



## Eat Smart, Move More NC Leadership Team Quarterly Update

December 2015

### Eat Smart, Move More North Carolina Newsletter

#### Message from the Chair

Dear Eat Smart, Move More NC Member:

We look forward to seeing you at the December 1st Leadership Team meeting at the YMCA of the Triangle Association Resource Center, 801 Corporate Center Drive, Room 208. Our topic will be a review of the outcomes of [ShapeNC](#), and lessons we can learn from what's been done to help families eat smart and move more in early care and education, and how we can together help our children enter kindergarten at a healthy weight and ready to learn



Our speakers will be Jessica Burroughs with Shape NC; Katherine Davis, Director, The Growing Place Child Care Center; Buffy Marshall, Lead Teacher at Friendly Avenue Christian Preschool; and Kimberly Miller-Mcdowell, a parent. We look forward to hearing from these speakers and discussing how we might apply these strategies across a variety of settings.

In addition, we will be welcoming Melissa Roupe, Senior Administrator, Community Health Improvement, Vidant Health as a new Member at Large on the Executive Committee. Melissa's many years of engagement with the Eat Smart, Move More NC Movement made her a natural choice. Please join me in welcoming Melissa.

You can download highlights from previous Leadership Team meetings and access information for upcoming meetings at: [www.eatsmartmovemorenc.com/AboutUs/Meetings.html](http://www.eatsmartmovemorenc.com/AboutUs/Meetings.html).

#### Next Meeting

##### Date:

December 1, 2015

##### Time:

1:00 - 3:30

##### Place:

YMCA of the Triangle, 801 Corporate Center Drive, Suite 200 (Room: 208), Raleigh, NC 27607

**2016 Leadership Team Meetings - Save the Dates!**

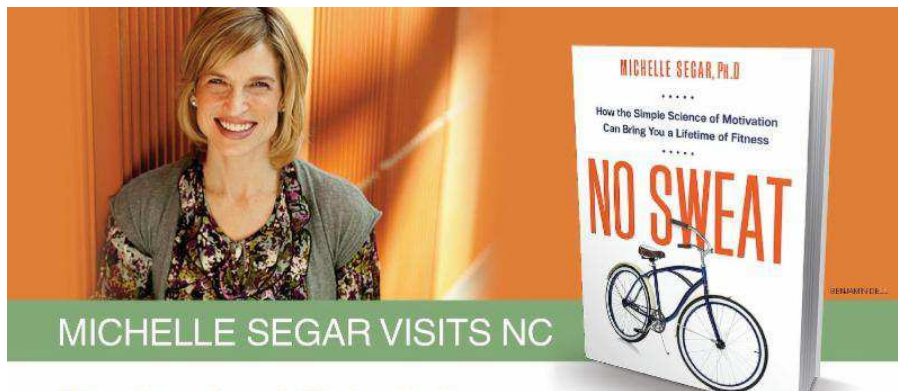
April 14  
1:00 - 4:00 p.m.  
Embassy Suites

I look forward to seeing you next week.

Sincerely,

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

**SAVE THE DATE:**  
**Michelle Segar Visits NC**  
**April 14, 2016**  
**Cary, North Carolina**



Health and Wellness Professionals: Learn to motivate others to move more from noted author Michelle Segar.

**LEARN** about the latest research on how motivation really works-it's not what we've been taught.

**LEARN** a simple, evidence-based motivation-behavior model for promoting exercise and other lifestyle changes.

**LEARN** how to re-brand health behavior by transforming it from a "chore" to a "gift" to foster sustainable motivation.

Registration Fee: \$10.00

Visit [www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com) to download a registration form.



**AFHK Free Resources**



Cary NC

June 15  
1:00 - 3:30 p.m.  
Paragon Bank  
Raleigh NC

September 21  
1:00 - 3:30 p.m.  
TBD

December 7  
1:00 - 3:30 p.m.  
YMCA of the Triangle  
Raleigh NC

**In this Issue**

**SAVE THE DATE:**  
**Michelle Segar**  
**Visits NC April 14,**  
**2016 Cary, North**  
**Carolina**

**AFHK Free**  
**Resources**

**Introducing**  
**Population Health**  
**Improvement**  
**Partners: Committed**  
**to Helping Your**  
**Community Achieve**  
**Better, Faster,**  
**Results**

**Work Towards the**  
**North Carolina**  
**Healthy Corner**  
**Store Initiative Will**  
**Continue in 2016**  
**Legislative Short**  
**Session**

**Including Students**  
**with Disabilities in**  
**Active Routes to**  
**School**

**"Inclusive Health**  
**Communication"**  
**from the National**  
**Center on Health,**  
**Physical Activity and**  
**Disability**

**Poe & Grow**  
**Garden: Online**  
**Interactive**

## School Portal and Online SHI

Action for Healthy Kids (AFHK) has adopted the School Health Index (SHI), an online assessment tool developed by the Centers for Disease Control (CDC). The 2014 SHI guides school-based obesity prevention and health promotion efforts. Action for Healthy Kids has worked closely with the Centers for Disease Control and Prevention (CDC) to offer an abbreviated online version of the SHI to schools as a unified assessment tool to guide school-based obesity prevention and health promotion efforts.

