



Eat Smart, Move More North Carolina

ANNUAL REPORT



Eat Smart, Move More North Carolina Annual Report

2009-2010 Executive Committee

Carolyn Dunn
NC Cooperative
Extension, NC State
University, Chair

David Gardner
NC Center for Health and
Wellness, UNC Asheville,
Vice Chair

Maggie Sauer
NC Medical Society
Foundation,
Member at Large

Kevin Cain
John Rex Endowment,
Member at Large

Pam Seamans
NC Alliance for Health,
Member at Large

Greg Griggs
NC Academy of Family
Physicians, Past Chair



A Message from the Chair of Eat Smart, Move More North Carolina Dr. Carolyn Dunn, NC Cooperative Extension, NC State University

This 2010 Annual Report highlights the work that has been done to support the Eat Smart, Move More NC movement over the past year. It includes stories of individuals, organizations and partnerships working to make the healthy choice the easy choice in our state. It also includes a summary of how the Eat Smart, Move More NC Leadership Team (hereafter referred to as the Leadership Team) continues to increase coordination to change policies and environments in support of healthy eating and physical activity, and how we measure our progress on *North Carolina's Plan to Prevent Overweight, Obesity and Related Chronic Diseases*.

It has been an exciting time to Chair the Leadership Team.

The increased coordination and synergy in the area of obesity prevention has been remarkable. The movement is well positioned to build upon the successes of the past year and engage even more partners as we work to change policies, practices and environments.

Remember—one person can make a difference, but together we can create a North Carolina where people can eat smart, move more and achieve a healthy weight. Join us as we work together on this critical public health issue.

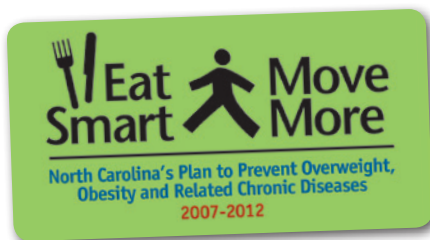
Highlights from 2010:

- The www.EatSmartMoveMoreNC.com Web Site averaged 6,545 views each month and the consumer site, www.MyEatSmartMoveMore.com averaged 4,172 views per month.
- More than 5,270 people from three countries, 43 states and military bases in the Pacific Islands and 100 NC counties participated in the 2009 Holiday Challenge.



Eat Smart, Move More North Carolina is a statewide movement that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray. We help communities, schools and businesses make it easier for people to eat healthy food and be physically active. We also encourage individuals to think differently about what they eat and how much they move, and to make choices that will help them feel good and live better. Eat Smart, Move More NC is guided by the work of the Leadership Team, a multi-disciplinary team composed of statewide partners working together to increase opportunities for healthy eating and physical activity.

North Carolina's Plan to Prevent Obesity, Overweight and Related Chronic Diseases, 2007-2012



North Carolina has a plan to prevent overweight, obesity and related chronic diseases. Released in 2006, the plan outlines

four goals for creating a North Carolina where eating smart and moving more is the norm, not the exception. The plan offers actions that anyone can take to help reach these goals. Individuals and agencies across the state are encouraged to choose actions from the plan or to identify how their work contributes to reaching the goals and objectives in the plan.

Progress towards meeting the goals in the plan is measured by the Leadership Team. You can download the plan from www.EatSmartMoveMoreNC.com; click on "About Us."

Measuring Progress on North Carolina's Plan

In 2009, the Eat Smart, Move More NC Executive Committee appointed two ad hoc committees, the Key Measures Committee and the Surveillance Committee, to look more closely at how to measure progress on achieving the goals and objectives of *North Carolina's Plan to Prevent Overweight, Obesity and Related Chronic Disease*. Each of these committees met throughout 2010 to review available data and determine indicators for measuring progress on the plan. As a result of these committees, two reports have been produced: the *Key Measures Report* and the *Surveillance Plan*. Both of these reports are available for download at www.EatSmartMoveMoreNC.com; click on "About Us."

Read the latest facts about obesity in North Carolina at www.EatSmartMoveMoreNC.com; click on "Data."

