



December 2019

Eat Smart, Move More North Carolina Quarterly Newsletter

Message from the Chair

Dear Eat Smart, Move More NC Members,

The end of the calendar year marks momentous beginnings for Eat Smart, Move More NC! As I write this first letter as Chair of your Executive Committee, I feel excited, honored, and grateful.

It is an exciting time as Eat Smart, Move More NC will release **three key resources** this month, all designed to support health and well-being across the state. [North Carolina's Plan to Prevent Overweight and Obesity: Balance How We Eat, Drink, and Move](#) will guide the work of the movement into the New Year and beyond. We were fortunate to have the expertise of Dr. Carolyn Dunn with N.C. State University who worked with a team to lead the development and writing of the Plan. It outlines a cohesive approach with proven evidence-informed strategies that all North Carolinians can implement or support in order to ensure that they have healthy opportunities in the places people live, learn, earn, play, and pray. The [Overweight and Obesity in North Carolina: 2020 Update](#) will also be released this month. It was prepared by a team led by our Eat Smart, Move More NC Coordinator Jenni Albright. This report provides currently available data about the status of overweight, obesity and related factors that will be helpful to everyone involved in the Eat Smart, Move More NC movement. Both of these new resources will be readily accessible to you as members and to the public via the newly updated [Eat Smart, Move More NC website](#). Our thanks to Catherine Hill and Melissa Rockett with the Division of Public Health, and the website development team for creating a vibrant and user-friendly platform.



The public release of these three resources will occur on December 5, 2019 during the [next Eat Smart, Move More NC membership meeting](#) which will be held at the JC Raulston Arboretum at NC State University (4415 Beryl Road, Raleigh). The formal meeting is from 1:00-3:30 pm and a networking lunch will be provided from 12:00-1:00 pm. We hope to see you there!

In this Issue

[Please Join Us This Thursday](#)

[American Bone Health - Stepping Out Strong](#)

[Choices In Wellness](#)

[Action for Healthy Kids](#)

[NC Senior Games](#)

[Be Active Kids](#)

[Cook Well, Eat Well: A Family Affair](#)

[Sixteen N.C. Summer Nutrition Program Sponsors and Sites Recognized Statewide](#)

[11 Local Educations Agencies Receive Farm-to-](#)

There are many reasons that I consider the Chair position of Eat Smart, Move More NC an honor. When I transplanted from Hawai'i to North Carolina in 2001 and began working at a local County health department, the Eat Smart, Move More NC resources provided essential grounding. Over the years, Eat Smart, Move More NC has remained a consistent presence in my work with [Healthy Places by Design](#) and in my own community of Pitt County where the movement's green logo and tagline continue to be used to support health and well-being.

I also want to express my gratitude. The opportunity to serve as the Chair of such a longstanding and influential statewide movement is an honor. Honestly, I might feel daunted by the task if it were not for the reassurance of having a stellar Executive Committee. Please take a moment to read more about your current [Executive Committee members](#) and also reach out to them in person at our membership meetings. We are fortunate to have a mix of Executive Committee members who are veterans with the movement and those who will provide fresh perspectives. We are also grateful to be building from the efforts of all who have served on the Executive Committee in the past, including most recently Melissa Roupe, Shelisa Howard-Martinez, and Shauvon Simmons-Wright.

Finally, my thanks to you and every member who has contributed to the success of Eat Smart, Move More NC by providing input into our key resources, participating and sharing at membership meetings, implementing strategies from our plan in your work and communities, and more! I hope to see you on December 5th and as we work collectively to make North Carolina a place where healthy eating and active living are the norm, rather than the exception.

Be well,

[Joanne Lee, MPH, RD](#)

Chair of Eat Smart, Move More North Carolina
Collaborative Learning Director with Healthy Places by Design

Please Join Us This Thursday

Our [next Eat Smart, Move More NC membership meeting](#) will be this Thursday, December 5, at the [JC Raulston Arboretum](#) at NC State University (4415 Beryl Road, Raleigh). The formal meeting is from 1:00-3:30 pm and a networking lunch will be provided from 12:00-1:00 pm. We hope to see you there!

