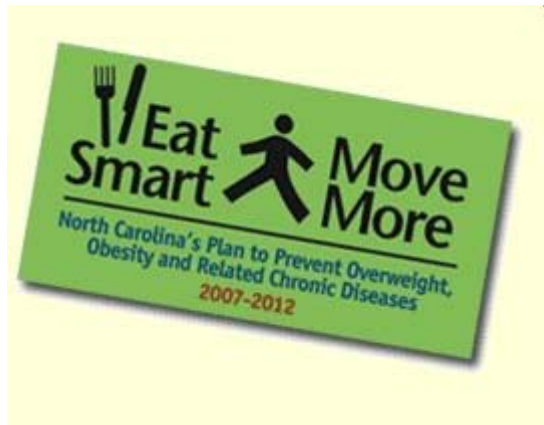


How can my organization support Eat Smart, Move More NC?



Review the Plan: Where does your organization fit?



- Strategies
 - Individual and family
 - Community and schools
 - Policy and environmental



[About Us](#) [Members](#) [Professional Education](#) [Practice Managers](#) [Contact Us](#)

Main Menu

- Home
- For Parents
- NCPS News
- Pediatric Practice Updates
- NC Public Health News
- NC Legislative News
- AAP News
- Web Links

Child Health Topics

- ADHD
- Asthma
- Autism
- Breastfeeding
- Car Seat Safety
- Child Abuse
- Dental Issues
- Ear Infections
- Influenza

White House Obesity Initiative

NCPS News - Archived News

The AAP Joins the First Lady's "Let's Move!" Initiative

The American Academy of Pediatrics has joined First Lady Michelle Obama, the U.S. Department of Health and Human Services, the U.S. Department of Education, and the U.S. Department of Agriculture in a new initiative to reduce rates of overweight and obesity in our nation's children.

The four pillars of the First Lady's "Let's Move!" campaign include:

1. Expanding efforts to make schools healthy environments for all children
2. Increasing children's physical activity,
3. Improving the affordability and accessibility of foods, and empowering consumers to make healthier choices
4. Support proven early interventions that the AAP recommends to help keep children healthy.

As part of the White House Initiative, the AAP pledges to engage in a range of efforts toward 2 primary goals:

1. Body Mass Index (BMI) is calculated for every child at every well-child visit in accordance with AAP recommendations*, and that information is provided to parents about how to help their child achieve a healthy weight; and
2. Prescriptions for healthy active living (good nutrition and physical activity) are

Main Menu

- Home
- For Parents
- NCPS News
- Pediatric Practice Updates
- NC Public Health News
- NC Legislative News
- AAP News
- Web Links

Child Health Topics

- ADHD
- Asthma
- Autism
- Breastfeeding
- Car Seat Safety
- Child Abuse
- Dental Issues
- Ear Infections
- Influenza
- H1N1
- Seasonal Flu Prevention
- Immunizations/Vaccines
- Childhood Obesity
- SIDS
- Tobacco

Login Form

Username

Password

Remember Me ☐

[Login](#)

[Forgot your password?](#)

[Forgot your username?](#)

White House Obesity Initiative

NCPS News - Archived News

The AAP Joins the First Lady's "Let's Move!" Initiative

The American Academy of Pediatrics has joined First Lady Michelle Obama, the U.S. Department of Health and Human Services, the U.S. Department of Education, and the U.S. Department of Agriculture in a new initiative to reduce rates of overweight and obesity in our nation's children.

The four pillars of the First Lady's "Let's Move!" campaign include:

1. Expanding efforts to make schools healthy environments for all children
2. Increasing children's physical activity,
3. Improving the affordability and accessibility of foods, and empowering consumers to make healthier choices
4. Support proven early interventions that the AAP recommends to help keep children healthy.

