

Nutrition Update February 2010

News from the PAN Branch

2009 Obesity Fact Sheet

The Physical Activity and Nutrition (PAN) Branch of the NC Division of Public Health has compiled a two-page fact sheet of state surveillance data as it relates to overweight and obesity, physical activity, breastfeeding and fruit and vegetable consumption. Trend data and national comparisons are provided.

To view the 2009 Obesity Fact Sheet, visit:

[www.eatsmartmovemorenc.com/Data/Texts/2009 Quick Facts.pdf](http://www.eatsmartmovemorenc.com/Data/Texts/2009_Quick_Facts.pdf)

Programs, Projects and Initiatives

Eat Smart Move More Community Grant Project

Community grantees are helping to create a North Carolina where healthy eating and active living are the norm rather than the exception. Although a great deal of success is already evident, it may take a few more years to gauge the full impact of the 2008-2009 community grants. The *Eat Smart, Move More* Community Grant Program is funded by the North Carolina Division of Public Health in support of the *Eat Smart, Move More NC* movement. Organizers around the state describe the grants as an opportunity for strengthening partnerships and inspiring community members. The time and dedication of the grantees and their partners promoting physical activity resulted in a variety of activities and accomplishments. For 2008-09, the community grant interventions combined innovation and collaboration to achieve impressive results:

- An estimated 5,000 North Carolinians were reached.
- Partner-focused: eight of nine interventions involved three or more community partners; several featured six or more.
- More than 40% of the grant-funded counties were first-time awardees.
- Grant-funded activities occurred in communities, schools, faith/religious organizations, healthcare facilities and worksites.
- An estimated 22 new policies or practices were implemented, providing educational programs, healthy behavior incentives and even a master recreation plan.
- An estimated 30 physical changes were made to facilities or environments, including new community gardens, recreational sites/equipment and improvements to the built environment such as walking trails and sidewalks.

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- Seven of the nine grant-funded projects were successful in helping community members to become more physically active.

Each month one county will be featured in upcoming nutrition and physical activity updates.

Featured Resources and Research

First Lady Michelle Obama Launches Let's Move: America's Move to Raise a Healthier Generation of Kids

First Lady Michelle Obama recently announced an ambitious national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight and unveiled a nationwide campaign – Let's Move – to help achieve it.

The Let's Move campaign will combat the epidemic of childhood obesity through a comprehensive approach that builds on effective strategies, and mobilizes public and private sector resources. During her presentation, the First Lady mentioned the Food Atlas which has good data in it (see below).

Let's Move will engage every sector impacting the health of children to achieve the national goal, and will provide schools, families and communities simple tools to help kids be more active, eat better, and get healthy.

To read the full press release [click here](#).

For more information visit: www.LetsMove.gov

The U.S. Food Environment Atlas

Food environment factors—such as store/restaurant proximity, food prices, food and nutrition assistance programs, and community characteristics—interact to influence food choices and diet quality. Research is beginning to document the complexity of these interactions, but more is needed to identify causal relationships and effective policy interventions.

Objectives of the Atlas:

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- To assemble statistics on food environment indicators to stimulate research on the determinants of food choices and diet quality
- To provide a spatial overview of a community's ability to access healthy food and its success in doing so

What information is included in the Atlas?

The Atlas assembles statistics on three broad categories of food environment factors:

- **Food Choices**—Indicators of the community's access to and acquisition of healthy, affordable food, such as: access and proximity to a grocery store; number of foodstores and restaurants; expenditures on fast foods; food and nutrition assistance program participation; quantities of foods eaten; food prices; food taxes; and availability of local foods
- **Health and Well-Being**—Indicators of the community's success in maintaining healthy diets, such as: food insecurity; diabetes and obesity rates; and physical activity levels
- **Community Characteristics**—Indicators of community characteristics that might influence the food environment, such as: demographic composition; income and poverty; population loss; metro-non metro status; natural amenities; and recreation and fitness centers

The Atlas currently includes 90 indicators of the food environment. The year and geographic level of the indicators vary to better accommodate data from a variety of sources. Some data are from the last Census of Population in 2000 while others are as recent as 2009. Some are at the county level while others are at the State or regional level. The most recent county-level data are used whenever possible.

For more information visit either <http://www.ers.usda.gov/FoodAtlas/> or <http://letsmove.gov/accessing/index.html> .

