

# Summer 2023 Edition



## Eat Smart, Move More NC Partner

### *A Word from our Chair*

#### Foundation, Action, and Future




I have had the opportunity to ponder the great foundation that built the Eat Smart Move More movement almost 15 years ago. The movement was built from a need to build a plan to address obesity in North Carolina that brought together a dynamic group of individuals to create North Carolina's first plan, a map.

Fast forward to our March meeting. In person, a dynamic group of individuals gathered, after too much time away. We heard from Dr. Madhu Vulimiri of another great plan, the State Action Plan for Nutrition Security. It is a Call to Action for each of us as we support communities through our work to develop equitable policies and systems the foster healthy behaviors.

At that meeting were student interns, the future of ESMMNC and this great work. I am inspired to work with them, walk with them, and ensure that this work continues for another 15 years.

I encourage you to consider that future. What will ESMMNC look like in 2024, in 2030? What will be your dynamic contribution?

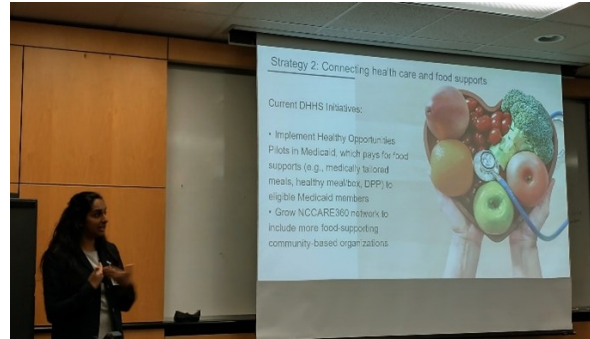
Jayne McBurney, Chair

 <p><b>MISSION</b></p> <p>Support and connect North Carolina communities as they develop equitable policies, systems, and environmental infrastructure that foster healthy eating and active living.</p>	 <p><b>VISION</b></p> <p>North Carolina communities have equitable opportunities every day and everywhere for healthy eating and active living that lead to healthy behaviors.</p>	 <p><b>WHAT WE DO</b></p> <p>Our statewide collaborative provides access to healthy eating and active living resources, education, and networking opportunities to enhance local action and statewide impact.</p>
<p>Learn more about the history of the Eat Smart, Move More North Carolina movement.</p>		

*Thank you for joining our first in-person  
ESMMNC Partner Meeting in 2023!*

Many thanks to you all and our speaker, **Madhu Vulimiri, MPP** NC DHHS Deputy Director with the Division of Child and Family Well-Being, for joining us in March to share about *NCDHHS Vision and Structure: Where are We Headed?*

Thank you for joining us for the Eat Smart, Move More North Carolina Partner meeting on March 23, 2023 and helping to continue the **[Eat Smart, Move More NC statewide movement!](#)**



Below are a couple of items we would like to share from the meeting for those who attended and those who may have missed it.

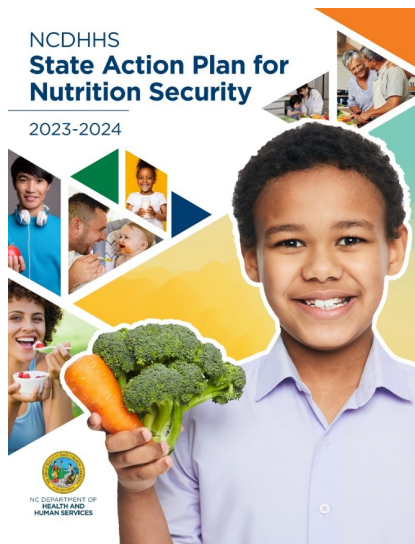
- You can find the PowerPoint slides for that event's speaker on our [website](#) under Past Meetings.
- [March 23<sup>rd</sup> Meeting Pictures](#)

Please mark your calendar for the upcoming [meeting dates and times](#).

To catch up on recent updates and news, you can read the most recent newsletter [here](#).

Of course, as you probably already know, feel free to use any and all [resources](#) and share them with others.

## State Action Plan for Nutrition Security



The North Carolina Department of Health and Human Services [released](#) the [North Carolina Department of Health & Human Services State Action Plan for Nutrition Security](#), outlining an innovative, multi-pronged strategy that NCDHHS is taking to reduce food insecurity in NC.

[Read](#) the statement of appreciation to nutrition partners from Madhu Vulimiri, MPP NC DHHS Deputy Director with the Division of Child and Family Well-Being.

**Save the Date, November 16, 2023, 12:00 PM - 2:00 PM**

# A Day for Recognition: Hall of Fame, Champions, Innovators and Students

The Eat Smart Move More North Carolina (ESMMNC) is hosting its first Awards Ceremony in November 2023! Take a moment to nominate a colleague or yourself! Click on the links below for details.

**Calling for all nomination now through August 15, 2023.**

**Hall of Fame** will honor those who have had exemplary service to North Carolina through support and implementation of ESMMNC strategies and outreach, and who have made a significant contribution to ESMMNC and its mission.

**Champion Award** honors individuals and teams who have contributed visible and tangible implementation of ESMMNC Strategies to create change in their communities. The contribution may be in the form of distinguished service to the organization at the state, regional, or county level. Awardees must be Partner members of ESMMNC and current Executive Committee members are ineligible.

**Innovator Award** honors individuals and teams who energize their work through new initiatives that support ESMMNC Core Behaviors. Their contributions affect communities at the regional, or county level. Awardees do not need to be Partner members of ESMMNC and current Executive Committee members are ineligible.

**Student Award** honors individuals who show promise to the ESMMNC mission and vision. Awardees do not need to be Partner members of ESMMNC and current Executive committee members are ineligible.

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## Consider Becoming an ESMMNC Executive Committee Member in 2024

### In Their Words...

*"It has been a pleasure working with so many folks from across North Carolina in an effort to bring about positive changes in the health of children and adults through Eat Smart, Move More's work over the last two decades. I have been blessed to be a part of the Eat Smart, Move More NC movement and its Executive Committee for almost 15 years and have seen exciting and beneficial changes in policies, systems, and environments due to the vision and leadership of the Eat Smart, Move More Executive Committee (and dedicated action of people in communities across the state). I encourage you to share your knowledge, experience, and passion for health by being a part of this rewarding work... Join us today and keep the movement going!" – Rich Rairigh*

*"I feel connected, because of Eat Smart, Move More! I was part of the movement for many years as a Cooperative Extension Agent, then I joined the Executive Committee. Working with folks from across the state towards a common goal has provided great opportunities for collaboration and meaningful outcomes." – Jayne McBurney*

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# Save the Date for the next Virtual Partner Meeting!



**Date: Thursday, September 28, 2023**

Time: 1:00 PM - 2:30 PM

Connecting the Triad of Students, Colleges, and Community Partners: A Spotlight on Student Involvement and Engagement and Their Critical Role in Community-Based Nutrition and Physical Activity Projects

*Further details will be shared prior to the event.*

***With Appreciation for the Executive Committee and Partners that Continue to Move ESMMNC Forward!***



Jayne McBurney, Chair



Richard Rairigh, Vice Chair



Joanne Lee, Past Chair

Learn more about the full Executive Committee at:

<https://www.eatsmartmovemorenc.com/executive-committee/>

[eatsmartmovemorenc.com](https://www.eatsmartmovemorenc.com)

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