As part of the White House Initiative, the AAP pledges to engage in a range of efforts toward 2 primary goals:

1. Body Mass Index (BMI) is calculated for every child at every well-child visit in accordance with AAP recommendations*, and that information is provided to parents about how to help their child achieve a healthy weight; and
2. Prescriptions for healthy active living (good nutrition and physical activity) are provided at every well-child visit, along with information for families about the impact of healthy eating habits and regular physical activity on overall health.* (See PDF of prescriptions here)

* BMI measurement begins at the 24 month visit

* These actions are consistent with existing AAP policy and Bright Futures Guidelines.

See the [AAP website](#) for more information.

North Carolina Connection

North Carolina has an extensive list of projects addressing childhood obesity including the [Eat Smart Move More](#) program; there is currently a legislative [Task Force on Childhood Obesity](#) that will issue recommendations in the Spring 2010; Community Care of North Carolina has issued toolkits to member physicians; and there are research and community implementation grants at several of NC's academic medical centers and community hospitals enrolling patients and families in numerous programs to introduce lifestyle changes about physical activity, nutrition and other potential treatments.

http://aap.org/obesity/clinical_resources.html

http://aap.org/obesity/practice_management_resources.html (Includes obesity coding fact sheets)

[< Prev](#) [Next >](#)

User Menu

- [Apply for Membership](#)

Other Information

- NCPS Events 2010
- NCPS Event Exhibitors
- NCPS Foundation
- Donate - How to Give
- Privacy Policy

NCPEDS Newsletter

Sign-Up for Our FREE Newsletter!

Your E-Mail Address

[SIGN-UP](#)

Related Links

[American Academy of Pediatrics](#)
Dedicated to the well-being of infants, children, adolescents and young adults.

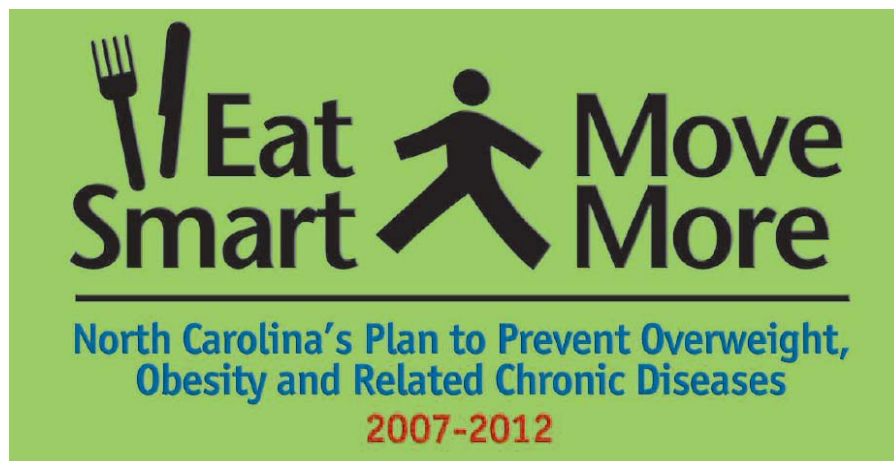
[North Carolina Health Choice for Children](#)
A free or reduced price comprehensive healthcare program for children.

[Immunize North Carolina](#)
Promotes public health through the identification and elimination of vaccine-preventable diseases

[NC Obesity Prevention / Fit Together Campaign](#)
Tools for healthier weight

Connection of NC Peds Society to the larger ESMM NC Movement

Re-print the Plan



Use the ESMM NC messages & logo

- Use them with
 - Clients, customers
 - Your staff



Consider nutrition from the ground up

[Comments](#)  0 | [Recommend](#)  0

March 16, 2010 8:24 PM

[Linda Minges](#)

Our food choices, lifestyle and surroundings all affect our health. We know that choosing the right foods can prevent diseases and help us live better lives. But the reality remains — eating smart can be a challenge. It's often difficult to find healthier options when dining away from home since nutrition labeling is not always available at various dining establishments. The good news is that many local organizations, such as schools, worksites, and faith-based organizations, are working to ensure that healthy food options are available.

Like many initiatives, change often begins at the local level. And in recognition of this year's National Nutrition Month theme, "Nutrition from the Ground Up," one local volunteer organization is working to help individuals eat smart and to inspire other community groups.