USDA on the Fast Track: More Fruits and Vegetables for Women in WIC

Women participating in the Women, Infants, and Children (WIC) program will soon see their monthly WIC fruit and vegetable vouchers get bigger. State agencies got the green light from USDA - via the Federal Register - to move

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forward with an increased voucher amount. All women on the WIC program will now get a \$10 voucher for fruit and vegetables.

This increase was included in the FY 2010 Agricultural Appropriations bill, which passed last October and boosted the total amount of the fruit and vegetable voucher for women by an additional \$2 a month. After the bill was passed, the action moved to the U.S. Department of Agriculture, which fast-tracked the release of regulations to guide the implementation of the new voucher amounts. The regulations - published in the Federal Register, December 31, 2009 as WIC Revisions in the WIC Food Packages Rule to Increase Cash Value Vouchers for Women - are effective immediately.

With this increase, all women on WIC will now receive the full fruit and vegetable voucher amount originally recommended by the Institute of Medicine. Previously, the WIC fruit and vegetable voucher amount for women was \$8. Over the next five years, these additional benefits will be worth a quarter of a billion dollars in additional fruit and vegetables for women in the WIC program.

State agencies have until April 30, 2010 to implement the new voucher amount.

[Click here for more information, contained in the WIC section of FRAC's Web site](#), including:

- Estimated State-by-State Value of the Additional Fruit and Vegetable Benefits for Women;
- The WIC Food Package: More Fruits and Vegetables Support Good Health; and
- Healthy Communities Time for a Change Guide: Maximizing the Benefits of the New WIC Foods

Contact Geri Henchy (ghenchy@frac.org, 202.986.2200 x3025) with any questions.

Fuel Up to Play 60 Campaign Unites Government, Health Professionals, Industry and Educators to Defeat Childhood Obesity

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The U.S. Department of Agriculture (USDA) has joined a campaign to fight and defeat childhood obesity in cooperation with the NFL, National Dairy Council, multiple health organizations and several major corporations. The campaign, known as Fuel Up to Play 60, is funded with an initial private sector financial commitment of \$250 million over five years by America's Dairy Farmers.

Funding is expected to grow as government, business, communities and families join this effort to improve nutrient-rich food choices and achieve 60 minutes of physical activity each day among children. More than 58,000, or 60 percent, of the nation's 96,000 private and public schools are currently enrolled in Fuel Up to Play 60.

It is possible that today's children could become the first American generation with a shorter life expectancy than their parents.¹ One-third of American children are overweight or obese.² The obesity prevalence is about three to four times that of just one generation ago, according to the Centers for Disease Control and Prevention.

"Today is a significant milestone in the fight against childhood obesity because this unprecedented partnership will help educate our youth about steps they can and should take to lead healthy lives," said Agriculture Secretary Tom Vilsack. "Increasing access to more nutrient-rich foods and physical activity in America's schools is no simple task, and will require the combined effort of private and public interests.

Partnerships like these, combined with a strong reauthorization of the Child Nutrition Programs, can make a significant difference in our battle against childhood obesity."

Vilsack joined Roger Goodell, NFL Commissioner, and Tom Gallagher, CEO of Dairy Management Inc., the managing organization for National Dairy Council, at a New York City public school to support and promote the initiative. Other speakers included: Eric Goldstein, Chief Executive Officer, Nutrition and Transportation, New York City Department of Education; Dr. David Satcher, Action for Healthy Kids founding chair and 16th U.S. Surgeon General; and Maurice Jones-Drew, #32 running back for the Jacksonville Jaguars. Also attending the event were leaders from Action for Healthy Kids, American Academy of Family Physicians, American Academy of Pediatrics, American Dietetic Association, National Hispanic Medical Association, National Medical

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Association and School Nutrition Association, and hundreds of students from Central Park East Middle School in New York City.

As an initial step, these partners will work together to promote and expand Fuel Up to Play 60. Based on the 2005 Dietary Guidelines for Americans, the program empowers students in grades 4 through 10 to engage their peers to "fuel up" with nutrient-rich foods they often lack - particularly low-fat and fat-free milk and milk products, fruits, vegetables and whole grains - and "get up and play" with 60 minutes of daily physical activity. Components, developed for and by youth - such as program curriculum, in-school promotional materials, a Web site and youth social media partnerships - are customizable and non-prescriptive.

The program's design allows youth and schools to determine which tools and resources best help schools meet local youth wellness goals and school wellness policies. Partner-supported school grants will help schools make long-term healthy changes.

