

Welcome

Eat Smart, Move More NC

March 20, 2018

Eat Smart, Move More NC

Agenda:

- Welcome and Introductions
- Webinar Instructions
- Eat Smart, Move More NC – business
 - Executive Committee member updates
 - Bylaw change
 - Annual membership update – reminder
- Poe Center for Health Education
 - Q and A
- The Health Foundation of Wilkes County
 - Q and A
- Call to Action
- Wrap-up

Eat Smart, Move More NC

Executive Committee member updates:

Chair – Melissa Roupe

Vice-chair – Joanne Lee

Past-chair – Sheree Vodicka

Members-at-large:

- Dave Gardner
- Shelisa Howard – Martinez
- Richard Rairigh
- Shauvon Simmons-Wright

Bylaws

Additional change:

Section 1: Number

The Executive Committee will consist of **a minimum of eight (8), maximum of 12** members: Chair, Vice Chair, Past Chair, Members at Large (4 - 8), and the Coordinator

Eat Smart, Move More NC

Membership Information Update

- Organization
- Individual

Posted on the Eat Smart, Move More NC website:

<http://eatsmartmovemorenc.com/AboutUs/Join.htm>



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919-231-4006

www.poehealth.org

- Physical Activity and Nutrition
- Substance Use Prevention
- General Health
- Dental
- Family Life
- Bullying Prevention
- Youth Leadership
- Mental Health First Aid



Poe Center SNAP-Ed



Socio-Ecological Model



Direct Ed

Social Marketing

Policy, System and Environmental Change

Interventions work best when multi-layered.