Eat Smart, Move More North Carolina Policy Strategy Platform

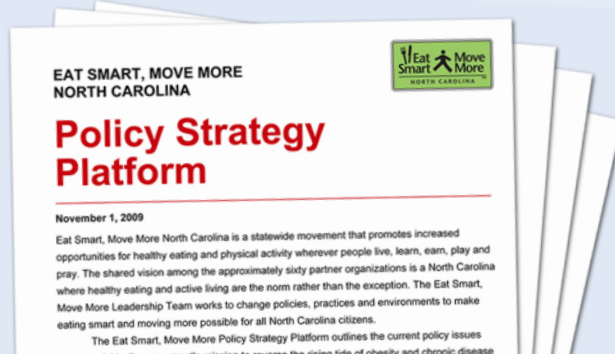
Changing policy is a cornerstone to changing environments and behaviors. The Eat Smart, Move More NC Executive Committee appointed an ad hoc Advocacy Committee to create an Eat Smart, Move More NC Policy Strategy Platform. The committee created a platform that outlines current policy recommendations on obesity-related issues. Examples of strategies in the platform include promoting worksite and faith-based farmers markets/farm stands and establishing joint-use agreements to expand use of school and community recreational facilities. The platform draws primarily upon policy recommendations from key reports that address obesity prevention in North Carolina:

- NC Institute of Medicine Task Force on Adolescent Health
- NC Institute of Medicine Task Force on Prevention
- NC Task Force on Preventing Childhood Obesity
- NC Legislative Task Force on Childhood Obesity

The Policy Strategy Platform is available at: www.EatSmartMoveMoreNC.com; click on "About Us."

During the 2009-2010 legislative session, several of the policy recommendations from the platform passed, including Senate Bill 1151 (Session Law 2010-160) Supplemental Nutrition Assistance Program and House Bill 901 (Session Law 2010-35) Honors Courses in Healthful Living Classes.

Regular legislative policy updates are available throughout the legislative session. The policy updates are for information only. They do not endorse specific policies. The information is provided to help the Eat Smart, Move More NC partners understand, follow and advocate for obesity prevention policies in North Carolina. If you would like to receive the policy updates, email Lori.Rhew@EatSmartMoveMoreNC.com.



EATING SMART AND MOVING MORE: *Making a Difference across North Carolina*

Making physical activity and healthy eating the easy choice requires changing policies and environments in the places where we spend our time. We need options to make healthy choices; often those options are driven by the policies and environments in a given place. For example:

- Ordinances can require new construction projects to include sidewalks. This policy of including new sidewalks creates the option for people to walk.
- Businesses can provide a breast-feeding room for new mothers that allows mothers the option to continue to breast-feed their babies after they return to work.
- Vending machines can include healthy options so people have the opportunity to choose a healthier food or beverage.

Policy and environmental change can sound intimidating. However, everyone reading this report is in a position to make changes to the policies and environments where they spend time. The following stories describe positive changes being made across our state. Each of the stories is different, but the goal is the same—to make it easier to eat smart and move more.

Move More After School: One Person's Commitment to Helping Youth Move More

Physical activity and academic achievement can go hand-in-hand. Just ask Emily Bartlett, the Director of the Polk County Schools 21st Century Community Learning Center (21st CCLC) After-School Program.

Bartlett decided she wanted to provide more physical activity in her academically-focused program. She dedicated time during staff meetings to ask for ideas on how they could provide more physical activity as part of their program.

Nearly 180,000 of North Carolina's K-12 children participate in after-school programs.¹ Making eating smart and moving more a part of after-school programs could impact a large number of youth in North Carolina.

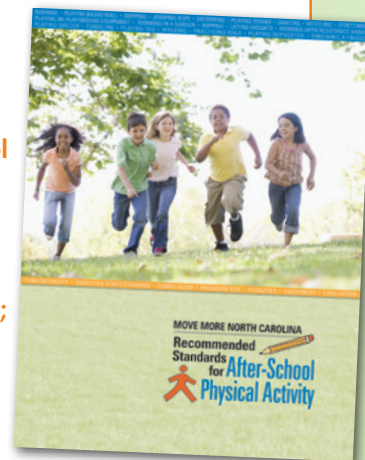
Bartlett and her staff created games like "Jump Rope Spelling Words," where students jump rope to practice spelling words, and "Math Relay," a running game that involves solving math problems.

Not only did Bartlett and her staff develop creative games that were physically active while reinforcing academic concepts, they also began to think creatively about using the space and resources available to them. For example, they created ping pong tables out of existing cafeteria-style tables. All it took was poster board, ping pong paddles and balls. As the balls are hit from one side of the table to the other, students count by 2's, 5's, 10's.

