



April 2019

Eat Smart, Move More North Carolina Quarterly Newsletter

Message from the Chair

Dear Eat Smart, Move More NC Member:

We hope to see you at our upcoming Eat Smart, Move More NC meeting on April 15th from 1:00 to 3:30pm. National speaker and former Acting Surgeon General, Dr. Boris Lushniak will join us to share a message on, "A Shift to Prevention and Wellness - Can We Do It?"

Please remember that registration is required for this event, which will be held at the McKimmon Conference and Training Center at NC State University, 1101 Gorman St, Raleigh, NC. If you did not register by mail in advance, you may register at the door as long as seats are available. On-site registration will be accepted until all seats are filled. Arrive by 12:30 on April 15 to register and pay \$10 fee (cash or check only) at the door. The registration form is available [here](#).



We're looking forward to this opportunity to learn more about the social determinants of health as Dr. Lushniak discusses how disease prevalence is influenced by our social, physical, and genetic environments. Dr. Lushniak will use the history of successes and lessons learned from the fight against tobacco to inform how we can move the needle on wellness.

Dr. Lushniak will also discuss the second edition of the Physical Activity Guidelines for Americans and reflect on the extensive knowledge gained since the first guidelines in 2008.

I am also excited to share that progress is underway to update some of our key Eat Smart, Move More NC resources and documents. You may remember an announcement in December 2018 that we would be forming three work groups in early 2019 to do the following:

1. Write the next guidance document for Eat Smart, Move More NC
2. Update the Eat Smart, Move More NC website
3. Review data for the objectives in the current Eat Smart, Move More NC Plan (2013 - 2020)

I am happy to announce that we have finalized work groups for these three tasks. Please join me in recognizing these members who have volunteered their time to lead this work:

- 2019 Writing Team: Carolyn Dunn (lead), Julie Paul, Kathryn Kolasa, Sherée Vodicka, Dave Gardner, Cathy Thomas, Melissa Rockett, Jenni Albright
 - Advisors to the 2019 Writing Team: Diane Beth, Tekeela Green
- 2019 Website Update Team: Melissa Rockett (lead), Chauvon Simmons-Wright, Diane Thomas, Amy Lopez, Richard Reish, James McRumney

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- 2019 Data Review Team: Jenni Albright (lead), Les Spell, Sam Hoeffler, Essette Kebede, Sam Thompson

On behalf of the Executive Committee, I would like to thank these work groups for their commitment to providing all North Carolinians who are working to prevent obesity with valuable guidance and resources to inform their efforts.

I wish you all the best as we continue to work to make the healthy choice the easy choice in our great state of North Carolina! Thank you for your partnership.

Sincerely,
Melissa Roupe

North Carolina Senior Games

North Carolina Senior Games Local Games are happening all across the state this spring! Participants will run, jump, swim and dance their way to victory all across the state, as they compete in one of the 52 Local Games in North Carolina. Those that qualify at the local level are invited to participate in the fall at the Senior Games State Finals. Senior Games is a great way for participants to stay healthy, be active, and move more! North Carolina Senior Games is a year-round health promotion and education program for adults 50 years of age and better to get and stay active through sports and SilverArts. For more information, contact ncsg@ncseniorgames.org or visit our website at seniorgames.org!



Submitted By: Lauren Presley, Program Coordinator, NC Senior Games, Inc

American Bone Health

Certain factors can put you at risk of breaking a bone. Did your mother break her hip? Do you smoke? Have you had cancer or thyroid disease? The American Bone Health Fracture Risk Calculator asks you a set of questions to help you figure out your level of risk. Then you can talk to your doctor about the steps you should take to keep your bones strong and prevent fractures. Just click and complete the short survey to see how likely you might be to break a bone in the next 10 years.

americanbonehealth.org/calculator/

Submitted By: Chandra Green, Program Coordinator, American Bone Health



#PoeFit Videos Bring the Poe Experience to You

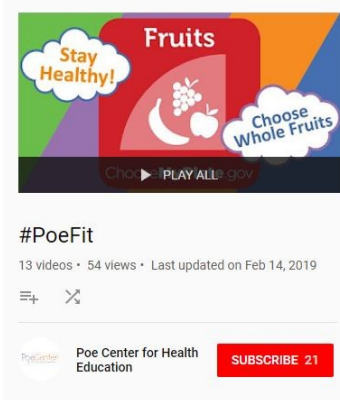
The Poe Center now offers a series of video clips dedicated to nutrition and physical activity messages. Filmed in the Poe Center's unique teaching spaces with kid audiences, each video features a specific nutrition or physical activity message taught during Poe's signature field trip experiences.

