

Eat Smart, Move More North Carolina Leadership Team

**Results of the Eat Smart, Move More Implementation Survey
February 2009**

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Introduction

Survey Purpose

The purpose of the **Eat Smart, Move More Implementation Survey** was to collect information on the efforts of Eat Smart, Move More Leadership Team member organizations to support *Eat Smart, Move More: North Carolina's Plan to Prevent Overweight, Obesity and Related Chronic Disease (ESMM Plan)*. The survey addressed the implementation of specific strategies from the *ESMM Plan*, as well as other efforts to support the four goals of the *ESMM Plan*. The Eat Smart, Move More Executive Committee and the employees of the NC Division of Public Health, Physical Activity and Nutrition Branch, who offer staff support to the Executive Committee designed the survey and analyzed the survey results.

Survey Distribution and Response Rate

The survey was distributed via email to 58 voting members of the Eat Smart, Move More Leadership Team on December 19, 2008. The initial survey deadline was January 16, 2009. The deadline was extended to February 2, 2009. During the last week of January, phone calls were made to voting members who had not yet responded to notify them of the deadline extension and encourage them to respond. Voting members were encouraged to represent their entire organization in their survey response. Fifty of 58 voting members responded, for a survey response rate of 86%.

Survey Content

The survey content can be divided into three sections. The first section of the survey collected information about the organizations represented on the survey, such as specific populations and geographic areas served, settings addressed (e.g., communities, healthcare, worksites, etc.), and organizational roles (e.g., advocacy, research, direct services, etc.). The second section of the survey collected information about the implementation of specific strategies from the *ESMM Plan* (e.g., "increase access to community gardens and farmers' markets..."). The third section of the survey collected information about efforts to support each of the four goals of the *ESMM Plan* (e.g., Goal 1: Increase healthy eating and physical activity opportunities for all North Carolinians by fostering supportive policies and environments).

Organizations Represented on this Survey

Voting members from the following fifty Eat Smart, Move More Leadership Team member organizations responded to the survey:

Active Living by Design	NC Medical Society
Alice Aycock Poe Center for Health Education	NC Medical Society Foundation
American Heart Association	NC Office on Disability and Health
Association of North Carolina Boards of Health	NC Pediatric Society
Be Active North Carolina	NC Public Health Foundation
Blue Cross and Blue Shield of North Carolina Foundation	NC SOPHE
Duke Community Health	NCAAHPERD
East Carolina University	North Carolina Dietetic Association
FirstHealth of the Carolinas and NC Alliance for Health	North Carolina Extension Association of Family & Consumer Sciences
Fit City Challenge	North Carolina Public Health Association
Inter-Faith Food Shuttle	North Carolina Senior Games
John Rex Endowment	Obesity Prevention Initiative (UNCW)
N.C. Office of Environmental Education	Office of Healthy Carolinians/Health Education
NC Academy of Family Physicians	Rex Healthcare
NC Action for Healthy Kids	School Nutrition Association of NC
NC Alliance for Health	Southeast United Dairy Industry Association
NC Alliance of Boys & Girls Clubs	State Health Plan for Teachers and State Employees
NC Association of Local Nutrition Directors	The Alliance for a Healthier Generation
NC Citizens for Public Health	The Healthy House
NC Cooperative Extension	The Leaflight, Inc.
NC Dept of Public Instruction	The North Carolina Partnership for Children, Inc.
NC Division of Public Health	UNC Center for Health Promotion and Disease Prevention
NC Fruits & Veggies Nutrition Coalition	University Health Systems of Eastern Carolina
NC Health and Wellness Trust Fund	WakeMed Health and Hospitals
NC Healthy Schools-DHHS	YMCA'S OF North Carolina

Specific Populations Served

Survey Question: To what extent does your organization's work address each of the following populations?

Answer Options: Very much so; To some extent; Very little, if at all

Age Group

The percentage (and number) of respondents who answered "Very Much So":

Infants	34%	(17)
Children	86%	(43)
Youth	78%	(39)
Adults	72%	(36)
Older adults	50%	(25)

Response rate for this question: 100% (50)

Race/Ethnicity

Percentage (and number) of respondents who answered "Very Much So":

African American	84%	(42)
American Indian/Alaska Native	40%	(20)
Asian	34%	(17)
Hispanic/Latino	66%	(33)
Native Hawaiian/Pacific Islander	24%	(12)
Other	18%	(9)

Response rate for this question: 100% (50)

Other Specific Populations

Percentage (and number) of respondents who answered "Very Much So":

People with chronic disease	64%	(32)
People with disabilities	40%	(20)
People in low-income households	78%	(39)
People in rural areas	78%	(39)
Women	70%	(35)

Response rate for this question: 100% (50)

Geographic Areas Served

**Survey Question: In which of the following geographic areas does your organization aim to have an impact?
(Survey respondents were asked to check all that apply.)**

Percentage (and number) of respondents by region:

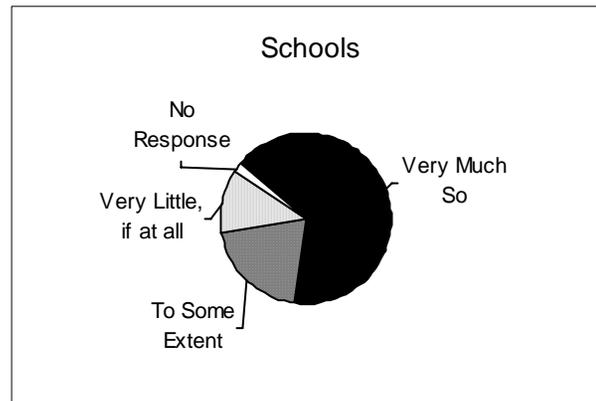
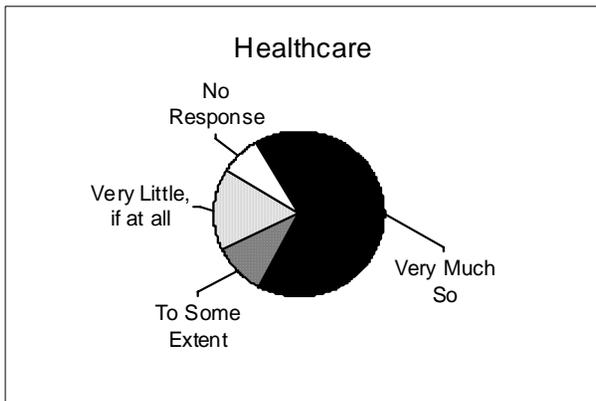
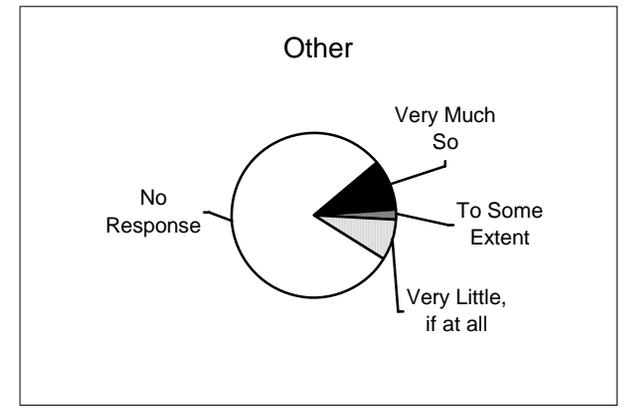
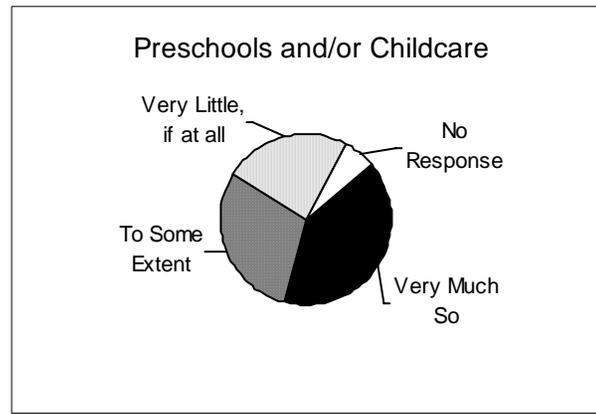
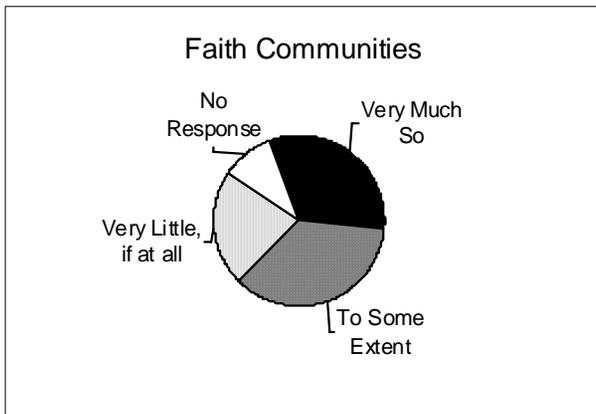
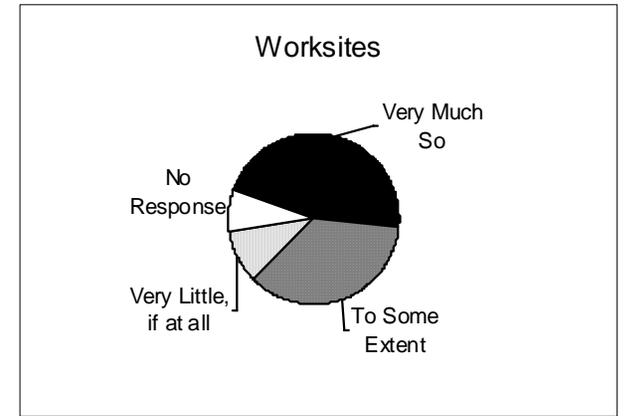
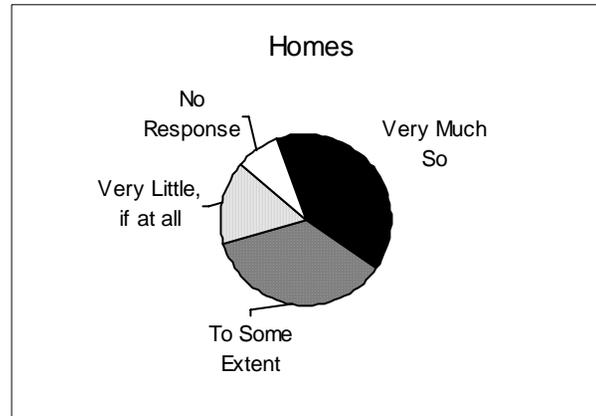
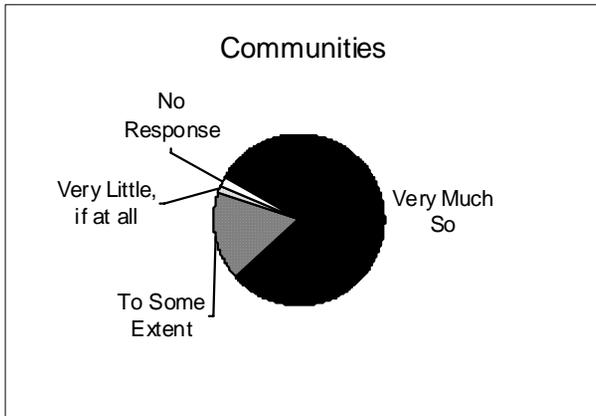
All of North Carolina	80%	(40)
Western North Carolina	2%	(1)
Central North Carolina	4%	(2)
Eastern North Carolina	4%	(2)
Specific county, district, region	14%	(7)
Other	4%	(2)
Not applicable	0%	(0)
Response rate for this question:	100%	(50)

Settings Addressed

**Survey Question: To what extent does your organization aim to impact each of the following settings?
Answer Options: Very much so; To some extent; Very little, if at all**

Settings	Very much so	To some extent	Very little, if at all	No response
Communities	78% (39)	16% (8)	2% (1)	4% (2)
Faith communities	32% (16)	36% (18)	22% (11)	10% (5)
Healthcare	66% (33)	10% (5)	16% (8)	8% (4)
Homes	40% (20)	36% (18)	16% (8)	8% (4)
Preschools and/or Childcare	40% (20)	30% (15)	24% (12)	6% (3)
Schools	66% (33)	20% (10)	12% (6)	2% (1)
Worksites	46% (23)	36% (18)	10% (5)	8% (4)
Other	10% (5)	2% (1)	8% (4)	80% (40)

Settings Addressed (continued)



Alphabetical listing of organizations and the SETTINGS for which they responded "Very much so" when asked, "To what extent does your organization aim to impact each of the following settings?"

