



## Newsletter from Eat Smart, Move More North Carolina

### Message from the Chair

Dear Eat Smart, Move More NC Partners,

I hope you have been staying and managing well through this time of continued uncertainty and change. Current events have touched all of us personally and professionally and cast a brighter light on health and equity. We have an important role to play in addressing social determinants of health.

The Executive Committee recognized that this time presented an opportunity to pause and listen to our partners, and determine together how to go forward in the Eat Smart, Move More NC movement. In July, the Executive Committee hosted two Listening Sessions with partners/members in the movement, which:

- Provided a virtual (videoconference) space for Eat Smart, Move More NC partners to share their experiences in order to inform future activities for the movement,
- Helped us understand the current health, social, and political environment and landscape in which partners of the movement are working, and
- Gave us input about how the Eat Smart, Move More NC movement can support partners efforts.

We were pleased and grateful to have partners from across the state and who work in a variety of settings engage with us in the Listening Sessions. The following key themes emerged and will serve as guideposts for the Executive Committee as we make plans for the movement going forward.

- Partners/members of the Eat Smart, Move More NC movement have remained flexible and resilient amid the COVID-19 crisis, with many increasing their services and/or finding new opportunities to meet community needs.



- Partners of the movement value the resources they receive via the Eat Smart, Move More NC meetings and website.
- Partners are interested in learning more about others who are engaged in the movement via sharing and networking.
- Addressing social determinants of health and health equity is a priority shared by partners of the movement.

You have spoken and we are taking action! Throughout the rest of this year, Eat Smart, Move More NC will offer you the following activities and supports.

- Partner/member meetings for the rest of this year will be held via one-hour videoconferences. Click on this [link to register](#) for our next meeting on September 10, 1:00-2:00 pm, which will be an interactive session with opportunities for partners to share and network with one another about addressing health equity in your work and communities.
- Our meetings for the remainder of 2020 will be shorter, but more frequent. Please mark these times on your calendar! We will send meeting links for the October and December meetings in the near future.
  - Thursday, September 10, 1:00-2:00 pm
  - Wednesday, October 22, 1:00-2:00 pm
  - Wednesday, December 9, 1:00-2:00 pm

We also plan to be more active via social media to provide you with more opportunities to engage with us and other members of the Eat Smart, Move More NC movement. Be on the lookout for postings on Facebook and LinkedIn soon.

The Executive Committee's primary interest is to serve you, our partners! Please continue to share with us and we'll continue to respond as we all work to make North Carolina a place where healthy eating, active living, and health equity are the norm, rather than the exception.

Stay well,

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

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## Please Join Us On Thursday, September 10

If you have not already done so, please register [here](#) for our virtual Eat Smart, Move More NC meeting on Thursday, September 10, 2020 from 1:00-2:00pm. Our topic will be “**Addressing Health Equity in North Carolina Communities.**” This will be an interactive meeting with opportunities for partners of the Eat Smart, Move More NC movement to share and network with one another. Key takeaways from the Listening Sessions that were conducted in July with Eat Smart, Move More NC partners will also be shared.

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## In the Cards

As unemployment surged in North Carolina this spring during the COVID-19 pandemic, so did the demand for food from food banks, food pantries and other emergency sources. Two NC State Extension programs collaborated across the state to make sure that people receiving the food had the information they needed to make safe and healthy meals.

One result: 264 emergency food distribution sites – including food pantries, schools, and churches – were able to tuck 102,000 nutrition card decks into boxes and bags of food for people in need. The card

decks contained 12 recipes and nutritional information for healthy main courses.

The decks also included information on preparing and storing fruits and vegetables; on food safety; and how to connect with the programs responsible for creating them: [Steps to Health](#) and the [Expanded Food and Nutrition Education Program \(EFNEP\)](#).

Steps to Health, NC State University's SNAP-Education program, serves those eligible for the federal Supplemental Nutrition Assistance Program. EFNEP is a federal and local partnership providing nutrition education programs for families and school-aged youth with low incomes. NC State collaborates with North Carolina A&T State University to carry out the program in North Carolina.

Both programs work to help their participants make healthy choices within a limited budget and choose physically active lifestyles.

Funding for the project came from the NC Family & Consumer Sciences and Extension & Community Association Foundation, the Extension's local foods program team, SNAP-Ed, and EFNEP.

