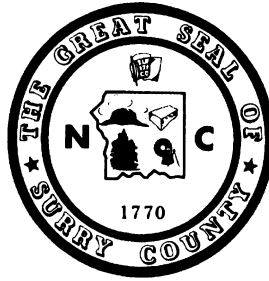


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FOR IMMEDIATE RELEASE
Contact: Thomas Williams

Date: June 30, 2010

Surry County receives Eat Smart Move More NC grant to help youth move more and sit less

(Pilot Mountain, NC) – Surry County has received an *Eat Smart, Move More NC* Community Grant for 2010-2012 to fund local physical activity projects targeting youth ages 9 to 14.

With the grant, Pilot Mountain Elementary School, opening in fall 2010, will build outdoor play equipment to help students get more physical activity. Staff will start moving more by joining a walking program and families will receive newsletters promoting health. The school will pass a policy to implement the “playing it SAFE” curriculum into field day-like events.

“We are extremely excited with the opportunity to provide additional healthy activities for our students. The *Eat Smart, Move More* grant money will allow us to do this by providing funding for equipment and programs. I want to thank our partners at The Surry County Health and Nutrition Center for working with us on this project,” said Angela Carson, Principal of Pilot Mountain Elementary.

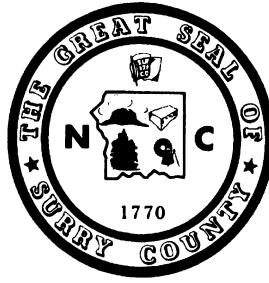
For the first time, the *Eat Smart, Move More NC* community grants are being awarded for a two-year cycle to study the impact the grants are having in the communities that receive them. The Robert Wood Johnson Foundation awarded funding in the fall of 2009 to the N.C. Division of Public Health’s Physical Activity and Nutrition Branch to work with East Carolina University’s Department of Public Health in evaluating the program. Surry County will receive funding for program implementation only in 2010-2011 and for data collection in 2010-2012.

North Carolina ranks 14th in the nation in overweight and obese adolescents. The percentage of children and adults who are overweight or obese rises each year and despite advances in medicine, the current generation of children may be the first to live shorter lives than their parents. *Eat Smart, Move More NC* strives to reverse this trend by making the healthy choice the easy choice.

The N.C. Division of Public Health funded 20 county/district health departments for the two-year grant cycle. The *Eat Smart, Move More NC* Community Grants support the *Eat Smart, Move More North Carolina* movement and *Eat Smart, Move More: North Carolina’s Plan to Prevent Overweight, Obesity and Related Chronic Diseases*, the state’s obesity prevention plan. This plan emphasizes strategies that make healthier eating and increased physical activity easier to

GOOD HEALTH TO YOU!

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achieve by, for example, adding walking paths in neighborhoods or around schools, or changing what foods a school can serve both at lunch and for after-school snacks.

“Making our schools and after school programs, our neighborhoods and our places of worship supportive of healthy eating and active lifestyles is important so that kids learn these habits early and carry them into adulthood,” said State Health Director Dr. Jeff Engel. “It also means each generation of kids gain the benefit of these more sustainable changes to our communities.”

All the funded projects are described on the *Eat Smart, Move More NC* Web site at www.EatSmartMoveMoreNC.com. *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. The movement is led by a coalition of more than 60 organizations. For more information on the *Eat Smart, Move More NC* movement or to find out how your community can promote healthful eating and physical activity, visit www.EatSmartMoveMoreNC.com on the Web.

For more information on Surry County's project, contact Keisha Jordan, School Health Educator

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