Organization	Communities	Faith communities	Healthcare	Homes	Preschools and/or Childcare	Schools	Worksites	Other	Comments (optional)
Active Living By Design	X								
Alice Aycock Poe Center for Health Education	X			X		X			
American Heart Association	X	X	X			X	X		
Association of North Carolina Boards of Health	X	X	X	X	X	X	X		
Be Active North Carolina	X				X	X			
Blue Cross and Blue Shield of North Carolina Foundation	X		X		X	X			
Duke Community Health	X	X	X	X		X		X	Elderly Low Income Housing
East Carolina University			X			X			
FirstHealth of the Carolinas and NC Alliance for Health	X	X	X	X	X	X	X		
Fit City Challenge	X	X	X	X	X	X	X		
Inter-Faith Food Shuttle	X								
John Rex Endowment	X		X	X					
N.C. Office of Environmental Education	X			X		X			
NC Academy of Family Physicians			X						Work with primary care physicians
NC Action for Healthy Kids						X			only work in schools

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(continued) Organization	Communities	Faith communities	Healthcare	Homes	Preschools and/or Childcare	Schools	Worksites	Other	Comments (optional)
NC Alliance for Health	X	X	X			X	X		
NC Alliance of Boys & Girls Clubs	X				X				
NC Association of Local Nutrition Directors									
NC Citizens for Public Health	X		X						
NC Cooperative Extension	X	X	X	X	X	X	X		
NC Dept of Public Instruction						X			Pre K -12 Public Education
NC Division of Public Health	X		X		X	X	X		
NC Fruits & Veggies Nutrition Coalition	X	X	X	X	X	X	X		
NC Health and Wellness Trust Fund	X		X			X			
NC Healthy Schools-DHHS	X		X			X	X		School worksites
NC Medical Society			X						
NC Medical Society Foundation	X		X	X					
NC Office on Disability and Health	X	X	X	X	X	X	X		Environments and settings that serve and support persons with disabilities across the life span.
NC Pediatric Society	X		X		X	X			
NC Public Health Foundation	X		X			X	X		

(continued) Organization	Communities	Faith communities	Healthcare	Homes	Preschools and/or Childcare	Schools	Worksites	Other	Comments (optional)
NC SOPHE	X	X	X		X	X	X	X	Universities, Colleges and Community Colleges
NCAAHPERD	X					X			
North Carolina Dietetic Association			X	X					our members work in all settings, but most of our members work in clinical settings and with families
North Carolina Extension Association of Family & Consumer Sciences	X			X	X		X		
North Carolina Public Health Association	X		X	X	X	X	X	X	
North Carolina Senior Games	X								
Obesity Prevention Initiative (UNCW)	X	X		X		X	X		
Office of Healthy Carolinians/Health Education	X	X	X	X	X	X	X		
Rex Healthcare			X				X		
School Nutrition Association of NC						X			
Southeast United Dairy Industry Association	X			X		X			
State Health Plan for Teachers and State Employees			X				X		

(continued) Organization	Communities	Faith communities	Healthcare	Homes	Preschools and/or Childcare	Schools	Worksites	Other	Comments (optional)
The Alliance for a Healthier Generation			X		X	X			
The Healthy House	X	X	X	X	X	X	X		
The Leaflight, Inc.	X	X					X		
The North Carolina Partnership for Children, Inc.	X		X	X	X			X	
UNC Center for Health Promotion and Disease Prevention	X	X	X	X	X	X	X	X	local food systems
University Health Systems of Eastern Carolina	X		X			X	X		The Health System offers a community benefits grant program through several UHS foundations that provides/ has provided resources to faith communities and childcare settings.
WakeMed Health and Hospitals	X		X			X	X		
YMCA'S OF NORTH CAROLINA	X	X			X				

Organizational Roles

Survey Question: Which of the following are roles of your organization?
 (Survey respondents were asked to check all that apply.)

Percentage (and number) of survey respondents

To advocate	80%	(40)
To conduct research	40%	(20)
To provide grant funding	22%	(11)
To support health professionals (professional organization)	38%	(19)
To provide services or programs for the public	66%	(33)
Other	22%	(11)

Alphabetical listing of organizations and their ORGANIZATIONAL ROLE(S):

Organization	To advocate	To provide services or programs for the public	To support health professionals (prof. org's)	To provide grant funding	To conduct research
Active Living By Design					
Alice Aycock Poe Center for Health Education	X	X			X
American Heart Association	X	X	X		X
Association of North Carolina Boards of Health	X		X		
Be Active North Carolina	X	X			X
Blue Cross and Blue Shield of North Carolina Foundation				X	
Duke Community Health	X	X		X	X
East Carolina University		X			X
FirstHealth of the Carolinas and NC Alliance for Health	X	X			
Fit City Challenge	X	X			
Inter-Faith Food Shuttle	X	X			
John Rex Endowment	X			X	
N.C. Office of Environmental Education		X			
NC Academy of Family Physicians	X		X		
NC Action for Healthy Kids	X				
NC Alliance for Health					
NC Alliance of Boys & Girls Clubs		X			
NC Association of Local Nutrition Directors	X		X		
NC Citizens for Public Health	X		X		

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(continued) Organization	To advocate	To provide services or programs for the public	To support health professionals (prof. org's)	To provide grant funding	To conduct research
NC Cooperative Extension	X	X			X
NC Dept of Public Instruction		X		X	
NC Division of Public Health	X	X		X	X
NC Fruits & Veggies Nutrition Coalition	X	X	X	X	
NC Health and Wellness Trust Fund		X		X	
NC Healthy Schools-DHHS	X	X		X	X
NC Medical Society	X		X		
NC Medical Society Foundation	X		X	X	
NC Office on Disability and Health	X		X		X
NC Pediatric Society	X		X		X
NC Public Health Foundation		X			
NC SOPHE	X		X		
NCAAHPERD	X	X	X		X
North Carolina Dietetic Association	X		X		
North Carolina Extension Association of Family & Consumer Sciences	X	X	X		
North Carolina Public Health Association	X		X		
North Carolina Senior Games	X	X			X
Obesity Prevention Initiative (UNCW)	X	X		X	X
Office of Healthy Carolinians/Health Education	X	X			
Rex Healthcare	X	X	X		
School Nutrition Association of NC	X				
Southeast United Dairy Industry Association	X	X	X	X	X
State Health Plan for Teachers and State Employees	X	X			X
The Alliance for a Healthier Generation	X	X			
The Healthy House		X			X
The Leaflight, Inc.	X	X	X	X	X
The North Carolina Partnership for Children, Inc.	X	X		X	
UNC Center for Health Promotion and Disease Prevention	X	X			X
University Health Systems of Eastern Carolina	X	X	X	X	X
WakeMed Health and Hospitals	X	X	X		X
YMCA'S OF NORTH CAROLINA		X			

Healthy Eating Strategies

**Survey Question: Which of the following strategies, if any, will your organization be working on in 2009?
(Survey respondents were asked to check all that apply.)**

<u>Strategy</u>	<u>Number of organizations</u>
Increase access to a variety of affordable healthy foods in grocery stores and restaurants in all neighborhoods.	16
Increase access to community gardens and farmers' markets where fresh fruits and vegetables can be grown or purchased.	21
Work with farmers to increase the availability of fruits and vegetables that can be sold locally.	12
Assure that all public buildings have designated and appropriate space provided for women who are breastfeeding and for storage of breast milk.	6
Other	3

Alphabetical listing of organizations and the HEALTHY EATING strategy/strategies they are working on in 2009:

Organization	Increase access to a variety of affordable healthy foods in grocery stores and restaurants in all neighborhoods.	Increase access to community gardens and farmers' markets where fresh fruits and vegetables can be grown or purchased.	Work with farmers to increase the availability of fruits and vegetables that can be sold locally.	Assure that all public buildings have designated and appropriate space provided for women who are breastfeeding and for storage of breast milk.
Active Living By Design	X	X		X
Alice Aycock Poe Center for Health Education				
American Heart Association				
Association of North Carolina Boards of Health				
Be Active North Carolina				
Blue Cross and Blue Shield of North Carolina Foundation	X	X	X	
Duke Community Health	X	X		
East Carolina University	X	X	X	

(continued) Organization	Increase access to a variety of affordable healthy foods in grocery stores and restaurants in all neighborhoods.	Increase access to community gardens and farmers' markets where fresh fruits and vegetables can be grown or purchased.	Work with farmers to increase the availability of fruits and vegetables that can be sold locally.	Assure that all public buildings have designated and appropriate space provided for women who are breastfeeding and for storage of breast milk.
FirstHealth of the Carolinas and NC Alliance for Health		X	X	
Fit City Challenge	X	X	X	
Inter-Faith Food Shuttle		X	X	
John Rex Endowment	X	X		
N.C. Office of Environmental Education				
NC Academy of Family Physicians				
NC Action for Healthy Kids				
NC Alliance for Health				
NC Alliance of Boys & Girls Clubs				
NC Association of Local Nutrition Directors				
NC Citizens for Public Health				
NC Cooperative Extension	X	X	X	X
NC Dept of Public Instruction				
NC Division of Public Health				
NC Fruits & Veggies Nutrition Coalition		X	X	
NC Health and Wellness Trust Fund		X		
NC Healthy Schools-DHHS	X	X		
NC Medical Society				
NC Medical Society Foundation				
NC Office on Disability and Health				
NC Pediatric Society				X
NC Public Health Foundation		X	X	
NC SOPHE	X	X	X	X
NCAAPERD				
North Carolina Dietetic Association				
North Carolina Extension Association of Family & Consumer Sciences				

(continued) Organization	Increase access to a variety of affordable healthy foods in grocery stores and restaurants in all neighborhoods.	Increase access to community gardens and farmers' markets where fresh fruits and vegetables can be grown or purchased.	Work with farmers to increase the availability of fruits and vegetables that can be sold locally.	Assure that all public buildings have designated and appropriate space provided for women who are breastfeeding and for storage of breast milk.
North Carolina Public Health Association				
North Carolina Senior Games				
Obesity Prevention Initiative (UNCW)	X	X		
Office of Healthy Carolinians/Health Education	X	X		
Rex Healthcare	X			
School Nutrition Association of NC				
Southeast United Dairy Industry Association				
State Health Plan for Teachers and State Employees				
The Alliance for a Healthier Generation				
The Healthy House	X	X	X	
The Leaflight, Inc.	X	X	X	
The North Carolina Partnership for Children, Inc.		X		
UNC Center for Health Promotion and Disease Prevention	X	X	X	X
University Health Systems of Eastern Carolina				X
WakeMed Health and Hospitals	X	X		
YMCA'S OF NORTH CAROLINA				

Open-ended responses regarding HEALTHY EATING strategies for 2009:

