



# Eat Smart, Move More NC Leadership Team Quarterly Update

April 2017

## Eat Smart, Move More North Carolina Newsletter

### Message from the Chair

Dear Eat Smart, Move More NC Member:

We invite you to join us for our May 31st Leadership Team meeting. This is a meeting you will not want to miss! Mark your calendars now for May 31st from 1:00 - 3:30 pm; we will meet at the McKimmon Conference and Training Center at N.C. State, located at 1101 Gorman St., Raleigh, NC 27606.



We're excited to share the launch of the North Carolina Healthy Out of School Time (HOST) Recognition Program with you at this meeting. The HOST Recognition Program establishes a voluntary recognition designation for out of school time programs that meet a designated set of healthy eating and physical activity standards.

We are also eager to share our plans for Eat Smart, Move More NC 2.0 with you at this meeting! You will remember that our December meeting focused on defining the future of the Eat Smart Move More NC movement. We had a fantastic turnout of Leadership Team members and guests, which led to a wealth of ideas generated during the meeting from our small group discussions. From the summary of these discussions, the Eat Smart Move More Executive Committee has been working hard to identify our next steps. Please

### Next Meeting

Date:

May 31, 2017

Time:

1:00 - 3:30

Location:

McKimmon Conference and Training Center at NC State, 1101 Gorman Street, Raleigh, NC 27606

**2017 Leadership Team Meetings - Save the Dates!**

join us as we outline our plans for the coming year, which involve you!

We will have dedicated time at our May 31st meeting for networking so plan on bringing your business cards and contact information. We need your involvement and expertise to move forward with some of the December recommendations, so we will form workgroups during the meeting. We need you on a workgroup to help us! We will also have time for "Member Highlights" during the meeting. The "Member Highlights" time will provide an opportunity for all attendees to highlight how you are implementing components of our state plan in your daily work, as well as share upcoming events with all participants. So start preparing now because this meeting is going to be exciting!

You can download highlights from previous Leadership Team meetings and access information for upcoming meetings at: [eatsmartmovemorenc.com/AboutUs/Meetings.html](http://eatsmartmovemorenc.com/AboutUs/Meetings.html).

I look forward to seeing you in May.

Sincerely,

Melissa Roupe, Chair Eat Smart, Move More NC Leadership Team

## Fitness Zone - North Wilkesboro

The laughter tells the story-it is really, really hard not to have fun while exercising at the newly opened Fitness Zone at the West Park Medical Campus owned and operated by The Health Foundation in North Wilkesboro, NC.

The outdoor exercise park is tucked into an unused corner of the medical park, near the Greenway Trailhead overlooking the river. Thanks to the generous contributions of its membership, the \$90,000 mini-park is free and open to the public. The equipment is designed for users over the age of fourteen.

"We recognized that users of the Greenway had great access to aerobic exercise, but might find going inside a gym to do resistance training might be unaffordable or otherwise intimidating to some people.," commented Executive Director Heather Murphy. "Now anyone can use the equipment, find the pieces that work for them, and add to their exercise routine.," she added.

Take the four-person waist twisting station. You can choose to either stand or sit while doing the gentle stretch. Completing this simple exercise helps stretch the upper body. Feel the tension drain! Loosen those tight muscles! Put a spring in your step! It is one of nine pieces of equipment that can help even the most exercise-phobic amongst us develop core, upper, and lower body strength. Several pieces are also designed for people who use a wheelchair.

The Health Foundation created a steering committee made up of Greenway users, doctors, exercise physiologists, architects, and

September 20, 2017  
1:00-3:30  
Location: Embassy Suites,  
Cary, NC

December 7, 2017

1:00-3:30  
Location: TBD

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land-use experts to design the park. "A big thank you to all of the volunteers whose expertise helped guide this process," said Executive Director Heather Murphy. The Health Foundation envisions a community where everyone is safe, healthy, and able to thrive.