Social Media



Social Marketing



Social Marketing

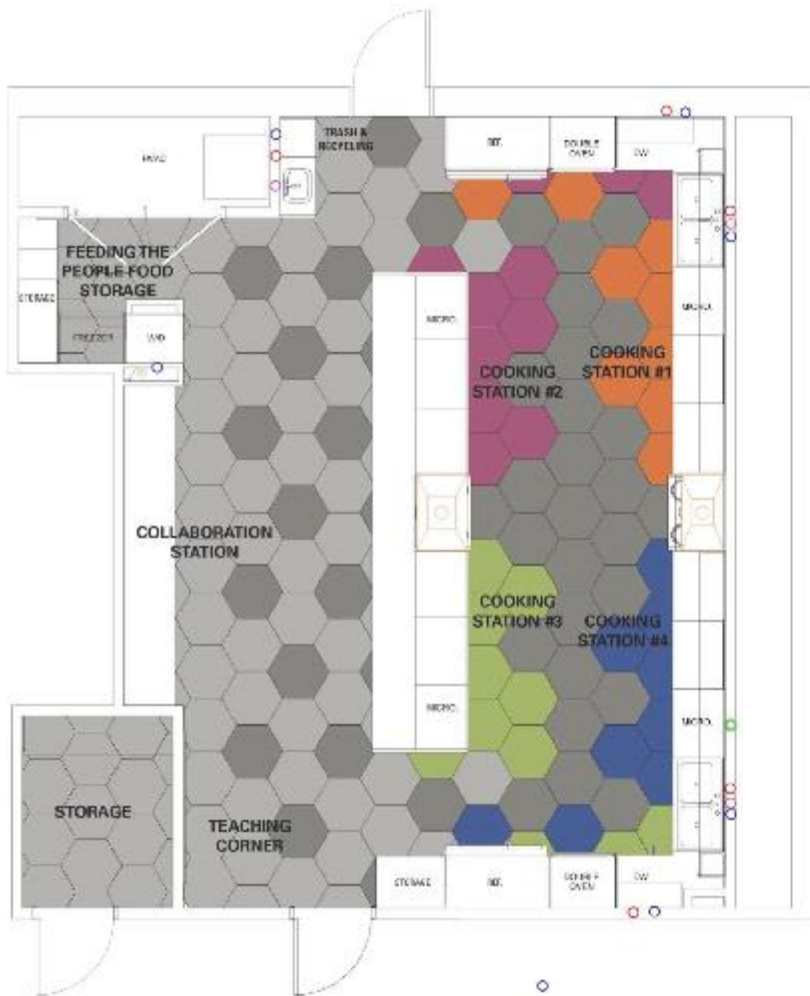


GrowWELL Garden - Childcare Centers



GrowWELL Garden - At Poe





CookWELL Kitchen

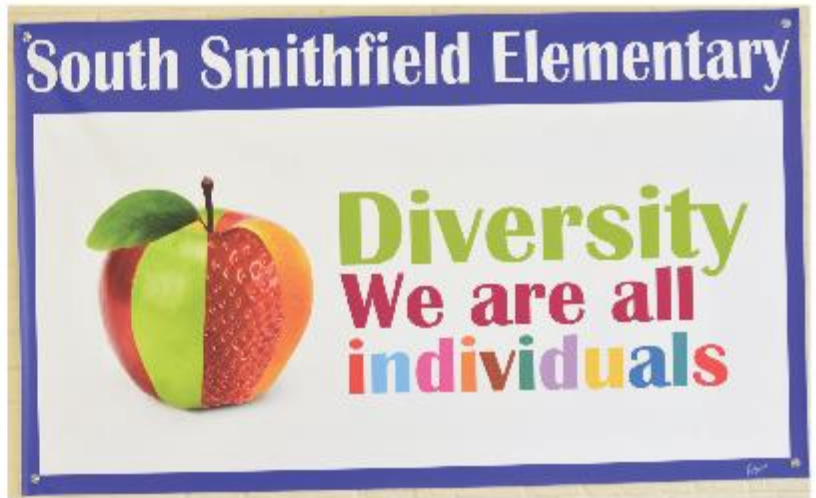


BeWELL with Poe Schools



East Garner ES - Wake
Lincoln Heights ES - Wake
Siler City ES - Chatham
South Smithfield ES - Johnston

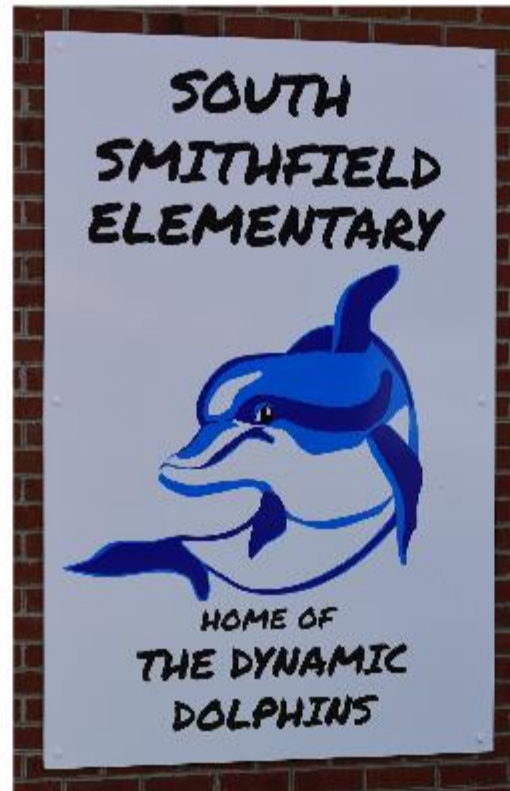
South Smithfield Elementary School



South Smithfield Timeline

Fall 2016

Poe Center
facilitates
nutrition
programming for
all classrooms



South Smithfield Timeline

Spring 2017

- Wellness Plans for 2017-2018
- Grant for a school bike club
- Bike to School day