On average, 60 students take part in the activities each day. Staff have observed improved behavior and increased concentration in academic work among the kids.

According to Bartlett, "As an after-school provider, we are constantly assessing our programs for effectiveness and often try creative solutions to increase attendance, manage behavior and increase academic performance. This project is successful because it engages students in a way that is different from their normal school day. Staff members noticed a difference in student behavior and engagement but, most importantly, it helped us achieve our ultimate goal of providing programming that makes students look forward to attending after school each day."

North Carolina has recommended standards for physical activity in after-school programs. See the *Move More North Carolina: Recommended Standards for After-School Physical Activity* at www.EatSmartMoveMoreNC.com; click on "Programs and Tools for Change."





Be Active Walks the Talk

Be Active, a non-profit whose mission is to increase physical activity levels and promote healthy lifestyles for all North Carolinians, started an employee worksite wellness program several years ago.

Worksite wellness is being instituted now more than ever as businesses face climbing health care costs associated with employees' chronic health conditions. Many of these conditions are preventable and manageable through the adoption of healthier lifestyles.

Be Active established a policy that allows employees 30 minutes each day to exercise. Be Active also enacted a "no dumping" policy that prohibits the dropping of high-calorie treats from home on the office break room table. They also offer on-site one-on-one nutrition counseling for employees.

"In addition to the 30-minute policy, we have resources here for our employees to use to be physically active during the work day," said Emily Clabaugh, communications manager with Be Active. "A couple of days a week we gather a group, and somebody leads a 15-minute activity break that really gets your heart pumping and your energy going so you can go back and focus at work."

While data that supports the productivity claim is not available, high employee morale is evident day in and day out as employees avail themselves of opportunities to walk the talk.



Departments in both Raleigh and Cary.

"I know it's getting out there, because my neighbor came up to me recently saying he had received this snack list and letter with my name on it," said Tilson.

"I took it to my child's coach, and now water is the beverage of choice," she said. "It's even spilled over into the car pool group we participate in. It's catching on, little by little."



Increasing opportunities to eat smart and move more at work sites could impact the more than four million people who are employed in North Carolina.²

Post-Game Snacks: Raleigh Pediatrician Tackles the Sweet Stuff

Betsey Tilson, a Raleigh pediatrician and the mother of two young children, watched with dismay as her youngest child's T-ball team consumed doughnuts and juice after their afternoon game just before the dinner hour.

"I knew this was such a cultural issue that I could not tackle this alone," said Tilson.

Tilson asked Laura Aiken, Advocates for Health in Action (AHA) coordinator, who took the matter to the Wake County Council on Fitness and Health. Fitness Council members developed the "Sport Snack Duty" list, which shows parents the benefits of bringing water and fruit for snacks rather than the traditional sugar-laden sodas, sports and fruit drinks.

"Betsey and I rallied to get doctors to sign a letter supporting this because we knew people would listen if doctors said they should do this," said Aiken.

AHA and the Fitness Council distributed the flyer to every youth serving organization in the area, including the Parks & Recreation

NC Smart Start Funds Child Care Centers to Improve Nutrition and Physical Activity Standards

The North Carolina Partnership for Children (NCPC), Inc. wanted to help child care centers provide healthy food and quality physical activity. With support from Apple Gold Group, the BlueCross BlueShield of North Carolina Foundation and Smart Start, NCPC launched the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) program.

More than 250,000 children are enrolled in child care in NC state-regulated facilities.³ Making healthy eating and physical activity the easy choices in these programs could have a major impact on the future generation of North Carolinians.

NCPC has implemented the NAP SACC program in 38 counties across the state since January 2008. They focused on child care centers who serve at-risk youth—those that are at higher risk for not getting adequate physical activity or who may not have ready access to healthy foods.

As a result of the NAP SACC program, many North Carolina child care centers are making policy changes that support healthy eating and increased physical activity for the children.

The COGIC Cathedral Day Care Center in Guilford County is one of the centers that used NAP SACC. According to Traci Martin, director of COGIC Daycare, “We learned that little changes could make a great impact on the lives of our children and our staff. Children are making their parents take notice of changes we have made at our center, and this has impacted their eating habits at home. Little changes, like putting water pitchers in the classroom during the day and replacing juice with water at snack time, help to slowly change habits.”

