



December 2018

Eat Smart, Move More North Carolina Quarterly Newsletter

Message from the Chair

Dear Eat Smart, Move More NC Member:

Please plan to join us tomorrow, December 6th, for a delicious Mediterranean-inspired lunch and an Eat Smart, Move More NC meeting from 12:00 - 3:30. We will meet at the JC Raulston Arboretum at NC State University, located at 4415 Beryl Rd, Raleigh, NC, 27606.



We will provide lunch from 12:00 - 1:00 for members to gather and network. We're excited to share that your Eat Smart, Move More NC Executive Committee has planned a lunch featuring recipes from the [Med Instead of Meds](#) website, so please come and enjoy!

Med Instead of Meds provides a wealth of resources for living a Mediterranean lifestyle, which promotes health and decreases the risk of many chronic diseases. Our guest speaker, Zandra Alford, MPH, Foods and Nutrition Extension Associate, NC State University, will teach us all about Med Instead of Meds in the first segment of our meeting.

During our meeting, we will also discuss Strategic Plans for our Eat Smart, Move More NC Website Redesign, Development of our Next NC Obesity Prevention Guidance Document, and Evaluation of our Current NC Obesity Prevention Plan. We hope you will join us for this strategic discussion.

At the end of our meeting, we will have the opportunity to be among the first to tour the new teaching and research kitchen of the Department of Agricultural and Human Sciences at NC State University, which is just a short walk from our meeting location.

It's an exciting time to be a member of Eat Smart, Move More NC!

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You can download highlights from previous Eat Smart, Move More NC meetings and access information for upcoming meetings at: eatsmartmovemorenc.com/AboutUs/AboutUs.html.

I look forward to seeing you.

Sincerely, Melissa Roupe, Chair Eat Smart, Move More NC

New Teaching Kitchen Offers Cooking Programs for Schools and Organizations

The Poe Center has taken nutrition education to a new level with the opening of their 7th teaching theater, the CookWELL Kitchen. Set in a bright and colorful environment complete with high-tech instructional capability, the CookWELL Kitchen can accommodate up to 25 people and has four color-coded cooking stations designed to replicate an at-home cooking experience. Participants learn basic kitchen safety, nutrition, and making a simple healthy and delicious dish. Programs are currently available for 4th - 12th grades and adults, but can be adapted for any age group or tailored for a specific curriculum. Programs are led by ServSafe-trained professionals using evidence-based curriculum.

"Connecting Poe's nutrition programs to practical application in the kitchen is key to helping kids and adults create sustainable habits," says Rachel Pohlman nutrition program director for the Poe Center. "Learning basic kitchen skills and safety helps develop better food choices, preferences, attitudes, and behaviors which can have a positive impact on health, including body weight and risk of disease."

"We are thrilled to be able to offer this new experience to schools and organizations," says Ann Rollins, executive director for the Poe Center. "The CookWELL Kitchen helps create a holistic experience for visitors. Students can learn about healthy choices in our nutrition theater, learn to grow fruits and vegetables in our teaching garden, then take that knowledge and food down the hall to the teaching kitchen to prepare a healthy meal. We're able to provide practical knowledge and skills in a highly interactive hands-on experience."

More information about the CookWELL Kitchen is available online. Schools and organizations may schedule programs by calling the Poe Center's scheduling manager at 919-231-4006.

By Jennifer N. Bell, M.Ed. - Marketing Director Poe Center for Health Education



Help YOUR School Take the NEW School Health Index!

Action for Healthy Kids updated its online School Health Index (SHI) just in time for the start of the 2018-2019 school year!

The SHI is an online assessment tool that helps your school understand what school health best practices your school has in place, and where you can improve.

AFHK's new and improved SHI is easier to complete, shorter than ever, and provides a customized report that highlights opportunities for growth. [Complete the School Health Index on AFHK's School Portal today!](#)

Contact Brittany Ledford at bledford@actionforhealthykids.org with any questions.

Be Active Kids: Helping Children and Families Play More in 2018

Be Active Kids® (BAK), a signature program of the Blue Cross Blue Shield North Carolina Foundation, is an innovative, interactive health program for children birth to five and is available to adults working in child care centers/homes, schools, and communities across North Carolina.

This program utilizes evidence-based and evidence informed teacher- and child-directed approaches to increase physical activity in early childhood settings.

BAK has been a staple in our state since 1999 and continues to work with technical assistance providers and teachers to improve the health and well-being of our youngest North Carolinians.

In 2018, over 600 child care providers/teachers have been trained reaching more than 3,500 of children birth to age five.

BAK serves as a partner in Shape NC initiative through the North Carolina Partnership for Children. Through this collaborative work, BAK has provided trainings, technical assistance, resources, physical activity tools, and portable play equipment to child care centers in Wilson, Durham, Wake, and Randolph counties.

BAK also seeks to raise awareness of the importance of active play through three play initiatives: PlayDaze, PlayMobile and PlayPods.

By teaming up with local and state agencies to provide support, technical assistance, and information that parents, teachers and other members of the community can use to engage children in active play. These efforts have contributed to over 10,000 children and families playing more in 2018.

In 2019 BAK will hold its 5th biannual Early Childhood Physical Activity Institute and launch the Be Active Blue Campaign. For more information visit www.beactivekids.org or contact us at info@beactivekids.org or 919-287-7012.



The Calcium Challenge: March 2019

The principle mineral that keeps the bones strong is calcium, and American Bone Health will be starting its third year in educating the

public about the importance of bone healthy nutrition, especially calcium and vitamin D.

In a 2016 pilot event with four grocery stores in the Northeast, American Bone Health found that only 30% of consumers polled thought they got their required amount of calcium each day (between 1,000 and 1,200 mg). 42% of consumers said they didn't know if they were meeting their daily requirement, leaving 28% who knew they were definitely not getting enough calcium. There are many sources of calcium in the foods we eat, but most consumers do not understand their daily calcium requirements, what food groups are the best source of calcium and how to plan their meals to get enough calcium in their food.

American Bone Health is partnering again with Registered Dietitians (RDs) in *The Calcium Challenge* at community locations around the country. The RDs use presentation materials created and approved by the American Bone Health Medical and Scientific Advisory Board to describe basic nutrition requirements, and focus on nutrients scientifically demonstrated to be important for bone health - namely, calcium, vitamin D, magnesium and protein.

If you are interested in more information about this program or how to get involved, please contact Rachelle Cook at rachelle@americanbonehealth.org.

Healing Springs Farmacy Cooperative Healing Network

Healing Springs Farmacy is a women run cooperative focused on healing women and creating self sufficient trainings that benefit the entire family. We help to treat and empower women who are victims of domestic violence, rape, and poverty. Our practice has a giving program that gives healthcare at low or no cost to women in poverty. In order to keep our programs efficient and effective we rely upon donations from the community.

We are dedicated to natural living, holistic health, and empowering women with self sufficiency life training skills that heal self and others. Our classes focus on but are not limited to Business Ownership, Land Ownership, Permaculture, Holistic Health Care, Mental Health, and Self Love. We operate in the Greensboro and Winston Salem. Visit our Facebook page for events and tickets at <https://www.facebook.com/healingspringsfarmacy>.