Organization	Comments: Strategies for promoting healthy eating and breastfeeding in 2009
Active Living By Design	In NC, our work with communities tends to focus on three settings: community, worksites, and schools; therefore many other strategies to increase routine healthy eating are possible
Alice Aycock Poe Center for Health Education	Educate on the importance of nutrition and healthy eating for school ages children, teachers, and (indirectly) associated families and community members)
American Heart Association	provide consumers with resources and motivation to make healthier choices
Blue Cross and Blue Shield of North Carolina Foundation	We don't DO this work but these areas are priorities for us to support agencies/groups who do the work
FirstHealth of the Carolinas and NC Alliance for Health	Offer evidence-based behavior change programs to teach individuals to adopt healthy lifestyle habits with regards to nutrition
John Rex Endowment	work with day care providers to support breastfeeding
N.C. Office of Environmental Education	We do public awareness on food choices, mainly from an environmental perspective.
NC Academy of Family Physicians	Breast feeding information to providers through CME programs.
NC Action for Healthy Kids	ensuring that schools address all foods available on school campuses
NC Alliance of Boys & Girls Clubs	Conducting programs for youth to educate and encourage healthy eating choices
NC Association of Local Nutrition Directors	Breastfeeding advocacy at state and national level
NC Healthy Schools-DHHS	increase access in neighborhood schools
NC Office on Disability and Health	Access for persons with disabilities to all of the above; promotion of health eating at work

(continued) Organization	Comments: Strategies for promoting healthy eating and breastfeeding in 2009
NC SOPHE	NC SOPHE members are involved in all of these strategies and NC SOPHE is a member of the NC Alliance for Health
North Carolina Dietetic Association	we will be serving healthy foods and drinks at our functions; supporting state policy change around obesity prevention and treatment, especially reimbursement for medical nutrition therapy; also to support public education campaigns such as Eat Smart, Move More NC; nationally, health care reform advocacy
School Nutrition Association of NC	Increase access to healthy school meals
State Health Plan for Teachers and State Employees	Through worksite wellness and health promotion activities and support
The North Carolina Partnership for Children, Inc.	Through NCPC's NAP SACC Pilot Project, approx. 100 participating child care centers are serving more nutritious meals and snacks, increasing the amount of physical activity for young children 2-5 yrs both in/outdoors, engaging parents to improve home environment, and educating teachers to be healthy. Other Smart Start funded activities throughout the state include various initiatives to improve the quality of meals and increase physical activity for young children as well.
UNC Center for Health Promotion and Disease Prevention	re Breastfeeding, through my work as an advisor to Miriam Lebsock's group

Physical Activity Strategies

**Survey Question: Which of the following strategies will your organization be working on in 2009?
(Survey respondents were asked to check all that apply.)**

<u>Strategy</u>	<u>Number of Organizations</u>
Compile and publicize a listing of existing facilities that provide safe, inclusive and affordable opportunities for physical activity in the community.	17
Display point-of-decision prompts (signs) by elevators or escalators that encourage people to use nearby stairs for health benefits or weight loss.	14
Provide fun physical activities in after-school programs.	20
Other	20

Alphabetical listing of organizations and the PHYSICAL ACTIVITY strategy/strategies they are working on in 2009:

Organization	Compile and publicize a listing of existing facilities that provide safe, inclusive and affordable opportunities for physical activity in the community.	Display point-of-decision prompts (signs) by elevators or escalators that encourage people to use nearby stairs for health benefits or weight loss.	Provide fun physical activities in after-school programs.	Other
Active Living By Design	X	X	X	X
Alice Aycock Poe Center for Health Education			X	
American Heart Association				
Association of North Carolina Boards of Health				X
Be Active North Carolina			X	X
Blue Cross and Blue Shield of North Carolina Foundation	X	X	X	
Duke Community Health	X			
East Carolina University	X		X	
FirstHealth of the Carolinas and NC Alliance for Health	X	X		X
Fit City Challenge	X	X		
Inter-Faith Food Shuttle			X	X
John Rex Endowment	X		X	
N.C. Office of Environmental Education	X			X

(continued) Organization	Compile and publicize a listing of existing facilities that provide safe, inclusive and affordable opportunities for physical activity in the community.	Display point-of-decision prompts (signs) by elevators or escalators that encourage people to use nearby stairs for health benefits or weight loss.	Provide fun physical activities in after-school programs.	Other
NC Academy of Family Physicians				X
NC Action for Healthy Kids				X
NC Alliance for Health				X
NC Alliance of Boys & Girls Clubs			X	
NC Association of Local Nutrition Directors				
NC Citizens for Public Health				
NC Cooperative Extension	X		X	
NC Dept of Public Instruction		X		X
NC Division of Public Health				
NC Fruits & Veggies Nutrition Coalition				
NC Health and Wellness Trust Fund				X
NC Healthy Schools-DHHS		X	X	X
NC Medical Society				
NC Medical Society Foundation				X
NC Office on Disability and Health	X			X
NC Pediatric Society				
NC Public Health Foundation		X	X	
NC SOPHE	X	X	X	X
NCAAHPERD				X
North Carolina Dietetic Association				X
North Carolina Extension Association of Family & Consumer Sciences				
North Carolina Public Health Association				
North Carolina Senior Games	X			
Obesity Prevention Initiative (UNCW)			X	X
Office of Healthy Carolinians/Health Education	X		X	
Rex Healthcare		X	X	
School Nutrition Association of NC				

(continued) Organization	Compile and publicize a listing of existing facilities that provide safe, inclusive and affordable opportunities for physical activity in the community.	Display point-of-decision prompts (signs) by elevators or escalators that encourage people to use nearby stairs for health benefits or weight loss.	Provide fun physical activities in after-school programs.	Other
Southeast United Dairy Industry Association				
State Health Plan for Teachers and State Employees		X		
The Alliance for a Healthier Generation		X	X	
The Healthy House	X			
The Leaflight, Inc.				X
The North Carolina Partnership for Children, Inc.		X		X
UNC Center for Health Promotion and Disease Prevention	X	X	X	
University Health Systems of Eastern Carolina	X		X	
WakeMed Health and Hospitals	X	X	X	
YMCA'S OF NORTH CAROLINA			X	

Open-ended responses regarding PHYSICAL ACTIVITY strategies for 2009:

Organization	Comments: Strategies for promoting physical activity in 2009
Active Living By Design	In NC, our work with communities tends to focus on three settings: community, worksites, and schools; therefore many other strategies to increase routine physical activity are possible
American Heart Association	provide consumers, to include worksites, knowledge and resources to increase physical activity
Association of North Carolina Boards of Health	support physical activity policy
Be Active North Carolina	all of our programming focuses primarily on physical activity, through promotion of activity, opportunity for activity or reduced barriers to physical activity
Blue Cross and Blue Shield of North Carolina Foundation	The items checked are not our key priorities in physical activity-each checked item could be a component of a larger project, but we would typically not support an initiative that was point of decision prompts only (for example)
FirstHealth of the Carolinas and NC Alliance for Health	Offer Active Living Every Day evidence-based classes in FirstHealth region; expand walking trails in region
N.C. Office of Environmental Education	Public awareness on benefits of outdoor activity.
NC Academy of Family Physicians	Promote physical activity options to patients via our physician members
NC Action for Healthy Kids	ensure that schools provide physical activity and physical education
NC Alliance for Health	We are attempting to implement quality daily PE in NC's schools (along with establishing quality PE guidelines)
NC Dept of Public Instruction	We have begun an employee wellness program with physical activity, nutrition, stress mgmt, and tobacco prev. as areas of focus
NC Health and Wellness Trust Fund	Provide grant funding to increase availability of safe places to be physically active and increase pa in schools
NC Healthy Schools-DHHS	NC's Healthy Active Children Policy & physical education programs, practices & policies
NC Medical Society Foundation	Provide information to healthcare providers from ESMM that is already compiled
NC Office on Disability and Health	Promoting accessible environments for persons with disabilities and their families to engage in physical activity; training health to appropriately encourage and accommodate persons with disabilities of all ages

(continued) Organization	Comments: Strategies for promoting physical activity in 2009
NC SOPHE	NC SOPHE members are involved in all of these strategies to some extent and NC SOPHE is a member of the NC Alliance for Health
North Carolina Dietetic Association	incorporate physical activity into all of our member functions; advocating for PE in schools based on the NC Alliance for Health's' policy agenda
Obesity Prevention Initiative (UNCW)	advocate for policy and environmental changes that promote PA
School Nutrition Association of NC	N/A
Southeast United Dairy Industry Association	Provide fun physical activities to incorporate into the school day as well as signage reminding students of the importance of PA
State Health Plan for Teachers and State Employees	Through Plan sponsored worksite wellness programs
The Leaflight, Inc.	we'll be looking for ways to incorporate physical activity into our program
The North Carolina Partnership for Children, Inc.	Through NCPC's NAP SACC Pilot Project, approx. 100 participating child care centers are serving more nutritious meals and snacks, increasing the amount of physical activity for young children 2-5 yrs both in/outdoors, engaging parents to improve home environment, and educating teachers to be healthy. Other Smart Start funded activities throughout the state include various initiatives to improve the quality of meals and increase physical activity for young children as well.
UNC Center for Health Promotion and Disease Prevention	These are all part of research efforts connected with the Center, thus limited in reach

Cross-Cutting Strategies

**Survey Question: Which of the following strategies will your organization be working on in 2009?
(Survey respondents were asked to check all that apply.)**

<u>Strategy</u>	<u>Number of Organizations</u>
Create and support programs that teach behavioral skills to help participants incorporate physical activity and/or healthy eating into their daily routines.	38
Build social networks that provide supportive relationships for behavior change (e.g., walking groups).	32
Engage community leaders as role models to promote healthy eating and physical activity.	30
Conduct a media campaign to promote healthy eating and/or physical activity	16
Increase awareness of overweight/obesity prevention and treatment programs for adults and children.	33
Other	7

Alphabetical listing of organizations and the CROSS-CUTTING strategy/strategies they are working on in 2009:

Organization	Create and support programs that teach behavioral skills to help participants incorporate physical activity and/or healthy eating into their daily routines.	Build social networks that provide supportive relationships for behavior change (e.g., walking groups).	Engage community leaders as role models to promote healthy eating and physical activity.	Conduct a media campaign to promote healthy eating and/or physical activity.	Increase awareness of overweight/obesity prevention and treatment programs for adults and children.	Other
Active Living By Design	X	X	X	X	X	X
Alice Aycock Poe Center for Health Education	X	X	X		X	
American Heart Association	X	X	X	X	X	
Association of North Carolina Boards of Health						X
Be Active North Carolina	X	X	X		X	
Blue Cross and Blue Shield of North Carolina Foundation	X	X	X			

(continued) Organization	Create and support programs that teach behavioral skills to help participants incorporate physical activity and/or healthy eating into their daily routines.	Build social networks that provide supportive relationships for behavior change (e.g., walking groups).	Engage community leaders as role models to promote healthy eating and physical activity.	Conduct a media campaign to promote healthy eating and/or physical activity.	Increase awareness of overweight/obesity prevention and treatment programs for adults and children.	Other
Duke Community Health	X			X	X	
East Carolina University	X		X		X	
FirstHealth of the Carolinas and NC Alliance for Health	X	X	X	X	X	X
Fit City Challenge	X	X	X		X	
Inter-Faith Food Shuttle	X	X	X			X
John Rex Endowment		X			X	
N.C. Office of Environmental Education	X	X		X		
NC Academy of Family Physicians	X		X			
NC Action for Healthy Kids			X			X
NC Alliance for Health	X		X		X	
NC Alliance of Boys & Girls Clubs	X	X				
NC Association of Local Nutrition Directors						
NC Citizens for Public Health						
NC Cooperative Extension	X	X	X	X	X	
NC Dept of Public Instruction	X	X		X	X	
NC Division of Public Health						
NC Fruits & Veggies Nutrition Coalition		X		X		
NC Health and Wellness Trust Fund		X	X	X	X	
NC Healthy Schools-DHHS	X	X	X	X	X	
NC Medical Society						
NC Medical Society Foundation	X		X		X	
NC Office on Disability and Health	X	X			X	
NC Pediatric Society	X				X	
NC Public Health Foundation	X	X	X		X	
NC SOPHE	X	X	X	X	X	X