Drink Water Instead of Sugary Drinks

South Smithfield Timeline

Summer 2017

Watermelon Welcome



Partnership with ARTS



PoeCenter™
The Alice Appack Poe Center for Health Education

South Smithfield Timeline

Fall 2017



- Bike Acquisition
- Bike Safety/Physical Activity classes for ALL students



Dynamic Dolphins Bike Club



South Smithfield Timeline

Winter 2018

Grow It, Try It, Like It



Brain Break Week



Eat a Rainbow Week

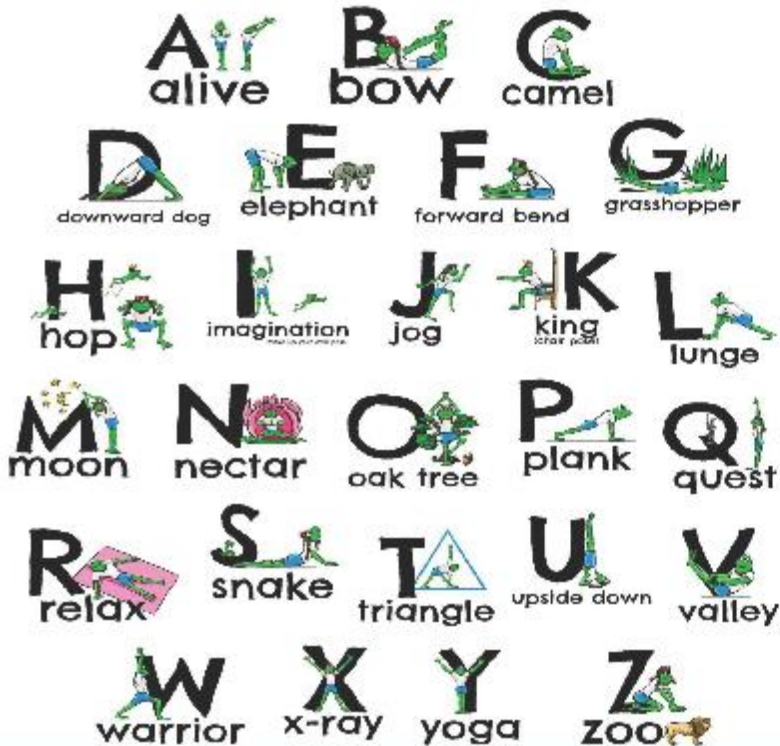


Young Yoga Masters.com



Frog Yoga Alphabet

Kids Yoga Teacher Training



© Young Yoga Masters, Inc. 2014

Page from Brain Break Week PowerPoint used in Morning Broadcast

Dynamic alphabet exercise

What's on the menu: **Super Spinach!!**

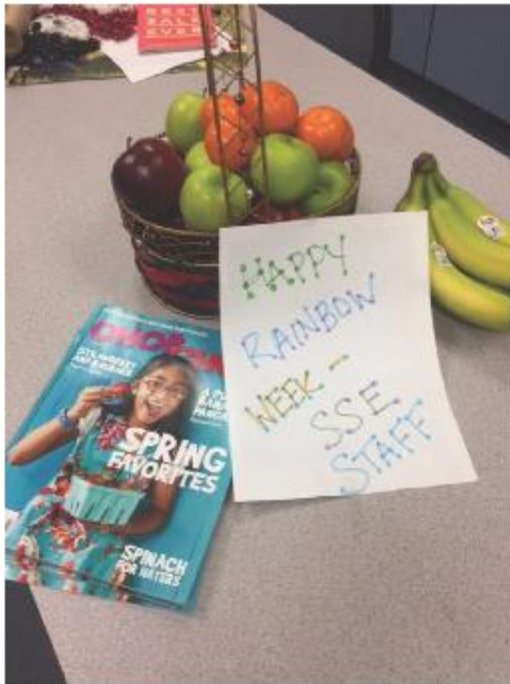


- **Spinach** is a good source of *fiber, Vitamin A, Vitamin C, Iron, Magnesium and Calcium.*
 - **Vitamin A** keeps eyes and skin healthy and helps protect against infections.
 - **Vitamin C** helps heal cuts and wounds and keeps teeth and gums healthy.
 - **Iron** is needed for healthy blood and normal functioning of all cells.
 - **Magnesium** is necessary for healthy bones.
 - **Calcium** is essential for healthy bones and teeth.
- **Fast Fact:** *in the 1920's the U.S. pushed spinach commercially, with the Popeye the Sailorman cartoon.*



What's next....

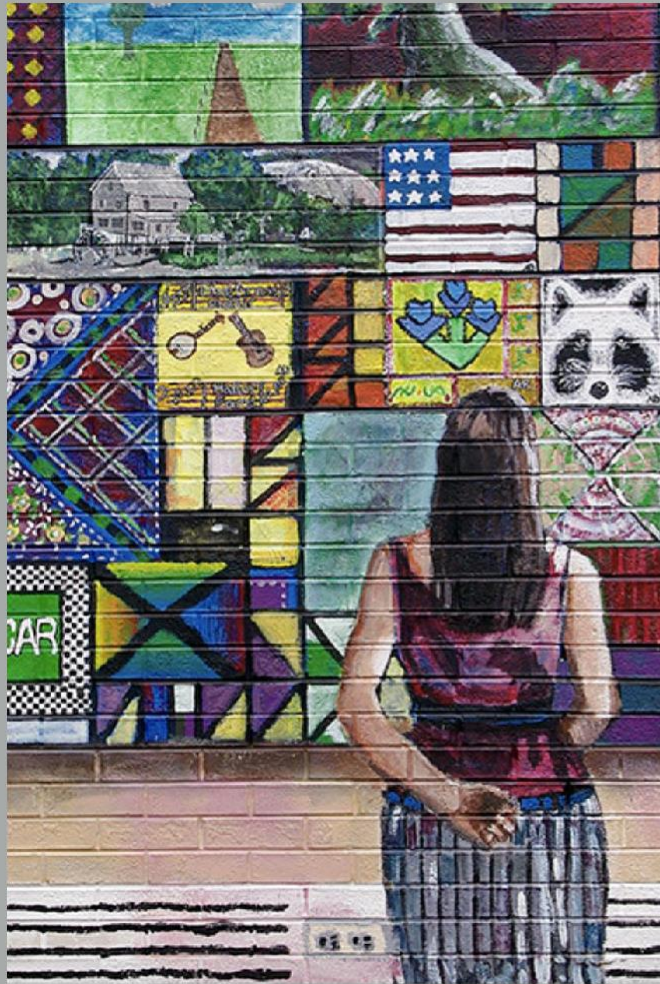
- Bike to School Day 2018
- Setting wellness goals and planning for 2018-2019





