

Dear NC Nutrition & Physical Activity Advocate:

It's time to take action for ourselves, our families, our community, and our great state. Poor nutrition and lack of physical activity are taking a significant toll on the health of our citizens and our communities. It's expensive to ignore prevention. It has been estimated that \$11.1 billion dollars is being spent per year on medical and lost productivity costs in NC due to poor nutrition, overweight and obesity, and physical inactivity. Many current diseases in NC are preventable simply by "eating smart" and "moving more".



According to Dr. William Dietz, MD, PhD, Director of the Division of Nutrition and Physical Activity at the Centers for Disease Control and Prevention (CDC), "... *Widespread efforts are needed to encourage physical activity and better nutrition through effective educational, behavioral, and environmental approaches to control and prevent obesity*"...and other chronic diseases. "... *North Carolina is one of our nation's leaders in developing an initiative to move communities to adopt healthy eating and physical activity policy and environmental changes in an effort to prevent and combat rising trends in obesity and other chronic diseases.*"

You can join this initiative and take action today! **Adopt the sample healthy foods policy on the reverse side of this sheet and use it in the following ways:**

- **Share it with your employer and encourage a worksite policy that supports healthy foods being served at meetings, in vending machines, in cafeterias—any place where employees can purchase foods and beverages.**
- **Share it with your church or faith organization and encourage a church policy that supports healthy foods being served at a variety of functions.**
- **Share it with the variety of community groups in which you may be involved.**
- **Take the pledge to buy healthy foods when dining out and in your own home.**

Building Healthy Communities in North Carolina...State and Community Partners

Public policy and practices can make it easier for North Carolinians to eat smart and move more. Partners within the NC Dept of Health and Human Services and the Division of Public Health, along with multiple state and community partners have joined together to create the Eat Smart, Move More...North Carolina initiative. Visit the initiative's website <http://www.EatSmartMoveMoreNC.com> to locate potential partners and learn about additional ways to promote healthy eating and physical activity wherever you live, learn, earn, play and pray.

Sample Healthy Foods Policy

For use within any organization/agency or community group where foods or beverages are served.

Whereas:

_____ (*fill in your worksite, church, school, etc., name here*) is concerned about the health of our _____ (*employees, members*);

Whereas:

People have become more and more interested in eating smart and moving more;

Whereas:

Heart disease, cancer and stroke--the top three causes of death in North Carolina--are largely affected by what we eat and how physically active we are;

Whereas:

Foods such as fruits, vegetables, whole grain breads and pastas, and low-fat dairy products are better choices for preventing many diseases;

Therefore:

Effective _____ (*today's date*), it is the policy of _____ (*fill in your organization's name*) that all activities and events (examples of events may include: meetings, potluck events, catered events, community sponsored events, like health fair, etc.) sponsored or supported by this organization will always include opportunities for healthy foods and beverages by:

- **Purchasing and serving one or more of these healthier items:**
 - Fruits and/or vegetables** --Examples include fresh, frozen, canned or dried fruits (such as grapefruit, oranges apples, raisins or 100% fruit juices), and fresh, frozen, or canned vegetables
 - Low-fat milk and dairy products** -- Examples include skim/nonfat or 1% milk (also lactose-free); low-fat and fat-free yogurt; cheese and ice cream; and calcium-fortified soy beverages
 - Foods made from grains (like wheat, rice , and oats), especially whole grains**--Examples include low-fat whole-wheat crackers, bread and pasta; whole-grain ready-to-eat cereal; low-fat baked tortilla chips; pita bread
 - Water**
- **Identifying healthy eating opportunities**
Examples include identification of restaurants, caterers and farmer's markets, where healthy food choices are readily available.
- **Providing encouragement from group leadership to enjoy healthy foods**
Examples include community promotion of healthy lifestyles, group leadership being role models for healthy food choices.

Signature

Title

Name of Organization, Church, Community Group, Worksite, School, Health Care Facility

Date