(continued) Organization	Create and support programs that teach behavioral skills to help participants incorporate physical activity and/or healthy eating into their daily routines.	Build social networks that provide supportive relationships for behavior change (e.g., walking groups).	Engage community leaders as role models to promote healthy eating and physical activity.	Conduct a media campaign to promote healthy eating and/or physical activity	Increase awareness of overweight/obesity prevention and treatment programs for adults and children.	Other
NCAAHPERD	X		X	X	X	
North Carolina Dietetic Association					X	
North Carolina Extension Association of Family & Consumer Sciences	X	X				
North Carolina Public Health Association	X		X		X	
North Carolina Senior Games	X	X	X	X	X	
Obesity Prevention Initiative (UNCW)	X	X				
Office of Healthy Carolinians/Health Education	X	X	X	X	X	
Rex Healthcare	X	X	X		X	
School Nutrition Association of NC			X			
Southeast United Dairy Industry Association						
State Health Plan for Teachers and State Employees	X	X			X	
The Alliance for a Healthier Generation	X	X	X		X	
The Healthy House	X	X	X		X	X
The Leaflight, Inc.	X		X	X		
The North Carolina Partnership for Children, Inc.	X	X	X		X	
UNC Center for Health Promotion and Disease Prevention	X	X	X		X	
University Health Systems of Eastern Carolina	X	X			X	
WakeMed Health and Hospitals	X	X	X	X	X	
YMCA'S OF NORTH CAROLINA	X	X			X	

Open-ended responses regarding CROSS-CUTTING strategies for 2009:

Organization	Comments: Cross-cutting strategies in 2009
Active Living By Design	As noted above, many other strategies are possible. Note that ALBD does not engage in this work directly; rather, we provide TA to community leaders who engage in this work.
Association of North Carolina Boards of Health	policy
Blue Cross and Blue Shield of North Carolina Foundation	The cross cutting efforts would also need to be part of a larger project (multi-faceted) with one of these areas being a component
FirstHealth of the Carolinas and NC Alliance for Health	Conduct Healthy Eating Challenge as Phase X of MooreFit corporate competition; Work with area medical providers to educate patients on healthy lifestyles and risk factors of overweight and obesity.
NC Action for Healthy Kids	school wellness for adults as a way to advocate for school wellness for kids
NC Association of Local Nutrition Directors	N/A
NC Citizens for Public Health	NA
NC Office on Disability and Health	Supporting state initiatives, such as ESMM, Be Active NC, to be inclusive of the needs and abilities of persons with disabilities across the life span
NC SOPHE	NC SOPHE members are involved in all of these strategies to some extent and NC SOPHE is a member of the NC Alliance for Health
North Carolina Dietetic Association	One of NCDA's strategic thrusts is to promote healthy eating and the RD as the nutrition expert
Southeast United Dairy Industry Association	N/A
The Healthy House	Teaching mindfulness, awareness, and stress reduction techniques
UNC Center for Health Promotion and Disease Prevention	as above.. relates to research projects thus limited in scope/reach

Supporting Goal 1 of the *Eat Smart, Move More NC Plan*

Goal 1: Increase healthy eating and physical activity opportunities for all North Carolinians by fostering supportive policies and environments.

**Survey Question: What will your organization be doing during 2009 to foster environments and policies supportive of healthy eating and physical activity?
(Open-ended response)**

Forty-seven organizations provided open-ended responses regarding their work to foster environments and policies supportive of healthy eating and physical activity:

Organization	What will your organization be doing during 2009 to foster environments and policies supportive of healthy eating and physical activity?
Active Living By Design	The fourth phase of Fit Community, a designation and grants program, will be underway, with up to eight new communities beginning grant projects on July 1, 2009. Each community partnership will be focusing specifically on policy and environmental change, with some programmatic and promotional strategies supporting the work. Ideally, these projects will be models for other NC communities.
Alice Aycock Poe Center for Health Education	We are currently measuring the impact of a comprehensive nutrition and physical activity education for elementary students in NC, called Wholesome Routines. In an effort to do so we capture participants' dietary, activity habits and information to help us measure changes in behavior and lifestyle. We hope to establish link between those with 'better' health indicators and lifestyles/situations/environments that are considered 'supportive' of healthy eating and physical activity.
American Heart Association	Advocate, along with partners, enhanced PE and Nutrition policies for school sites Encourage and support employers to apply for Fit-Friendly Company recognition
Association of North Carolina Boards of Health	Advocacy-from local-state-federal
Be Active North Carolina	Be Active is an active member of the NC Alliance for Health and will work to support the policy agenda set by the Alliance. In addition, Be Active will be incorporating "little p" policy work into all programs, encouraging schools, worksites, and other locations to improve opportunities for physical activity and healthy eating through wellness policies.

Organization	What will your organization be doing during 2009 to foster environments and policies supportive of healthy eating and physical activity?
Blue Cross and Blue Shield of North Carolina Foundation	Within our own organization, we will be focusing on health by implementing a "no dumping" policy (not brining in junk food you don't want at home to be eaten at work, encouraging walking meetings, and offering a work group fruit/veggie basket on a weekly basis available to all for snack attacks. We are also considering other options such as a team-in-training type group, keeping athletic shoes at your desk for walking opportunities, and relaxed dress code to make walking more feasible. For those projects we support with grant funds, environmental and policy changes are must-haves for competitive projects, but we do not specify what those policies or environmental changes have to be.
Duke Community Health	Working with community groups and schools to increase access to fruits and vegetable, school and neighborhood gardens, farm to school fruits and vegetables, walkability to schools and after school programs, school health committees, improved school lunches.
East Carolina University	We have a number of funded projects aimed at increasing physical activity and healthy eating. Happy to share highlights if asked.
FirstHealth of the Carolinas and NC Alliance for Health	As a COPP demonstration site, we will be working in all aspects of the COPP initiatives to foster healthy eating and physical activity. In addition to the COPP work, FirstHealth is one of the MooreFit partners. MooreFit will kick-off a fruit and veggie contest beginning Feb. 1 for area businesses. In addition, FirstHealth will continue to serve as technical assistance for the Healthy Hospital statewide initiative. In addition, FirstHealth is committed to working to increase community and school gardens and enhance built environments in the region. FirstHealth will also continue to work with the NC Alliance for Health for statewide policy change with regards to physical activity and nutrition.
Fit City Challenge	Will continue to provide free worksite assessments that assess how conducive the worksite is for physical activity and healthy eating from a policy and environmental perspective. Will then provide suggestions and assist with implementation as needed and follow-up with the organization to track changes.
Inter-Faith Food Shuttle	- Community gardens - Mobile Farmer's Markets - serve on health coalitions and committees advocating for health
John Rex Endowment	Supporting activities of Advocates for Health in Action group in Wake County.
N.C. Office of Environmental Education	We are part of the state interagency Healthy Environments Collaborative. We will continue to keep food choice, consumer education and promotion of outdoor activity as essential parts of our educational programs.

Organization	What will your organization be doing during 2009 to foster environments and policies supportive of healthy eating and physical activity?
NC Academy of Family Physicians	Encourage member physicians to get involved in School Health Advisory Committees. Continuing to implement healthy meetings materials at our CME programs. Providing CME to members regarding obesity, physical activity and nutrition.
NC Action for Healthy Kids	supporting the implementation, evaluation and revising of school wellness policies in NC school districts
NC Alliance for Health	The NC Alliance for Health will be lobbying at the legislature and continuing to build our obesity related committees, most especially the Built Environments, the PE/PA and Nutrition Committees. In addition, the group has decided to create a Wellness Committee that will begin seriously working in the spring or summer.
NC Alliance of Boys & Girls Clubs	Boys & Girls Clubs throughout the state will continue to offer programs and opportunities for children and teens to learn about and improve their health.
NC Association of Local Nutrition Directors	Local and national promotion of nutrition policies
NC Citizens for Public Health	NCCPH will be supporting any legislation that would foster environments and policies supportive to health eating and physical activity. Individual members may be taking a leadership role in this area.
NC Cooperative Extension	There are major elements in the long range plans of both the Family and Consumer Sciences Program and the 4-H Youth Development Program.
NC Dept of Public Instruction	We will continue to promote and expand upon the employee wellness concepts, engage external partners, provide opportunities for employees to become engaged, and advocate with in house leadership to ensure health promoting policies are in place and supported.
NC Division of Public Health	
NC Fruits & Veggies Nutrition Coalition	Support community gardens, tools to use in educating children on Fruits and Veggies
NC Health and Wellness Trust Fund	Continuing our Fit Community program Changing social norms around how teachers are incorporating (or not incorporating) physical activity in their classrooms through grant funding and innovative programs N4Kids- placing paid dieticians in clinics to give nutrition counseling to rural clinics; if successful, could change reimbursement practices at insurance companies.

Organization	What will your organization be doing during 2009 to foster environments and policies supportive of healthy eating and physical activity?
NC Healthy Schools-DHHS	Emphasis on the new CDC DASH SLIMs (School Level Impact Measures) as measured by biannual Profiles Survey; Collaborating with the NCAAHPERD IsPOD program & evaluation activities; Compiling existing NC evidence for intervention successes to disseminate to policy makers; Investigating potential policy options that the State Board of Education or DPI may choose to implement.
NC Medical Society	Unknown at this time what specific actions, if any, may be taken. We have policies supportive of these concepts that guide our overall work. However, there are no specific initiatives currently under consideration that would carry out specific portions of the ESMM plan. We do actively encourage physicians whenever possible to utilize ESMM resources and direct them to the website
NC Medical Society Foundation	Working with physicians and healthcare providers to encourage them to implement policies in their offices and communities
NC Office on Disability and Health	Collaborating with state and community partners as they develop and implement policies that promote healthy eating and physical activity. Addressing policy and environments in the development of the 2009-2013 State Plan to Improve the Health of Persons with Disabilities. see below for additional information on some target environments.
NC Pediatric Society	Working with the extensive advocacy efforts of the NC Alliance for Health
NC Public Health Foundation	Support NC DPH efforts to bring grant funding to communities to improve E&P
NC SOPHE	NC SOPHE has a five year strategic plan that includes developing collaborations with public health organizations & schools; NC SOPHE develops and implements professional education opportunities via annual and mid-year meetings as well as in person and distance learning experiences. NC SOPHE is a provider of approved continuing education contact hours (CECH) for Certified Health Education Specialists (CHES) and seeks to provide and collaborate to provide professional development activities that support nationally recognized Health Education Competencies. NC SOPHE is also an active member of the NC Alliance for Health and supports the subcommittees that work in these areas.
NCAAHPERD	
North Carolina Dietetic Association	Our association functions will incorporate healthful foods, beverages and physical activity for our members: we will be promoting good nutrition, active lifestyles and health with the general public as part of our ongoing consumer education efforts; we will be advocating for policy change with the General Assembly to support the policy agendas of the NC Alliance for Health and Eat Smart, Move More NC advocacy committee recommendations.