Martin also notes, “The playground equipment that was purchased from the NAP SACC funding made a big improvement to our outdoor playtime. The children are very creative with the equipment—they race with the monster feet, they have learned how to walk and balance themselves on the balance beam, and they made up dancing routines with the scarves. I can truly say that the NAP SACC program has made a positive impact at our Center.”

Good Shepherd Day School in Rocky Mount is another center that used NAP SACC. According to Jackie Wilkins, director of Good Shepherd Day School in Nash County, “One thing we’ve learned through the NAP SACC program is that birthday parties don’t have to be centered on cupcakes, ice cream and juice. For celebrations, we now ask parents to bring healthy food options like low-fat yogurt, low-fat mini-muffins, flavored ‘fizzy’ water and cheese cubes.”

“We’ve found that often, the most important thing to the child is that we take the time to plan something special, like reading favorite stories, playing special music, or other games and activities.”

You can read more about these stories and others at: <http://hugh.ncsmartstart.org/category/smart-start-stories>.

Nutrition And Physical Activity: Self-Assessment for Child Care (NAP SACC)

NAP SACC is a program that child care centers can use to improve the nutrition and physical activity environment in child care settings. The program aims to improve the nutritional quality of food served, amount and quality of physical activity, staff-child interactions, and center nutrition and physical activity policy. It includes an assessment tool, continuing education workshops and technical assistance. As a result of the NAP SACC program, many NC child care centers are making policy changes that support healthy eating and increased physical activity for the children.

You can get more information about NAP SACC and other resources for improving nutrition and physical activity for child care centers and child care homes at www.EatSmartMoveMoreNC.com; click on “Programs and Tools for Change.”



Getting on the Right Track: Yancey County Joint-Use Agreement

The track at Mountain Heritage High School in Yancey County had long been a place for community members and students to move more. However, over the years the track had fallen into disrepair, becoming so cracked and weathered that track meets could no longer be held on the grounds.

The track at Heritage High School provided a much needed physical activity resource to students and community residents in a county with only two miles of sidewalks and limited handicap access to any fitness facility.

The “Getting on the Right Track” project at Mountain Heritage High School helped the school secure grant funding to resurface and upgrade the security of the track. It also prompted project leaders to refine the joint-use understanding between the school and

community with defined hours, improved signage and promotion of the track as open for community use.

As a result of this project, several community events have been hosted at the track including the region’s Special Olympics. In addition, many community residents are using the track regularly; some have even started walking groups.

Project leaders see all of the project components as the basis for a more vibrant, healthier community. Colby Martin, project director, noted, “The project is just a piece in the many things that make our community better for residents and future residents. It sends a message that the school, and the seven partners that came together for this, care not only for the health of the student population but also for the community they serve.”



NC Maternity Center Breastfeeding-Friendly Designation

Health care providers play a key role in promoting and supporting new mothers to breastfeed their babies. The NC Division of Public Health created the Maternity Center Breastfeeding-Friendly Designation to recognize centers that support breastfeeding. This designation program recognizes

hospitals or birthing centers that have taken steps to promote, protect and support breastfeeding in their organizations.

There are ten steps for achieving a breastfeeding-friendly facility. A center receives a star for every two steps they achieve.

Ten Steps to a Breastfeeding-Friendly Facility

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
6. Give newborn infants no food or drink other than breast milk, unless medically indicated.
7. Practice “rooming in”—allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no pacifiers or artificial nipples to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

The designation was created in 2010 and there is anticipation that in 2011 many facilities will be applying for the designation. “North Carolina maternity centers play a key role in helping families get breastfeeding established. It is our hope that this program will help centers move across a continuum to achieving all ten steps, creating a supportive breastfeeding environment for our

youngest citizens,” said Catherine Sullivan, State Breastfeeding Coordinator, NC Division of Public Health.

If you are interested in how your healthcare facility can promote and support breastfeeding please visit the NC Division of Public Health Nutrition Services Branch website at www.nutritionnc.com/breastfeeding/.

Harnett County Church Takes the Ball and Runs with It

Everyone knows that church socials mean food—good food, but often calorie-rich food. After launching the *Faithful Families Eating Smart and Moving More* program, Victory Tabernacle in Lillington transformed their food and activity policies, and changed the norm around “church socials.”

