



Eat Smart, Move More...North Carolina in Worksites



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 Worksite Setting

Worksites Eating Smart and Moving More



- Worksites Eating Smart and Moving More is an all-in-one resource for establishing a worksite wellness program that promotes and supports healthy eating and increased physical activity for employees.
- It includes a committee workbook that will assist in creating and maintaining a worksite wellness committee and program, and a variety of resources and suggestions to help employees to eat smart and move more at work.

PARTNERS: N.C. Division of Public Health.

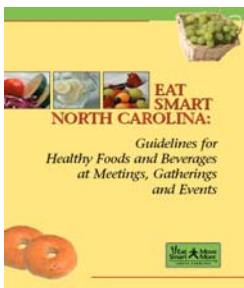
NC HealthSmart Worksite Wellness Toolkit



- The NC HealthSmart Worksite Wellness Toolkit is a comprehensive collection of guidelines and ready-to-use materials for state employees to use to organize a worksite wellness committee and implement worksite wellness programs.
- The Toolkit is comprised of five workbooks - one on starting or enhancing a wellness committee, and four resource books that address the main aspects of a healthy lifestyle: healthy eating, physical activity, tobacco cessation and stress management.

PARTNERS: N.C. Division of Public Health and North Carolina State Health Plan

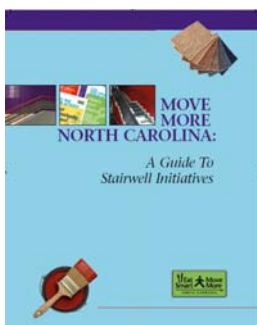
Eat Smart Meeting Guide



- Eat Smart North Carolina: Guidelines for Healthy Foods and Beverages at Meetings, Gatherings and Events is a planning tool that provides practical guidelines for anyone in charge of the food served at events to choose lower fat, lower-calorie foods and drinks.
- The guide provides healthy food and beverage suggestions for various event meals and snacks, as well as practical tips for stocking vending machines, sample menus, and a sample Healthy Foods Policy.

PARTNERS: N.C. Division of Public Health

Move More Stairwell Guide



- Move More North Carolina: A Guide to Stairwell Initiatives is a useful planning tool that provides step-by-step guidelines for anyone interested in implementing a stairwell initiative.
- The guide provides links to downloadable promotional signs and examples of stairwell initiatives in places across North Carolina.
- Stairwell initiatives are being adopted by organizations across the state, including the N.C. Legislative Building, and are a great way of incorporating physical activity into the workday of employees who work in multi-floor buildings.

PARTNERS: N.C. Division of Public Health and N.C. Cooperative Extension Service

What Is Considered Success?

- Signage near elevators promoting stair use
- Space or facilities provided for breastfeeding
- Flextime policy for participation in physical activity
- Replace less nutritious food choices in vending machines and cafeteria selections or label healthy choices

For more information please visit
www.EatSmartMoveMoreNC.com

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