Organization	What will your organization be doing during 2009 to foster environments and policies supportive of healthy eating and physical activity?
North Carolina Extension Association of Family & Consumer Sciences	As a professional organization supporting Family & Consumer Sciences Extension Agents, we assist agents by providing information in the area of nutrition and physical activity and how it may be used in their local community. We also provide training opportunities when they are available at our annual conference.
North Carolina Public Health Association	NCPHA will add the Promote Childhood Obesity Prevention efforts and No Smoking in any public areas to its legislative agenda for this year. We also have other agenda items related to healthy eating and physical activity.
North Carolina Senior Games	Continued work through 54 Local Games programs serving all 100 counties in our state to increase healthy eating and physical activity by empowering program participants to be effective advocates.
Obesity Prevention Initiative (UNCW)	Identify "underserved areas" relative to access to healthy foods and safe places to be physically active; promote policy changes on UNCW campus through involvement with the Employee Wellness Committee; work with faith organizations to promote the adoption of healthy food policies
Office of Healthy Carolinians/Health Education	Through our local Healthy Carolinians partnerships, each works on many issues that include fostering environments and policies supportive of healthy eating and physical activity.
Rex Healthcare	Support initiatives to provide healthy eating and physical activity in the workplace. Provide screenings for the early detection of disease. Provide education for disease prevention.
School Nutrition Association of NC	Advocating for state money to support the state elementary nutrition standards. Advocating for increase in federal reimbursement to support healthy school meals. Advocating for national nutrition standards that follow Dietary Guidelines for Americans.
Southeast United Dairy Industry Association	
State Health Plan for Teachers and State Employees	Policy implementation and support for healthy lifestyles
The Alliance for a Healthier Generation	By placing emphasis on school wellness policies we hope to help create healthy school environments for students and staff in the school setting.
The Healthy House	We have created The Healthy House for the FAN (Fitness, Awareness, and Nutrition) program for youth and adults. The Healthy House creates a micro-environment to model healthy behaviors.
The Leaflight, Inc.	We will be working across sectors in the examination of food deserts to form program and policy recommendations on geographic access to fresh, healthy, affordable locally grown foods.

Organization	What will your organization be doing during 2009 to foster environments and policies supportive of healthy eating and physical activity?
The North Carolina Partnership for Children, Inc.	Through NCPC's NAP SACC Pilot Project, approx. 100 participating child care centers are funded to serve more nutritious meals and snacks, increasing the amount of physical activity for young children 2-5 yrs both in/outdoors, engaging parents to improve home environment, and educating teachers to be healthier role models as well as adopting policies and procedures to sustain healthier environments for preschool age children. Other Smart Start funded activities throughout the state include various initiatives to improve the quality of meals and increase physical activity for young children and their families as well.
UNC Center for Health Promotion and Disease Prevention	Center TRT has a big focus on this Also I'm working on a paper from a watershed conference regarding how to evaluation P&E change Work with IOM Task Force RWJ F grants .. proposals re WIC policy implementation/ sustainable food systems... lots more but no time!
University Health Systems of Eastern Carolina	Roll out of a Healthy Choice Icon UHS wide- Live Well Pick Well. Icon appears in food venues when appropriate. Opening of the East Carolina Heart Institute cafe. The cafe will serve foods that meet criteria based on heart healthy guidelines. Eighty percent of choices or greater will meet criteria. Adopt the NCPP guidelines and have all UHS hospitals be at red apple status. Update walking routes, identify new routes and create brochures for all entities where appropriate.
WakeMed Health and Hospitals	Working closely with the YMCA of the Triangle to incorporate healthy snack guidelines for all youth sports, healthier vending, and the use of healthy catering guides for all meetings and events. Supporting the efforts of Advocates for Health in Action. Working closely with the Town of Cary to incorporate a health pavilion to promote healthier lifestyles as a part of Fit Communities. Working closely with representatives of local worksites to adopt the ESMMNC guidelines for healthier eating at gatherings, meetings and events. Partnering and supporting various state agencies to foster guidelines and changes. Working with Wake County Fitness Council to develop innovative strategies to promote healthy snacks through all Youth Sports in Wake County.
YMCA'S OF NORTH CAROLINA	Most of the YMCA's in NC are involved with Activate America. This is a national initiative to get people moving and eating better. The initiative takes programs out into the community to provide access to all.

Supporting Goal 2 of the *Eat Smart, Move More NC Plan*

Goal 2: Increase the percentage of North Carolinians who are at a healthy weight.

Survey Question: What will your organization be doing during 2009 to help to increase the percentage of North Carolinians who are at a healthy weight?

(Open-ended response)

Forty-six organizations provided open-ended responses regarding their work to increase the percentage of North Carolinians who are at a healthy weight:

Organization	What will your organization be doing during 2009 to help to increase the percentage of North Carolinians who are at a healthy weight?
Active Living By Design	This specific change will be difficult to measure for two-year grants, and we will not expect communities to report big changes in BMI. Rather, we will be interested in short-term policy and environmental changes that are known to have a likely impact on such outcomes over the long term.
Alice Aycock Poe Center for Health Education	All of the Poe Center's interactive lessons, in particular, the Nutrition and Physical Activity are coordinated with the Department of Public Instruction Healthful Living Curriculum thereby emphasizing the importance of establishing healthier habits and maintaining a healthy body weight. In order to raise awareness, students are presented with national data indicating prevalence of obesity for adults and consequences of obesity, appropriately. In addition to the aforementioned programming, the goals of Wholesome Routines program are to 1) promote healthy eating and physical activity among all participants to ensure they stay healthy, 2) help students identified as overweight reach normal weight status for their age group, and 3) reduce risk factors attributed to students identified as pre-hypertensive or at risk for hypertension. The program level objectives of the Wholesome Routines Program are as follows: 1. To, as a means of preventing weight problems in later years, increase the amount of physical activity and healthy eating habits among participants. Specifically, by the end of project year three... -75% of project participants will increase weekly physical activity by at least 150 minutes, to be measured by self-reporting and web-based tracking. -75% of project participants will increase their knowledge about nutrition and physical activity by 25%, as measured by pre- and post-program assessments. -50% of project participants will decrease the percentage of trans-fat and saturated fat choices, by 25% during school meal times, as measured by self-reporting and web-based tracking. 2. To decrease the body mass index and relative body weight among program participants that are assessed to be overweight at the on-set of the project. Specifically, by the end of project year three... -50% of overweight participants will decrease BMI by 5 to 10% 3. To decrease the blood pressure among program participants who are assessed to have primary pre-hypertension and primary hypertension at the onset of the project. -5-10% of program participants identified with primary pre-hypertension and primary hypertension will demonstrate a decrease in blood pressure, thus achieving normal blood pressure range for age and gender. Strategies to help accomplish these objectives center around the comprehensive curriculum designed for the classroom setting and delivered throughout the academic year.

Organization	What will your organization be doing during 2009 to help to increase the percentage of North Carolinians who are at a healthy weight?
American Heart Association	Implement Start! walking opportunities to individuals and employers Work with schools through the Alliance for Healthier Generation to improve school site environments
Association of North Carolina Boards of Health	advocacy
Be Active North Carolina	Be Active will provide physical activity programming to all ages, and will engage the public through people, programs, policies and partnerships. This includes the Active Steps Walking Program (for individuals, worksites or children), Be Active Kids (targeting pre-school students), the Be Active Van (a community based physical activity program), Be Active Now (targeting the Active Aging population), Just Push Play (targeting middle and high school children), NRG Powered By Choice (a youth empowerment program focused on physical activity and nutrition) and other new programs. By helping North Carolinians increase their daily physical activity, we will help balance the scales.
Blue Cross and Blue Shield of North Carolina Foundation	Investing in projects that increase access to physical activity and healthy food, but we do not specify the type of project.
Duke Community Health	Researching the effectiveness and financial viability of registered dietitians throughout NC. Duke Durham Request for Proposals to improve the health of Durham--HEALTH (Healthy Weight) Proposal. Work with Partnership for a Healthy Durham Obesity and Chronic Illness Committee
East Carolina University	Again, we work in a number of arenas, from health care to research projects to achieve this goal.
FirstHealth of the Carolinas and NC Alliance for Health	The FirstHealth School Nurse program will continue to monitor body mass index of students in Moore and Montgomery counties. In addition, see answers to previous question.
Fit City Challenge	Will continue to promote Fit City Challenge website and its' resources for living a healthy lifestyle. Will offer community-wide challenges such as our upcoming "Lose Weight Donate" challenge.
Inter-Faith Food Shuttle	- Nutrition Education - Healthy cooking - Provision of fruits and vegetables to low income communities - Health education for volunteers and organizations providing food to low income communities - Community gardens - community-wide holistic plans integrating multiple health services, addressing access, and availability, and food behaviors
John Rex Endowment	Assess impact of work with elementary schools and neighborhood grants.
N.C. Office of Environmental Education	We will continue to address this indirectly through our educational programs. For instance, our Love-A-Tree EE Program for teachers (goes to 3,000) will focus on EE and physical activity.

Organization	What will your organization be doing during 2009 to help to increase the percentage of North Carolinians who are at a healthy weight?
NC Academy of Family Physicians	Providing CME to members regarding obesity, physical activity and nutrition.
NC Action for Healthy Kids	supporting the implementation of school wellness policy
NC Alliance for Health	We are promoting several policy change initiatives at the legislature.
NC Alliance of Boys & Girls Clubs	Boys & Girls Clubs throughout North Carolina will continue to offer programs and opportunities for children and teens to be active and make good food choices.
NC Association of Local Nutrition Directors	Development of committee to provide information to public health nutritionists
NC Citizens for Public Health	NCCPH will support legislative and health care policies that will influence improved health behaviors.
NC Cooperative Extension	There are major elements in the long range plans of both the Family and Consumer Sciences program and the 4-H youth development program.
NC Dept of Public Instruction	Continue to provide opportunities and educate on the value of good health and a healthy weight.
NC Division of Public Health	
NC Fruits & Veggies Nutrition Coalition	show benefits of fruits/veggies in weight management
NC Health and Wellness Trust Fund	
NC Healthy Schools-DHHS	Healthy Active Children and Local Wellness Policy compliance efforts; enhancing health education and physical education practices in schools, promoting schools staff wellness programs.
NC Medical Society	No specific efforts by NCMS as an organization; member physicians may be engaging in these activities
NC Medical Society Foundation	Working with healthcare providers to provide them with ESMM tools to help their patients
NC Office on Disability and Health	See below for additional information on target initiatives. Track data from the NC BRFSS and NC Core Indicators Project on weight, physical activity, leisure time physical activity. Disseminate data on health disparities experienced by persons with disabilities.
NC Pediatric Society	Awareness of pediatricians about community resources for referral; assisting connections between practices and RDs for counseling.

Organization	What will your organization be doing during 2009 to help to increase the percentage of North Carolinians who are at a healthy weight?
NC Public Health Foundation	Increase funding flow to NC DPH Programs
NC SOPHE	In addition to the comments above, NC SOPHE supports coordinated school health programs and their development across the state and has and will continue to cosponsor professional development activities to address child obesity prevention and control.
NCAAHPERD	Training teachers in SPARK curriculum and implement the IsPOD program including test/assessment of all K-8 North Carolina students as well as 30 High Schools.
North Carolina Dietetic Association	Promote healthful eating and active living to the public, and recommending RD services so that consumers know where to go to learn how to do that.
North Carolina Extension Association of Family & Consumer Sciences	As a professional organization supporting Family & Consumer Sciences Extension Agents, we assist agents by providing information about the programs and opportunities available in the area of nutrition and physical activity. We also provide training opportunities when they are available at our annual conference.
North Carolina Public Health Association	Our organization promotes all public health issues related to North Carolinians who are at a healthy weight.
North Carolina Senior Games	Offering intensive exercise, artistic and athletic programs for persons 55 and better.
Obesity Prevention Initiative (UNCW)	Promotion of policy and environmental changes related to both PA and access to healthy foods, advocating for UNCW employees by serving on the university's wellness committee, deliver Weight Wise Women in Brunswick and New Hanover counties (behavioral weight loss program for women), establish community gardens at Wilmington Housing Authority developments and hopefully NHC schools, teach exercise classes 3days/wk at a local housing authority, teach CATCH Kids physical activity and nutrition education at local after school programs, etc.
Office of Healthy Carolinians/Health Education	This will be done through the local partnerships efforts.
Rex Healthcare	Provide programs for adults and children to teach healthy lifestyle choices and activities.
School Nutrition Association of NC	Continuing to educate school communities about healthy school meals and its value and nutritional content.
Southeast United Dairy Industry Association	
State Health Plan for Teachers and State Employees	Policy development and implementation