Contributing to a
Healthier Community
since 1991





Wilkes County, NC:
The coolest place
you've never heard of







Collective Impact

*initiatives provide a structure for
cross-sector leaders to forge a
common agenda for solving a
complex social problem.*

**Common
Agenda**

What is the problem? And what is our vision for the change we wish to see and be in the world?

**Shared
Measurement**

What data can we collect, and what can we measure, to enable us to see what is working?

**Mutually
Reinforcing
Activities**

How can we coordinate our efforts, so the sum of our parts is greater than what any of us could do alone?

**Continuous
Communication**

We build trust and confidence in our work and one another when we communicate honestly and openly, about the good and the bad

**Backbone
Support**

The creators, coordinators, and managers of the process.

Collaboration

Collective Impact

Convene around specific programs/initiatives



Work together over the long term

Addition to what you do



Is what you do

Prove



Learn and improve

Advocate for ideas

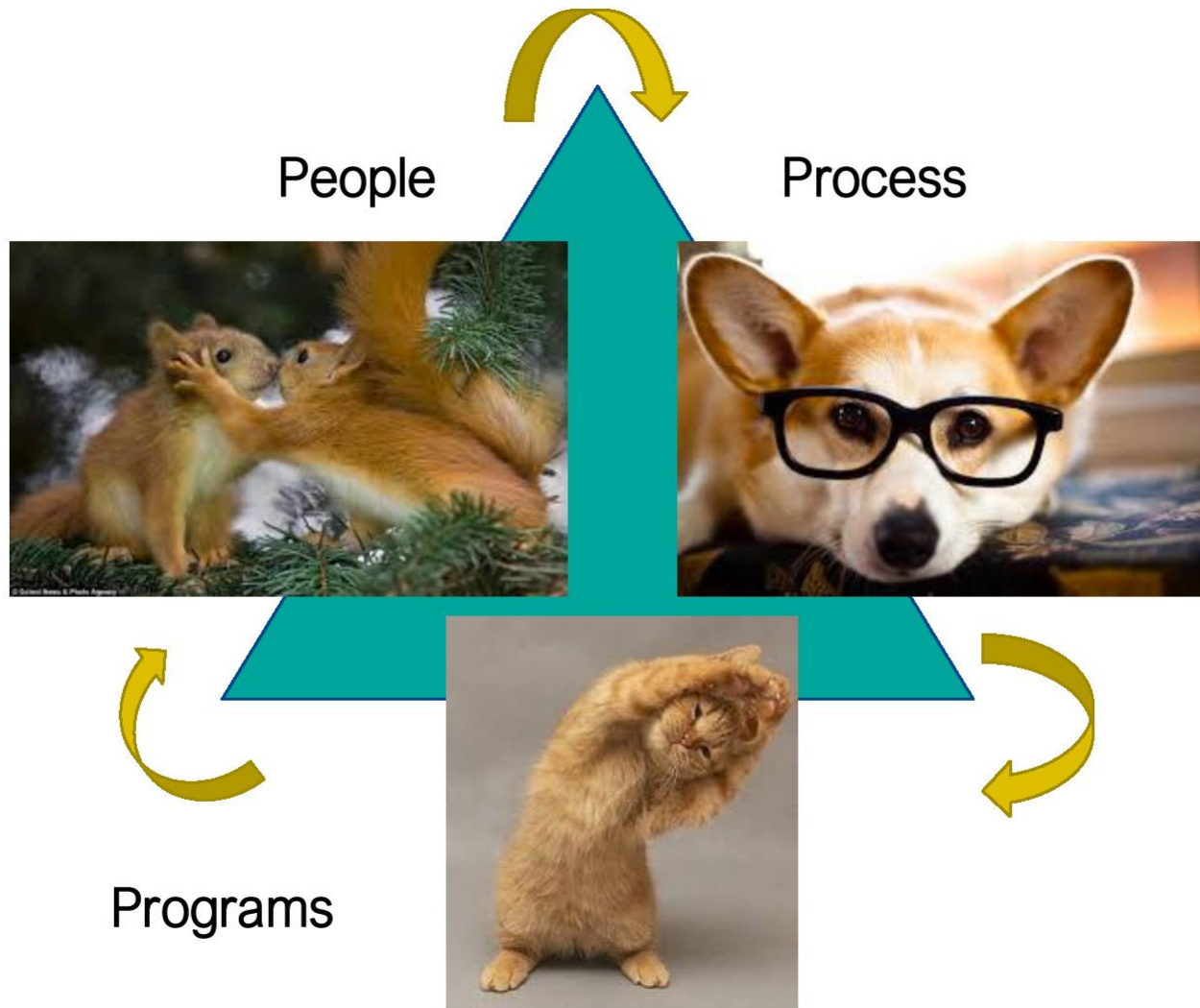


Advocate for what works

Collective impact initiative also are nearly always cross-sector, whereas collaborations often occur within a single sector



All Wilkes County
Children
(and adults!)
are healthy,
safe,
&
able to thrive



Learn more about
Collective Impact:

