



Eat Smart, Move More NC Leadership Team Quarterly Update

June 2014

Eat Smart, Move More North Carolina Newsletter



Message from the Chair

Dear Eat Smart, Move More NC Member:

We look forward to hosting the June 13th Leadership Team meeting at YMCA of the Triangle Corporate Office, 801 Corporate Center Drive, Room 290.

The focus of the meeting will be on efforts to support walking and biking to school. Nancy Pullen-Seufert, with the National Center for Safe Routes to School, will provide an overview of Safe Routes to School as a national effort to promote walking and biking to school. Lori Rhew, from the North Carolina Division of Public Health will talk about North Carolina's Active Routes to School Project and Carrie Turner from the Safe Routes to School National Partnership will talk about the work of the National Partnership in North Carolina.

We will also be providing an update of the member survey that was conducted in March and will be premiering the NEW Eat Smart, Move More NC Video.

You can download highlights from previous Leadership Team meetings

Next Meeting

Date:
June 13, 2014

Time:
1:00 - 3:30

Place:
YMCA of the Triangle,
Corporate Office,
801 Corporate Center Drive,
Room 290
Raleigh, NC
27607

**2014
Leadership
Team Meetings
Save the
Dates!**

September 16th
December 5th

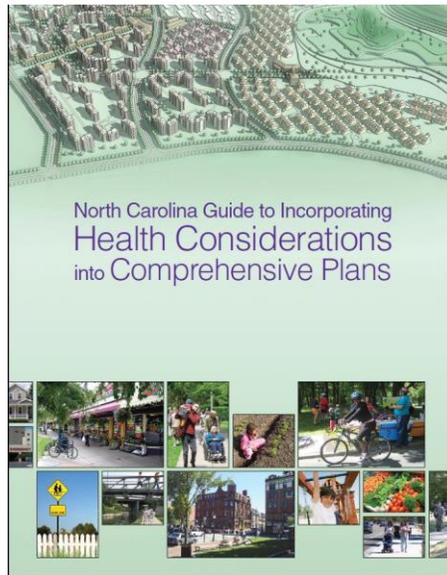
and information for upcoming meetings at:
www.eatsmartmovemorenc.com/AboutUs/Meetings.html/

I look forward to seeing you next week.

Sincerely,

Vondell Clark, Chair
Eat Smart, Move More NC Leadership Team

The North Carolina Guide to Incorporating Health Considerations into Comprehensive Plans



The North Carolina Division of Public Health is pleased to announce the release of the North Carolina Guide to Incorporating Health Considerations into Comprehensive Plans. The Guide is a compilation of goals and strategies that can be used by anyone who is involved in developing comprehensive plans including city planners, health officials and community residents. The North Carolina Guide to Incorporating Health Considerations into Comprehensive Plans is intended to serve as a guide to initiate the conversation about how health can be incorporated into the planning process.

Click here to download the Guide:
<http://www.eatsmartmovemorenc.com/Community.html>.

National Bike to School Day - Record Breaking Year for North Carolina

National Bike to School Day was Wednesday, May 7th. Bike to School Day is part of the celebration of National Bike Month in May. This year 41 schools registered for Bike to School Day at www.walkbiketoschool.org. That's twenty-two more schools registered than 2013.

Active Routes to School (a partnership between the N.C. Department of

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Transportation and the N.C. Division of Public Health) - a new opportunity to support North Carolina elementary and middle school students in safely walking and biking to school played a role in the success of Bike to School Day/Month. Ten regional Active Routes to School project coordinators across N.C. worked with schools and other partners to create a successful Bike Month.

Active Routes to School will continue to promote safe walking and biking year round.

For more information on Active Routes to School and the ten project coordinators, click [here](#).

Quick Links

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

NC Alliance of YMCAs



The NC Alliance of YMCAs received Robert Wood Johnson Foundation funding through the YMCA of the USA to impact statewide policy, systems and environment changes to make healthy eating easier for children and youth.

Led by a team of 16 professionals from multiple sectors and geographic areas across the state, the Statewide Pioneering Healthier Communities Advisory Committee of the NC Alliance of YMCAs elected to promote access to healthy foods and beverages in all youth sports and athletic endeavors - before games, mid-game, after games; as well as for practices, concessions and fundraising.