Messages focus on a wide range of topics, including each of the five food groups, the different levels of physical activity, gardening basics, and even a how-to demo for kale pesto. Videos on proper handwashing

technique are available in English and Spanish. The short clips are free to share and are great for social media posts and supplemental information in the classroom.

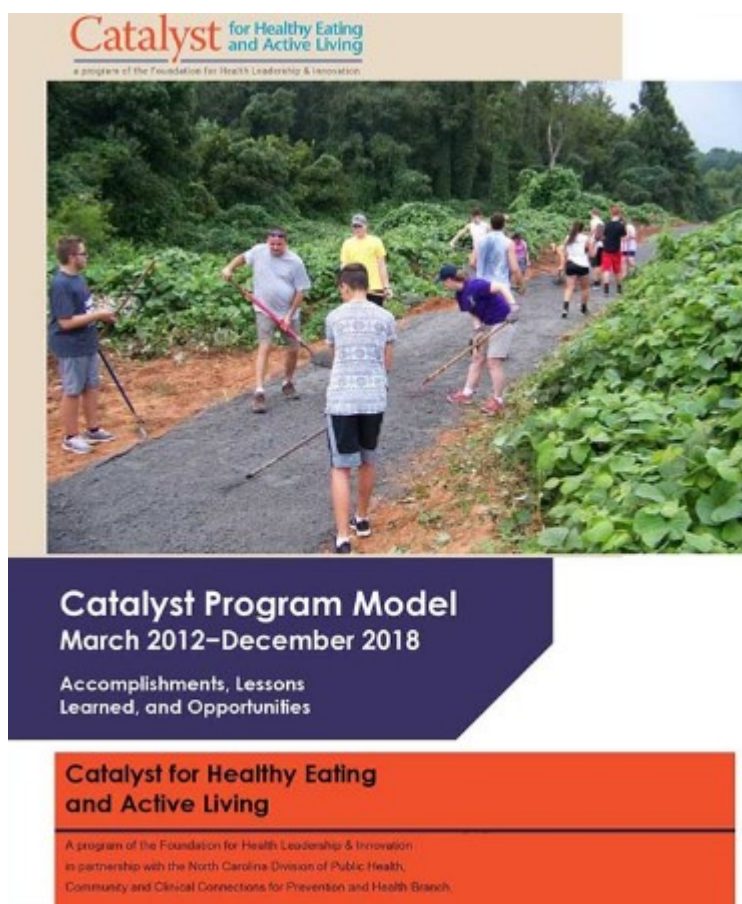
The videos are an enhancement to Poe's weekly Twitter series [#PoeFit](#).

Check them out at the [Poe Center's™ YouTube Channel](#).



Submitted by: Jennifer Bell, Marketing Director, Poe Center for Health Education

Catalyst for Healthy Eating and Active Living Comes to a Close



After six years of work with rural communities across North Carolina, the Catalyst for Healthy Eating and Active Living (Catalyst), a program of the Foundation for Health Leadership & Innovation drew to a close at the end of 2018. The Catalyst envisions empowered rural communities that acknowledge health inequities and advance change to improve health and wellbeing for everyone. The program has built partnerships, leveraged resources, and shaped policies, environments and systems to make healthy foods and safe places to be active more accessible. Celebrate and learn about all that the Catalyst has accomplished, the programs final program summary and report and their Lessons Learned Blog Series are now available here: communityclinicalconnections.com/What_We_Do/Catalyst_for_Healthy_Eating_and_Active_Living/index.html

Alamance Wellness Collaborative hosts Mark Fenton to talk walking and walkability





The Alamance Wellness Collaborative is working to increase active transportation in its municipalities and throughout the county. The Wellness Collaborative is a multi-disciplinary coalition focused on changing health outcomes for all residents through policy and the built environment changes.

[Mark Fenton](#), a national expert on walking and walkability, came to the county in 2018 and worked directly with planners, engineers, and elected officials to advance their active transportation goals. Mark Fenton brings energy, enthusiasm, and passion that is contagious, which was the case for Alamance County attendees. But the Wellness Collaborative knew that a one-time workshop alone may not be enough to sustain the momentum needed to produce the long-term impacts they hope to see. In early 2019, the Wellness Collaborative members had one-on-one follow-up meetings to continue the work and they created a simple resource template focused on programs, policies, and projects for decision makers to complete. This sparked innovative ideas and has resulted in deeper engagement, accountability, and opportunities to overcome perceived barriers and try new transportation approaches.

