



Eat Smart, Move More NC Leadership Team Quarterly Update

December 2016

Eat Smart, Move More North Carolina Newsletter

Message from the Chair

Dear Eat Smart, Move More NC Member:

We look forward to seeing you at our upcoming December 7th Leadership Team meeting. Our meeting will be held from 12:45 - 3:30 p.m. at the JC Raulston Arboretum, 4415 Beryl Road, Raleigh, NC, 27606. We hope you will be able to join us early for lunch from 12:00 - 12:45 p.m.

Our meeting will focus on receiving feedback from you about your involvement in the Eat Smart, Move More NC movement and Leadership Team. We're excited to share that we are expecting approximately 100 members to participate in this meeting. We look forward to meaningful and inspiring conversations. Our meeting agenda includes the unveiling of a new Eat Smart, Move More NC video, a review of the results from the member survey and plenty of time for discussion among members about how to continue the momentum of Eat Smart, Move More North Carolina.

You can download highlights from previous Leadership Team meetings and access information for upcoming meetings at: www.eatsmartmovemorenc.com/AboutUs/Meetings.html.

I look forward to seeing you next week.

Sincerely,

Melissa Roupe, Chair
Eat Smart, Move More NC Leadership Team



Next Meeting

Date:
December 7,
2016

Time:
Lunch is
provided 12:00
- 12:45

Meeting:
12:45 - 3:30

Place:
JC Raulston
Arboretum
4415 Beryl
Road,
Raleigh, NC
27606

**2016
Leadership
Team
Meetings -
Save the
Dates!**

North Carolina Ranks 3rd in the Nation in Walk to School Day Participation

It was another record breaking year for North Carolina's participation in Walk to School. Over 324 school across the state registered events on WalkBiketoSchool.org. This ranks North Carolina 3rd in the country in Walk to School Day registrations,* rising from 27th in the country in 2014 and 6th in

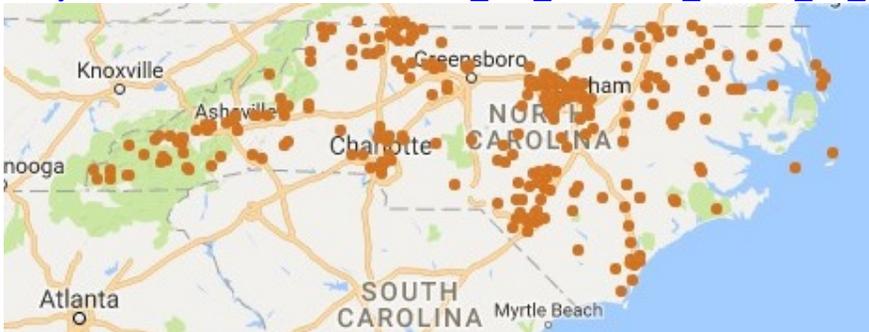
December 7
12:45 - 3:30
p.m.
JC Raulston
Arboretum
4415 Beryl
Road,
Raleigh, NC

2015. Congratulations to all the schools and community partners who worked to make Walk to School Day a success. If you want to see who participated in your community, click here: www.walkbiketoschool.org/register.

Walk to School Day serves as a great opportunity to connect schools with the community and build support for increasing/improving access to safe and convenient places for physical activity. When it is not possible or safe for students to walk to school, walking events were held at the school. In some communities, partners such as faith based organizations, provided remote drop off locations so that students and their families could meet and safely walk to school.

Events like Walk to School can be the start of on-going efforts to promote safe walking and biking to school. If you would like more information about how you can support safe walking or biking to school in your community or to start a walking program at school, contact the Active Routes to School Coordinator for your region:

http://www.communityclinicalconnections.com/What_We_Do/Active_Routes_To_School/index.html.



Map of schools in North Carolina that participated in Walk to School Day 2016

*Every year, a Walk to School Day participation rate is calculated to compare state participation. For each state, the total number of events is divided by the total number of public and private elementary and middle schools, where the vast majority of events take place. The number of schools in a state comes from the National Center for Education Statistics (NCES) including "schools beginning with grade 6 or below and having no grade higher than 8." The number of public schools derives from the Public Elementary/Secondary School Universe Survey (current as of the 2014-2015 school year) and the number of private schools derives from the Private School Universe Survey (current as of the 2014-2015 school year). Go to <http://nces.ed.gov/ccd/elsi/> for more information.

New American Heart Association Initiative - +Color

The American Heart Association (AHA) is announcing a new initiative, +color, that will be focused on recognizing the health importance and accessibility of fruit and vegetables. Research suggests that eating more fruits and vegetables as a young adult may reduce the risk 20 years later of coronary artery calcium stiffening and narrowing arteries, which can lead to heart disease. Another study found that eating fruits and vegetables daily lowered stroke risk.