The Gaston County Extension and Community Association (ECA), a state volunteer organization, supported by the NC Cooperative Extension Service has adopted a healthy foods policy. Since ECA volunteers work with NC Cooperative Extension to provide educational programs, including nutrition and cooking classes, it was only natural that the organization


[enlarge](#)

From left to right: Betty Agerton, ECA member; Betty Willis, ECA member; Pam Bryson, ECA Liaison; Linda Jozwiakowski, ECA member; and David Fogarty, Gaston County Cooperative Extension Director.

Related Stories/Links

Other Articles in this Category

- [Messages in 'Born Yesterday' resonate in today's political world](#)
- [You can't always be their pal](#)
- [Parents shouldn't make a scene about 5 year-old's stage fright](#)
- [Stanley event today to benefit Children's Miracle Network](#)
- [May is Asthma Awareness Month; let's talk asthma management](#)

Most Viewed Stories

- [Gaston County Lockup: Updated 5/10](#)



Featured Cars

- [Search Online Inventory](#)
- [Sell Your Vehicle](#)
- [Search Auto Classifieds](#)
- [Research](#)

Weather



60.0°F

Traffic

Overcast and 60.0°F

Winds: Calm

Last Update: 2010-05-11 11:20:48

Directory

[Click Here for More Weather](#)

ADVERTISEMENT



Do you qualify for a credit card bailout?

At a time in America when banks and other companies... [More](#)

More Articles

- [The secret to getting highly discounted cruise tickets](#)
- [Age 55 or older? Pay up to 75% less for your cruise](#)
- [Financial aid available for adults returning to school](#)
- [Why hair loss supplements don't work](#)

TM Advertising provided by: ARALifestyle.com

Things to do in Gaston County

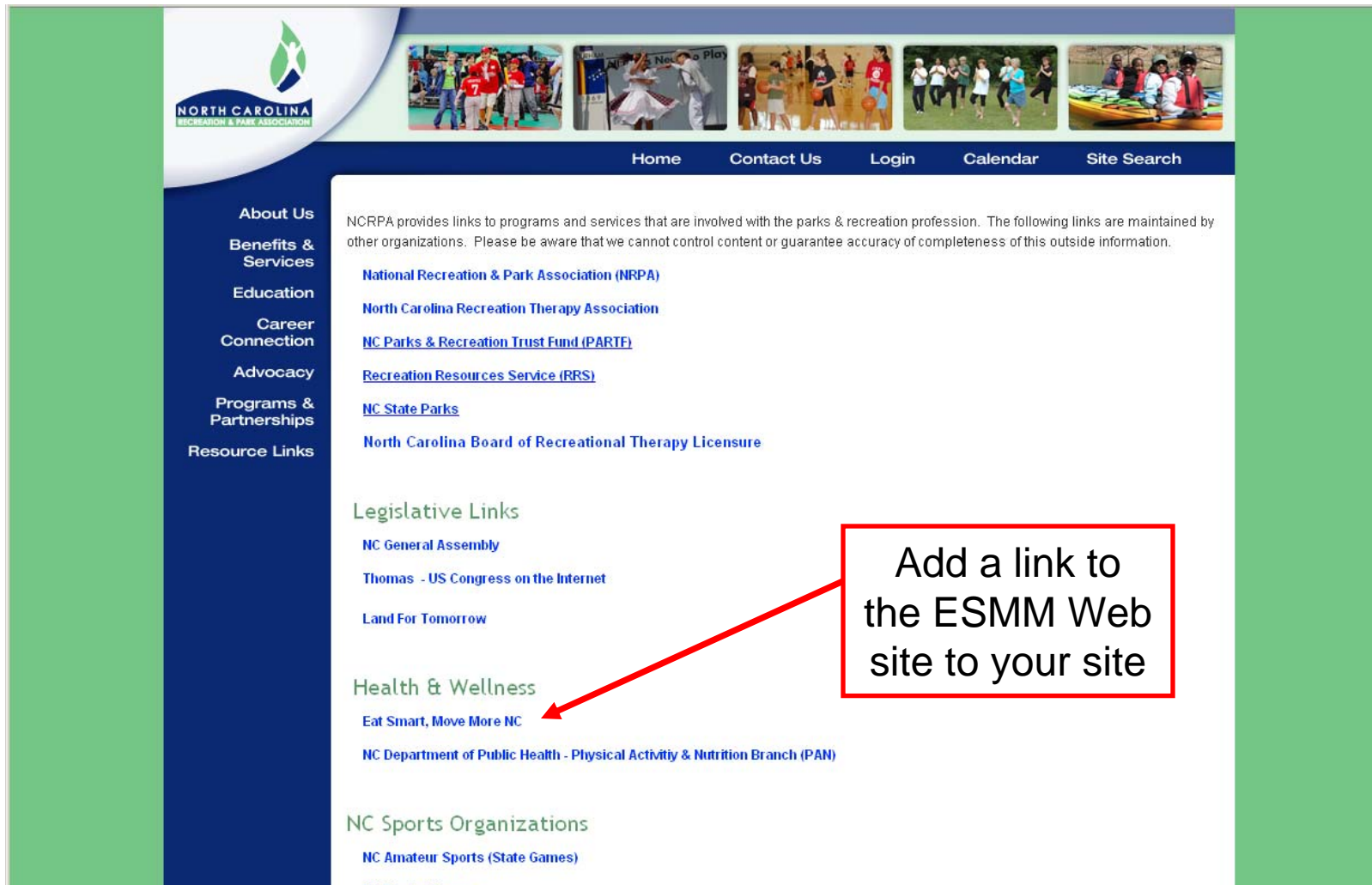
[Events](#) [Dining](#) [Venues](#) [Movies](#)