The Action for Healthy Kids online SHI currently addresses two health topic areas: physical activity and healthy eating. It also includes cross-cutting questions, which address policies and practices that apply to all six health topic areas. There are some cross cutting questions that do not directly relate to AFHK's area of focus; however, they have been retained to maintain the integrity of the SHI.

To use the AFHK's online version of the 2014 SHI, log on to the Action for Healthy Kids School Portal [https://afhkschoolportal.force.com/AFHK\\_Communities\\_Login](https://afhkschoolportal.force.com/AFHK_Communities_Login) and set up an account. Multiple users can access the School Portal and collaborate on the SHI too. From the School Portal it will be possible to complete grant applications and review Action Plans as well. In addition, module specific reports and resources will be made available to AFHK's online SHI users.

## Game On

Game On supports America's schools in creating healthier school environments for students, staff and the communities they serve. This no-cost online guide provides all the information and resources you need to host a successful school wellness program in your school with the ultimate goal of getting your school nationally recognized as a health-promoting school through the United States Department of Agriculture, Food and Nutrition Service HealthierUS Schools Challenge (HUSSC) recognition program. [Check it out here!](#)

## **Introducing Population Health Improvement Partners: Committed to Helping Your Community Achieve Better, Faster, Results**



We are pleased to introduce Population Health Improvement Partners, formed by merging the Center for Healthy North Carolina (CHNC) and the Center for Public Health Quality (CPHQ). CHNC has built a strong reputation in helping community coalitions expand capacity to improve health locally, through coalition enhancement and the use of community-appropriate, evidence based interventions. CPHQ has a robust history of providing groundbreaking quality

[Community Garden and Resources Website](#)

[Onslow County Partnership for Children](#)

[Prevention Partners](#)

[North Carolina Center for Health & Wellness](#)

[Next Meeting Date: December 1, 2015](#)

### **Quick Links**

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

improvement training and technical support to public health organizations in North Carolina as well as across the United States.

Today, Population Health Improvement Partners makes all of these programs and services available to you, including all of their excellent expert [staff](#) and [faculty](#). By blending their expertise (for more information, [click here](#)), they will offer many more new opportunities for enhancing the agility and effectiveness of health-focused organizations and coalitions in North Carolina and nationally.

Population Health Improvement Partners is ready to assist you with building your organizational and community capacity to achieve better, faster, results.

To learn more, we invite you to visit their NEW website ([www.improvepartners.org](http://www.improvepartners.org)) and please contact them at [info@improvepartners.org](mailto:info@improvepartners.org) to share how they can best meet your organization or coalition's needs.

We also invite you to follow them on Twitter: [@improvepartners](https://twitter.com/improvepartners)

## Work Towards the North Carolina Healthy Corner Store Initiative Will Continue in 2016 Legislative Short Session

There are over 349 food deserts across 80 counties in North Carolina. This means that more than 1.5 million North Carolinians are food insecure, and lack access to healthy, nutrient-rich foods. Those who are food insecure are more likely to suffer from obesity, type 2 diabetes, heart disease, some cancers, and other chronic diseases. The adverse health effects of food insecurity not only cost North Carolinians in food deserts their health, but also cost North Carolina an estimated \$54 billion in healthcare costs.

On Tuesday, March 17, 2015, a bipartisan group of legislators joined members and partners of the North Carolina Alliance for Health to introduce HB 250 and SB 296, the Healthy Food Small Retailer/Corner Store Act to establish a Healthy Corner Store Initiative (HCSI) in North Carolina. Primary sponsors of the House bill include Rep. Yvonne Holley (D-Wake), Rep. Brian Brown (R-Pitt), Rep. Donny Lambeth (R-Forsyth) and Rep. Chris Whitmire (R-Transylvania, Henderson, Polk). Primary sponsors of the Senate bill include Senator Don Davis (D-Pitt, Greene) and Senate Louis Pate (R-Pitt, Wayne). HB 250 was ultimately passed by the full House, but was not included in the final state budget signed by Governor McCrory in late September.

