



North Carolina Blueprints for Changing Policies and Environments in Support of Increased Physical Activity and Healthy Eating



What The *North Carolina Blueprints For Changing Policies and Environments In Support Of Increased Physical Activity and Healthy Eating* are the cornerstones of the Eat Smart, Move More...North Carolina initiative. These documents are intended to guide community-based efforts to develop and implement effective policy and environmental change as well as to increase public awareness of the importance of these changes.

When The *North Carolina Blueprints* were released in August 2001 to support the *Eat Smart, Move More...North Carolina* initiative.

Where The staff of the Physical Activity and Nutrition Branch, N.C. Division of Public Health guide the *Eat Smart, Move More...North Carolina* initiative, but the success of the initiative depends upon broad partnerships among organizations, communities and individuals across the state.

In addition to current partners within the N.C. Department of Health and Human Services and the Division of Public Health, the initiative embraces the perspectives, expertise and collective voice of diverse local community groups, health departments, colleges and universities, schools, hospitals, non-profit organizations and professional organizations.

Why Despite tremendous medical advances, North Carolina faces the devastating human and financial costs of chronic diseases and disabilities. Overweight, obesity and diabetes are at epidemic proportions. Heart disease, stroke and cancer prematurely claim the lives of thousands and reduce quality of life. The *Eat Smart, Move More...North Carolina* initiative was developed to address these significant health issues and the two companion Blueprints were created as a result of this statewide initiative.

Who The *North Carolina Blueprints* have been developed for all those who are working to increase healthy eating and physical activity opportunities locally and statewide.

How The *North Carolina Blueprints* can assist local communities in enhancing public awareness of the importance of healthy eating and increased physical activity and the need for supportive policies and environments. They provide strategies and activities necessary for community-based interventions to increase opportunities for healthy eating and physical activity.

The Eat Smart, Move More...North Carolina Initiative and the Blueprints support community partnerships for local and statewide organizations that together can make the vision of healthy communities a reality.

For more information please visit
www.EatSmartMoveMoreNC.com

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