Featured Events



1. Come Sit A Spell: Views...
2. GaribaldiFest

Create Web links



The screenshot shows the website of the North Carolina Recreation & Park Association (NCRPA). The header includes the NCRPA logo and a navigation bar with links: Home, Contact Us, Login, Calendar, and Site Search. A horizontal strip of five photos shows various recreational activities. A left sidebar lists categories: About Us, Benefits & Services, Education, Career Connection, Advocacy, Programs & Partnerships, and Resource Links. The main content area features a disclaimer, a list of partner organizations (National Recreation & Park Association, North Carolina Recreation Therapy Association, NC Parks & Recreation Trust Fund, Recreation Resources Service, NC State Parks, and North Carolina Board of Recreational Therapy Licensure), and three sections: Legislative Links, Health & Wellness, and NC Sports Organizations. A red arrow points from a text box to the 'Eat Smart, Move More NC' link in the Health & Wellness section.

Health & Wellness

- [Eat Smart, Move More NC](#)
- [NC Department of Public Health - Physical Activity & Nutrition Branch \(PAN\)](#)

NC Sports Organizations

- [NC Amateur Sports \(State Games\)](#)
- [NC Senior Games](#)

Add a link to
the ESMM Web
site to your site

Department of Pediatrics, The Brody School of Medicine

Pediatric Healthy Weight Research & Treatment Center



Printer Friendly

[Welcome](#)

[About Us](#)

[Programs & Activities](#)

[Resources for Professionals](#)

- [White Paper](#)
- [MNT Protocol](#)

[Resources for Families](#)

[Links](#)

[Contact Us](#)

Resources for Professionals

Backpack Buddies (PDF file) Handout developed by the ECU Pediatric Healthy Weight Research & Treatment Center that provides nutritional guidance for donations to food pantries and/or weekend backpack programs for children.