https://ssir.org/articles/entry/collective_impact



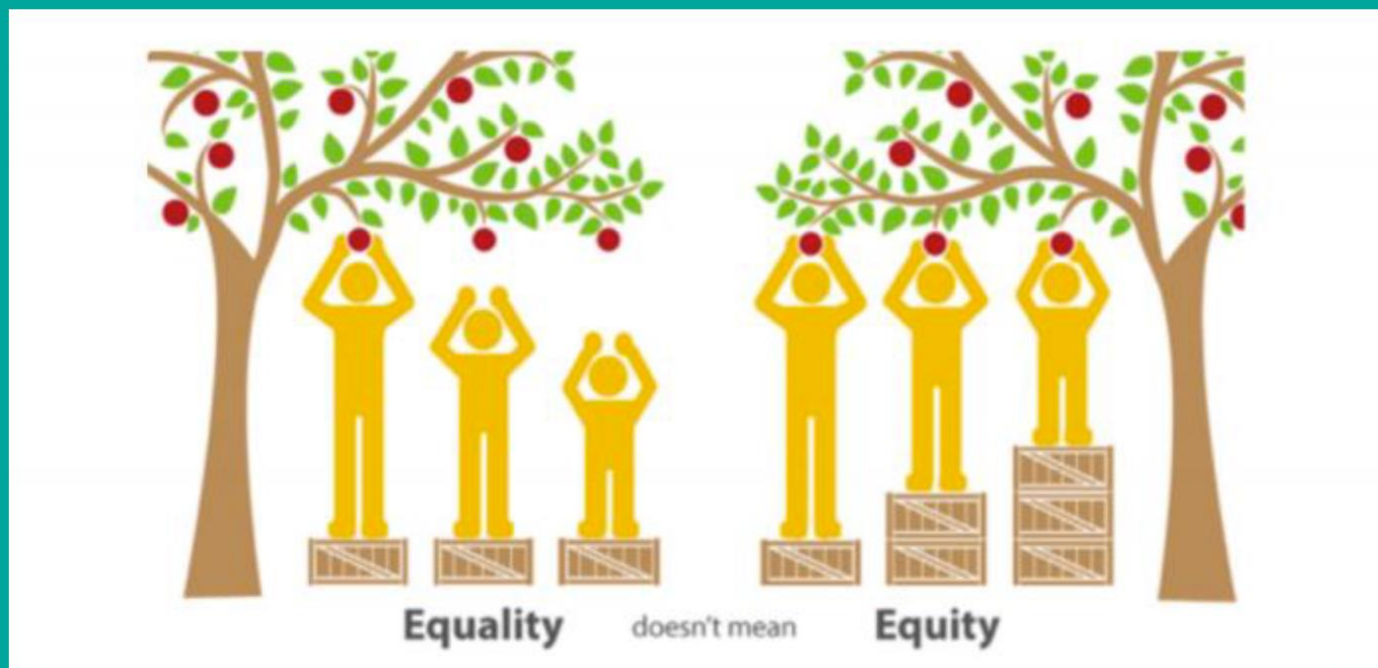
COLLECTIVE
IMPACT FORUM



<https://www.collectiveimpactforum.org>

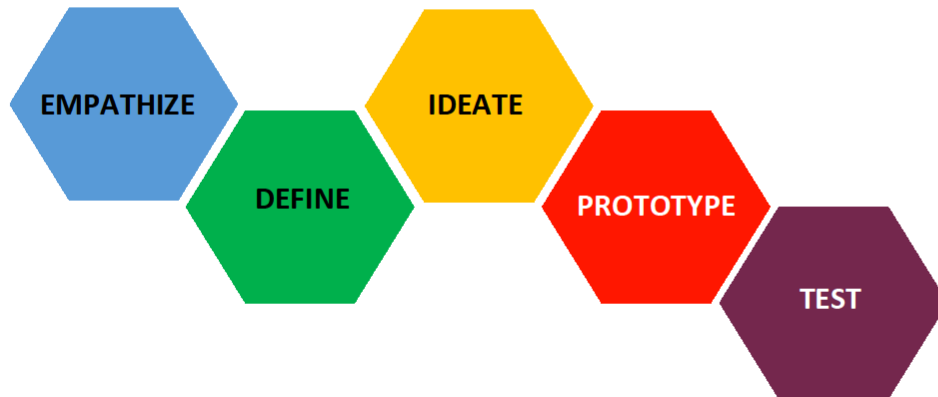


Healthy People Healthy Carolinas



<http://www.gcorr.org/equity-vs-equality/>

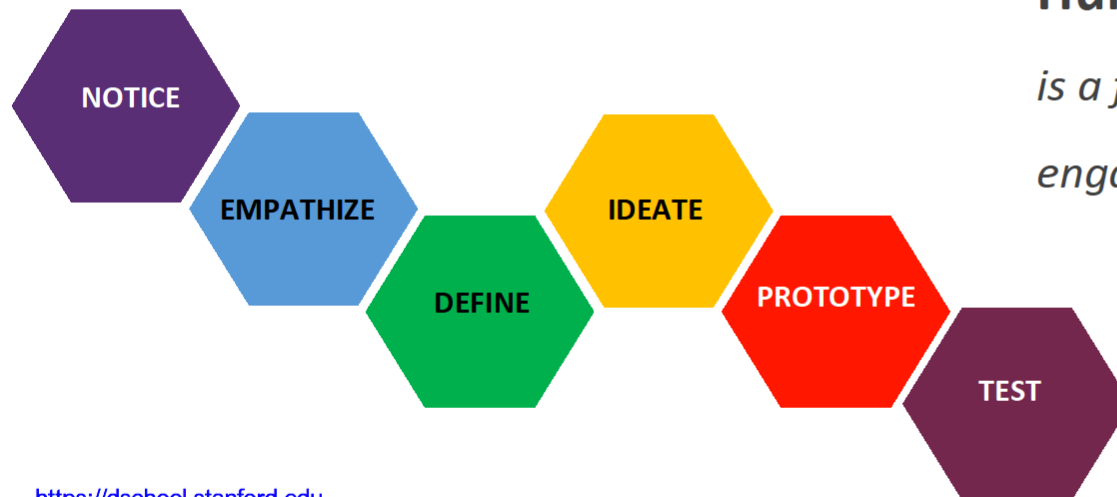
www.healthywilkes.org



<https://dschool.stanford.edu>

Human-Centered Design

is a framework that allows us to engage and involve real people.



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is a framework that allows us to engage and involve real people.

<https://dschool.stanford.edu>



Building Child-Centered
Communities



NOTICE

EMPATHIZE

EMPATHIZE



POSITIVE GOALS



raising places
Jenn



FOR BETTER OR WORSE,
YOUR HOME ENVIRONMENT
AFFECTS EVERYTHING ABOUT
YOUR QUALITY OF LIFE —
INCLUDING PHYSICAL HEALTH,
MENTAL HEALTH • SOCIAL LIFE.

PARA BIEN O PARA MAL, EL
AMBIENTE DE SU HOGAR
AFECTA TODO LO RELACIONADO
CON SU CALIDAD DE VIDA:
SALUD FISICA, SALUD MENTAL
Y VIDA SOCIAL.