Fuel Up to Play 60 also gives leaders in health, business, government and communities nationwide the opportunity to be a part of a movement that relies on participation, collaboration and action by youth and adults to help develop and maintain healthy habits to last a lifetime.

The program taps the power of the NFL and its teams, players and physical activity programming to add recognition and value for students. National Dairy Council's trusted school relationships are crucial in sustaining the program. All 32 NFL teams are participating in the program through local dairy councils and schools in their respective markets.

By giving students both a voice and a valuable role in shaping the future of their generation, National Dairy Council, the NFL and USDA are providing concrete opportunities for children to lead real change in the fight against childhood obesity. Fuel Up to Play 60 also gives leaders in health, business, government and communities nationwide an opportunity to be a part of a movement that relies on participation, collaboration and action by youth and adults alike to help youth develop and maintain healthy habits to last a lifetime.

Player participation for the event was scheduled by NFL Players. More information about Fuel Up to Play 60 is available at www.FuelUpToPlay60.com.

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HHS Secretary and Surgeon General Join First Lady to Announce Plans to Combat Overweight and Obesity and Support Healthy Choices

First Lady Michelle Obama, U.S. Department of Health and Human Services (HHS) Secretary Kathleen Sebelius and U.S. Surgeon General Regina Benjamin recently announced plans to help Americans lead healthier lives through better nutrition, regular physical activity, and by encouraging communities to support healthy choices. At a YMCA in Alexandria, VA, they talked directly with national and local leaders, parents and health professionals about reducing overweight and obesity in adults and children.

HHS released *The Surgeon General's Vision for a Healthy and Fit Nation*. In her first release to the nation, Dr. Benjamin highlighted the alarming trend of overweight and obese Americans, and asked them to join her in a grassroots effort to commit to changes that promote the health and wellness of our families and communities.

The recommendations in *The Surgeon General's Vision for a Healthy and Fit Nation* include:

Improving our communities – Neighborhoods and communities should become actively involved in creating healthier environments. The availability of supermarkets, outdoor recreational facilities and the limitation of advertisements of less healthy foods and beverages are all examples of ways to create a healthier living environment.

Healthy Choices and Healthy Home Environments – Change starts with the individual choices Americans make each day for themselves, their families and those around them. Reducing the consumption of sodas and juices with added sugars; eating more fruits, vegetables and whole grains; limiting television time; and being more physically active help us achieve and maintain a healthy lifestyle.

Creating Healthy Child Care Settings – It is estimated that more than 12 million children ages 0-6 receive some form of child care on a regular basis from someone other than their parents. Parents should talk with their child care providers about changes to promote their children's health.

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Creating Healthy Schools – To help students develop life-long health habits, schools should provide appealing healthy food options including fresh fruit and vegetables, whole grains, water and low-fat beverages. School systems should also require nutrition standards and daily physical education for students.

Creating Healthy Work Sites – Employers can implement wellness programs that promote healthy eating in cafeterias, encourage physical activity through group classes and create incentives for employees to participate.

Mobilizing Medical Communities – Medical care providers must make it a priority to teach their patients about the importance of good health. Doctors and other health care providers are often the most trusted source of health information and are powerful role models for healthy lifestyle habits.

To view *The Surgeon General's Vision for a Healthy and Fit Nation*, visit www.surgeongeneral.gov

Effects of Switching from Whole to Low-Fat/Fat-Free Milk in Public Schools

From the January 29, 2010, issue of Morbidity and Mortality Weekly Report (*MMWR*). *These results suggest that substitution of low-fat and fat-free milk for whole milk in schools can substantively reduce student consumption of calories and fat.* Changes to the New York City Department of Education's milk policy greatly reduced the amount of calories and fat available to public school students. Due to the system-wide switch from whole to low-fat/fat-free milk in 2005, a milk-drinking student is exposed to 33 fewer calories and 3.4 fewer grams of fat per school day, or almost 6,000 fewer calories and over 600 fewer grams of fat annually.

Annual savings are larger for students who drink white milk (7,000 fewer calories and over 900 fewer grams of fat) and school purchases of milk per student actually increased 1.3 percent after the switch. Given the prevalence of childhood obesity, school milk policy changes are a viable way to reduce calorie/fat exposure without decreasing consumption of important vitamins and minerals.

To read the entire article [click here](#).

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NC Farmer's Market Listserv Created

The goals of this new listserv are to facilitate communications among farmers, farmer's market managers, support personnel and institutions, governmental and NGO staff and others interested in furthering farmer's markets in the state of North Carolina. It is expected to function both as a distribution for information of state wide interest and also as a discussion of some of the issues farmers market managers face. At this time all initial contacts have been added to the list. There are 216 members.