10 Tips to Help Your Child and Teen Achieve a Healthy Weight (PDF file)

Handout developed by the ECU Pediatric Healthy Weight Research & Treatment Center

Eat Smart Move More...North Carolina (www.eatsmartmovemorenc.com), a statewide initiative that promotes increased opportunities for physical activity and healthy eating through environmental and policy changes, offers a variety of useful tools for health professionals and links to statewide data, such as:

- **Eat Smart Move More: North Carolina's Plan to Prevent Overweight, Obesity and Related Chronic Diseases, 2007-2012.**
(<http://www.eatsmartmovemorenc.com/ESMMPlan/ESMMPlan.html>) This five-year state plan offers overarching goals and measurable objectives for anyone working in the area of overweight and obesity prevention. The plan is designed to help organizations and individuals address overweight and obesity in their community and begin to create policies and environments supportive of healthy eating and physical activity.
- **Pediatric Clinical Obesity Tools**
(<http://www.eatsmartmovemorenc.com/PediatricObesityTools/PediatricObesityTools.html>) A collection of clinical tools to address childhood obesity including a Pediatric Obesity Clinician Reference Guide, color-coded BMI charts, blood pressure tables, and prescription pads for prescribing simple health messages for families.
- **Eat Smart, Move More County Profiles**
(<http://www.eatsmartmovemorenc.com/Policy.html>)
A collection of one-page documents profiling the successes and needs of each

Several
links

E-mail signature

Carolyn Dunn, Ph.D.
Professor and Nutrition Specialist
Associate State Program Leader
Department of 4H Youth Development and Family and
Consumer Sciences
NC Cooperative Extension
NC State University