There's been a shift in the conversations around walking, biking, and multi-modal transportation. The Collaborative members know it won't happen overnight but are excited by this momentum. By leveraging the investment Impact Alamance, the health foundation, made to bring Fenton, they are seeing the municipal, county, and regional planners working on new projects that promote health. The Alamance Wellness Collaborative, formed in 2015, is supported by Impact Alamance, Healthy Alamance, and Healthy Places by Design."

Submitted by Tim Schwantes, Project Officer, Healthy Places by Design

Healthy Places by Design

[Healthy Places by Design](#) partnered with Blue Cross and Blue Shield of North Carolina Foundation to provide strategic advice as the foundation tailored its new investment, Community-Centered Health. This initiative was developed to support collaborations between clinical and community organizations to better understand, and act on, non-medical drivers of health, commonly known as social determinants. The goal of the initiative was to reduce differences in health that are closely linked with social, economic, or environmental disadvantages, and to improve health at the population level. The emphasis on clinical-community partnerships differentiated this approach from other forms of collaboration. It encouraged full participation of healthcare organizations, and recognized that they, community organizations, and community members all have data and expertise that should inform strategies, approaches, and goals. Instead of an individual-centered and treatment-oriented lens on health, this approach was community-centered and prevention-oriented. Three leading communities-Asheville, Gastonia, and Greensboro-embraced this approach as they addressed root causes of poor health such as housing, transportation, access to health care, and poverty. Healthy Places by Design and co-technical assistance provider Care Share Health Alliance provided ongoing coaching support throughout the first three years of their implementation efforts. Learn more about this collaborative initiative in this blog post by Healthy Places by Design's Executive Director, Risa Wilkerson. Submitted by Joanne Lee, Collaborative Learning Director, Healthy Places by Design



Are you one of the growing number of people across North Carolina who are working to expand access to fresh, local foods and farms for children, teachers, and families in preschool settings? Would you like to network with other preschool or early care and education programs and leaders across the state interested in farm to preschool practices? Then check out the NC Farm to Preschool Facebook page and like us @ [facebook.com/NCFarmtoPreschool/](https://www.facebook.com/NCFarmtoPreschool/)



The NCF2PS Network also publishes a monthly e-newsletter that brings you fresh ideas for gardening, children's literature connections, recent articles and research, links to webinars, and funding opportunities. To subscribe to the newsletter and get links to preschool garden lesson plans, teaching activities and more to enrich experiences for the children you serve, visit the growing-minds website preschool page here: growing-minds.org/farm-to-preschool/ Get connected with the NC Farm to Preschool Network! A whole world of resources await you. Submitted by Capri McDonald, Shape NC Implementation Coach, Smart Start

Mark Your Calendars

2019 Eat Smart, Move More NC meeting dates:

Thursday, September 12, 2019

Thursday, December 5, 2019

Celebrate National Bike Month in May





[Register for Bike to School Day, May 8th, 2019](#)

[Participate in National Bike to Work Week May 13-19th](#)

[Visit the National Bike Month Social Media Toolkit for Sample Posts and Ideas](#)

New Resources & Upcoming Events for Eating Smart and Moving More

- [The Community Guide released a new recommendation for school-based interventions that combine meal or Fruit and Vegetable Snack Interventions with physical activity interventions to improve health among elementary school students through grade six.](#)
- [Social Media Toolkit: April 2019](#)
- Unplug April 29th - May 5th for Screen-Free Week, the annual celebration where children, families, schools, and communities pause digital entertainment to enjoy life beyond the screen. Create opportunities for active, interactive, and creative experiences like reading, playing, nature exploration, exercise, gardening, arts and crafts, outdoor recreation, volunteering, and more. Learn more at screenfree.org.
- New: [Safe Routes to Healthy Food - Recommendations for Regional Planning Organizations](#)
- Young Professionals in Public Health Conference in Raleigh May 15, 2019



in Public Health **CONFERENCE**

Theme: Healthy Babies Initiative

May 15, 2019

Raleigh, NC
Breakfast & Lunch Included

Registration:
\$20 for NCPHA Members
\$30 for Non NCPHA Members

MORE INFORMATION TO COME
YPNCPHA@gmail.com