## North Carolina's Healthy Out of School Time Recognition Program Launches!

On April 3, 2017, at the North Carolina Center for Afterschool Programs' SYNERGY 2017 Conference in Charlotte, the North Carolina Healthy Out of School Time Recognition Program was officially launched!

In 2016, the North Carolina General Assembly recognized the importance of out of school programs and the role they have in encouraging healthier



NORTH CAROLINA **HEALTHY**  
**Out-of-School**  
**TIME** RECOGNITION PROGRAM

eating and physical activity through House Bill 1030/Session Law 2016-94, Section 12E.2. The North Carolina Healthy Out of School Time Recognition Program (NC HOST) establishes a voluntary recognition designation for out of school time programs that meet a specific set of standards. NC HOST standards are a subset of the National AfterSchool Association Healthy Eating and Physical Activity Standards (HEPA).

Healthy out of school time programs have the potential to put children on the path toward healthy and productive lives. Nearly 235,000 school-age children receive care in North Carolina out of school time programs such as before and after-school, summer day camps, sports and arts camps, 4-H clubs and other similar programs. Such programs are uniquely positioned to play a role in obesity prevention by providing an environment where children can eat healthy and be physically active.

The standards and practices required to become a NC HOST recognized program are based on the National AfterSchool Association's Healthy Eating and Physical Activity Standards. These standards were developed from the best available evidence of programs, policies, and practices shown to positively impact healthy eating and physical activity behaviors among youth. For more information about the NC HOST, or to see recognized programs in your area, visit [eatsmartmovemorenc.com/NCHOST](http://eatsmartmovemorenc.com/NCHOST).

## Farm to School to Healthcare - Hertford County

Roanoke Chowan Community Health Center (RCCHC) and its partners received a Creating New Economies Fund (CNEF) grant from The Conservation Fund's Resourceful Communities program to support the implementation of a Farm to School to Healthcare initiative within Hertford County. Since receiving this grant the group has:

- successfully installed two school gardens and have plans to complete a 3rd garden in the coming months



- received over \$2,000 worth of in-kind materials for the gardens
- entertained students with special guests Sherry Strawberry and Peppa the Pea who encouraged students to eat a variety of fresh produce.



- Hosted a pilot market on Tuesday, January 17th at Ahoskie Comprehensive Care (ACC). Due to the time of year, we did not have enough produce from our gardens to sell so we sourced produce from other farmers in the area to resell. 9 students from Hertford County Early College (HCEC) led this market- setting up the displays; assisting customers with information about the produce; suggesting healthy food preparation methods for unique produce; developing food info and recipe cards for customers; providing taste tests of healthy dishes; giving away free cookbooks; writing receipts; accepting payments and returning change; and leading a children's seed potting station.

For more information contact: Catherine Parker, Hertford County Student Wellness Center Director at: [cparker@rcchc.org](mailto:cparker@rcchc.org).

## North Carolina PTA Continues to Advocate for Healthy Schools

PTAs have a long history of advocating for healthy kids, and we continue to use the power of our voice and network to make a difference at the local, state, and national level.

McDougle Elementary in Chapel Hill is in their second semester of an Historical European Martial Arts club called the Dueling Dolphins, which promotes fun, fitness and camaraderie among students who may not be drawn to traditional sports activities. To kick off the club and drum up interest, the coach invited a local Historical European Martial Arts expert to conduct a fencing demonstration for MES students. Fourteen students participated in the inaugural semester of the club this fall, and they met twice a week in groups of seven. The students learned the basic guards and techniques for longsword fencing and the coach led them through a rigorous fitness routine.

On March 13, we gathered health advocates from around the state together for Every Child: Healthy Schools and Successful Students. We explored our health and wellness advocacy priorities and to hear what goals PTA members want to pursue. We had a day of rich conversation and hard work! Many of our members followed this event with Lobby Day on March 14. On Lobby Day, our members gathered in Raleigh to meet with legislators and share their thoughts.

We also sent representatives to join PTA members from across the country to lobby in Washington, DC earlier this month. North Carolina PTA has had an exciting month and we look forward to continuing our advocacy over the coming months!



