



March 2018

Eat Smart, Move More North Carolina Quarterly Newsletter

Message from the Chair

Dear Eat Smart, Move More NC Member:

Plan to join us on March 20 from 1:00 - 2:30; as we hold the first Eat Smart, Move More NC virtual meeting.

We have two great presentations lined up for this meeting. [The Poe Center for Health Education](#) will present on their SNAP Ed program and highlight work they are doing at South Smithfield Elementary School in Johnston County to improve school wellness. Heather Murphy, Executive Director of [The Health Foundation of Wilkes County](#) will discuss how they use the human-centered design framework to build collective impact in Wilkes County through their work with The Duke Endowment program "Healthy People, Healthy Carolinas" and the Robert Wood Johnson Foundation program "Raising Places."

We hope you will join us for these exciting discussions.

Register now!

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

I look forward to "seeing" you (virtually) next week.



Next Meeting
(Virtual/Webinar)

Date:

March 20, 2018

Time:

1:00-2:30

Location:

Virtual/Webinar

**2018 Eat Smart,
Move More NC
Meetings - Save
the Dates!**

September 13, 2018

December 6, 2018

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[illegible]

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Poe Center and Johnston County Public Schools Hosts "Eat A Rainbow Week"

Quick Links

[Eat Smart, Move More, NC](#)

"How pretty!" a young student exclaimed, as she walked into the lunch line at South Smithfield Elementary School on Monday, March 5. She then proceeded to fill her tray with a bright red apple, shiny grape tomatoes, and a gorgeous green broccoli salad. Color was on the menu for lunch.

It was "Eat A Rainbow Week" at Johnston County Public Schools, and students were greeted with a festive display of colorful fruits and vegetables, along with decorations and a life-sized waving happy-faced apple. The goal was to encourage students to try a variety of fruits and vegetables rich in nutrients for a well-balanced diet.



Thanks to a partnership between the Poe Center for Health Education and Johnston County Public Schools (JCPS) Child Nutrition Services, five area schools participated in the program, including South Smithfield Elementary School, Cooper Elementary School, Micro Elementary School, Four Oaks Middle School, and Glendale-Kenly Elementary School. JCPS Child Nutrition Services planned a menu to highlight a different colored fruit or vegetable for each day of the week. The Poe Center provided educational materials and information for students and teachers, as well as decorated the schools with fun posters. Information and handouts were sent home to continue the educational process with students' families.

"Eat A Rainbow Week," March 5 - 9, 2018

Monday "Red" - strawberries, grape tomatoes

Tuesday "Orange" - carrots, oranges

Wednesday "Yellow" - bananas

Thursday "Green" - spinach

Friday "Blue" - blueberries

"Teaching students at a young age the value and benefit of eating the "colors of the rainbow" will hopefully foster a desire and a passion to live a healthy lifestyle. Children in today's society are often influenced by many things that may lead to non-healthy or non-productive lifestyles. Educating the whole child is more than just academics, it is reaching students who are and will be productive members of society. Eat a Rainbow Week teaches students that being healthy can not only be fun, but delicious as well!" - Laura Makey, Principal, South Smithfield Elementary School.

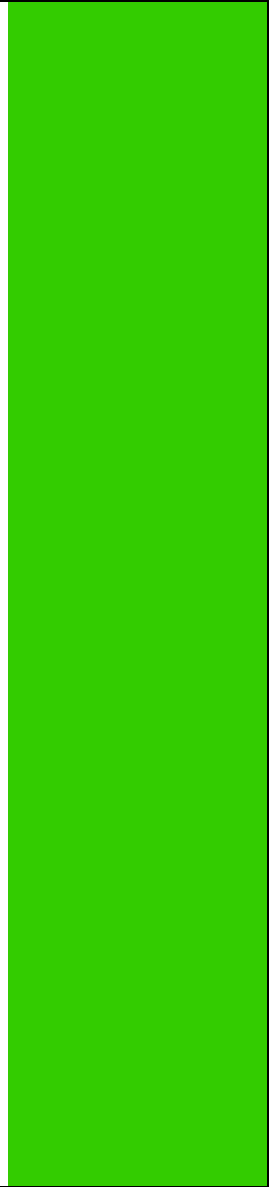
"The cafeteria is a classroom, too. We are constantly looking for ways to get our students involved and educated so when they are not in school they know what they are eating, what it does for their body, and how to make sound food choices. We are thrilled to be participating in this event and spreading the Rainbow county wide!" Mary-Catherine Talton, Johnston County Public Schools Nutrition Services.