On Friday, September 23, the AHA and SUBWAY® restaurants, with support from Hass Avocado Board (HAB), launched +color in New York City. This on-going initiative will encourage Americans to add more fruits and vegetables to their diet and better understand the critical health benefits this change can mean.

+color is also critical to helping the AHA achieve its 2020 health impact goal of improving the health of all Americans by 20 percent by 2020. According to a 2015 study in *Circulation*, young adults who eat more than five daily servings of fruits and vegetables may have less atherosclerosis than those who do not. According to the Dietary Guidelines for Americans 2015-2020, the average intake of fruits and vegetables for adults under 50 years of age is about half of the recommended intake ranges. Adding one more cup of fruits or vegetables per day closes the gap by

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approximately 50 percent.

To sweeten the cup-a-day fruit and vegetable challenge, the AHA has a series of videos, social media events and interactive [digital information](#).

Learn more about the +color program and view infographics, videos, and other resources on the [+color website](#).

Quick Links

[Eat Smart, Move More, NC Leadership Team](#)

Wilson County Re-Thinks Their Drink

Wilson County Department of Social Services (WCDSS) recently received grant funding from the Healthcare Foundation of Wilson to implement a one-year plan to improve health outcomes. WCDSS is partnering with the Wilson County Health Department and Wilson Family YMCA in the implementation of this grant. In support of the Eat Smart, Move More NC movement, they are focusing on drinking more water.

An Eat Smart Move More Coordinator is being recruited with an anticipated start date of January 2017. The Coordinator will be located at the Wilson County Health Department and will be engaged in extensive community health education efforts in sites throughout the county. To help recruit interested sites, Eat Smart, Move More ads have been co-branded and placed in the local paper, The Wilson Times. Sites will be selected with diversity in mind, to serve a broad range of demographics with respect to age, gender, race and culture.

Interested sites include: The Spot, an after-school care program; Wesley Shelter, a domestic violence and women's homeless shelter; the Community Soup Kitchen; Vick Elementary School; Winstead United Methodist Church; St. John's Save A Youth program; the Senior Center and Wilson Botanical Gardens.

Selected sites will take wellness pledges and receive water bottle filling stations (fountains) and water bottles. The Eat Smart Move More Coordinator will lead efforts throughout Wilson County by providing health education to site participants/members, and a targeted education program is planned for Supplemental Nutrition Assistance Program recipients. Pre- and post-test surveys will be utilized to track progress. Long-range plans include addressing additional [Eat Smart, Move More NC target behaviors](#).

I WILL DRINK MORE WATER!
EMPOWER YOURSELF.

Refreshing, healthy and free. Make water your drink of choice. Sodas, sweet tea and other sugary drinks taste great but are high in calories. So drink water. Add a lemon or other natural flavorings if you like. Your body will thank you.

Thirsty for more? Visit:
www.MyEatSmartMoveMore.com

HEALTHCARE FOUNDATION OF WILSON
Eat Smart Move More

DRINK MORE WATER | RIGHT SIZE YOUR PORTIONS | WATCH LESS TV | EAT MORE FRUITS & VEGGIES | PREPARE MORE MEALS AT HOME | MOVE MORE

For Opportunities in Wilson Call 252-206-4019

Grand Rounds: Responding to Food Insecurity

Kay Craven, MPH, RDN, LDN is leading an effort to ensure clinicians are both aware of and know how to respond to food insecurity in their patients at ECU Physicians, Brody School of Medicine at East Carolina University. Along with Kathy Kolasa, professor emeritus, she planned and is presenting a Grand Rounds presentation first in Family Medicine on December 1, 2016 and in January for the Department of Obstetrics and Gynecology. The Family Medicine Grand Rounds includes a short presentation by Dr. Stephanie Pitts from the ECU Department of Public Health, Leann Seelman, Pitt County Child Nutrition Director and Kay Craven ECU Family Medicine. The session will be moderated by Dr. Kolasa. The presentation can be viewed on ECU's Media site after the presentation. Contact kolasaka@ecu.edu for the link to media site.

Hertford County Walk At School Days

Hertford County Student Wellness Center and Active Routes to Schools Region 9 partnered with Hertford County Middle School and Bearfield Primary School to host Walk At School Days in October. More than 1,100 students participated in the events. Hertford County Middle School students participated in a combo Red Ribbon Week event through a YOLO Healthy Lifestyles

Scavenger Hunt with various community agencies. Students ran a combined total of 135 miles searching for healthy lifestyle tips! Bearfield Primary had guest appearances from Sherry Strawberry and Peppa the Pea who promoted healthy eating and active living while students walked a combined total of 374 miles!