Learning from other managers will be important for two reasons. First, there is very little research based information on managing farmers markets. Second, the majority of farmer market managers are in that position not because of extensive management experience but rather because of their interest in local food and their willingness to volunteer. Nobody was born with the knowledge of how to manage a farmer's market. We are all on a learning curve. In summary, if you have a concern about farmer's market management, don't hesitate to share it. To join the listserv (or if you have any administrative questions about the list) please contact David Goforth, Agriculture Extension Agent Horticulture, 704.920.3320 or via email at: nc-farmers-market-owner@lists.ncsu.edu.

To contact everybody on the list, send an email to nc-farmers-market@lists.ncsu.edu. It works best if you stick with one topic per email and include the topic in the subject line.

New Recommendation for Screening for Obesity in Children and Adolescents

Based on new evidence that children and adolescents can be effectively treated for obesity, the U.S. Preventive Services Task Force now recommends that clinicians screen children ages 6 to 18 years for obesity and refer them to programs to improve their weight status. Comprehensive programs included 3 components: 1. counseling for weight loss or healthy diet; 2. counseling for physical activity or a physical activity program; and, 3. behavioral management techniques such as goal setting and self monitoring. Moderate- to high-intensity programs involve more than 25 hours of contact with the child and/or the family over a 6-month period. Families who seek treatment for obesity should look for comprehensive programs that address weight control through healthy food choices, physical activity and behavioral skill-building.

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The recommendation was released online on January 18. The recommendation will be published in the February issue of *Pediatrics* and is also available on the AHRQ Web site at <http://www.ahrq.gov/clinic/uspstf/uspschobes.htm>.

Association Between School Food Environment and Practices and Body Mass Index of U.S. Public School Children

The third School Nutrition Dietary Assessment Study (SNDA-III) enables researchers to hone in on specific components of the school food environment that contribute to child obesity.

Body Mass Index (BMI) is the accepted index for classifying adiposity (fatness). More than 20 percent of the children in the SNDA-III sample were obese. This report probed the statistical landscape of SNDA-III using a calibrated set of independent variables. The statistical model included a variety of school characteristics and an extensive demographic background for the students in the sample.

Key Findings:

- For elementary schools, the presence of French fries in school lunches more than once per week and the availability of dessert more than once per week were each associated with significantly higher probabilities for obesity.
- Among middle school students, the presence of low-nutrient, energy-dense foods in vending machines in or near the cafeteria was associated with significantly higher scores for a component of measuring BMI, the BMI z score.

The Child Nutrition and WIC Reauthorization Act of 2004 required the development of school wellness policies. Where feasible, future research should track BMI/obesity before and after specific changes to school food practices.

To view the full text visit:

[http://www.adajournal.org/issues/contents?issue_key=S0002-8223\(08\)X0017-3](http://www.adajournal.org/issues/contents?issue_key=S0002-8223(08)X0017-3)

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For more information about the complex health and health care issues facing the United States, the Robert Wood Johnson Foundation also publishes program evaluations and reports at the end of many projects. Visit: <http://www.rwjf.org/pr/index.jsp>.

Food Systems and Public Health: Linkages to Achieve Healthier Diets and Healthier Communities

The *Journal of Hunger and Environmental Nutrition* has released a special double issue which was co-edited by Mary Story, PhD, RD, of the University of Minnesota, Michael Hamm, PhD, of Michigan State University, and David Wallinga, MD, of the Institute for Agriculture and Trade Policy.

This special double issue identifies research opportunities to develop successful interventions within agriculture, food, and health systems as well as policies and actions for moving towards and achieving community environments that allow healthier diets and reduced obesity. This dynamic collection of articles is the outcome of a conference held in April 2009 that focused on the food system, food, agriculture, and agriculture policy which are central to a discussion on healthy diets and obesity prevention. More than 80 leading thinkers nationwide from the health, nutrition, obesity, and health policy domains together with those from the sustainable agriculture, economics, and agriculture policy sectors participated in this robust dialog.

The entire issue “Food Systems and Public Health: Linkages to Achieve Healthier Diets and Healthier Communities” is available FREE online at <http://www.informaworld.com/smpp/title~content=t792306860>

Legislation

NC Legislation

Check out the NC Alliance for Health website for current legislative actions in NC that address obesity, nutrition and/or physical activity.

www.rtpnet.org/alliance/priorityissues.html

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National Legislative Priorities

Visit the National Alliance for Nutrition and Activity (NANA) website
www.cspinet.org/nutritionpolicy/nana.html.