[Full article](#)

Written by Dee Shore and submitted by Jayne McBurney

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## NC Senior Games

The Celebration of the Human Spirit that is State Finals continues...not even a pandemic can stop North Carolina Senior Games participants! State Finals 2020 is still happening virtually.

Virtual State Finals competitors will complete their sports activity at home safely, and submit their scores online. Medals will be presented via Zoom and Facebook Live and participants will have an opportunity to fellowship with each other during zoom. Senior Games includes the arts so there will also be a virtual SilverArts Show on our website and an Awards Ceremony for Performing, Literary, Visual and Heritage arts categories.



North Carolina Senior Games is continuing to promote mental and physical health through socialization, fitness activities and wellness programming in 2020. The fun, fitness, and fellowship that is Senior Games continues! For more information go to [www.ncseniorgames.org](http://www.ncseniorgames.org).

Submitted by Lauren Presley

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## Impacts of COVID-19 on Food Security, Physical Activity, and Health Webinar Series

NC State University researchers and extension professionals co-hosted a webinar series entitled “The Impacts of COVID-19 on Food Security, Physical Activity, and Health.”

- During the first webinar, Lindsey Haynes-Maslow, Associate Professor & Extension Specialist focused on “[Exploring the Impact of COVID-19 on Food Security and Health Behavior to Build a Public Health System Responsive to Crises in North Carolina](#).” Dr. Haynes-Maslow shared preliminary results from an online survey that was distributed across the state during May and June 2020. Over 400 North Carolina participants responded to the survey.
- The second webinar, “[Leveraging Community Organizations to Support Physical Activity During COVID-19 Food Security](#)” consisted of panel of NC State speakers including Jason Bocarro, Professor, Department of Parks, Recreation, and Tourism Management; Breyana Davis, Food & Built Environments Extension Associate, Steps to Health; Lauren Morris, Nutrition Educator, Steps to Health; Annie Hardison-Moody, Associate Professor & Extension Specialist, Department of Agricultural & Human Sciences; and Kim Eshleman, Special Projects Manager They discussed how various community organizations can support safe access to physical activity opportunities during the pandemic.



- The last webinar, “[Resources during COVID-19](#)” also included a panel of speakers, including a food assistance program policy update from Dr. Haynes-Maslow, an overview of Extension professionals’ Sarah Ware and Nicky Ulrich’s efforts to help with community food distribution, followed by Breyana Davis and Dr. Annie Hardison-Moody sharing resources from NC State’s Steps to Health and Faithful Families websites. Overall, nearly 300 individuals tuned into the webinar series. All recordings from the webinars can be found [here](#).”

Submitted by: Lindsey Haynes-Maslow, PhD, MHA

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## Pitt County Honored as an All-American County

The All-America City/County Award was created in 1949 by the National Civic League and was once called the “Nobel Prize for constructive citizenship.” When communities apply for the Award, they engage in a year-long process to reflect on their community’s story – its strengths, challenges and progress. The Award spotlights communities across the country that are the best in local innovation, civic engagement, and cross-sector collaboration. Congratulations to North Carolina’s very own Pitt County for being named a 2020 All-America County!

Engaging and listening to residents and working across sectors and silos is not new in Pitt County – it’s embedded in the government and community. Community members determine their needs, the county listens to their voices, and they work together to implement solutions. Successful initiatives that were highlighted in Pitt County’s Award package include the Local Reentry Council which supports released prison inmates in becoming financially independent and productive members of the community, Community Paramedic Program which expands the traditional EMS/paramedic role to reach and provide health care and services to underserved populations, and Farm and Food Council which offers a variety of programs that promote a healthy, sustainable, and economically viable local food system. Learn more about why [Pitt County, NC is an All-America County](#).

Submitted by Joanne Lee



## UNC Rex Food Pantry Accepting Donations During COVID-19

The UNC REX Food Pantry supports patients and their families who may be struggling with access to healthy foods. Patients are asked simple questions by a member of the UNC REX case management team, as a way to assess need. For these patients, a few days' supply of food can be a valuable contributor to good recovery and can be a welcome support for families dealing with the stresses of a hospital stay. This resource is even more important to these patients and families during the COVID-19 Pandemic. We are currently accepting donations.

To learn more about UNC Rex Food Pantry accepting donations during COVID-19, go to <https://www.rexhealth.com/rh/about/community/food-pantry/>.

Submitted by Ashley Honeycutt