The program promotes nutrition and physical

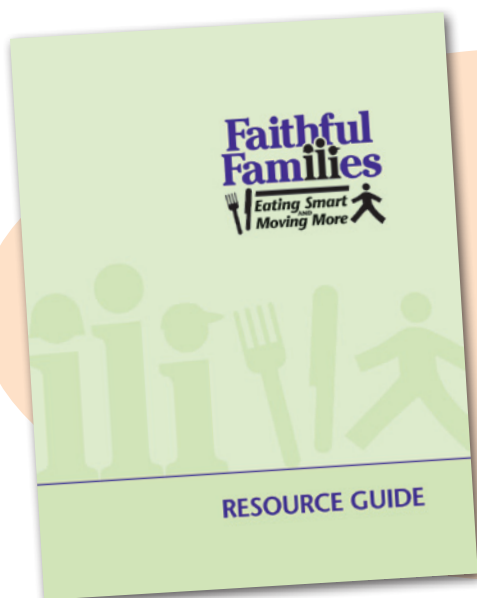
activity in a faith context and prompts church leaders to change its food and activity policies. It also encourages the church membership to improve the physical environment in the church and on the grounds to encourage healthy eating and active living. Victory Tabernacle made a number of changes, including:

- Serving and labeling at least three sugar-free desserts and always offering fruit as a dessert
- Always offering water and 100% fruit juice instead of sodas
- Buying only low-fat milk
- Offering fresh vegetables
- Using canola oil for cooking
- Opening the new gym and workout rooms to church members three nights a week
- Requiring a health-based orientation for people who want to use the family life center facilities
- Marking off a walking path on church grounds and helping people track their efforts

The church hopes to start a girls’ running club, make use of local softball fields for members, and start a community garden with church youth

in partnership with 4-H. In Harnett County, the Victory Tabernacle congregation is eating smart and moving more!

In a 2009 Gallup Poll, 53 percent of North Carolinians reported going to a church, synagogue or mosque every week or almost every week.⁴ Making physical activity and healthy eating the easy choice in faith-based organizations could impact a large number of North Carolinians.



There is a resource guide that can help you influence healthy eating and physical activity policies and environments in faith-based organizations—the *Faithful Families Eating Smart and Moving More Resource Guide*. You can use the *Nutrition and Physical Activity Resource Directory* to find other programs that can help faith communities eat smart and move more. Both of these resources are available at www.EatSmartMoveMoreNC.com; click on “Programs and Tools for Change.”

Eat Smart, Move More NC Partner Engages Community: CHANGE happens in Goldsboro

If there is a will to create change in a community, the YMCA often finds a way to help. For John Richards' staff at the Goldsboro YMCA, rising rates of overweight and obese kids in the community was a challenge they decided to tackle.

The YMCA started Commitment to Healthy Attitudes in Nutrition Growth and Education (CHANGE), a program that engages kids in regular, fun physical activity and teaches them and their families about healthful eating.

"We do our best to eliminate peer pressure," said Lisa Weston, program coordinator. "We emphasize participation rather than performance to help manage some of the body-image issues the kids have when they start."

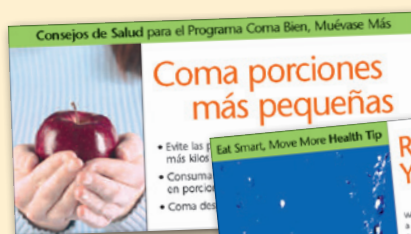
The Goldsboro YMCA collaborated with the Wayne County Department of Health, Wayne Memorial Hospital, Wayne County Parks and Recreation, Wayne County 4-H and Curtis Media

Group to host a Family Health Week in October 2010 that educated the community about the need to address childhood obesity.

"We've seen an increase in awareness about obesity," said Richards. "We placed four Eat Smart, Move More NC billboards around the community, and we get calls on those all the time." Richards reports YMCA membership increased by 3,000 since starting the promotion last June.



Print your own copies of Eat Smart, Move More North Carolina resources any time you need them. A print-quality copy of most Eat Smart, Move More North Carolina resources is available on-line at www.EatSmartMoveMoreNC.com. A commercial printer in your area can use these documents to print professional-quality documents for you to use in your program.



References

1. Afterschool Alliance. *Afterschool in North Carolina*. Retrieved January 3, 2011 from www.afterschoolalliance.org.
2. Employment Security Commission of North Carolina. *November Unemployment Rate Slightly Up To 9.7 Percent*. Retrieved January 3, 2011 from www.ncesc.com.
3. North Carolina Division of Child Development. *NC Child Care Snapshot*. Retrieved December 1, 2010 from: http://ncchildcare.dhhs.state.nc.us/general/mb_snapshot.asp.
4. Gallup. *Mississippians Go to Church the Most; Vermonters, Least*. Retrieved December 1, 2010 from: www.gallup.com/poll/125999/mississippians-go-church-most-vermonters-least.aspx

Eat Smart, Move More North Carolina Has a New Coordinator



Lori Rhew is the new Eat Smart, Move More North Carolina Coordinator.

