



Newsletter from Eat Smart, Move More North Carolina

Message from the Chair

Dear Eat Smart, Move More NC Partners,

The holiday season and end of a calendar year is often a time for reflection. While 2020 has been an unprecedented year with unique challenges, there are things for which I am thankful.

I am thankful to live in a state with a strong public health system under the leadership of Dr. Mandy Cohen, Secretary of the North Carolina Department of Health and Human Services. Her regular updates to the public, based on science and sound public health practice, have provided important and reassuring guidance to keep as many North Carolinians healthy as possible.



I am appreciative of my public health and professional colleagues, who have impressed me with the creative ways in which they have adjusted to new working arrangements, continued to serve and support their clients and community members while being physically distanced, and juggled work responsibilities and family care. Your Eat Smart, Move More NC Executive Committee has been a shining example of these qualities, being nimble in shifting partner meetings to a virtual platform and increasing the frequency of meetings to keep the movement thriving.

I am grateful to all of you, our partners in the Eat Smart, Move More NC movement. Since its inception in 2002, the movement has relied on voluntary time from its partners to make the state obesity prevention plans and other resources available across the state. We can be proud that our statewide movement to promote opportunities for healthy eating and physical activity wherever people live, learn, earn, play, and pray is still going strong after 18 years! Thanks to many of you who have attended our meetings over the past year. Moving to virtual meetings has enabled us to stay connected with longtime partners and engage new supporters from across the state.

While much remains unknown about the context in which we will be living and working in 2021, your Executive Committee remains committed to the Eat Smart, Move More NC movement and you, our partners.

We hope you will join us for our final meeting of 2020 on December 9 (see registration information below). In addition to learning about sleep, one of eight Eat Smart, Move More NC Core Behaviors for overall health, you will be introduced to new Executive Committee members and hear updates about our 2021 meeting schedule.

With gratitude,
Joanne Lee, MPH, RD
Chair of Eat Smart, Move More North Carolina
Collaborative Learning Director with Healthy Places by Design

Please Join Us Wednesday, December 9th

If you have not already done so, please register [here](#) for our virtual Eat Smart, Move More NC meeting on Wednesday, December 9, 2020 from 1:00-2:00pm. The meeting will provide opportunities for Eat Smart, Move More NC partners to:

- Learn about the importance of sleep quality and quantity, and the impact on healthy weight;
- Provide a venue for Eat Smart, Move More NC partners to share and network with each other about their work and communities; and
- Stay informed about the Eat Smart, Move More NC movement.

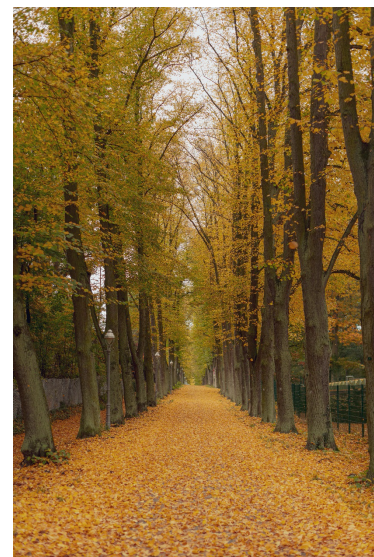
[Agenda](#)

Rural Health (Symposium Presentation: Registered Dietitian Nutritionists RDNs) act creatively to help patients and clients manage their weight, diabetes and other diet related conditions during COVID

A presentation entitled: Registered Dietitian Nutritionists (RDNs) act creatively to help patients and clients manage their weight, diabetes, and other diet related conditions during COVID, has been selected for the Rural Health Symposium on February 25, 2021. More information about the whole symposia is at https://eahec.ecu.edu/b/p/20210226_c63212.pdf and <https://www.easternahec.net/courses-and-events/63212/rural-health-symposium>. Innovations described include those from East Carolina University: Kay Craven, Kathleen Ascanio, Jill Jennings, Julia Johnstone, and Kathryn Kolasa; from the Pitt County Health Department: Robin High; and from NC State University: Kelly Nordby.

Free Photos for Your Use

One question at our October meeting was, “Where can we find free photos to use in social media posts?” Two websites that provide free stock photos are unsplash.com and pexels.com. This inspiring autumn photo by Daniel Schludi was downloaded free of charge from Unsplash.



North Carolina Social Determinants of Health Interactive Maps

These [maps](#) are available through the NC Office of Minority Health and Health Disparities and were shared by partners at our September 2020 virtual meeting. This Office's mission is to promote and advocate for the elimination of health disparities among all racial and ethnic minorities and other underserved populations in North Carolina.

A Practitioner's Guide for Advancing Health Equity

This [Health Equity Guide](#), offered by the CDC, was shared by partners at our September 2020 virtual meeting. It offers lessons learned from practitioners on the front lines of local, state, and tribal organizations that are working to promote health and prevent chronic disease and health disparities.

Equitable Enforcement to Achieve Health Equity

This [guide](#) for practitioners was shared by partners at our September 2020 virtual meeting. It is offered by Change Lab Solutions, a national organization that advances equitable laws and policies to ensure healthy lives for all. Change Lab Solutions prioritizes communities whose residents are at highest risk for poor health.