Organization	What will your organization be doing during 2009 to help to increase the percentage of North Carolinians who are at a healthy weight?
The Alliance for a Healthier Generation	By working to change the school environment we hope to help students and staff maintain healthy weight from the beginning rather than after weight has been gained.
The Healthy House	The pediatric obesity prevention and treatment programs in the FAN program mirrors the goals of the 2005 - 2012 ESMM goals and objectives.
The Leaflight, Inc.	We will be working to implement SNAP education in our program communities.
The North Carolina Partnership for Children, Inc.	Through NCPC's NAP SACC Pilot Project, approx. 100 participating child care centers are serving more nutritious meals and snacks, increasing the amount of physical activity for young children 2-5 yrs both in/outdoors, engaging parents to improve home environment, and educating teachers to be healthy. Other Smart Start funded activities throughout the state include various initiatives to improve the quality of meals and increase physical activity for young children as well.
UNC Center for Health Promotion and Disease Prevention	KESMM study WeightWise - Carmen's project Laura Linnans worksite efforts others...
University Health Systems of Eastern Carolina	UHS wide initiative "Drop A Ton", entering third year. Initiative provides tools, resources and incentive to maintain a healthy BMI or make progress toward a healthy BMI. UHS employs ~9500 people.
WakeMed Health and Hospitals	Supporting efforts of Advocates of Health in Action, providing comprehensive worksite wellness programs, continuing the expansion of the Energize Pediatric Diabetes Program, supporting and collaborating with various agencies across the state to promote strategies that address healthy weight initiatives.
YMCA'S OF NORTH CAROLINA	

Supporting Goal 3 of the *Eat Smart, Move More NC Plan*

Goal 3: Increase the percentage of North Carolinians who consume a healthy diet.

Survey Question: What will your organization be doing during 2009 to increase the percentage of North Carolinians who consume a healthy diet?

(Survey respondents were asked to check the specific objectives within Goal 3 that they were working on and then provide an open-ended response.)

<u>Strategy</u>	<u>Response Count</u>
Increase the percentage of people who consume five or more servings of fruits and vegetables each day.	30
Increase the percentage of infants who are breastfed.	11
Increase the percentage of adults who choose healthy foods and beverages when eating out.	22
Decrease the percentage of children ages 2-17 who eat fast food three or more times per week.	23
Increase the percentage of people who prepare and eat their main meal at home at least five times per week.	23
Decrease the percentage of people who consume more than one 12-ounce serving of sugar-sweetened beverages per day.	24

Alphabetical listing of organizations and the objectives under Goal 3 that they pursue:

Organization	Objective 3a: Increase the percentage of people who consume five or more servings of fruits and vegetables each day	Objective 3b: Increase the percentage of infants who are breastfed	Objective 3c: Increase the percentage of adults who choose healthy foods and beverages when eating out	Objective 3d: Decrease the percentage of children ages 2-17 who eat fast food three or more times per week	Objective 3e: Increase the percentage of people who prepare and eat their main meal at home at least five times per week	Objective 3f: Decrease the percentage of people who consume more than one 12-ounce serving of sugar-sweetened beverages per day
Active Living By Design						
Alice Aycock Poe Center for Health Education	X			X	X	X
American Heart Association						
Association of North Carolina Boards of Health						
Be Active North Carolina						
Blue Cross and Blue Shield of North Carolina Foundation	X			X		X

Organization	Objective 3a: Increase the percentage of people who consume five or more servings of fruits and vegetables each day	Objective 3b: Increase the percentage of infants who are breastfed	Objective 3c: Increase the percentage of adults who choose healthy foods and beverages when eating out	Objective 3d: Decrease the percentage of children ages 2-17 who eat fast food three or more times per week	Objective 3e: Increase the percentage of people who prepare and eat their main meal at home at least five times per week	Objective 3f: Decrease the percentage of people who consume more than one 12-ounce serving of sugar-sweetened beverages per day
Duke Community Health	X			X	X	X
East Carolina University	X	X	X	X	X	X
FirstHealth of the Carolinas and NC Alliance for Health	X		X	X	X	X
Fit City Challenge	X		X		X	X
Inter-Faith Food Shuttle	X		X	X	X	X
John Rex Endowment		X				
N.C. Office of Environmental Education						
NC Academy of Family Physicians			X		X	
NC Action for Healthy Kids	X	X	X	X	X	X
NC Alliance for Health			X	X	X	
NC Alliance of Boys & Girls Clubs						
NC Association of Local Nutrition Directors						
NC Citizens for Public Health						
NC Cooperative Extension	X	X	X	X	X	X
NC Dept of Public Instruction						
NC Division of Public Health						
NC Fruits & Veggies Nutrition Coalition	X		X		X	
NC Health and Wellness Trust Fund						
NC Healthy Schools-DHHS	X		X	X		X
NC Medical Society						
NC Medical Society Foundation	X					
NC Office on Disability and Health	X		X		X	X
NC Pediatric Society	X	X		X	X	X
NC Public Health Foundation	X			X		

Organization	Objective 3a: Increase the percentage of people who consume five or more servings of fruits and vegetables each day	Objective 3b: Increase the percentage of infants who are breastfed	Objective 3c: Increase the percentage of adults who choose healthy foods and beverages when eating out	Objective 3d: Decrease the percentage of children ages 2-17 who eat fast food three or more times per week	Objective 3e: Increase the percentage of people who prepare and eat their main meal at home at least five times per week	Objective 3f: Decrease the percentage of people who consume more than one 12-ounce serving of sugar-sweetened beverages per day
NC SOPHE	X	X	X	X	X	X
NCAAHPERD				X	X	X
North Carolina Dietetic Association	X	X	X	X	X	X
North Carolina Extension Association of Family & Consumer Sciences	X		X	X	X	X
North Carolina Public Health Association				X		
North Carolina Senior Games	X					
Obesity Prevention Initiative (UNCW)	X		X	X		X
Office of Healthy Carolinians/Health Education	X	X	X	X	X	X
Rex Healthcare	X		X		X	X
School Nutrition Association of NC	X					
Southeast United Dairy Industry Association						
State Health Plan for Teachers and State Employees						
The Alliance for a Healthier Generation	X					X
The Healthy House	X		X	X	X	
The Leaflight, Inc.	X				X	
The North Carolina Partnership for Children, Inc.	X	X	X			X
UNC Center for Health Promotion and Disease Prevention	X		X	X	X	X

Organization	Objective 3a: Increase the percentage of people who consume five or more servings of fruits and vegetables each day	Objective 3b: Increase the percentage of infants who are breastfed	Objective 3c: Increase the percentage of adults who choose healthy foods and beverages when eating out	Objective 3d: Decrease the percentage of children ages 2-17 who eat fast food three or more times per week	Objective 3e: Increase the percentage of people who prepare and eat their main meal at home at least five times per week	Objective 3f: Decrease the percentage of people who consume more than one 12-ounce serving of sugar-sweetened beverages per day
University Health Systems of Eastern Carolina	X	X	X	X		X
WakeMed Health and Hospitals	X	X	X	X	X	X
YMCA'S OF NORTH CAROLINA						

Thirty-Five organizations provided open-ended responses regarding their work to increase the percentage of North Carolinians who consume a HEALTHY DIET:

Organization	Comments on increasing the percentage of North Carolinians who consume a healthy diet
Active Living By Design	At this time, it is not known if we will be working with community partnerships who are focused specifically on increasing the percentage of people consuming a healthy diet.
Alice Aycock Poe Center for Health Education	Students are presented with information about the importance of healthy eating as our curriculum outlines. Additionally, we host students, ages 6-11, throughout the summer in for week-long camps. Participants not only learn about nutrition, but are also provided with 2 meals here at our facility. Their breakfast and lunch are in accordance with the nutritional criteria for the National School Lunch Program.
American Heart Association	support initiatives and organizations who focus on above
Association of North Carolina Boards of Health	Promote/advocate public policy
Be Active North Carolina	Only two of our programs have a healthy eating section -- Be Active Kids and NRG. Both focus on educating and empowering NC youth to make the right decisions about their nutrition options.
Blue Cross and Blue Shield of North Carolina Foundation	Our efforts in the school and child care settings focus more on increasing access to fruits and vegetables, decreasing fast food consumption and decreasing sugar sweetened beverage consumption. Specifically, efforts such as NAPSACC (through NC Partnership for Children) and Early Nutrition Matters Program (through Child Care Services Association) address the food environment in child care. School-based projects such as MATCH (Motivating Adolescents with Technology to Choose Health) focus on decreasing fast food consumption and sugar sweetened beverage consumption.
Duke Community Health	Through the Partnership for a Healthy Durham we are working on F&V availability in stores and neighborhood gardens. Through the statewide IN4Kids study we are increasing the number of kids who have healthy eating habits re fast food, sweetened drinks, F&V, portion size. Through our work with Interfaith Food Shuttle and the Health Department we are promoting Operation FrontLine which teaches healthy cooking on a budget and is instrumental in getting people to eat less fast food and increase the number of meals they eat at home.
East Carolina University	I'm happy to provide information about specific initiatives on request.
FirstHealth of the Carolinas and NC Alliance for Health	The COPP partners will be working in day care, school, worksite and faith community environments to encourage the behaviors mentioned above. In addition, the messages will be used in the social marketing campaign. Also, FirstHealth is partnering with Communities In Schools for a technical assistance grant which will work with CIS programs to reinforce the 5, 4, 3, 2, 1 Go message from Chicago project.

(continued) Organization	Comments on increasing the percentage of North Carolinians who consume a healthy diet
Fit City Challenge	One of the core tenets of Fit City Challenge is to encourage daily consumption of minimum 5 servings of fruits and veggies. Healthy eating is incorporated into all of our events, presentations, challenges, etc. Additionally, we partner with local organizations to improve healthy eating opportunity issues such as access to healthy, affordable, quality foods.
Inter-Faith Food Shuttle	Operation Frontline healthy cooking and budgeting classes Hunger agency nutrition education mobile farmers markets and pantries comprehensive community health project in low income Wake Co. communities (including community gardens, nutrition education, physical activity, cooking classes, community dinners, participatory planning and environmental scans) worksite wellness fruit and vegetable distribution
N.C. Office of Environmental Education	This is not our main mission, but healthy eating is indirectly addressed in some of our programs, such as the Informed Consumer Web site. Some of the environmental education activities we promote also include healthy eating.
NC Academy of Family Physicians	Continue to provide tools to our members that will educate their patients about these issues. Promoting Healthy weight courses to our members as a referral source. Continuing to promote Families Eating Smart Moving More materials.
NC Action for Healthy Kids	all of these are parts of the Successful Students campaign messages for school-age children and youth
NC Association of Local Nutrition Directors	Provide information to public health nutritionists
NC Citizens for Public Health	Our organization focuses on health policies and legislation, mostly at the state level. Our members individually may be active in supporting local efforts to encourage healthy eating.
NC Cooperative Extension	Healthy Eating is a major focus of both the Family and Consumer Sciences Program and the 4-H Youth Development Program. Teams of professionals are convening programming groups to deliver educational programs and measuring targeted impacts.
NC Healthy Schools-DHHS	Working with school nutrition efforts to increase fruit & veg. consumption; Staff wellness nutrition programming; school nutrition education in HE/PE to make healthier choices; Local wellness policy and sugar-sweetened beverage reduction in schools.
NC Medical Society	No specific efforts by NCMS as an organization; member physicians may be engaging in these activities

