



Newsletter from Eat Smart, Move More North Carolina

Message from the Chair

Dear Eat Smart, Move More NC Partners,

Blooming flowers, thriving gardens, longer days, more sunshine and activities outdoors are signs of the spring season that help me feel refreshed and grateful. I hope you are enjoying this beautiful season as well!

The Eat Smart, Move More NC [Executive Committee](#) has remained active and launched a subcommittee structure at the beginning of this year for two key purposes: to engage more of you – our partners – in guiding and implementing the various activities of Eat Smart, Move More NC; and to ensure that we are truly a partner-led and partner-driven movement. Here are just a few highlights from the subcommittees:

- The Communications subcommittee has revived the Eat Smart, Move More NC Facebook page! We have a specific ask of you, our partners – please find and [like us on Facebook](#)!
- The Partner Meetings subcommittee has scheduled the Eat Smart, Move More NC meetings for the 2021 calendar year! The meetings will be hosted virtually and details will be shared via email, Facebook and our website. In the meantime, please mark your calendars and plan to join us on:
 - August 25, 10:00-11:30 am – Eat More Healthy Foods
 - December 2, 1:00-2:30 pm – Move More
- The Partner Engagement subcommittee has been strategizing ways to stay engaged with you. This Eat Smart, Move More NC e-letter provides a space to let other partners across the state know about the great work you are doing. You can e-mail your submission anytime to info@eatsmartmovemorenc.com. We also encourage you to share our newsletter with others!



The Executive Committee is updating subcommittee descriptions that will be posted on our website soon. If you're interested in becoming more involved through the subcommittees and helping sustain the movement, please send an email to our info@eatSMARTmoveMoreNC.com e-mail account.

Until next time, eat smart, move more, and be well!

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

Summary of Eat Smart, Move More NC Partners Meeting

Our first Eat Smart, Move More NC Partners Meeting of 2021 was held on April 27 and we were very fortunate to have [Dr. Cheryl Giscombé](#) from the University of North Carolina at Chapel Hill present about stress management as a [core behavior](#) for addressing obesity and achieving optimal health.

Dr. Giscombé's presentation helped us understand the evidence related to stress management including sociocultural factors that influence it. She provided attendees an understanding of ways to apply the evidence in practical ways, and in their own work and lives. We were glad to see many of you during the meeting and hear about your experiences and work around stress management. If you missed the meeting, we encourage you to view the recording and slides which are posted on our [website](#).

Newly Updated Breastfeeding Support Toolkit – Making It Work



(Image: Making It Work)

Making It Work: A Breastfeeding Support Toolkit for NC Employers, Working Moms, Families and Advocates has been updated and is now available in both English and Spanish.

More than 80% of women choose to breastfeed and supporting them at work benefits businesses and the families. The Making It Work toolkit provides clear steps and solutions to business owners, managers and families for supporting breastfeeding mothers at work. The five component documents may be found [here](#) and a short video orientation to the toolkit is available [here](#). Social media content highlighting the features and use of the tools are also available. Join us in Making It Work and supporting working breastfeeding families.

Submitted by: Gretchen Hofing

May is Med Month!

May is International Mediterranean Diet Month (aka Med Month). This month-long celebration creates awareness of the delicious foods and wide-ranging health benefits associated with the Mediterranean style of eating and living.

The Mediterranean diet has been [extensively studied](#) and is associated with **promoting health and decreasing the risk of many chronic diseases** including some forms of cancer, type 2 diabetes and cardiovascular disease. As such, the healthy Mediterranean-style eating pattern is recommended around the world, including in the [2020-2025 Dietary Guidelines for Americans](#).

The Med way is simple, delicious, and satisfying. It reflects a way of eating that is traditional in the countries that surround the Mediterranean Sea and **includes fruits, vegetables, whole grains, fish, nuts, seeds, and olive oil and limits highly processed foods and added sugar**.

Celebrate the delicious foods and wide-ranging health benefits associated with the Mediterranean way of eating and living by exploring and sharing the tools, resources, and recipes from [MedInsteadofMeds.com](#)

- Discover [Tips and Tools](#) to help you [swap your fats](#), [change your protein](#), [make your grains whole](#), and more.
- Explore the [7 Simple Steps to Eating the Med Way](#).
- Plan your meals using the ['Cook This, Buy That' tool](#).
- Review the [Science of Eating Med](#).
- Suggest Med way [recipes](#) for Meatless Mondays & Salmon Saturdays.