She will provide overall staff support and administration to the Eat Smart, Move More NC Leadership Team and movement.

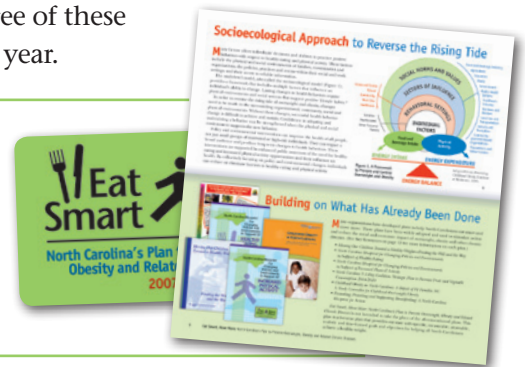
Prior to taking on this role, Lori worked for five years as a Physical Activity Specialist in the Physical Activity and Nutrition (PAN) Branch of the NC Division of Public Health. She has several years of local experience, having worked as a health educator and health education coordinator in physical activity and nutrition at local health departments in Ohio and in North Carolina. She is also active in national efforts to promote physical activity through the National Society of Physical Activity Practitioners in Public Health. Lori has a Master of Arts in Sport and Exercise Science from The Ohio State University and a Bachelors degree in Health Promotion from Bowling Green State University in Ohio.

You can contact Lori at 919-707-5224 or Lori.Rhew@EatSmartMoveMoreNC.com.

Be a Part of the Eat Smart, Move More North Carolina Movement

Be a part of the Eat Smart, Move More North Carolina movement. It will take all of us, working together, to grow this movement. Listed below are several actions that you can take to promote Eat Smart, Move More North Carolina. Choose two or three of these actions to undertake over the next year.

- Review the Eat Smart, Move More NC Plan, identify how your organization contributes to obesity prevention and communicate this with pride to your employees and others.



- Attend Eat Smart, Move More NC Leadership Team meetings to network with other organizations who work in the area of obesity prevention.
- Contribute your success stories to the Eat Smart, Move More NC Leadership Team e-letter and Web site. Send to Communications@EatSmartMoveMoreNC.com.
- Promote the Eat Smart, Move More NC key messages with your employees as part of your comprehensive worksite wellness program.



Mark Your Calendars for the 2011 Eat Smart, Move More NC Leadership Team Meetings

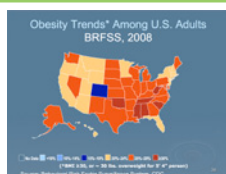
All staff from Eat Smart, Move More NC Leadership Team member organizations are invited to attend the Leadership Team Meetings. More details about the meetings are available at www.EatSmartMoveMoreNC.com; click on "About Us."

Monday, March 14, 2011	1:00 p.m.-3:30 p.m.
Tuesday, June 14, 2011	1:00 p.m.-3:30 p.m.
Friday, September 16, 2011	1:00 p.m.-3:30 p.m.
Thursday, December 1, 2011	1:00 p.m.-3:30 p.m.

- Recruit new partner organizations to join the Eat Smart, Move More NC Leadership Team. Email Lori.Rhew@EatSmartMoveMoreNC.com for promotional packets.



- Co-brand relevant messages with the Eat Smart, Move More NC logo.



- Use the Eat Smart, Move More NC Partner presentation when presenting about obesity. Download the presentation at www.EatSmartMoveMoreNC.com.

- Provide a link to www.EatSmartMoveMoreNC.com on your Web site and download tools and resources for your own use.

- Add the tag line: “[Organization name] is proud to be an Eat Smart, Move More NC partner organization: www.EatSmartMoveMoreNC.com” to your email signature.



- Support Eat Smart, Move More NC with a donation to the NC Public Health Foundation.
- Educate decision makers about the recommendations in the Eat Smart, Move More NC Policy Strategy Platform.

- Improve your organization's internal practices or policies to promote healthy eating and physical activity among employees, constituents, etc.