American Bone Health - Stepping Out Strong

[School](#)

[Awards](#)

[Respond to](#)

[the USDA](#)

[Farm to](#)

[School](#)

[Census by](#)

[12/6 \(New](#)

[Deadline\)](#)

[Did you](#)

[participate in](#)

[the NC](#)

[Crunch?](#)

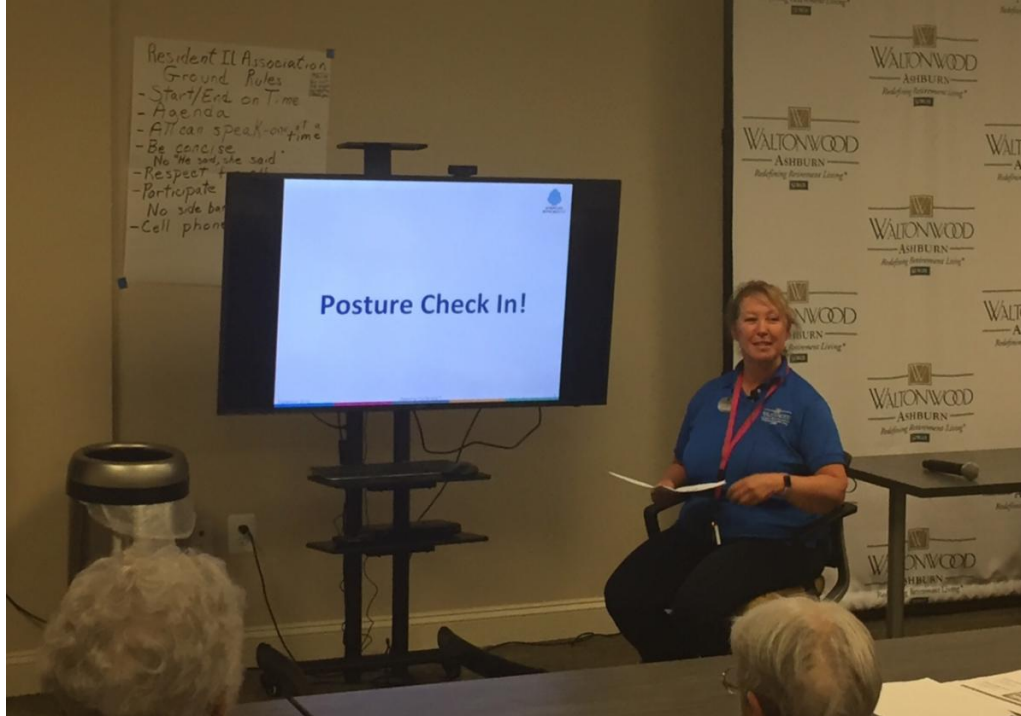
[Important](#)

[Update on](#)

[Faithful](#)

[Families](#)

[2020 Summit](#)



American Bone Health Peer Educator Sue Thompson-Popper educates seniors on fall prevention during a Stepping Out Strong event.

American Bone Health focused on falls prevention during September in support of the National Council on Aging's observance of Falls Prevention Awareness. American Bone Health hosted its signature Stepping Out Strong events in 15 communities across the country including several in North Carolina. These events, led by local volunteer Peer Educators, educate older adults about how to reduce their risk of falling with a series of simple exercises to improve balance, strength and flexibility. The goal is to reduce falls, the most common cause of non-fatal injuries and hospital admissions in people 65 and older.

"Falls are the leading cause of broken bones for adults over 65, and those injuries can have consequences including loss of independence and even premature death," said Kathleen Cody, executive director of American Bone Health. "Our Stepping Out Strong programs give older adults skills and confidence to help reduce their risk of falls and injuries."

To learn more about Stepping Out Strong, go to americanbonehealth.org/stepping-out-strong-tm/.

Submitted by [Kathleen Cody](#)

Choices In Wellness

Choices In Wellness has started the Facebook group NC Sisters Together that currently has over 70 members. They have recently added a mentorship component to the Facebook group for members to identify someone who can help them stay motivated and accountable.

Choices In Wellness has partnered with Marquita Robertson at The Collaborative NC and Jalisha Richmond with Thread Capital to bring movement and mediation to the workplace. This is part of a workplace wellness initiative that was started this year between Choices In Wellness and The Collaborative NC.

Coming up in December, Colors of Yoga and the owner Patrice Graham will facilitate a Yoga class at the NC Rural Center December 6.