The HCSI would create a \$1 million fund within the Department of Agriculture to utilize existing retail outlet infrastructure across the state to facilitate access and increase consumption of nutrient-dense foods. The proposed fund would be used to provide technical and marketing assistance by county or regional health departments for nutrition education, food safety and handling, and business operations. Local health departments would help connect store owners with local farmers and fishermen as available and provide education for both the store owners and customers regarding healthy foods and healthy eating. The fund would also be used to install



equipment, such as refrigeration and shelving, necessary for the retailer to stock nutrient-dense foods, as well as provide one-time assistance to store owners to purchase and stock nutrient-dense foods. The program is voluntary.

While it is certainly disappointing that no funding was included in the budget, it is important to note that the HCSI remains alive for consideration in the 2016 short session, since the bill passed the full House in June. With the momentum built this year around the issue of healthy food access, the NC Alliance for Health and their members and partners will continue to raise awareness and push for policy and funding to create the Healthy Corner Store Initiative in the 2016 short session.

With one in five North Carolinians facing food insecurity this year, food access issues will continue until more leaders take serious notice of this policy issue. It is our job to make that happen!

In the words of Representative Chris Whitmire, "If we can assist small store owners in rural and urban areas alike to be able to stock and sell fresh produce so that we can connect farmers and agribusiness with markets where their products are needed, we all win."

For more information about the HCSI please visit [www.ncallianceforhealth.org](http://www.ncallianceforhealth.org).

## Including Students with Disabilities in Active Routes to School



NCODH staff member Chris Mackey discusses potential barriers in a walking route with Active Routes to School Coordinators and disability partners at a September workshop in Davidson, NC.

NC Active Routes to School and the NC Office on Disability and Health (NCODH) in the Division of Public Health are working together to increase the participation of students with disabilities in Active Routes to School. The main goal of this collaboration is to develop or identify resources, tools and strategies that help Active Routes Coordinators build a school's capacity to include children of all abilities. A key step in this collaboration was a workshop on accessibility and inclusion that was held at Davidson Elementary School in September. The workshop was led by NCODH staff and a physical therapist from Exceptional Children's Programs at Charlotte-Mecklenburg Schools. Topics covered included conducting an accessibility review of an Active Route, identifying personnel within a school who can promote and sustain an inclusive program (such as the special education teacher or Allied Health professional,) and creating accessible print materials. The audience included Regional Active Routes to School Coordinators and local disability advocates who can serve as partners and resources. Throughout the 2015-2016 year, NCODH will continue to conduct activities with Active Routes to School Regions and disability advocates to ensure the participation of all students.

## "Inclusive Health Communication" from the National Center on Health, Physical Activity and Disability

This [article](#) provides tips and strategies for including people with disabilities in health communication across a wide variety of media (print, social media, audio or video, in person interviews, etc.).

## Poe & Grow Garden: Online Interactive Community Garden and Resources Website



Did you know that the [North Carolina Science Curriculum](#) supports gardening education for grades 3-6? Because gardens engage students by providing a dynamic environment in which to learn about nutrition, plant science, the environment, and general health and wellness, the Poe Center has developed an online interactive garden to assist school and communities in developing their own learning laboratories.

When visitors go to the site they will be immediately immersed into a

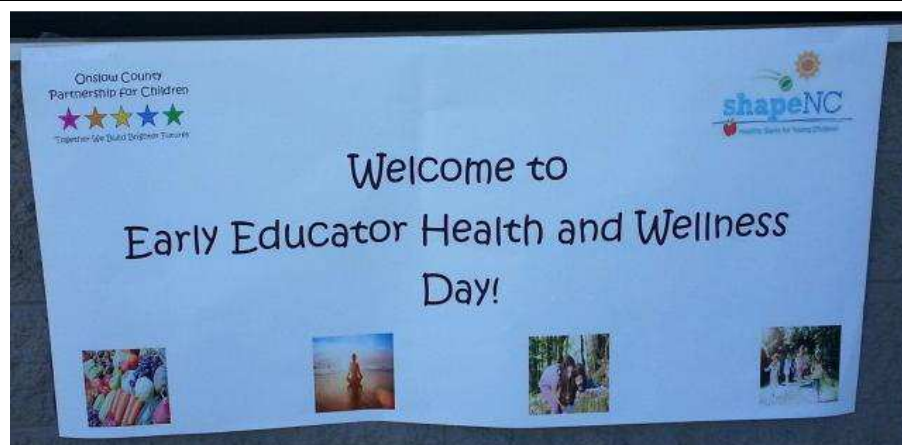
colorful dynamic school garden complete with seasonal plants growing in raised beds, containers and window boxes. The site also illustrates elements essential to successful gardening, such as fencing, water sources, and accessible paths. A playground and learning library introduce physical activity and reading as important elements of general health and wellness. Over 20 hot spots link each element of the garden to helpful information and resources. When visitors click on the welcome sign, they can visit the garden during all four seasons to see how it changes during the year.