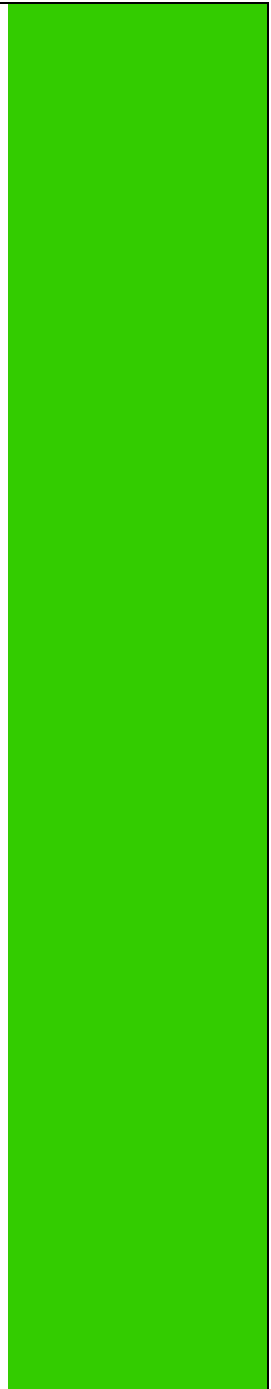
"As a health educator at the Poe Center, I teach hundreds of nutrition and physical activity classes every year focused on giving students the information they need to make healthy choices about their diets. "Eat A Rainbow Week" is an opportunity to put that information into action and turn behaviors into habits. Having the schools create this healthy environment makes it more likely for students to persist in their healthy choices." - Lauren McCallum, Senior Health Educator, Poe Center for Health Education.

Thanks to funding from SNAP-Ed, South Smithfield Elementary is one of four North Carolina schools that participate in the Poe Center's BeWELL with Poe program. Dedicated health educators work with each school to incorporate nutrition and physical activity education into the overall curriculum, support staff wellness, and pursue additional funding to support policy, system and environmental changes including extracurricular programs, such as bicycle clubs and building walking paths.

For more information about the Poe Center, visit poehealth.org.

Submitted by Jennifer Bell, M.Ed - Marketing Director Poe Center for Health Education







Action for Healthy Kids Grant

We know a healthy school culture is good for our kids, but how do you make it happen? Cultivating a culture of health in your school can seem daunting but with a little creativity and an [Action for Healthy Kids grant](#), we know success is just around the corner! Help your school become healthier with a Game On, Parents for Healthy Kids or School Breakfast grant for the 2018-2019 school year. Receive funding and technical assistance to increase physical activity opportunities, improve nutrition initiatives, engage parents in school wellness or increase breakfast participation. We've got a ton of resources, guides and tips to put together an innovative and grant-winning application that will get your kids and school community up and moving in the healthy direction!

Game On Grants - \$500 or \$1,000

- Support physical activity AND nutrition initiatives.
- Funding can go toward but is not limited to equipment for recess, physical education, before and after school programs, nutrition education, and school gardens.
- Check out the [application](#) and the [application instructions guide](#)
- Please view the recorded [Game On Grant Application Webinar](#)

Parents for Healthy Kids Grants - Up to \$1,000

- Support parent-led physical activity AND nutrition initiatives.
- Funding can go toward but is not limited to equipment for recess, classroom physical activity, play space or gymnasium refurbishing, healthy celebrations and fundraisers, and taste tests.
- Check out the [application](#) and the [application instructions guide](#)

- Please view the recorded [Parents for Healthy Kids Grant Application Webinar](#)

School Breakfast Grants - \$1000 - \$3000

Support initiatives to pilot or expand a school breakfast program through alternative or universal alternative breakfast models, breakfast promotions and family engagement.

Check out the [application](#) and the [application instructions guide](#)
Please view the recorded [School Breakfast Grant Application Webinar](#)

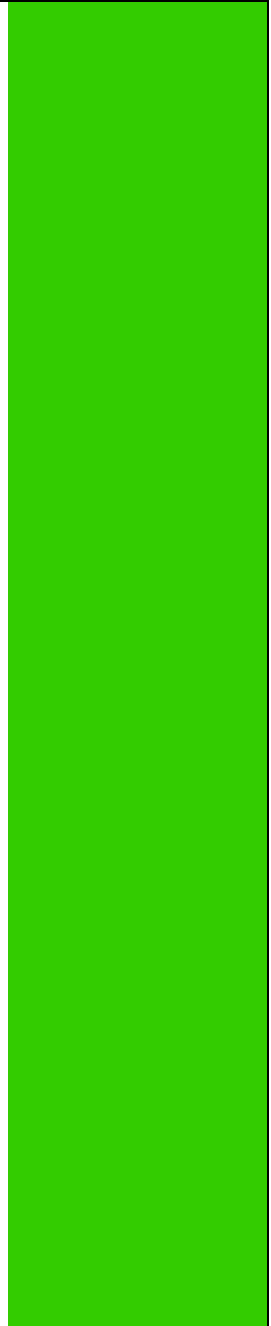
For additional information, go to [School Grants for Healthy Kids](#) or email Brittany Ledford at bledford@actionforhealthykids.org!

Health Matters

Funded by the Centers for Disease Control and Prevention,

[Health Matters](#) is a project focused on increasing access to healthy food and physical activity in four counties in North Carolina: Edgecombe, Halifax, Lee, and Northampton, which were identified by the Centers for Disease Control and Prevention as areas with significant health disparities. Health Matters works by building partnerships with health-focused coalitions and other local organizations to increase their capacity for impact. The grant is a partnership between the Department of Agricultural and Human Sciences, Department of Parks, Recreation and Tourism Management, Department of Sociology, and Extension at NC State.

