



Eat Smart, Move More...North Carolina in Health Care



Initiative Overview

Mission “To reverse the rising tide of obesity and chronic disease among North Carolinians by helping them to eat smart, move more and achieve a healthy weight.”

Programs and Resources in the Health Care Setting

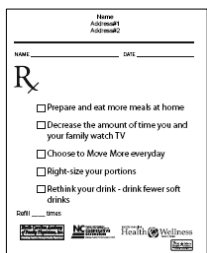
Patient Education Packets



- These simple, downloadable patient education materials for health care professionals to offer patients to encourage healthy eating and physical activity.
- The handouts address the evidence-based behaviors the Eat Smart, Move More...NC movement encourages: prepare more meals at home, tame the tube, choose to move more everyday, right-size your portions, re-think your drink, enjoy more fruits and veggies, and breastfeed your baby.

PARTNERS: N.C. Division of Public Health (Physical Activity and Nutrition Branch and Nutrition Services Branch), N.C. Cooperative Extension Service and N.C. Academy of Family Physicians.

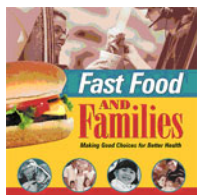
Big 5 Prescription Pads



- Health Care professionals can use these customizable prescription pads to talk to patients about five important yet simple food and physical activity behaviors that will help them to achieve and maintain a healthy lifestyle.

PARTNERS: N.C. Division of Public Health, N.C. Cooperative Extension Service, N.C. Academy of Family Physicians, and N.C. Health and Wellness Trust Fund

Fast Food and Families



- Fast Food and Families is an interactive CD that encourages families to choose healthy menu items when eating at fast food restaurants.
- Family physicians and other health education professionals can use this CD as they work with families. The CD allows families to make their usual choices at select fast food restaurants, and compare the nutrient breakdown to their own calorie needs for a day.
- The CD, which was developed by N.C. Cooperative Extension, the Physical Activity and Nutrition Branch and the N.C. Academy of Family Physicians, is being used by physicians and nutritionists with Cooperative Extension working with families, and its effectiveness will be evaluated through the Academy's Fit Together grant.

