vidanthealth.com.

The Communication and Connections Committee are focusing their efforts around 2 key areas at this time:

1. Form 'member networks' around different sections in the State Plan or other topics of interest; and
2. Provide opportunities for networking between meetings.

If you would like more information or want to join this committee, you can contact Sherée Vodicka at Sheree.Vodicka@YMCATriangle.org.

2017 Eat Smart, Move More NC Meetings - Save the Dates!

December 7, 2017

Noon-1:00

Networking and Lunch (Lunch provided)

1:00-3:30

Quarterly Meeting

Location: McKimmon Conference Center at NCSU

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[Ad Hoc Committee Updates](#)

[Whole School, Whole Community, Whole Child Update](#)

[SAVE THE DATE: Leadership Summit for Healthy Communities - October 23-24, 2017 Columbia, South Carolina](#)

The Movement Structure and Roles Committee are focusing their efforts around 3 key areas at this time:

1. Defining the roles of Ambassadors and developing materials for Ambassadors to use to fulfill these roles;
2. Adapting the online application and descriptions of Eat Smart, Move More NC to describe 'Ambassadors'; and
3. Recruiting new members for the Executive Committee from the Ambassadors.

If you would like more information or want to join this committee, you can contact Richard Rairgh at richard@beactivekids.org.

Whole School, Whole Community, Whole Child Update

The [NC Healthy Schools section](#) at The Department of Public Instruction is hosting a monthly webinar series during the 2017-2018 school year. As part of our Whole Child initiative, we've lined up relevant and exciting content to help districts support all students. Whole Child webinars are intended for administrators, educators, policy makers, SHAC members, family and community members, and anyone interested in seeing children succeed.

The webinars will take place the fourth Tuesday of each month at 10:00 am. All webinars will be one hour only and recorded. Recordings will be housed on our website for those unable to attend. The 2017-2018 schedule and registration information can be found on our [Wiki Page](#).

Also, an [assessment tool](#) has been developed for LEAs to track various measures within the ten [Whole Child components](#). The tool allows districts to input data unique to their community and to track academic measures. If you have questions with this tool, feel free to reach out to us. An [action planning template](#) has also been developed. After reviewing the data in the assessment tool and seeing important priorities in which to focus your work, you may use the action planning template to keep your work moving along.

The first webinar was held on August 22nd. This webinar kicked off the monthly webinar series for the 2017-2018 school year. During this webinar the NC Healthy Schools team shared the assessment tool and the action planning template, along with tips for using it to help you meet your district goals. If you missed this webinar please go to the Healthy Schools website to view the recording and learn how to get the most out of these resources.

Happy Summer,

NC Healthy Schools Team

SAVE THE DATE
Leadership Summit for Healthy Communities
October 23-24, 2017
Columbia, South Carolina

[North Carolina's 2017 Healthiest Schools](#)

[New Resource: Move More North Carolina: A Guide to Wayfinding](#)

[SAVE THE DATE: North Carolina Bike/Walk Summit - Pedal Forward 2017 - November 3-4, 2017 Wilmington, North Carolina](#)

Quick Links

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

The [Leadership Summit for Healthy Communities](#) is the only statewide conference that focuses on healthy eating and active living. Over the past 14 years, the Summit has grown in attendance as content specialists in obesity prevention, healthy eating, and active living strategies meet with community partners who are working on local solutions. Participants who attend represent various sectors including health, education, faith, local government, and nonprofits.

Click here to see the [agenda](#).

[Register](#) today!



North Carolina's 2017 Healthiest Schools



Thirteen North Carolina Schools have made the [Alliance for a Healthier Generation's](#) 2017 list of America's Healthiest Schools by achieving the Bronze or Silver Awards for making changes that promote healthier eating and physical activity for students and staff.

This award was granted by Healthier Generation's Healthy Schools Program, an evidence-based national initiative to create healthier school environments where children can thrive. Healthier Generation recognizes schools that meet or exceed stringent standards set by its Healthy Schools Program for serving healthier meals and snacks, getting students moving more, offering high-quality physical and health education and empowering school leaders to become healthy role models.