Submitted by: Catherine Hill

New Quick Reference Guide from the NC State Nutrition Action Coalition (SNAC)

The *NC Food and Nutrition Resource Programs* quick reference guide provides a snapshot of fourteen different United States Department of Agriculture (USDA) Food and Nutrition Service (FNS) programs available in North Carolina.

These programs provide a vital source of nutrition support and act as a stimulus for local economies. This brochure is designed to be used by anyone that directly works with people who may benefit from knowing more about these USDA programs and how to access them.

The guide is available to food security program partners, community partners, and school resource providers to use in their communities. **This is not intended to be a handout given directly to program participants.** *NC Food and Nutrition Resource Programs* quick reference guide is available as a printed document and can also be downloaded in both English and Spanish for virtual use at <https://www.ncdhhs.gov/SNAC>. This website has live links, helpful information, and will have regular updates. To receive additional copies of the printed resource, please contact Rachel Pohlman or Jayne McBurney at NC.SNACmail@gmail.com.

This reference guide was created to increase awareness and use of the federal programs that work to increase food access in NC. *“A vital source of support, the federal nutrition programs can help reduce food insecurity, improve dietary intake and health, protect against obesity, and boost learning and development. In addition, the federal nutrition programs support economic security, help lift families out of poverty, and act as a stimulus for local economies. Yet, despite significant growth and success in expansion efforts, the programs are still reaching too few eligible people.”* [Poverty, Hunger, Health and the Federal Food Programs: A Profile of the Southern Region - Food Research & Action Center \(https://frac.org/southernpovertyreport2020\)](https://frac.org/southernpovertyreport2020)

North Carolina’s State Nutrition Action Coalition (NC SNAC) is a state-level collaborative with active representation from state agencies and nonprofits that implement the United States Department of Agriculture (USDA) Food and Nutrition Service (FNS) programs. Together, the SNAC partnering organizations reach people throughout their life span, providing food benefits, nutrition education, healthy community changes, and obesity prevention services to reduce food insecurity and improve the quality of life of North Carolinians.

Submitted by: North Carolina State Nutrition Action Coalition (NC SNAC)

Osteoarthritis Action Alliance's New Walk With Ease (WWE) Registration Portal

The Osteoarthritis Action Alliance's new [WWE Registration Portal](#) which streamlines the registration, book mailing, data collection, and reporting processes is now available! When participants register through this portal, they can also use it to log their walking goals and accomplishments each week of the 6-week program (as seen below). If you're interested in learning more about the portal, please contact Nadia Z. Mazza at nmazza@unca.edu.

Steps to Complete

Registration **Week 1** Week 2 Week 3 Week 4 Week 5 Week 6 Evaluation

Walking Goals - Week 1

Enter your walking goals for this week

Days: Minutes:

This week's walking accomplishments

Weekly

Total # of Days Walked: Total # of Minutes Walked:

[CHANGE TO DAILY DIARY](#)

Goals for next week

Days: Minutes:

Did you participate in a live WWE event this week (virtually or in-person)?

Yes No

Notes:

Schedule for this Week

- Read Chapters 1, 2, and 3
- Do your Starting Point Self-test (Chapter 1)
- Set up your Walking Plan and track your walking (Chapters 2 and 3)
- Walk! Try to walk at least three days a week
- Make a Walking Contract
- Do the 5-Step Basic Walking Pattern each time you walk (Chapter 3)
- Follow the FIT principles each time you walk (Chapters 3 and 5)
- Read Chapter 1 Reminders

DaysWalked MinutesActivity

Week

(Image: Walking Goals – Week 1.jpg)

We are now able to offer **3 different versions** of the Walk With Ease program:

1. Walk With Ease (in-person)
2. Self-directed Walk With Ease
3. Self-directed Enhanced Walk With Ease

For more information, check out the [Arthritis Foundation's Walk With Ease Self-Directed Enhanced Kit](#).

The Self-Directed version of Walk Ease is open for participants on an ongoing basis and comes with a free WWE book when participants schedule through our website! Refer participants [to our website](#) to find a WWE program that works for them!



(Image: Map.jpg)

Please remember, program fidelity is *essential* to ensure that our programs are running safely and following guidelines. You can view the program fidelity evaluation checklist here under our ["program forms" tab on our website](#). Scroll down to find the Walk with Ease paperwork links as shown below.

We also currently have the ability to train **new Walk With Ease leaders!** If you know someone who may be interested in becoming a trained WWE leader please have them contact Nadia Z. Mazza at nmazza@unca.edu.

Submitted by: Nadia Mazza