A rich collection of resources is also available, including critical elements of a garden, funding opportunities and related science curriculum. Policy information about the national farm-to-school movement, which helps students gain access to healthy local foods, and state-wide resources are also listed. Educational opportunities, such as school gardens, cooking lessons, farm field trips, and example classroom activities are also included to assist educators with using the site with their students.

The online garden was made possible through [SNAP-Ed](#), a grant funded by the USDA. To visit the garden go to <http://www.poehealth.org/school-garden>.

## Onslow County Partnership for Children



[Onslow County Partnership for Children](#) serves as one of 4 Hubs for the Shape NC program, and is committed to the health of children and families in our community. Early educators are the key to helping their community's children start kindergarten at a healthy weight.



Through their Shape NC funding, they had the opportunity, on November 7, 2015, to present an interactive conference for early educators in Onslow County. The conference was held at Mount Olive University in Jacksonville, NC and was focused on the goals of Shape NC and how educators can use its principles for a healthier classroom. Nearly 40 educators had the opportunity to participate in a total of four workshops including, Be Active Kids to highlight physical activity, Wild Child Workshop to highlight outdoor learning, Healthy Eating In and Out of the Classroom to highlight nutrition, and Yoga for Educators and the Classroom to highlight wellness in and out of the classroom. Additionally, Executive Director, Dawn Rochelle, presented the key note speech on "Finding Your Why" in which she told her personal story on her journey to finding health and wellness. Each workshop provided an opportunity for discussion and hands on activities and each participant received a Shape NC T-shirt along with some resources to take home. It was a great day for the Shape team and Early Educators; feedback regarding the day included:

"The yoga class was amazing; Be Active taught us a lot of great ideas; In Wild Child I loved the resources and, in nutrition we learned about great eating habits!"

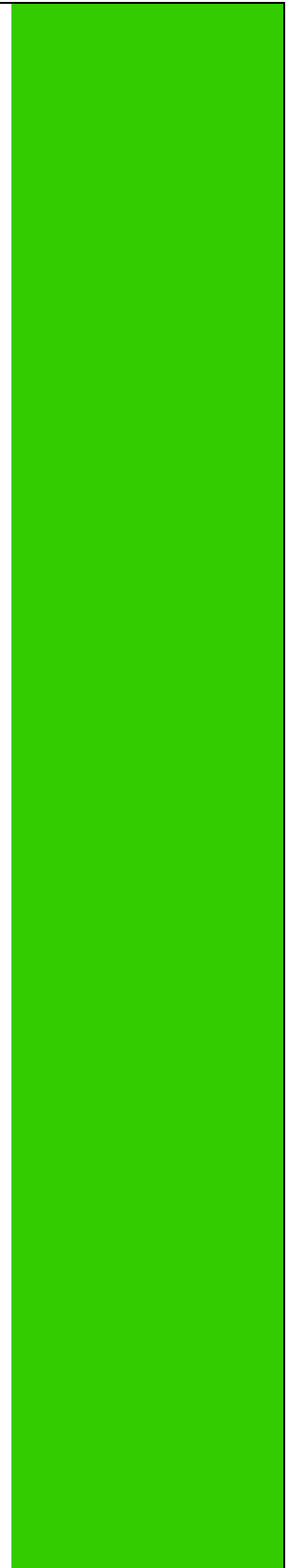
"Every class was different but interesting. I liked learning about other classroom strategies."