This undertaking has the potential to impact the lives of nearly 1 million North Carolina children and youth, and is the first project of its kind in the

nation, as best we can tell.

More than 20 youth sports organizations met to craft the position statement that is now being presented to the boards of each of the stakeholder organizations for endorsement. Five organizations have endorsed the statement to date, including: the NC Center for Health and Wellness at UNC-Asheville; the NC High School Athletic Association; Special Olympics North Carolina; the NC Alliance of YMCAs; and Bridge to Sports.

The NC Alliance of YMCAs is posting the endorsements online at <http://www.ncymcaalliance.org/youth-sports-athletics-supporting-healthier-food-environments/>. This web page also houses supporting documents that help the endorsing organizations implement the position statement. To learn more, contact David Gardner (dgardner@unca.edu); Chiquana Dancy (Chiquana@nchsaa.org) or Sheree Vodicka (sheree.vodicka@ymcatriangle.org).

Disability and Physical Activity

The Centers for Disease Control and Prevention released their May 2014 [Vital Signs](#) report on adults with disabilities and physical activity. According to the report, of the 21 million adults in the US with disabilities, most are able to participate in physical activity yet nearly half (47 percent) get no aerobic physical activity. An additional 22 percent aren't active enough. Working age adults with disabilities who get no aerobic physical activity are 50 percent more likely to have a chronic disease such as cancer, diabetes, stroke, or heart disease than their active peers. In addition, only 44% of adults with disabilities who visited a doctor in the past year were told by a doctor to get physical activity. Yet adults with disabilities were 82% more likely to be physically active if their doctor recommended it.

For more information including facts sheets, a press kit, and the Morbidity and Mortality Weekly Report (MMWR) go to: www.cdc.gov/vitalsigns/disabilities/index.html.

Let's Go NC!

The Let's Go NC! Curriculum is founded upon the NCDOT's Basics of Bicycling (BoB) and NHTSA's Pedestrian Safety Curriculum. There are two components of the curriculum; *Let's go Walking!* and *Let's go Biking!* There are five main themes for the *Let's Go Walking!* portion. It includes skill building activities, enhancing balanced curriculum opportunities, tying the lessons' objectives to the North Carolina Standard Course of Study, and revised individual lessons for clearer directions to instructors while making more direct connections beyond traffic safety to physical health and well-being. New and specifically offered through *Let's Go Walking!* are the five lesson review videos, which add another visual tool to instructors to reach children who prefer that learning style. *Let's Go Biking!* incorporates 5 course topics, (2 classroom and 3 on-bike). The *Let's Go Biking!* material was created to broaden the age range beyond grades 4-5 and offer a parallel structure to the pedestrian lessons. Other components that are offered in the *Let's Go Biking!* instruction include suggestions for balanced curriculum, parent tip sheets, and an assortment

of worksheets or handouts appropriate to the individual teaching levels.

Check out the *Let's Go NC!* Curriculum at <http://www.ncdot.gov/bikeped/>.

Just WALK: A Springtime Community Walking Program



[Just WALK](#) is a new walking program created by staff at the Forsyth County Department of Public Health in response to numerous community requests for a spring time program to compliment the extremely successful fall physical activity program, Step Up Forsyth. This new "on your own" walking program is designed to encourage community members to be physically active and to use the many free resources (parks, greenways, etc.) in their neighborhoods.

The program is web-based, meaning that participants register and track their walks online during the 8-week program; participants also have access to a weekly newsletter with tips and encouragement. Additionally, the Just WALK website provides year-round access to downloadable walking maps and links to other organizations within Forsyth County that have walking trails such as the City of Winston-Salem's parks and recreation department, the greenway trails and downtown walking routes.

Just WALK's goal is to have participants walking for 30 minutes per day, 5 days per week. When logging their walks online, participants are asked to select where they walked (greenway, park, community center, gym, neighborhood, etc.) and are asked to record the number of minutes spent walking.

In addition to the on your own program, Just WALK partnered with the Forsyth County Employee Wellness Program to offer lunchtime group walks starting from various county buildings (the Library, Public Health, DSS, and the Government Center). These walks were held once each week and lasted for 30 minutes, with participants walking 1+ miles each walk.

For this being the first year of the program, staff feel it was a success! Just WALK had 245 participants who logged a combined total of 168,886 minutes of walking.

