



# Families Eating Smart and Moving More



**What** *Families Eating Smart and Moving More* offers families simple solutions on how to make healthy choices to eat smart and move more every day.

Families learn skills that enable them to eat more meals at home, eat healthy when eating out, move more in their everyday routine and watch less television.

The curriculum includes the following four lessons:

1. Eating Smart at Home
2. Eating Smart on the Run
3. Moving More, Everyday, Everywhere
4. Moving More, Watching Less

In addition to these tools, the Web site [www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com) has a Resource Library that offers a variety of helpful and educational solutions for families who want to eat smart and move more.

**When** The Physical Activity and Nutrition Branch, in cooperation with Nutrition Services Branch and N.C. Cooperative Extension Service, released the *Families Eating Smart and Moving More* curriculum in January 2005.

**Where** *Families Eating Smart and Moving More* supports the Eat Smart, Move More...North Carolina initiative and the North Carolina Healthy Weight Initiative.

The *Families Eating Smart and Moving More* curriculum is implemented through local health department Women, Infants and Children clinics and local cooperative extension agents.

**Why** Overweight in children and adults has reached epidemic proportions and is one of North Carolina's most pressing health issues. Many societal trends such as longer workdays, reduced leisure time, increased portion sizes and consumption of food outside home, increased time spent watching television and reduced time spent in physical activity are contributing to the epidemic of overweight and obesity.

Families need simple solutions to help them eat smart and move more. Educators conducting the *Families Eating Smart and Moving More* curriculum in North Carolina teach families the skills they need to improve eating and physical activity behaviors to achieve a healthy weight.

**Who** *Families Eating Smart and Moving More* is designed for both families and individuals to use.

**How** The program offers educational resources to families through local health departments and cooperative extension agents. Health educators and nutritionists teach the classes and talk to families one-on-one.

*Families Eating Smart and Moving More* extends its message to the public audience via the internet, product materials and communication pieces, such as public service announcements.

For more information please visit  
[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)

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