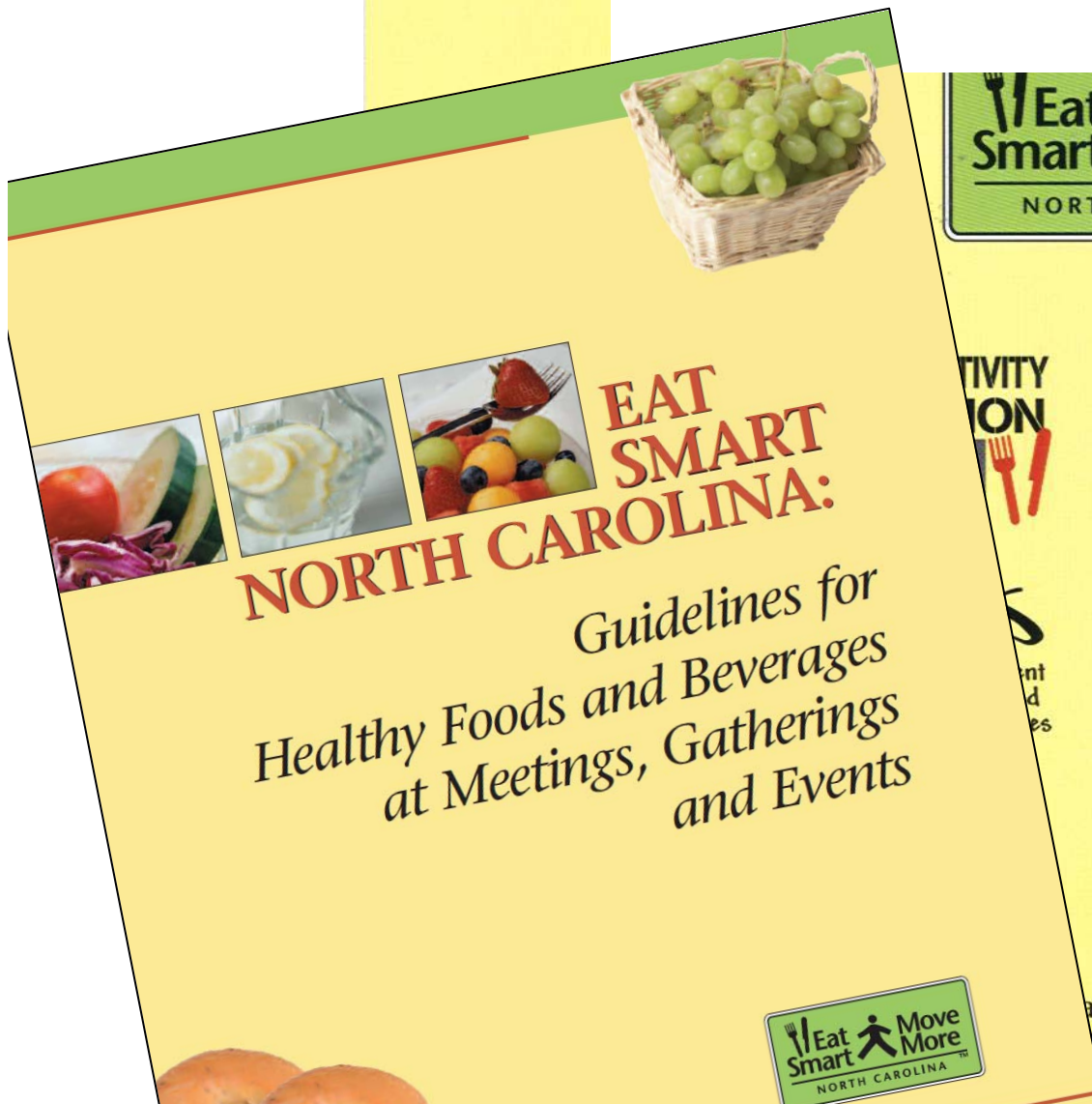
919.515.9142
919.515.3483 FAX

Chair, Eat Smart, Move More, North Carolina
www.EatSmartMoveMoreNC.com

Priscilla Laula, M.Ed.
Health Promotion Coordinator
Dept. of Public Health,
Mecklenburg County
249 Billingsley Rd
Charlotte, NC 28211
704-336-5392

www.meckhealth.org
www.eatsmartmovemorenc.com
www.fitcitychallenge.org

Co-Brand



Developed by
Physical Activity and Nutrition Branch,
Chronic Disease and Injury Section
Division of Public Health
N.C. Department of Health and Human Services
NC DHHS is an equal opportunity employer and provider.