Grants/Awards

Grant for Capacity-building in Small Community-based Organizations (CBOs)

The link below is for a new Kate B Reynolds grant opportunity for CBOs focused on health promotion and disease prevention.

Request for Applications (RFA) for Capacity Building for Small Community-based Organizations

<http://www.kbr.org/pilotFiles/fckPages/file/RFA%20Small%20Org%20Capacity%20Build%2012-2009.pdf>

Robert Wood Johnson Foundation Awards Grants to 41 Communities in Major Expansion of Landmark Program to Reverse Childhood Obesity

[Foundation's Largest Investment in Community-Based Solutions to Obesity Spans the Country](#)

The Robert Wood Johnson Foundation (RWJF) has awarded multi-year grants to 41 communities across the country in an expansion of a landmark program to reverse the childhood obesity epidemic by 2015.

The 41 sites are funded through *Healthy Kids, Healthy Communities*, which supports local efforts to improve access to affordable healthy foods and opportunities for physical activity for children and families. With nine communities named as leading sites in 2008, the program now encompasses 50 sites in more than half of the states, the District of Columbia and Puerto Rico. It is the Foundation's largest investment in community-based solutions to childhood obesity, totaling \$33 million over five years.

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Two North Carolina Communities were awarded grant funding for Round Two. The communities are: Moore-Montgomery Counties and Nash-Edgecombe Counties.

- [View an interactive map of the 50 communities. Learn about the challenges they face and what each is planning through the program.](#)
- [Watch videos documenting the early work in three of the leading sites and see an interview with Sarah Strunk, program director.](#)
- [View a gallery of photos showing the kinds of barriers the communities aim to overcome.](#)

Pepsi Refresh Project

In 2010, Pepsi will give millions of dollars to fund good ideas, big and small, that make the world a better place.

Amounts awarded will be:

- **\$5,000.00** - Up to 10 Awardees/Month Best for individuals who need to get an inspired idea off the ground.
- **\$25,000.00** - Up to 10 Awardees/Month Best for individuals & small groups who can work lean and mean.
- **\$50,000.00** - Up to 10 Awardees/Month Best for companies & organizations who can put time into it.
- **\$250,000.00** - Up to 2 Awardees/Month Best for organizations who can dedicate a lot of time & resources.

For more information visit: <http://www.refresheverything.com/>

Training and Professional Development

Nutrition and Physical Activity Teleconferences

Every month, the CDC Division of Nutrition, Physical Activity & Obesity (DNPAO) sponsors a monthly teleconference on a variety of topics, but mostly dealing with nutrition and/or physical activity. The calls are scheduled the 2nd Thursday of each month from 1:30-2:30 p.m. The next call is scheduled to take place on March 11, 2010, from 1:30-2:30 p.m. The topic of the call has

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not been announced yet. Anyone who would like to participate in future calls is encouraged to send an email to diane.beth@dhhs.nc.gov. Please Note: The calls are also recorded and available several weeks after the teleconference. To listen to the recorded call or to see any handouts from the call visit www.ASTPHND.org (click on resources).

Fresh, Local Foods in Underserved Communities Webinar February 23, 2010 1:00 PM ET

Eating healthier foods --- including more fresh fruits and vegetables --- helps to reduce the risk of obesity and chronic disease. Families and children from low-income communities and communities of color are less likely to have diets that meet nutrition guidelines. Studies show that residents of rural areas, low-income neighborhoods, and communities of color have less access to supermarkets and large grocery stores and the fresh produce they sell.

Community public health advocates and policymakers can use multiple approaches to fulfill this need for fresh produce in underserved communities. They can work with local agencies to [attract full-service grocery stores](#). They can also support purveyors of fresh produce, often grown locally, by establishing favorable policies for farmers' markets and [mobile produce carts](#). The purpose of this webinar is to discuss the latter two types of policies, which bring fresh produce directly into underserved neighborhoods and create business opportunities for community members.

Through this webinar, participants will learn about ways to bring healthy foods to communities, outside of the traditional full-service grocery store. It will also provide [mini-trainings on two of NPLAN's model policy tools](#): Model Produce Cart Ordinance (coming soon!) and [Land Use Protections for Farmers' Markets](#).