Submitted by [Consuela Chapman](#)

Action for Healthy Kids

Action for Healthy Kids (AFHK) has funded fourteen schools within North Carolina with grant funding to improve physical activity and nutrition education initiatives, with projects such as school gardens, gaga ball pits, water bottle filling stations and more planned for the 2019-2020 School Year! See the list of funded schools here: [Funded Schools](#). These projects are being led by school nurses, administrators, PE teachers and parents, with the intent to improve the school wellness environment. Like these schools, spend just three minutes finding out if your school meets the basic best practices for school health by taking our [School Health Survey](#). This brief survey will show you if your school is on the right track to becoming a healthy school that helps students thrive by addressing the needs of the whole child. AFHK's School Health Survey can help your school: explore and choose a few [Game On activities](#) to implement during the school year based on areas identified for improvement, identify resources to help you advocate for change and start your school health journey, and take the next step in applying for a grant! This survey can help guide your grant project proposal and will actually be the first requirement for your grant application. For more information about grant funding or Action for Healthy Kids in NC - contact Brittany at bledford@actionforhealthykids.org. Submitted by [Brittany Ledford](#)



NC Senior Games

North Carolina participants ran, jumped, danced and cheered their way to victory at the North Carolina Senior Games State Finals this fall. 3,100 elite athletes and artists competed in various sports and art competitions with over 900 volunteers coordinating the activities. The fun will continue at one of the 52 Local Games happening all across the state this spring! Get involved in a local games near you today as a participant, volunteer or sponsor. Senior Games is a great way for participants to stay healthy, be active, and move more! Visit the Local Games page of our website to learn more.

North Carolina Senior Games is a year-round health promotion and education program for adults 50 years of age and better to get and stay active through sports and SilverArts. For more information, contact

Be Active Kids

After more than 20 years of serving North Carolina, Be Active Kids continues to improve the health of children and child care providers by providing materials, training and technical support in four focus areas; motor skill development, health-related fitness, play, and nature. Our award-winning curricula has been our calling card to more than 10,000 child care providers and teachers and has reached every county in North Carolina. This evidence-based and evidence-informed resource includes activities and materials that support the use of structured physical activity from 0-5-year-olds within a child care setting.



In addition to the curricula, Be Active Kids offers training modules, based on our 10 components, to assist in the continuing education of early childhood professionals. Our training modules vary in length from one to five hours and are intended to be connected together to develop a deeper level of competence while assisting educators in gaining CEUs towards certification. Each training module includes active engagement and physical activity, relevant and up-to-date information, practical examples and application of the information presented, as well as follow-up action. Be Active Kids trainings align with NC Division of Child Development topic areas: (1) Planning a safe, healthy learning environment; (2) Children's physical & intellectual development; (3) Child growth development; and (4) Productive relationships with families. Be Active Kids is also aligned with North Carolina Child Care Rules, North Carolina Environment Rating Scales, North Carolina Foundation for Early Learning and Development, and Nutrition and Physical Activity Assessment for Child Care. Join the Be Active Kids network by visiting our [website](#), following us on social media, and signing up for a training.
Submitted by [Evie Houtz](#)







On certain evenings throughout the year, dinner time is a special time at the Poe Center. It's the time that families gather in Poe's CookWELL Kitchen to learn to cook healthy meals - together. The Poe Center partners with WakeMed Health & Hospitals to host cooking classes for pediatric weight management patients as a part of the hospital's nutrition counseling program.

Families attend a series of four classes during which they prepare a new recipe and eat a meal together. Meals feature yummy recipes, such as roasted vegetables, veggie pizza with whole grain crust, and grain bowls. Poe Center health educators provide instruction on food preparation, kitchen safety, and cooking skills. Registered Dietitians from WakeMed help select the recipes and instruct on the nutritional value. Classes take place in the Poe Center's state-of-the-art CookWELL teaching kitchen. Set in a bright and colorful environment complete with high-tech instructional capability, the CookWELL Kitchen features four cooking stations designed to replicate an at-home cooking experience.

"We are very excited about partnering with WakeMed on the Cook Well, Eat Well program," says Rachel Pohlman, Nutrition Program Director at the Poe Center. "Research shows that kids are more likely to choose healthy foods when they're involved in the process with their parents. By teaching families how to cook healthy meals together, we are helping ensure healthy eating at home."

That appears to be the case for the families in the program. A mother who participated in the program shared her family purchased quinoa for the first time after learning how to make grain bowls during class. A young boy in the program said he liked all the recipes and would eat them all again. A teenage girl reported taking home leftovers to her dad who loved them.