artMoveMoreNC.com



WakeMed

WakeMed Health & Hospitals

Recruit new partners

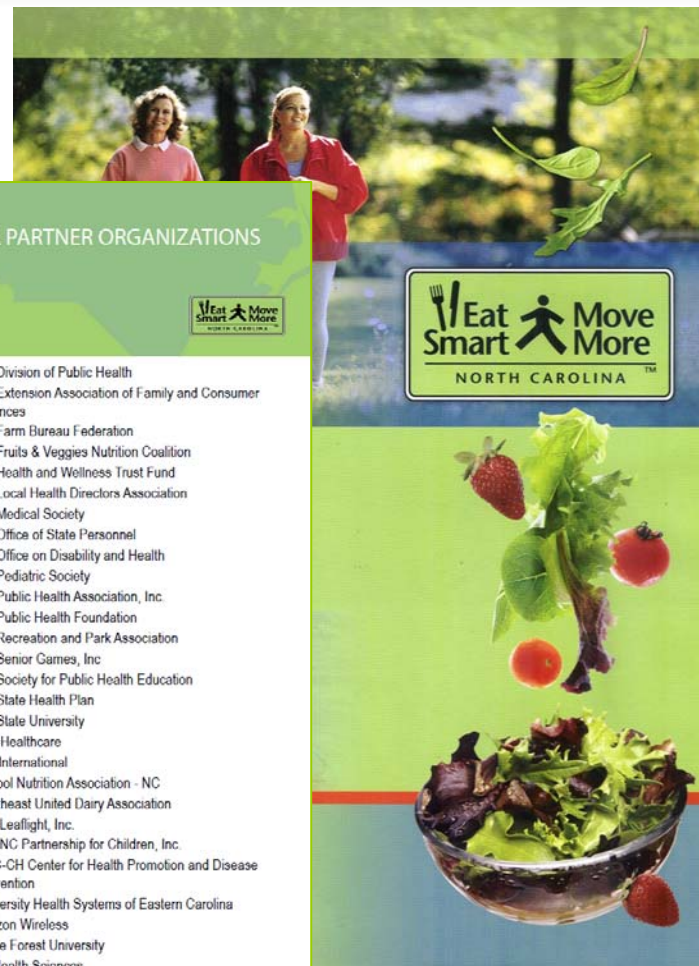
EAT SMART, MOVE MORE NORTH CAROLINA PARTNER ORGANIZATIONS



Active Living by Design
 Alice Aycock Poe Center for Health Education
 Alliance for a Healthier Generation
 American Heart Association/NC Affiliate
 Association of NC Boards of Health
 Be Active North Carolina, Inc.
 Blue Cross and Blue Shield of North Carolina Foundation
 Cape Fear Healthy Carolinians & UNC-W Obesity Prevention Initiative
 Catawba Valley Medical Center
 Duke University
 Division of Community Health
 ECU
 Division of School of Medicine
 FirstHealth of the Carolinas
 Fit City Challenge
 Inter-Faith Food Shuttle
 John Rex Endowment
 Kale B. Reynolds Charitable Trust
 Moses Cone-Wesley Long Community Health Foundation
 NC A&T State University
 Family & Consumer Sciences
 NC Academy of Family Physicians
 NC Academy of Physician Assistants
 NC Action for Healthy Kids
 NC Alliance for Athletics Health, Physical Education, Recreation and Dance
 NC Alliance for Health
 NC Alliance of Boys & Girls Clubs
 NC Association of Local Nutrition Directors
 NC Citizens for Public Health, Inc.
 NC Department of Agriculture and Consumer Services
 NC Department of Environment and Natural Resources
 NC Department of Public Instruction
 NC Dietetic Association

NC Division of Public Health
 NC Extension Association of Family and Consumer Sciences
 NC Farm Bureau Federation
 NC Fruits & Veggies Nutrition Coalition
 NC Health and Wellness Trust Fund
 NC Local Health Directors Association
 NC Medical Society
 NC Office of State Personnel
 NC Office on Disability and Health
 NC Pediatric Society
 NC Public Health Association, Inc.
 NC Public Health Foundation
 NC Recreation and Park Association
 NC Senior Games, Inc.
 NC Society for Public Health Education
 NC State Health Plan
 NC State University
 Rox Healthcare
 RTI International
 School Nutrition Association - NC
 Southeast United Dairy Association
 The Leaflight, Inc.
 The NC Partnership for Children, Inc.
 UNC-CH Center for Health Promotion and Disease Prevention
 University Health Systems of Eastern Carolina
 Verizon Wireless
 Wake Forest University
 Health Sciences
 Wake Med
 YMCA of North Carolina

For more information visit www.EatSmartMoveMoreNC.com
 May 2010



Support Eat Smart, Move More Community Grants



Since 2000, \$1,791,660 has been awarded through 158 grants.

Attend. Network. Share.



Eat Smart, Move More NC Leadership Team Quarterly Update

March 2010

Eat Smart, Move More North Carolina Newsletter



ESMM Leadership Team Members

On behalf of the Eat Smart, Move More, North Carolina Leadership Team Executive Committee, you are invited to attend the March 8th meeting of the Eat Smart, Move More North Carolina movement partners.

The partners will meet Monday, March 8, 2010 from 1:00-3:30 at the [NC Medical Society offices](#) in downtown Raleigh. Special thanks to Maggie Sauer for hosting the meeting.

Our past two meetings have focused on healthy eating topics. This meeting will focus on physical activity as we hear from Dr. Russ Pate, who has worked on the recent physical activity guidelines and the creation of our nation's first [Physical Activity Plan](#). In addition, we are honored to be joined by the two co-chairs of the Legislative Childhood Obesity Task Force, Senator Dr. Purcell and Rep. Doug Yongue. The co-chairs will update us on the task force's proceedings. This should prove to be an engaging meeting. Please make plans to join us!

[Meeting Highlights of Past ESMM Meetings](#)

In This Issue

[State Health Plan Offers New Support for Weight Management](#)

[Fueling Up For A Healthy Change](#)

[Fit City Challenge Introduces Healthy Childcare Zone Toolkit](#)

[Vondell Clark presenting at Obesity Congress in Atlanta](#)

[7th Annual Pediatric HealthyWeight Summit](#)

[Check out The Move More After School Web site!](#)

[N.C. Public Health](#)

If we speak
with one
voice, obesity
doesn't stand
a chance.