Taking Stock of Our Resources

Voices into Action: The Families, Food, and Health Project (VIA) is a USDA-funded research and outreach project in three counties in North Carolina: Harnett, Lee and Wake. The project is a collaboration between North Carolina State University, North Carolina Agricultural and Technical State University, and North Carolina Cooperative Extension.

On May 17, 2014, Voices into Action co-hosted a community celebration with the Sanford Farmer's Market to present their research findings and outreach efforts to date. VIA has awarded several mini-grants to groups that are working on food access and physical activity initiatives, including the Sanford Farmer's Market and several others who exhibited their projects during the event.

Former Sanford mayor Cornelia Olive opened the event with a welcome and introduction, followed by an energetic, crowd-pleasing Zumba session led by mini-grantee Monica Monroe from First Baptist Church of Sanford. Truong Tran of Focus Total Fitness helped individuals of all ages try a "battle rope" workout, and mini-grantee Sandra Boyd of Fair Promise AME Zion Church led a group walk around downtown Sanford. In addition to fitness sessions and the Farmer's Market, a seed planting station led by mini-grantee Annie McIver of Cameron Grove AME Zion Church gave participants a chance to experience growing their own healthy food, and Jackie Brooks with the Stevens Center, another mini-grantee, displayed the Center's progress in creating an open outdoor space for recreational purposes. Debbie Stephenson and Micaela Hayes, from North Carolina Cooperative Extension, provided samples and cooking demonstrations of healthy recipes for adults and children.

Also during the event, VIA released a food assessment report for Lee County. Lee County residents, volunteers, community organizations, and stakeholders contributed to the report, which examined a variety of resources in the county related to food access - including families, faith communities, food pantries, and farms. Equivalent reports will be unveiled at community events on June 1 in Harnett County and June 7 in Wake County. The reports for all three counties present information collected from interviews with mothers and grandmothers, farmers, and food pantry directors. The results of these interviews provide insight into potentially under-utilized community resources, while also illustrating the communities' greatest needs. VIA is working with community-based action groups and the mini-grantee organizations to support and promote existing resources and to make improvements in the identified priority areas.

To get involved with Voices into Action or learn more about the project, visit their website at www.voicesintoaction.org.

Contact information:
Marissa Sheldon, Community Outreach Coordinator
Marissa_Sheldon@ncsu.edu
919-335-6835

Photos from the Lee County event on May 17:



Cornelia Olive welcomes participants to the event.



Participants enjoy Monica Monroe's Zumba session.



EFNEP Program Associate Debbie Stephenson demonstrates how to prepare a healthy chicken and fruit salad.



Community members make their purchases from local vendors at the Sanford Farmer's Market.

2014 NC Fruit and Vegetable Outlet Inventory



North Carolina Fruit and Vegetable Outlet Inventory AN OVERVIEW

Background

The North Carolina Division of Public Health administers the North Carolina Fruit and Vegetable Outlet Inventory (NC FVOI). This inventory identifies farmers' markets, produce stands and road-side stands with predictable location and hours and where fruits and vegetables are sold. This information is used to support efforts to increase the number of fruit and vegetable outlets across the State. The NC FVOI is a paper-based and online survey. Data is collected June through September by local health department staff. The NC FVOI has been used in several ways.



Uses of the NC Fruit and Vegetable Outlet Inventory NC Directory of Farmers' Markets, Roadside Stands and Produce Markets

The outlets identified each year are compiled into a directory and disseminated to local health department staff. This directory is used to promote locations where community members can purchase fresh fruits and vegetables.

Evaluation

The information collected through the NC FVOI is analyzed as part of larger evaluation efforts that aim to better understand the impact fruit and vegetable outlets have on healthy eating habits. The number of new and enhanced outlets is an evaluation measure for the Community Transformation Grant Project. The Community & Clinical Connections for Prevention and Health Branch measures the number of adults or families that access farmers' markets in underserved areas as well as the number of farmers' markets that are in NC census tracts without at least one healthy food retailer.

Mapping

Maps are created by indicating the location of existing outlets. These maps identify areas with an abundance of outlets as well as areas with few or no outlets. Areas with few identified outlets are prioritized by state and local staff as areas to focus on increasing the number of outlets.

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<http://www.eatsmartmovemorenc.com/Data/DataReports.html>