To learn more about the CookWELL Kitchen and the Poe Center's cooking programs, go to www.poehealth.org.

Submitted by [Jennifer Bell, M.Ed.](#)



Sixteen NC Summer Nutrition Program Sponsors and Sites Recognized Statewide

Summer Nutrition Programs fulfill a critical need in providing nourishment and educational enrichment to children when school is out. Sixteen sponsors and sites for NC Summer Nutrition Programs were recently recognized with one of five state-level awards for innovations in increasing participation and offering appealing, nutritious meals.

The *Rising Star Award* recognizes superior first-year NC Summer Nutrition Program sponsors that include a menu that promotes a healthy lifestyle and sustainable participation or partnerships. The *Going the Distance in Innovation Award* recognizes returning sponsors that implement innovative marketing strategies to increase participation. The *Superior Site Award* recognizes a sponsor or site for going above and beyond to gain and maintain participation from the local children and community. The *Farm-to-Summer Award* recognizes sponsors for procuring and incorporating local foods into meals and offering educational enrichment activities centered on local food and agriculture. The *Turnip the Beet Award* recognizes sponsors for providing nutrition education, conducting taste tests with children (incorporating feedback into menus), and offering quality meals that are appealing, culturally-appropriate, nutritious, and include local foods, a variety of vegetables, fruits, whole grains, and low-fat or fat-free dairy. NC Summer Nutrition Programs, administered by NC Department of Public Instruction's School Nutrition Services, serve nutritious meals to children up to age 18 living in low-income areas (where 50 percent or more of the students qualify for no-cost or reduced-price school meals). These programs may operate in schools, public housing centers, camps, parks, faith-based facilities, and other sites where students gather when school is out. Meals are served to eligible children at no cost, and registration is not required. Last summer, NC Summer Nutrition Programs served more than 4.6 million meals to children and teens at nearly 3,000 locations across the state.

The complete list of award winners, state-level awards criteria, and information regarding NC Summer Nutrition Programs can be found on the NCDPI, School Nutrition Services website,



Did You Participate in the NC Crunch?

The NC Crunch, from the Farm to School Coalition of NC and the NC Farm to Preschool Network, is designed to celebrate agriculture, nutrition and farm to school. It offers kids and adults across the state an opportunity to taste and learn about NC grown fruits and vegetables. Individuals, families, groups, organizations, agencies, early care and education sites and schools can participate in the NC Crunch. This year, just over 287K kids and adults at 942 sites across the state participated in the NC Crunch. Over the last four years, 805,061 kids and adults have been reached through the campaign. The goal is to reach over one million by next year. Did you, your family, group, organization, agency, early care and education site or school taste and learn about a NC grown fruit or vegetable for the NC Crunch? Then, please make sure you sign up by December 15 at <https://growing-minds.org/north-carolina-crunch> to be counted. Help us reach 400K participants for the 2019 NC Crunch. And, share your photos on social media using #NCCrunch2019, #F2SMonth and @F2SCoalitionNC.

Submitted by [Tracey Bates](#)



North Carolina Crunch

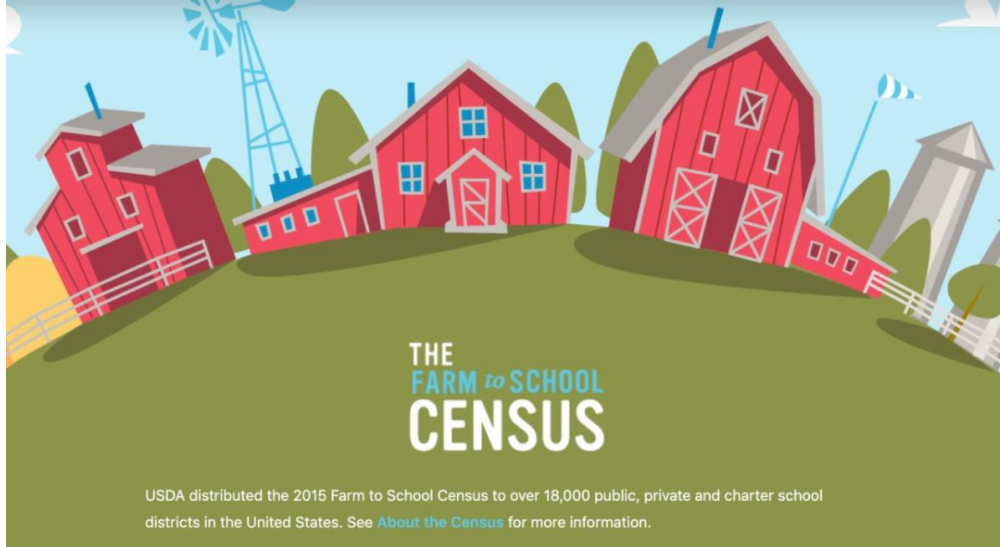
Respond to the USDA Farm to School Census by December 6 (New Deadline)

