

Orientation for New Members



Objectives

- Provide an overview of the Eat Smart, Move More NC Leadership Team and Movement
- Learn about the North Carolina Plan to Address Obesity
- Learn how to access various resources on the Eat Smart, Move More NC web site

What is Eat Smart, Move More North Carolina?

A statewide movement that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray.



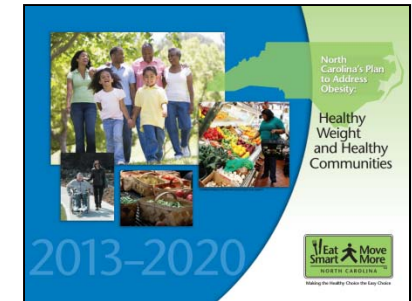
About Us

- The Movement
 - For any organization that promotes healthy eating and physical activity in the state
- The Vision
 - A North Carolina where healthy eating and active living are the norm, rather than the exception
- The Mission
 - To reverse the rising tide of obesity and chronic disease among North Carolinians by helping them to eat smart, move more and achieve a healthy weight

Key Behaviors

- Increase physical activity
- Increase consumption of fruits and vegetables
- Decrease consumption of sugar-sweetened beverages
- Reduce consumption of energy-dense foods
- Decrease television and screen time
- Increase breastfeeding initiation, duration, and exclusivity

North Carolina's Plan



- The Plan
 - Members contribute by selecting strategies
 - The Plan Presentation – feel free to use!
- Progress Reports
- Report of Eat Smart, Move More NC's Evolution
- Prior work on eating smart and moving more

The Leadership Team

Benefits of Membership

- Network with colleagues at meetings and through the website directory.
- Get great ideas for eating smart and moving more that you can incorporate into your organization's practices.
- Use the Eat Smart, Move More NC branded materials.
- Learn from local, state and national speakers.



The Leadership Team

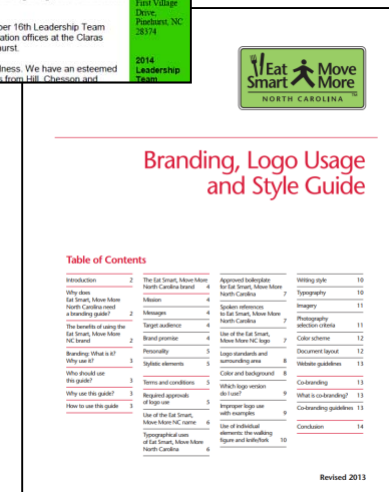
- No cost to join
- Bylaws
- Organizational Structure, Policies and Procedures
- Executive Committee
- Leadership Team Members
- Join the Team



www.eatsmartmovemorenc.com/ESMMLeadership/ESMMLeadership.html

The Leadership Team

- Quarterly meetings
 - All are welcome
- Communication
 - E-letters go out one week before the meeting
- Logo Usage Guidelines



Eat Smart, Move More NC Website

www.EatSmartMoveMoreNC.com

Policy

- **Policy Strategy Platform**
 - Compilation of recommendations from various task force groups over the past 5 years
 - One stop shop for groups that want to know what is recommended based on evidence

- **Summary of State Legislation**
 - List North Carolina legislative actions on recommended strategies

Eat Smart, Move More North Carolina

**Policy Strategy Platform:
Summary of State Legislation**



April 2014

Background
Eat Smart, Move More North Carolina is a statewide movement that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, work, play and pray. This movement is guided by the Eat Smart, Move More NC Leadership Team, a multi-disciplinary team composed of statewide partners that work to implement North Carolina's Plan to Address Obesity, Healthy Weight and Healthy Communities 2013-2020.

The choice of what we eat and how much we move is influenced by the environment in which we live. Often, that environment is shaped by policies. Therefore, policy is a cornerstone of environmental and behavior change. The Leadership Team compiled the **Policy Strategy Platform** as a centralized location for policy recommendations that help to meet the goals in North Carolina's Obesity Prevention Plan.

Purpose
This document has been created by the Eat Smart, Move More NC Policy Committee to catalogue state legislation relevant to the Policy Strategy Platform. It includes the status of legislation introduced in the 2009, 2010, 2011-2012 and 2013-2014 sessions of the North Carolina General Assembly.

Document Updates
This document will be updated on an annual basis. The last update was completed in April 2014. For current status of state legislation, see the North Carolina General Assembly website: www.ncleg.net

Eat Smart, Move More NC Policy Committee
This document was created by the Eat Smart, Move More NC Policy Committee. The Policy Committee works to educate, inform and bring together partners interested in physical activity, healthy eating and obesity related policy issues. A list of organizations participating in the Policy Committee is available in the Eat Smart, Move More NC Policy Strategy Platform.

Definitions

- **Legislative Action:** A synthesis of recommended state legislative action. This language is directly from the Policy Strategy Platform.
- **Code:** A summary of any code identified by the task force when recommending the strategy. This language is directly from the Policy Strategy Platform.
- **HR and SR:** refer to House Bill and Senate Bill (respectively).
- **HR and SR:** refer to House Resolution and Senate Resolution (respectively).
- **Status:** Refers to where the bill is in the process from being introduced through adoption. Status does not provide any detail on implementation of the bill(s).

Hyperlinks to Bills
Each bill listed in this document is hyperlinked to the North Carolina General Assembly website. The website provides the most current status of each bill.

Sources
Eat Smart, Move More NC Policy Strategy Platform available at <http://www.eatsmartmove.com/PolicyStrategy/PolicyStrategy.html>
NC General Assembly website at www.ncga.state.nc.us



Eat Smart, Move More NC Website

- Directory
 - Listing of public health professionals by county
- Data
 - Links to data sources and reports
- News
 - Share your information here!
 - Send your news to coordinator@eatsmartmovemorenc.com.
- Ads and Press Materials

Eat Smart, Move More NC Website

- The Evidence
 - What works in obesity prevention
- Success Stories
 - In Eating Smart and Moving More
- Programs and Tools
 - For Eating Smart and Moving More

Eat Smart, Move More NC Website

Check out our videos:

[Movement video](#)



That's all folks...

QUESTIONS

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