NPLAN's Model Produce Cart Ordinance, inspired by New York City's Green Cart program and [other mobile vending ordinances around the country](#), is a cost-effective and efficient means of increasing residents' access to fresh produce. It creates a streamlined permit program for the sale of fresh whole fruits and vegetables from sidewalk carts. NPLAN's Model Land Use Protections for Farmers' Markets provides policy language that creates more opportunities for farmers' markets and ensures their long-term viability as a community institution.

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[Register Today!](#)

2010 Minority Health Conference February 26, 2010 Chapel Hill, North Carolina

The theme of this year's Minority Health Conference is "Building Community in the Age of Information: Fighting Health Inequality in the Modern World." Robert Fullilove, EdD, Associate Dean of Community and Minority Affairs, Professor of Clinical Sociomedical Sciences and Co-director of the Community Research Group at the Columbia University Mailman School of Public Health, will provide the 12th Annual William T. Small, Jr. Keynote Lecture.

The conference will be held at the William and Ida Friday Center for Continuing Education, 100 Friday Center Drive in Chapel Hill. Registration is available [online](#).

Obesity Conference 2010: Defining Best Practices for Obesity and Comorbidity Management Charlotte, North Carolina March 5, 2010

This one day conference is designed for individuals desiring additional information on the treatment of morbid obesity in adults and pediatrics. Morbid obesity as a major public health concern will be discussed along with surgical and non-surgical interventions for management of this disease and the various comorbidities.

Target Audience: Physicians, Nurses and Allied Health Providers.

For more information [click here](#).

2010 Faith and Health Summit Raleigh, North Carolina March 23, 2010

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Registration is now open for the 2010 Faith and Health Summit scheduled for Tuesday, March 23, 2010, at First Baptist Church in Raleigh (101 S. Wilmington Street). [Click here to reserve your space.](#)

To learn more about and/or to enroll your congregation in the new Partners in Health and Wholeness Certification Program, [please click here.](#)

2010 American Planning Association's National Planning Conference New Orleans, Louisiana April 10-13, 2010

The American Planning Association's [Planning & Community Health Research Center](#) invites you to attend the 2010 National Planning Conference. This April, the American Planning Association (APA) will head down to New Orleans for the 2010 National Planning Conference, Saturday, April 10, through Tuesday, April 13, at the Ernest N. Morial Convention Center.

Every spring, APA hosts a national conference that showcases the latest research, case studies, innovative ideas, and best practices in the field of planning. This conference attracts urban, rural and regional planners, appointed and elected officials, architects and landscape architects, engineers, health professionals, food system planners and a variety of other allied professionals.

The 2010 conference will feature several events, sessions and workshops related to public health, active living, food systems planning, and sustainability. For more information, [click here.](#)

"Taking Root: Fifth National Farm to Cafeteria Conference" Detroit, Michigan May 17-19, 2010

Farm to Cafeteria programs are taking root in schools, hospitals, colleges, daycares, and other institutions. The Community Food Security Coalition and National Farm to School Network are excited to present the 5th Annual National Farm to Cafeteria Conference to help you learn how you can start and scale up a program in your community.

Download the Save the Date Flyer: [Print](#) | [Web](#)

This information was compiled by Diane Beth, MS, RD, LDN--Nutrition Manager, Physical Activity and Nutrition (PAN) Branch, Division of Public Health, NC DHHS. URLs do not constitute an endorsement of any organization by the PAN Branch, and none should be inferred. The PAN Branch is not responsible for the content of Web pages found at these URLs.

Diane may be contacted at 919.707.5221 or: Diane.Beth@dhhs.nc.gov .

Nutrition Update February 2010

Coming Soon

Scholarships will be available - stay tuned for more information. We welcome [contributions to the scholarship fund](#).

Visit the website for the [2009 conference in Portland, Oregon](#) to learn more about what the conference will entail and see last year's workshops, field trips, and short courses.

Stay Tuned

More information will be posted on this website when available.

Conference announcements will also be posted on [Twitter](#), [Facebook](#), and their [conference email list](#).

To get involved with the National Farm to School Network, go to [www.farmtoschool.org](#).

Save-the-Date - 18th Annual Healthy Carolinians Conference Greensboro, North Carolina September 30 - October 1, 2010

Mark your calendars for the 18th Annual Healthy Carolinians Conference to be held at the Greensboro Marriott, in Downtown Greensboro.

More Information about our 18th Annual Healthy Carolinians Conference will be posted on the Healthy Carolinians website in the coming months.
[www.healthycarolinians.org](#).

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