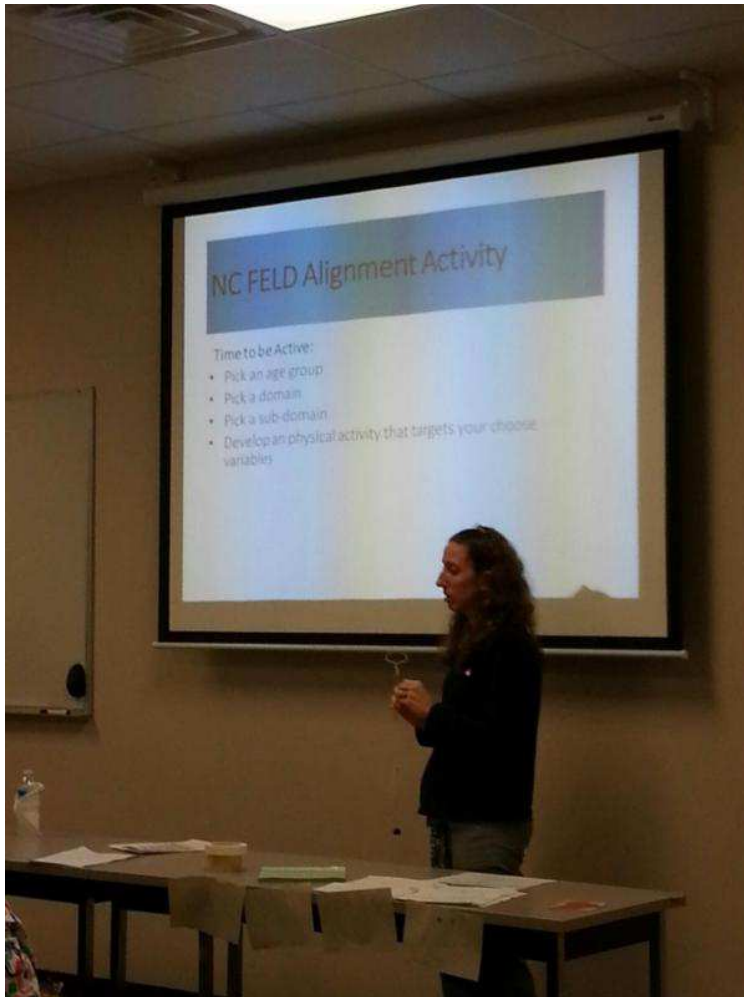
" Taught me a lot about my eating habits and how to help my kids eat healthier."

We are pleased that the event was a success and look forward to next year!









## Prevention Partners

On October 6th, Prevention Partners convened the second annual Healthy Together NC summit in Research Triangle Park where 40 wellness stakeholders gathered from around the state. Former

Commerce Secretary Sharon Decker was presented the Prevention Excellence Award for her vision for healthy NC employees driving economic development. The North Carolina State Health Plan was announced as a new statewide partner, joining the NC Department of Commerce, the NC Hospital Association, and Population Health Improvement Partners. Also, Reggie Pearson, Senior Vice President at Vidant Medical Center, Healthy Together NC Chair, and facilitator of the summit announced Vidant Medical Center's commitment to the goals of Healthy Together NC by becoming the first regional partner of the initiative. Two panels of speakers shared how leadership is accelerating the Power of 10, Prevention Partners' goal for Healthy Together NC: by 2025, reaching all at least 10 organizations in all 100 counties in North Carolina with strategies to improve employee, student, and patient health. Prevention Partners has begun new work in 15 counties this year with funding from the Kate B. Reynolds Charitable Trust, the NC State Health Plan, Novo Nordisk, and Vidant Health. Contact Heather Berdanier, [heather@forprevention.org](mailto:heather@forprevention.org), at Prevention Partners for more information.

## North Carolina Center for Health & Wellness

Over the past several years, staff at the [NCCHW](#) has partnered with NC's leaders in falls prevention to understand how this work is happening and what is needed to sustain and expand it. In 2014, the NC Department of Aging and Adult services used their findings to secure federal grant money to create the infrastructure and expand programming according to their findings. The NCCHW became a sub-grantee and is now working to create a sustainable, centralized communication hub for evidence based programming in falls prevention for North Carolina. The work will include the launch of a website with information for individuals, caregivers, clinicians and service providers as well as the development of a North Carolina focused falls prevention tool kit. At the same time, the NCCHW will work to secure sustainable funding for the effort.

In 2015, NCCHW, again in collaboration with NC Department of Aging and Adult Services, [secured funding](#) to create a similar infrastructure and program expansion for Chronic Disease Self Management Education Programs. With this funding, they will establish a Training Academy at Centralina Area Agency on Aging to create a sustainable stream of program Master Trainers and coaches. They will pilot efforts to increase connectivity between clinicians with patients in need and community organizations offering these programs. NCCHW will engage the NC Office on Disability and Health in training Master Trainers and coaches to create more inclusive programs. They will partner with the NC Office of Minority Health to bring more programming into the faith community and community centers where participants can receive support in a comfortable and familiar setting.

This funding will allow the NCCHW to support the health and wellness of older adults and adults with disability through its expertise in leadership, collaboration, evaluation and communication. For more information, please contact Laurie Stradley at [lstradle@unca.edu](mailto:lstradle@unca.edu).