## Keep Moving!

Senior Games participant Beth Camen says, "It is a wonderful opportunity to make new friends, learn something new, stay active, and HAVE FUN!"

North Carolina Senior Games is a year-round health promotion and education program for adults 50 years of age and better to get and stay active through sports and SilverArts. Find the Local Games in your area...there are 53 Local Games that serve all 100 counties.

Participating in, or volunteering for, wellness programs like Senior Games can provide the motivation we need to encourage us to stay or become healthy. We see others who may be older than we are but have made the choices to stay engaged, nurture their creative and spiritual health, challenge themselves, and feed their spirit with hope and a sense of self worth that is powerful and healing. Those choices are available to you also.

If you aren't old enough to participate, come out and play with us as a volunteer for a [Local Senior Games](#) in your area as a gift to yourself!

For more information, contact [ncsq@ncseniorgames.org](mailto:ncsq@ncseniorgames.org) or visit our website at [ncseniorgames.org](http://ncseniorgames.org) and Keep Moving!



## Bike Fixtations Awarded to Faith Communities Across North Carolina

The North Carolina Division of Public Health and NC Cooperative Extension have awarded Bike Fixtations to 15 faith communities across North Carolina. Bike Fixtations are outdoor self-service bike repair stations that can be used to inflate tires or repair a flat.

The Faithful Families Eating Smart and Moving More (Faithful Families) program promotes healthy eating and active living in communities of faith. This exciting opportunity enhances the ability for faith communities to promote and increase physical activity in their area.

All awarded communities demonstrated a compelling commitment to increase physical activity in their community. The Bike Fixtations will be installed on faith community grounds, but are open and accessible to all community members. Congratulations to all the awarded faith communities:

- A Bike for Every Child, Wilmington
- Bethany United Methodist Church, Albemarle
- Cashie Baptist Church, Windsor
- FBC Mocksville, Mocksville
- First Baptist Church of Waynesville, Waynesville
- Good Shepard Lutheran Church, Elizabeth City
- Grier Heights Presbyterian Church, Charlotte
- Messiah United Methodist Church, Vale
- Mount Hope United Church of Christ, Guilford
- New Hope Baptist Church, Bolton
- Oak Church, Durham
- Peacemakers of Rocky Mount, Rocky Mount
- Southside Community Church, Winston-Salem
- St. John United Methodist Church, Avon
- White Oak PH Church, Wilson

Faithful Families is a practice-tested promotion intervention that promotes healthy eating and physical activity in communities of faith. The Faithful Families curriculum is co-taught by nutrition and physical activity educators and trained Lay Leaders from faith

communities in small group sessions. Lay leaders bring the spiritual elements into each session, through discussion questions and Lay Leader prompts in each lesson. Faithful Families can be used by any faith community.

Check out the [Faithful Families website](#) for more information.

## Join us for Bike to School Day on May 10!

Grab your helmet and lace up your shoes, it is time to register for Bike to School Day! Join students, families, community partners, and elected officials around the country on May 10 to celebrate the benefits of biking and walking to school on National Bike to School Day. Schools can participate throughout the month and if biking is not an option, they can still get involved with a walking event. Schools can also organize on-campus events where it is not safe or possible to walk or bike to school.

Registration is now open and the Walk and Bike to School Day website has a new look! Check it out at [walkbiketoschool.org](http://walkbiketoschool.org). This year, the [National Center for Safe Routes to School](#) is teaming up with Schwinn for the fourth year in a row to host the [Schwinn Bike to School Day Bike Share Giveaway](#). Ten lucky schools that register their Bike to School Day events on [walkbiketoschool.org](http://walkbiketoschool.org) will be selected to win 10 Schwinn SmartStart bikes and 20 Schwinn helmets. In addition, a limited number of North Carolina schools who register online will win additional Bike to School Day prize packages!

Reach out to the Active Routes to School Coordinator in your region to find out how you can help schools get involved, support the events, and help maintain the momentum. Visit our state [website](#) to find your local coordinator.



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