The award demonstrates the school's commitment to fostering the health of students and staff. Specifically, these schools have increased physical activity opportunities during the school day, eliminated food fundraisers and food used as rewards, offer healthier eating opportunities to promote good health, offered employee wellness programs and community opportunities to staff, engaged parents and community stakeholders in school health decision planning.

Aside from home, school is the place where kids spend most of their time, making healthy schools vital to preparing students for success. Studies show that healthy students perform better on tests, get better grades, attend school more often and behave better in class.

Any school can sign up to receive the support of the Healthy Schools Program's resources, tools, and national experts at no cost. To learn more about the Alliance for a Healthier Generation's Healthy Schools Program visit schools.healthiergeneration.org.

[North Carolina's State Page](#).

North Carolina's 2017 America's Healthiest Schools List

SILVER

Charlotte-Mecklenburg School District

- Berewick Elementary School

BRONZE

Brunswick County School District

- Brunswick County Academy

Charlotte-Mecklenburg School District

- Olde Providence Elementary School

Durham Public School District

- Bethesda Elementary School
- Burton Elementary School
- Eastway Elementary School

Rockingham County School District

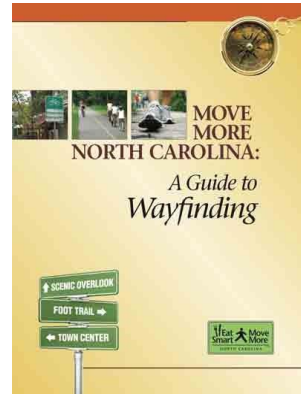
- Bethany Elementary School
- Central Elementary School
- Draper Elementary School
- John W. Dillard Elementary School
- Rockingham County Middle School

Wake County School System

- Lead Mine Elementary School
- Swift Creek Elementary School

New Resource: Move More North Carolina: A Guide to Wayfinding

Communities of all sizes are using wayfinding to promote walking and walkability. Move More North Carolina: A Guide to Wayfinding is a great first step in planning for a healthier, more walkable community. The guide explains why wayfinding is an important part of creating walkable communities, demonstrates how wayfinding can be a powerful way to impact the health of the people in a community and provides 10 steps to developing a wayfinding system. Click [here](#) to learn more.



SAVE THE DATE Capital Area Ride for Safety (CARS) September 24, 2017 Starting at 9:00 a.m. Raleigh, North Carolina

This event will promote the importance of Safety Awareness and encourage positive interactions between bicyclists and motorists. There are 28-mile, 14-mile and 5-mile options, all escorted by Raleigh Police. Enjoy refreshments, socialize, and hear from a few statewide and Triangle-area elected officials, advocates and safety experts at 10:00 a.m. as we utilize the rest stop at Halifax Mall in downtown Raleigh. Registration and further information can be found on the [CARSRIDE website](#).



Any proceeds will benefit BikeWalk NC's safety education work.

SAVE THE DATE North Carolina Bike/Walk Summit - Pedal Forward 2017 November 3-4, 2017 Wilmington, North Carolina

Registration is now open for the 6th Annual NC Bike/Walk Summit in Wilmington, NC hosted by BikeWalk NC (BWNC) in collaboration with AARP and Cape Fear Cyclists on Nov 3-4. The Summit promises to be packed full of information useful to bicycle advocates, transportation planners, business owners, public health practitioners, and livability and



sustainability professionals. Experts from across the state and beyond will be on hand to share their knowledge and experience. We look forward to hearing from new leadership at NCDOT as well as new perspectives from AARP on age-friendly communities and liveability. The Wilmington Summit Planning Committee has developed walking and bicycling mobile tours of downtown Wilmington and the UNC-Wilmington campus environs.

[Click here for Early Registration Now!](#)

[Visit Summit Website here](#) for lodging information and to learn more.

Eat Smart, Move More North
Carolina, 5505 Six Forks Road, 1915 Mail Service Center, Raleigh, NC 27609

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