Innovative New Playground at Newlin Elementary in Alamance County

Impact Alamance has granted \$150,000 to ABSS to build a new, innovative playground at Newlin Elementary. The new playground is a community playground now open to the public after school hours and on the weekends. In February 2016, the school board approved a community use policy that now allows the public to have access to all elementary playgrounds and walking trails in Alamance County. Impact Alamance granted the money to ABSS to celebrate the new policy and the greater access to physical activity it provides to all families and children. Read more here: <http://www.twcnews.com/nc/triad/news/2016/10/29/playground-open-to-students-community-after-school-hours.html>.



ImpactAlamance
healthier • smarter • stronger

For more information on the Grand Opening and Dedication contact Marcy Green, Impact Alamance Program Director at 336-221-0011 or Jenny Faulkner, Executive Director of Community Relations, Alamance Burlington School System, at 336-438-3000 ext. 20004.



The Alliance for a Healthier Generation honored 20 South Carolina schools and 10 North Carolina schools named to the 2016 list of [America's Healthiest Schools](#) on November 3 in Charlotte, NC at the North & South Carolina Healthy Schools Leaders Summit.



The 2016 list of America's Healthiest Schools, [published](#) by the Alliance for a Healthier Generation, identifies 328 of the nation's healthiest schools based on a rigorous set of criteria - from availability of nutritious foods to access to quality physical education opportunities, as part of the Alliance's Healthy Schools Program.

In celebration of North and South Carolina's combined 30 award-winning schools, the event will spotlight how each of these schools is serving as a best-in-class example of the nationwide movement to create a culture of health at school. Schools recognized with National Healthy Schools Awards were honored at one of three levels: Bronze, Silver or Gold.

List of North and South Carolina's Healthiest Schools:

NORTH CAROLINA

Brunswick County School District

- Lincoln Elementary School, Bronze

Chapel Hill-Carrboro City School District

- Frank P. Graham Elementary School, Bronze

Charlotte-Mecklenburg School District

- Endhaven Elementary School, Bronze

Durham Public School District

- Durham School of the Arts, Bronze
- Little River School, Bronze
- Mangum Elementary School, Bronze
- School for Creative Studies, Bronze

New Hanover County School District

- Roland-Grise Middle School, Silver
- Mosley Performance Learning Center, Bronze

Rockingham County School District

- Reidsville Middle School, Bronze

SOUTH CAROLINA

Anderson School District 4

- Pendleton Elementary School, Bronze
- Pendleton High School, Bronze
- Riverside Middle School, Bronze
- Townville Elementary School, Bronze

- La France Elementary School, Bronze

Berkeley County School District

- Sangaree Elementary School, Bronze

Charleston County School District

- Sullivans Island Elementary School, Bronze

Florence School District 1

- Southside Middle School, Bronze

Newberry County School District

- Newberry Elementary School, Bronze

Pickens County School District

- Chastain Road Elementary School, Silver
- Liberty High School, Bronze

Richland County School District 1

- Brockman Elementary School, Gold
- Carver-Lyon Elementary School, Bronze
- Columbia High School, Bronze
- Dreher High School, Bronze
- E. E. Taylor Elementary School, Bronze
- Gadsden Elementary School, Bronze
- Horrell Hill Elementary School, Bronze
- Pine Grove Elementary School, Bronze

Spartanburg School District 3

- Cowpens Elementary School, Bronze

About the Alliance for a Healthier Generation

The Alliance for a Healthier Generation, founded by the American Heart Association and the Clinton Foundation, empowers kids to develop lifelong, healthy habits, by ensuring the environments that surround them provide and promote good health. Get involved at www.HealthierGeneration.org.

Let it Grow! Let It Grow! The Poe Center's New Garden Initiatives

This year, the Poe Center is working with childcare centers to implement school gardens or enhance existing ones. Using curriculum based on the *USDA's Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables*, Poe is educating center staff, families, and children about the health benefits of gardening and connecting them with local resources and partners. By training childcare centers to utilize gardening in their programs and activities, they hope to increase experiences with fresh fruits and vegetables for the centers' children and families.

In October, the Poe Center received two accessible garden beds as part of a local high school

student's Eagle Scout project. The elevated beds expand Poe's gardening opportunities with individuals in wheelchairs and offer more comfortable garden experiences for others with limited mobility, such as seniors.

Poe has also expanded its on-site garden to include three new raised beds along the side of the building where there is more sun. The new beds will increase production of fruits and vegetables, allowing Poe to supplement nutrition-education programs with freshly-grown produce that participants may harvest themselves. The additional beds will also allow Poe to increase its ability to donate high quality foods to local food pantries and families in need.

Submitted by Tracy Weidert - Garden Health Educator, Alice Aycock Poe Center for Health Education