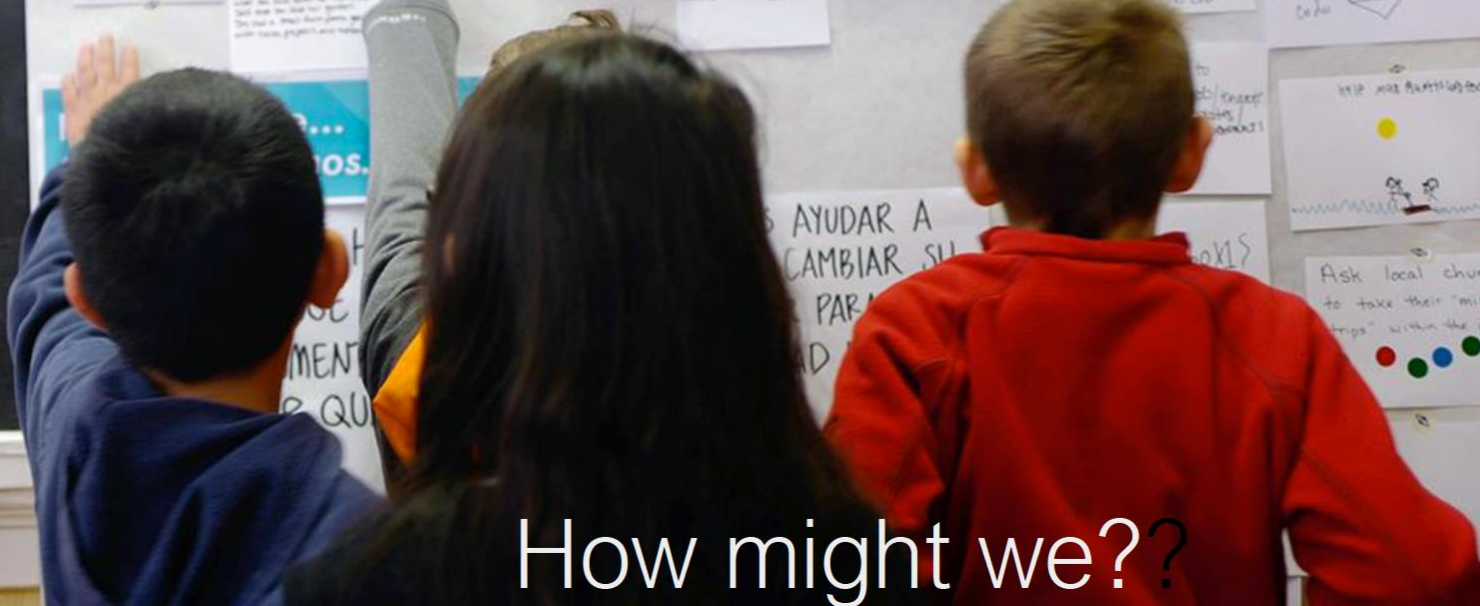


A collage of handwritten notes and drawings on a wall, including ideas like "Renters repair fund", "Security Guard", and "Ask local churches to take their mission trips".

DEFINE

IDEATE

**Continuous
Communication**



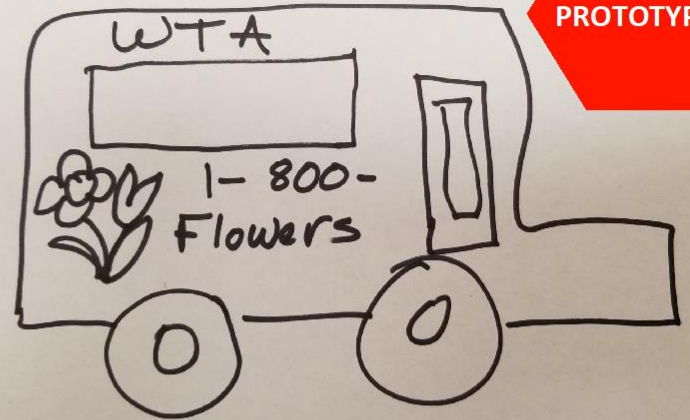
How might we??

Flashdrive includes lots of information and statistics of North Wilkesboro that will entice developers to come here

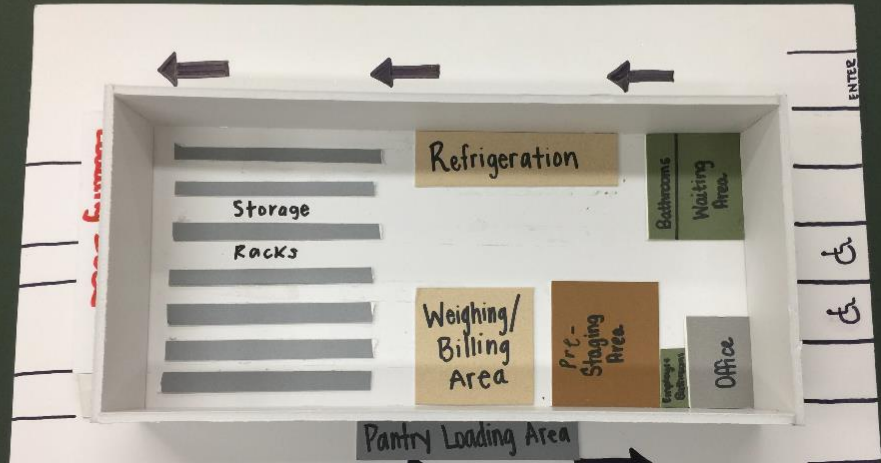
FLASH DRIVE

Yes, and...