In 2017, Health Matters Associates (HMAs), based in each of the four county extension offices worked with county-based coalitions and over 110 community partners to support over 60 projects to increase access to healthy eating and physical activity. Some highlights include: Park Baptist Community Garden in Halifax County, which provided 354 families and 30 homebound older adults with fresh produce over the 8 week harvest; GAP certification of Conetoe Family Life Center's community farm, which allows the farm to provide locally grown produce for hospitals and schools in Edgecombe County; Bike use promotion through bike rack installation in Lee County; and park enhancements in Northampton including a walking trail, benches, and playground equipment around the local library. The project draws on the strong partnerships between NC Cooperative Extension, the NC Division of Public Health, the [Active Routes to School Program](#), and the [Catalyst Program](#) at both the state and local level. We look forward to continuing these local and state partnerships throughout the duration of the grant, which ends September 30, 2018.







Digital Walking Ads Now Available!



English and Spanish digital walking ads are now available for web advertising on eatsmartmovemorenc.com/Media/WalkingAds.html.

The ads come in various sizes and are perfect for promoting physical activity and good health. You can download the digital ads for free to

place on websites. For additional resources, walking tips and more, visit movemorewalknownc.com/move-more.

[Click here](#) for access to the entire collection of ads including TV, radio, billboard and print.

Social Media



Facebook

March is National Nutrition Month®. Learn how communities can help increase access to healthy foods and beverages through farmers' markets and other programs. <http://bit.ly/2kYPuZA>

Communities can help encourage healthy eating by providing access to fruits and vegetables. During National Nutrition Month®, learn how corner store owners in Kentucky are improving their business and the health of their community by offering fresh produce. <http://bit.ly/2kSDFUO>

Did you know that kids aged 6 years and older should be getting at least one hour of physical activity each day? With warmer weather around the corner, kids have more opportunities to get outside and be active. Learn how to encourage children to be more physically active. <http://bit.ly/2DeBVOp>

Does your office have a worksite wellness program? Are there ways to improve your current program? Here are some resources to help you promote physical activity and healthy living at your workplace. <http://bit.ly/2DLd7yH>

Early Care and Education settings can play an important role in encouraging physical activity and promoting healthy habits in children. Learn how CDC is working in these settings to prevent childhood obesity. <http://bit.ly/2Dps4bX>

People who have obesity are at an increased risk for many serious chronic health conditions. Use this step-by-step guide to get started losing weight. <http://bit.ly/2i6erVi>

Twitter

March is National Nutrition Month®. Learn how communities can help to increase access to healthy foods and beverages. <http://bit.ly/2kYPuZA>

VIDEO: See how offering healthy food options has affected these corner store owners and the health of their community. <http://bit.ly/2kSDFUO>

Warmer weather is just around the corner, learn ways to encourage children to be more physically active. <http://bit.ly/2DeBVOp>

Learn how CDC is working in Early Care and Education settings to help prevent childhood obesity. <http://bit.ly/2Dps4bX>

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Source: CDC NUTR-PA-OBESITY-LISTSERV

NC Senior Games



Spring has sprung, and that means it's time for North Carolina Senior Games! NC Senior Games is the health promotion and education program for North Carolinians 50 years of age and better. Participants stay active with our athletic events, including team sports, and flex their creative sides with SilverArts performing, literary, visual and heritage categories.



Local Senior Games are registering participants all across the State Now! With 53 Local Games (that serve all 100 counties), you are sure to find a community where you can join as a participant or volunteer. This link has a [list of all 53 Local Games with contact information](#). Find yours today!

So get into the Spirit and share the joy of "healthy aging" with people of all ages! The fun is about to begin and you don't want to miss out!

NC Legislature Votes to Support Teacher Funding



On Tuesday, February 13th, the NC House voted to support program enhancement courses, like physical education (PE) and art, by slowing

down the class size changes and creating a funding stream for enhancement course teachers.

The bill, HB 90, passed through the Senate Friday, February 9th and the House on Tuesday, the 13th. Now it sits on Governor Cooper's desk, and we expect he will allow the bill to become law. This legislation delays K-3 class size reductions, which will phase in beginning in the 2019-2020 school year and will be complete by the 2021-2022 school year. The legislation also funds approximately \$61 million to a dedicated recurring funding stream this fall to hire enhancement teachers (i.e., physical education, art, and music teachers, and others as determined by the NC State Board of Education). It provides a separate allotment for funding classroom teachers. This is a great win for kids and parents across North Carolina! It is now important for local community members to continue to monitor how those funds are used in their local educational agency (LEA) to ensure we are supporting strong PE programs in our schools.

The American Heart Association, North Carolina Alliance for Health, NC-AAHPERD-SM, and other organizations have followed the class size funding issue because of the importance of funding physical education teachers. NC is starting to take important steps to prioritize PE in our schools. While this legislation is a step in the right direction, we still have more work to do to build strong PE programs at the local and state level.

Eat Smart, Move More North
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