- Encourage members of the public to visit www.MyEatSmartMoveMore.com.



2010 Eat Smart, Move More NC Quarterly Leadership Team Meetings

Quarterly Leadership Team meetings provide an opportunity for members to network with other professionals working on obesity prevention and to learn from state and national speakers. A re-cap of the 2010 speakers is listed below. You can download the meeting highlights and PowerPoint presentations from these meetings at www.EatSmartMoveMoreNC.com; click on “About Us.”

2010 Leadership Team Meeting Speakers

MARCH

Legislative Task Force on Childhood Obesity Update

Representative Doug Yongue and Senator William Purcell, Co-Chairs of the Legislative Task Force on Childhood Obesity

National Physical Activity Plan

Russ Pate, Chair, National Physical Activity Plan Coordinating Committee, University of South Carolina, Arnold School of Public Health

JUNE

Evolution of a Movement

Carolyn Dunn, Chair, Eat Smart, Move More NC, NC Cooperative Extension

SEPTEMBER

Complete Streets Policy

Jim Westmoreland, Deputy Secretary for Transit, NC Department of Transportation

Sustainable Agriculture and Local Foods

David Smith, Chief Deputy Assistant Commissioner, NC Department of Agriculture

DECEMBER

Legislative Task Force on Childhood Obesity Update

Representative Doug Yongue and Senator William Purcell, Co-Chairs of the Legislative Task Force on Childhood Obesity

Eat Smart, Move More North Carolina Leadership Team Members

2010 MEMBERSHIP LIST

Active Living By Design
 Alice Aycock Poe Center for Health Education
 Alliance for a Healthier Generation
 American Heart Association/
 NC Affiliate*
 Association of NC Boards of Health*
 Be Active North Carolina, Inc.†
 Blue Cross and Blue Shield of North
 Carolina Foundation
 Cape Fear Healthy Carolinians/
 UNC–W Obesity Prevention Initiative
 Catawba Valley Medical Center
 Duke University Medical Center†
 Division of Community Health
 East Carolina University†
 Division of School of Medicine
 FirstHealth of the Carolinas
 Fit City Challenge
 Healthy Carolinians, Inc.
 Inter-Faith Food Shuttle
 John Rex Endowment°†
 Kate B. Reynolds Charitable Trust
 Moses Cone–Wesley Long
 Community Health Foundation
 NC A & T State University
 Family and Consumer Sciences
 Department
 NC Academy of Family Physicians°*
 NC Academy of Physician Assistants
 NC Action for Healthy Kids
 NC Alliance for Athletics, Health,
 Physical Education, Recreation and
 Dance

NC Alliance for Health°*
 NC Alliance of Boys & Girls Clubs
 NC Association of Local Nutrition
 Directors
 NC Citizens for Public Health, Inc
 NC Department of Agriculture and
 Consumer Services
 NC Department of Environment
 and Natural Resources
 Office of Environmental Education
 NC Division of Public Health§†*
 NC Department of Public Instruction§†
 NC Dietetic Association
 NC Extension Association of Family
 and Consumer Science
 NC Farm Bureau Federation
 NC Fruits & Veggies Nutrition
 Coalition
 NC Health and Wellness Trust Fund
 NC Healthy Schools†
 NC Local Health Directors Association
 NC Medical Society Foundation°†
 NC Office on Disability and Health†*
 NC Office of State Personnel
 NC Partnership for Children, Inc.
 NC Pediatric Society*
 NC Public Health Association, Inc.
 NC Public Health Foundation
 NC Recreation & Park Association
 NC Senior Games, Inc.
 NC Society for Public Health
 Education
 NC State Health Plan

NC State University°§*
 NC Cooperative Extension
 4-H
 Family & Consumer Sciences
 Rex Healthcare
 RTI International
 School Nutrition Association
 of North Carolina
 Southeast United Dairy Industry
 Association, Inc.
 The Leaflight, Inc.
 University of North Carolina
 at Asheville°*
 NC Center for Health and Wellness
 University of North Carolina
 at Chapel Hill*§
 Center for Health Promotion
 and Disease Prevention
 University Health Systems of Eastern
 Carolina†
 Verizon Wireless
 Wake Forest University Health
 Sciences
 WakeMed Health and Hospitals*
 YMCA of North Carolina

° Denotes Executive Committee Member

§ Denotes Surveillance Committee Member

* Denotes Policy Committee Member

† Denotes Key Measures Committee Member