Make sure all of the great farm to school activities your local School Food Authority (SFA) is engaged in are counted as part of the 2019 USDA Farm to School Census. USDA wants to know about any local food procurement, school gardens, and agriculture, food and nutrition education. From buying one local apple to a whole menu of local foods, from planting one seed to a whole garden, and from conducting one educational activity to a plan for the year - it all counts. The Farm to School Census is the only national survey that examines school districts' farm to school activities. It is imperative that all SFAs - whether or not they currently participate in farm to school activities - complete the census in order to have the most accurate picture of the scope, reach and impact of farm to school nationwide. Census data helps to provide grants, resources, technical assistance and professional development.

If you are with a SFA, please make sure that you complete your Farm to School Census survey by December 6. If you are working in a school and doing important farm to school related work, make sure that you share that information with your local SFA director.

For more census info and resources, visit the USDA Food and Nutrition Service's Community Food Systems Farm to School Census Resources page, <https://www.fns.usda.gov/cfs/farm-school-census-respondent-resources>.

Submitted by [Tracey Bates](#)



Eleven Local Education Agencies Receive Farm to School Awards

Eleven local education agencies received the first ever *Farm to School of NC Awards* from the Farm to School Coalition of North Carolina for their achievements in expanding and enhancing farm to school in the state. The awards were presented during the Farm to School of North Carolina 2019 Summit.

School districts received awards based on eleven criteria such as purchasing local food, use of local food in school meals and student taste tests, collaboration with local farmers and food partners, support of healthy local food environments, classroom curriculum, hands-on cooking, hands-on gardening, community engagement, and other areas. The following Local Education Agencies (LEAs) received awards:

- *Outstanding*: Asheville City Schools, Durham Public Schools
- *Gold*: Asheville City Schools, Durham Public Schools
- *Silver*: Halifax County Schools, Kannapolis City Schools
- *Bronze*: Chapel Hill/Carrboro City Schools, Cumberland County Schools, Edgecombe County Public Schools, Lenoir County Public Schools
- *Honorary*: Beaufort County Schools, Orange County Schools, Sampson County Schools

A description of each award category is provided below:

- *Outstanding* - Awarded based on a demonstrated commitment to engage diverse stakeholders, a comprehensive and holistic approach, creative use of resources, innovative activities, and an ability to share learned lessons and serve as a vocal champion of farm to school.
- *Gold* - Meeting at least seven of the awards criteria at the Gold level or above.
- *Silver* - Meeting at least seven of the awards criteria at the Silver level or above.
- *Bronze* - Meeting at least seven of the awards criteria at the Bronze level or above.
- *Honorary* - Meeting at least two of the awards criteria.

For more info about the awards or the Farm to School Coalition of NC, go to <https://www.farmtoschoolcoalitionnc.org>.



Important Update on Faithful Families 2020 Summit

Due to low registration numbers and in order to better meet your needs, **we are cancelling the January 10, 2020, Faithful Families Summit.** Instead, we are transitioning to a FREE virtual summit model. We will not gather in person in January 2020, but are excited to host a week-long virtual event in the Spring. We will engage the same breakout presenters and offer messages and materials from breakout and keynote speakers, along with opportunities for you to interact and participate throughout the week. We are sad to cancel the in-person meeting, but so excited to share presentations, resources and more with you through this virtual format.

Check out this [video message](#) from Annie to learn more!

If you have already registered for the Summit, you will receive an email next week about your refund and processing the cancellation.

Please do not hesitate to be in touch with us with any questions that you have.

We are so grateful to partner with you in this faith and health work!

Submitted by [Annie Hardison-Moody](#), [Julia Yao](#) & [Kim Eshlem](#)