Tell me more!



PROTOTYPE





TEST

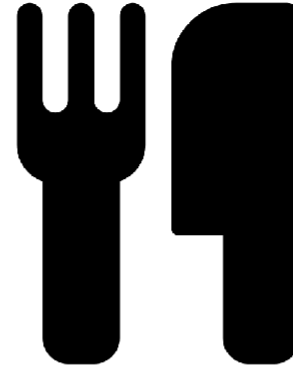
Continuous Communication

Transportation

Improve Connections to Key Destinations

Incentive program to attract walkable developments

Marketing Program for bus shuttles & stops



TEST

Mutually
Reinforcing
Activities



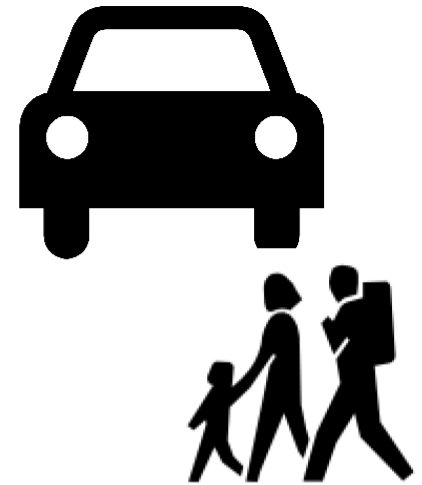
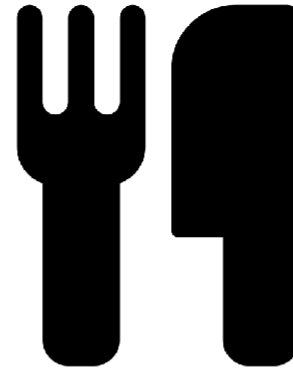
Housing

Home Revitalization Program

Home Environment Mini Grants

TEST

Mutually
Reinforcing
Activities



Food Security

Hunger Coalition

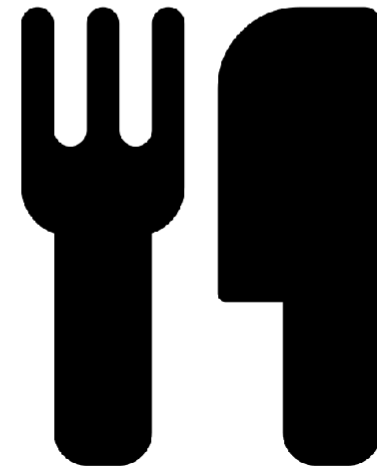
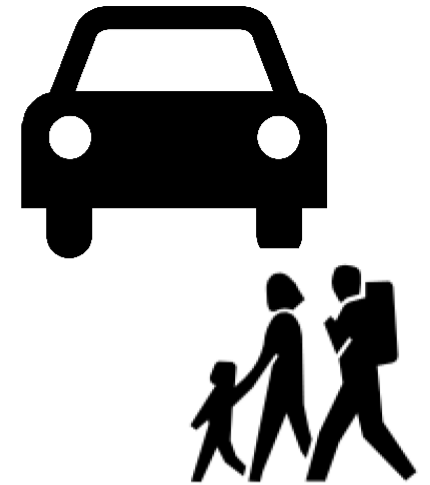
Second Harvest Extension /Grocery Store

Healthy Cooking on a Budget Program

Mobile Food Service

TEST

Mutually
Reinforcing
Activities





TEST

Shared
Measurement



All Wilkes County
Children
(and adults!)
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Learn more about
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<https://www.raisingplaces.org>

<http://greatergoodstudio.com>

<https://www.ideou.com>



heather@healthywilkes.org

Call to Action -



The infographic features a textured, light brown background with several birds in flight. On the left, four stylized human figures are shown; the two central figures are larger and hold bowls of food. In the center, a red tractor is depicted. On the right, a red dump truck is shown with its bed raised, dumping material. The text is in a dark red, serif font.

Feed People, Not Landfills: Reducing Food Waste

Food loss and food waste are becoming increasingly **important issues** as the world's population grows and as pressures on agricultural land and other resources increase. There are many **environmental, health** and **nutrition** issues created by food waste.

Eat Smart, Move More NC

2018 meeting dates:

September 13

December 6

– JC Raulston Arboretum

Thank You!