(continued) Organization	Comments on increasing the percentage of North Carolinians who consume a healthy diet
NC Office on Disability and Health	Work Healthy, Live Healthy (WHLH) is a work site health program for individuals with disabilities that receive services at community rehabilitation programs. WHLH includes 6 health education lessons on healthy eating at work, with a focus on increased consumption on fruits and vegetables, decreased consumption of vending and fast food, increased consumption of water and decreased consumption of sugar beverages. The annual Self Advocates Association convention that provides information to over 500 adults with developmental disabilities offers information on healthy eating, cooking at home. Presentations upon request addressing healthy eating for persons with disabilities and use of adapted equipment for meal preparation and serving.
NC Pediatric Society	These are educational goals for working with parents and caregivers who are the decision-makers for children's diet and nutrition.
NC SOPHE	NC SOPHE has a five year strategic plan that includes developing collaborations with public health organizations & schools; NC SOPHE develops and implements professional education opportunities via annual and mid-year meetings as well as in person and distance learning experiences. NC SOPHE is a provider of approved continuing education contact hours (CECH) for Certified Health Education Specialists (CHES) and seeks to provide and collaborate to provide professional development activities that support nationally recognized Health Education Competencies. NC SOPHE is also an active member of the NC Alliance for Health and supports the subcommittees that work in these areas. NC SOPHE supports coordinated school health programs and their development across the state and has and will continue to cosponsor professional development activities to address child obesity prevention and control.
North Carolina Dietetic Association	We support nutrition education for families on all of these issues; we support public awareness and many of our RD and DTR members educate individuals and groups to help them achieve improvement in each and all of these areas.
North Carolina Extension Association of Family & Consumer Sciences	Our organization supports the Extension professionals who will actually carry these activities out.
North Carolina Public Health Association	By supporting legislation.
North Carolina Senior Games	In conjunction with the NC Division of Aging and Adult Services, NCSG supports efforts to promote healthier eating and lifestyles.
Obesity Prevention Initiative (UNCW)	Educating through Weight Wise Women, providing healthy cooking classes at the local housing authority, building community gardens, CATCH Kids nutrition education, National Nutrition month bulletin boards in all NH county schools, etc.

(continued) Organization	Comments on increasing the percentage of North Carolinians who consume a healthy diet
School Nutrition Association of NC	We need more state and federal money so that we can serve more fresh fruits and vegetables to our students.
State Health Plan for Teachers and State Employees	Providing education and policy support for healthy eating
The Healthy House	We are conducting classes for children weekly on healthy eating habits and have developed a 4 week course for the parents that repeats which deals with topics such as "stocking your pantry", "cooking with spices", "how to read labels", etc.
The Leaflight, Inc.	We will be working to implement SNAP education in our program communities to increase home preparation of affordable, fresh, healthy, and locally grown foods, as well as to increase fruits and vegetables consumption through our program.
The North Carolina Partnership for Children, Inc.	Through NCPC's NAP SACC Pilot Project, approx. 100 participating child care centers are serving more nutritious meals and snacks, increasing the amount of physical activity for approx. 4,000 young children 2-5 yrs both in/outdoors, engaging parents to improve home environment, and educating teachers to be healthy. Through the NAP SACC program, young children, teachers and parents are encouraged to eat healthier via on-site training, ongoing technical assistance, action planning, and educational materials. The first year's results are very encouraging and show that there are significant increases in overall changes in nutritional practices in child care classrooms, nutritional education provided to children, parents and child care staff, and that center policies on nutritional practices that are written, available, and followed.
UNC Center for Health Promotion and Disease Prevention	Many of these things are addressed as part of larger efforts, mostly in the context of research and not necessarily stated in these terms re goals
University Health Systems of Eastern Carolina	Through the Drop A Ton initiative many of these behaviors are addressed. The largest entity, PCMH, is engaging in the move to baby friendly. Through the Wellness Center and Community Health divisions youth can be involved in several programs.
WakeMed Health and Hospitals	WakeMed has a strong commitment to prevention and supports and implements strategies for healthy eating. Numerous changes related to healthy eating are occurring at the YMCA branches of the Triangle. Numerous departments at WakeMed have strategies in place to address healthy eating in our community.

Supporting Goal 4 of the *Eat Smart, Move More NC Plan*

Goal 4: Increase the percentage of North Carolina adults, youth and children ages 2 and up who participate in the recommended amounts of physical activity.

Survey Question: What will your organization be doing during 2009 to increase the percentage of North Carolinians who participate in the recommended amounts of physical activity?

(Survey respondents were asked to check the specific objectives within Goal 4 that they were working on and then provide an open-ended response.)

<u>Strategies</u>	<u>Response Count</u>
Increase the percentage of adults who get the recommended amount of physical activity each week.	29
Decrease the percentage of adults who report no leisure time physical activity.	26
Increase the percentage of youth and children who participate in at least 60 minutes of physical activity every day.	35
Response rate for this question: 38	

Alphabetical listing of organizations and the objectives under Goal 4 that they pursue:

Organization	Objective 4a.i: Increase the percentage of adults who get the recommended amount of physical activity each week.	Objective 4a.ii: Decrease the percentage of adults who report no leisure time physical activity.	Objective 4b: Increase the percentage of youth and children who participate in at least 60 minutes of physical activity every day.
Active Living By Design			
Alice Aycock Poe Center for Health Education			X
American Heart Association	X	X	X
Association of North Carolina Boards of Health			
Be Active North Carolina	X	X	X
Blue Cross and Blue Shield of North Carolina Foundation	X	X	X
Duke Community Health	X	X	X
East Carolina University	X	X	X
FirstHealth of the Carolinas and NC Alliance for Health	X	X	X

(continued) Organization	Objective 4a.i	Objective 4a.ii	Objective 4b.
Fit City Challenge	X		X
Inter-Faith Food Shuttle	X	X	
John Rex Endowment			X
N.C. Office of Environmental Education	X	X	X
NC Academy of Family Physicians	X	X	X
NC Action for Healthy Kids			X
NC Alliance for Health			X
NC Alliance of Boys & Girls Clubs			X
NC Association of Local Nutrition Directors			
NC Citizens for Public Health			
NC Cooperative Extension	X	X	X
NC Dept of Public Instruction			
NC Division of Public Health			
NC Fruits & Veggies Nutrition Coalition			
NC Health and Wellness Trust Fund	X	X	X
NC Healthy Schools-DHHS	X	X	X
NC Medical Society			
NC Medical Society Foundation	X		
NC Office on Disability and Health	X	X	X
NC Pediatric Society			X
NC Public Health Foundation	X	X	X
NC SOPHE	X	X	X
NCAAHPERD			X
North Carolina Dietetic Association	X	X	X
North Carolina Extension Association of Family & Consumer Sciences	X	X	X
North Carolina Public Health Association			X
North Carolina Senior Games	X	X	
Obesity Prevention Initiative (UNCW)	X	X	X
Office of Healthy Carolinians/Health Education	X	X	X
Rex Healthcare	X	X	X
School Nutrition Association of NC			
Southeast United Dairy Industry Association			

(continued) Organization	Objective 4a.i	Objective 4a.ii	Objective 4b.
State Health Plan for Teachers and State Employees			
The Alliance for a Healthier Generation			X
The Healthy House	X	X	X
The Leaflight, Inc.			
The North Carolina Partnership for Children, Inc.	X	X	X
UNC Center for Health Promotion and Disease Prevention	X	X	X
University Health Systems of Eastern Carolina	X	X	X
WakeMed Health and Hospitals	X	X	X
YMCA'S OF NORTH CAROLINA	X		X

Thirty-Four organizations provided open-ended responses regarding their work to increase the percentage of North Carolinians who participate in the recommended amounts of PHYSICAL ACTIVITY:

Organization	Comments on increasing physical activity
Active Living By Design	At this time, it is not known HOW community partnerships will help increase the percentage of people who participate in routine physical activity. Without a doubt most if not all the phase IV Fit Community grantees will focus on this behavior primarily, but the target populations and strategies employed will vary.
Alice Aycock Poe Center for Health Education	All of our Nutrition and Physical Activity programs are interactive and promote active lifestyles. Students and teachers are encouraged to incorporate 'Energy Release Breaks' or 'Engerizers' into daily learning environments. Additionally, Wholesome Routines participating students are provided with knowledge, skills and resources, such as pedometers and tracking tools, to increase their daily activity.
American Heart Association	Advocacy, Awareness, Programs
Association of North Carolina Boards of Health	Promote policy
Be Active North Carolina	All of our programming focuses on getting North Carolinians moving more. Our programs deal with motivation, tracking and long-term goal setting, in order to help those who are not moving get started, those who are moving some to start moving more, and those who are already moving to stay motivated for a lifetime of physical activity.
Blue Cross and Blue Shield of North Carolina Foundation	Our focus on adult physical activity will be achieved through faith-based efforts as well as community based efforts. Youth physical activity will be addressed through schools and child care settings (MATCH and NAPSACC) as well as community based projects such as the Healthy Kids Healthy Parks project in Western NC.
Duke Community Health	If we are awarded the grant from Duke Durham Request for Proposals we will be planning an intervention that will increase PA in both children and adults.
FirstHealth of the Carolinas and NC Alliance for Health	Reference previous response. Also working in Montgomery County to implement NAP-SACC and working with students in Montgomery County on a one-to-one basis for students with 85th percentile or greater BMI. NC Alliance for Health advocating for phase-in implementation of Quality Physical Education.
Fit City Challenge	One of the core tenets of Fit City Challenge is to encourage increased physical activity on a regular basis. Additionally, we are partnering once again with the Carolina Panthers and the Charlotte-Mecklenburg School system to encourage physical activity among the kids and the staff. The challenge is called Play 60 Fit City Challenge and we will be challenging all of the elementary and middle schools to engage in physical activity and record their progress on our website. We will be including the afterschool programs. The elementary school that records the most minutes of physical activity will receive their own personal Panther pep rally and similarly for the winning middle school. The two winning afterschool programs will also receive a prize. We have done this several times in the past and participation levels increase every time.

Organization	Comments on increasing physical activity
Inter-Faith Food Shuttle	Partnerships with YMCA through comprehensive community project Operation Frontline healthy cooking classes community gardens worksite wellness activities
N.C. Office of Environmental Education	We promote outdoor recreational activities in several ways--our environmental education centers directories (online and print) also feature recreational amenities. We also promote EE camps, workshops and classes that often include physical activity, such as hiking and kayaking. Our River Basin education materials also include where people can "hike, bike and paddle." Thousands of these materials are requested each year.
NC Academy of Family Physicians	Continue to provide tools to our members that will educate their patients about these issues. Promoting Healthy weight courses to our members as a referral source. Continuing to promote Families Eating Smart Moving More materials. Advocating for legislative changes in the General Assembly.
NC Action for Healthy Kids	advocating for implementation of school wellness and increases in PA and PE in schools
NC Association of Local Nutrition Directors	Individual members will receive support from organization to promote programs/initiatives
NC Citizens for Public Health	Our organization focuses on health policies and legislation, mostly at the state level. Our members individually may be active in supporting local efforts to encourage increased physical activity.
NC Cooperative Extension	North Carolina Extension has been involved in the development of new Standards for Physical Activity in After Scholl Programs and continues to implement Standards for Physical Activity in Schools.
NC Healthy Schools-DHHS	Primarily youth & children and HAC policy, active PE classes, after school activity; Staff wellness and family education/involvement to address adult PA.
NC Medical Society	No specific efforts by NCMS as an organization; member physicians may be engaging in these activities
NC Office on Disability and Health	Work Healthy, Live Healthy (WHLH) is a work site health program for individuals with disabilities that receive services at community rehabilitation programs. WHLH includes 6 health education lessons on physical activity at work, with a focus on moderate physical activity at work and home.
NC Pediatric Society	Working with DPI and SBOE to promote physical activity.

Organization	Comments on increasing physical activity
NC SOPHE	NC SOPHE has a five year strategic plan that includes developing collaborations with public health organizations & schools; NC SOPHE develops and implements professional education opportunities via annual and mid-year meetings as well as in person and distance learning experiences. NC SOPHE is a provider of approved continuing education contact hours (CECH) for Certified Health Education Specialists (CHES) and seeks to provide and collaborate to provide professional development activities that support nationally recognized Health Education Competencies. NC SOPHE is also an active member of the NC Alliance for Health and supports the subcommittees that work in these areas. NC SOPHE supports coordinated school health programs and their development across the state and has and will continue to cosponsor professional development activities to address child obesity prevention and control.
North Carolina Dietetic Association	We promote public education on active lifestyles that support all three of these; many RD and DTR members educate individuals and families in achieving and maintaining an active lifestyle.
North Carolina Extension Association of Family & Consumer Sciences	Our organization supports the professionals who actually carry these activities out.
North Carolina Public Health Association	By supporting legislation regarding physical activity in schools.
North Carolina Senior Games	Please see our comments above.
Obesity Prevention Initiative (UNCW)	Provide exercise classes at the local housing authority, try to increase community walking trails, CATCH Kids, Weight Wise Women, policy advocacy (working with city planners)
School Nutrition Association of NC	N/A
State Health Plan for Teachers and State Employees	Education and Policy development/support for an increase in physical activity
The Healthy House	We have an active video room with Wii, Wii Fit, Dance Dance Revolution. We have an additional two activity rooms, a multipurpose court, a grassy play area, and will be developing a sustainable garden for the kids.

Organization	Comments on increasing physical activity
The North Carolina Partnership for Children, Inc.	Through NCP's NAP SACC Pilot Project, approx. 100 participating child care centers are serving more nutritious meals and snacks, increasing the amount of physical activity for approx. 4,000 young children 2-5 yrs both in/outdoors, engaging parents to improve home environment, and educating teachers to be healthy. Through the NAP SACC program, young children, teachers and parents are encouraged to eat healthier via on-site training, ongoing technical assistance, action planning, and educational materials. The first year's results are very encouraging and show that there are significant increases in overall changes in physical activity practices in child care classrooms, the percent of centers that offered more than 90 minutes of active play each day, physical activity education provided to children, parents and child care staff, and that center policies on physical activity practices that are written, available, and followed.
UNC Center for Health Promotion and Disease Prevention	Some of this is through Kelly Evenson's PA Policy Research Network in collaboration with other PRCs others in collaboration with Mary Altpeter and the Healthy Aging Network. .. also through PRCs
University Health Systems of Eastern Carolina	Through Drop A Ton initiatives, promotion of walking routes and access to facilities at a reduced cost, UHS provides opportunities for adults. Through the community health programs and wellness center programs, youth are targeted.
WakeMed Health and Hospitals	WakeMed is represented on several committees that address physical activity standards. Several specific departments at WakeMed focus on encouraging more physical activity- worksite wellness, cardiac rehab, Energize.
YMCA'S OF NORTH CAROLINA	Every year the YMCA's participate in America on the Move. This is a one week awareness campaign to get people to count their steps and try to walk 10,000 steps a day.

Closing Comments

**Survey Question: If you have any closing comments, please provide them here:
(Open-ended response)**

Organization	Closing comments
YMCA'S OF NORTH CAROLINA	Although all the YMCA's belong to the same national organization the specific programs each offers varies.
Fit City Challenge	Fit City Challenge will be focusing more in 2009 on policy and environmental issues impacting physical activity and healthy eating beyond the worksites. We continue to expand partnerships and relationships that will better position us to do so.
UNC Center for Health Promotion and Disease Prevention	I did this VERY quickly so probably missed some things and, as explained several times, much of what we are doing is in the context of research/demo projects thus not with the reach of public health agencies..
University Health Systems of Eastern Carolina	Is there a way to receive a print out of the answers I provided to share with our local leadership team. Thank you.
NC Office on Disability and Health	Is this survey tool accessible for persons with disabilities who use screen reader or other adapted technology for the computer? It might be helpful to offer respondents the option of reviewing the survey via a phone call/conversation.
North Carolina Dietetic Association	Let us know how we can help. We are committed to helping provide public education.
NC SOPHE	NC SOPHE members in NC Institutions of Higher Education and in other areas of practice are and can be important community partners in grant writing, project implementation and evaluation. Though connections with National SOPHE NC SOPHE supports national advocacy efforts to increase resources to address all ESMM objectives.
NC Citizens for Public Health	NCCPH supports the legislative agendas of the Association of Local Health Directors, NCPHA, ANCBH in addition to selecting legislation that is of special interest to the members. NCCPH has close ties with Adam Searing at NC Health Access Coalition.
The North Carolina Partnership for Children, Inc.	NCPC continues to work with various state partners, include the state health departments to ensure that NC's young children and families are healthier and that "every child reaches his or her potential and is prepared for success in a global community."
NC Association of Local Nutrition Directors	Our organization does not work directly with the public. We as individuals manage public agencies that meet these responsibilities. (Some of the questions did not apply to our group because of that.)

(continued) Organization	Closing comments
East Carolina University	Sorry for the vague answers, but ECU obviously tries to achieve many of these goals through instruction (e.g. activity classes & recreation programs), healthcare (e.g., SOM and Allied Health clinics), and research. We're happy to provide examples as requested.
Alice Aycock Poe Center for Health Education	Thank you for the opportunity to share ways the Poe Center is working to improve the overall health and wellness of our youth!
NC Pediatric Society	Thanks for asking - look forward to seeing results. Happy New Year!
The Leaflight, Inc.	The Leaflight, Inc. is lead agency coordinating for North Carolina's SNAP-related research, education, programs and policy for North Carolina's agricultural, nutritionally at-risk, limited-resource, and food desert communities.
The Healthy House	We are actively pursuing mindfulness and awareness in our program. Rather than Energy In = Energy Out, we have changed the equation to Energy In () Energy Out, where "()" symbolizes the space between stimulus and response, a place of awareness where we can make a conscious choice, which is usually a healthier choice. Discipline is repeating the correct conscious choice over and over or another definition is "discipline is remembering what it is you really want".
The Leaflight, Inc.	We are very grateful for ESMM's dissemination of our 2008 literature to North Carolina health professionals. We look forward to continued work in 2009 with y'all! Happy Holidays.

Introduction

Please respond to this survey on behalf of your organization. Only one person from each Eat Smart, Move More Leadership Team member organization is receiving this survey, so it is important that you represent the work of your entire organization as much as possible.

This survey will ask about how your organization supports *Eat Smart, Move More: North Carolina's Plan to Prevent Overweight, Obesity and Related Chronic Disease* (ESMM Plan).

To view the ESMM Plan in another window, click [here](#).

The information collected via this survey will be discussed at the next meeting of the ESMM Leadership Team on March 9, 2009.

* Your contact information

First and Last Name

Email Address

Phone Number

* Name of organization you are representing on this survey

Specific Populations

To what extent does your organization's work address each of the following populations?
If not applicable, write N/A in the comment line.

AGE GROUPS

	Very much so	To some extent	Very little, if at all
Infants	jn	jn	jn
Children	jn	jn	jn
Youth	jn	jn	jn
Adults	jn	jn	jn
Older adults	jn	jn	jn

Comments (optional):

RACES/ETHNICITIES

	Very much so	To some extent	Very little, if at all
African American	jn	jn	jn
American Indian/Alaska Native	jn	jn	jn
Asian	jn	jn	jn
Hispanic/Latino	jn	jn	jn
Native Hawaiian/Pacific Islander	jn	jn	jn
Other	jn	jn	jn

Comments (optional):

OTHER SPECIFIC POPULATIONS

	Very much so	To some extent	Very little, if at all
People with chronic disease	jn	jn	jn
People with disabilities	jn	jn	jn
People in low-income households	jn	jn	jn
People in rural areas	jn	jn	jn
Women	jn	jn	jn

Comments (optional):

Geographic Areas and Settings

In which of the following geographic areas does your organization aim to have an impact?

- All of North Carolina
- Western North Carolina
- Central North Carolina
- Eastern North Carolina
- Specific county, district, region
- Other
- Not applicable

If specific county, district, region or "other," please specify:

To what extent does your organization aim to impact each of the following settings?
If not applicable, write N/A in the comment line.

	Very much so	To some extent	Very little, if at all
Communities	jn	jn	jn
Faith communities	jn	jn	jn
Healthcare	jn	jn	jn
Homes	jn	jn	jn
Preschools and/or Childcare	jn	jn	jn
Schools	jn	jn	jn
Worksites	jn	jn	jn
Other	jn	jn	jn

Comments (optional):

Organizational Role

Which of the following are roles of your organization?

Check all that apply.

- To advocate
- To conduct research
- To provide grant funding
- To support health professionals (professional organization)
- To provide services or programs for the public
- Other

If "other," please specify:

Strategies

Which of the following strategies, if any, will your organization be working on in 2009 to promote healthy eating and/or physical activity? Check all that apply.

If this question is not applicable given the type of work your organization does, please write N/A in the comment lines.

Healthy Eating and Breastfeeding

- Increase access to a variety of affordable healthy foods in grocery stores and restaurants in all neighborhoods.
- Increase access to community gardens and farmers' markets where fresh fruits and vegetables can be grown or purchased.
- Work with farmers to increase the availability of fruits and vegetables that can be sold locally.
- Assure that all public buildings have designated and appropriate space provided for women who are breastfeeding and for storage of breast milk.
- Other

Comments (optional):

Physical Activity

- Compile and publicize a listing of existing facilities that provide safe, inclusive and affordable opportunities for physical activity in the community.
- Display point-of-decision prompts (signs) by elevators or escalators that encourage people to use nearby stairs for health benefits or weight loss.
- Provide fun physical activities in after-school programs.
- Other

Comments (optional):

Cross-Cutting

- Create and support programs that teach behavioral skills to help participants incorporate physical activity and/or healthy eating into their daily routines.
- Build social networks that provide supportive relationships for behavior change (e.g., walking groups).
- Engage community leaders as role models to promote healthy eating and physical activity.
- Conduct a media campaign to promote healthy eating and/or physical activity
- Increase awareness of overweight/obesity prevention and treatment programs for adults and children.
- Other

Comments (optional):

ESMM Plan Goal 1: Policies and Environments

Thanks to organizations like yours, many great efforts are already underway to support the ESMM Plan! The purpose of the final four questions of this survey is to capture at least some of those efforts.

We will discuss the information collected through this survey at the March meeting of the ESMM Leadership Team, so don't feel like you have to spell out all the details here.

What will your organization be doing during 2009 to foster environments and policies supportive of healthy eating and physical activity?

ESMM Plan Goal 2: Healthy Weight

What will your organization be doing during 2009 to help to increase the percentage of North Carolinians who are at a healthy weight?

ESMM Plan Goal 3: Healthy Eating

What will your organization be doing during 2009 to increase the percentage of North Carolinians who consume a healthy diet?

Check all that apply, and write a few sentences below.

- Increase the percentage of people who consume five or more servings of fruits and vegetables each day.
- Increase the percentage of infants who are breastfed.
- Increase the percentage of adults who choose healthy foods and beverages when eating out.
- Decrease the percentage of children ages 2-17 who eat fast food three or more times per week.
- Increase the percentage of people who prepare and eat their main meal at home at least five times per week.
- Decrease the percentage of people who consume more than one 12-ounce serving of sugar-sweetened beverages per day.

Please write a few sentences about your organization's efforts related to healthy eating:

ESMM Plan Goal 4: Physical Activity

What will your organization be doing in 2009 to help increase the percentage of North Carolinians who participate in the recommended amounts of physical activity?

Check all that apply, and write a few sentences below.

- Increase the percentage of adults who get the recommended amount of physical activity each week.
- Decrease the percentage of adults who report no leisure time physical activity.
- Increase the percentage of youth and children who participate in at least 60 minutes of physical activity every day.

Please write a few sentences about your organization's efforts related to physical activity:

Wrap-Up

If you have any closing comments, please provide them here: