



Statewide Health Promotion

2008 - 2009 Highlights

Using funding from the state of North Carolina and the Preventive Health and Health Services Block Grant, the Statewide Health Promotion Program funds 83 local health departments to address obesity and tobacco use in their communities. The local Health Promotion Coordinators supported by these funds collaborate with schools, worksites, faith communities, health care and other community partners to establish policies and environments supportive of active living, healthy eating and tobacco-use prevention and cessation. Together, they make it easier for North Carolinians to eat smart, move more, and avoid tobacco use.

The Statewide Health Promotion Program, managed by the Physical Activity and Nutrition Branch, Health Promotion Unit, in partnership with the Tobacco Prevention and Control Branch, resides within the Chronic Disease and Injury Section, North Carolina Division of Public Health.

Why Environmental & Policy Change?

Empowering individuals and families with knowledge and skills to change their eating, physical activity, and tobacco use patterns is imperative. However, knowledge is only the beginning. People must live in environments that support healthy behaviors in order to put their knowledge and skills to use. By improving the rules (policies) and physical surroundings (environments) of the places where North Carolinians spend most of their time—schools, worksites, communities—we can make it easier for everyone to make healthy choices. To accomplish this goal, the Statewide Health Promotion Program provides funding to local health departments and districts to support community-based programs. These programs promote policy and environmental change to support increased healthy eating, physical activity and tobacco-free living.

Alamance

The Alamance County Health Department implemented several new initiatives in 2008-2009 targeting policy and environmental change. As a result, five restaurants adopted smoke-free policies before it was mandatory, three African American churches adopted policies related to physical activity and/or healthy eating and a childcare facility adopted a healthy snack policy. In addition, Gibsonville City Council restricted smoking in government buildings, the City of Elon installed a walking track at the Morgan Place Park and the health department enhanced a walking trail with materials donated from two area businesses.

Albemarle District

Albemarle District health promotion staff worked with several community partners in 2008-2009. As a result, two restaurants adopted the Winner's Circle Healthy Dining Program, seven churches implemented healthy food/beverage policies and two organizations identify walking areas on their websites. In addition, the Bertie and Chowan Health Departments identified space for staff and clients to breastfeed/pump and two elementary schools created gardens.

Alexander

The Alexander County Health Department made strides this year promoting healthy eating, physical activity and tobacco-use cessation. Accomplishments include a new policy to make all county government buildings smoke-free, a local campus of the Catawba Valley Community College adopting a smoke-free policy for all buildings and Alexander County's new employee incentive program rewarding healthy behaviors. Additionally, a session of Eat Smart, Move More, Weigh Less classes was held with 30-50 participants in each class.

Anson

Anson County staff achieved all of the health promotion goals they set for the county this year. Accomplishments include six faith communities agreeing to serve fruit, vegetables and water at meetings and to increase physical activity; the addition of education, nutrition and cooking activities to existing Eat Smart, Move More senior aerobics classes; two churches implementing a summer nutritional program for kids; and fourteen daycare providers implementing the Nutrition and Physical Activity Self-Assessment for Child Care (NAP-SACC).

Appalachian District

In 2008-2009, Appalachian received grant funds supporting local childhood obesity interventions and partners. The additional funding enabled the health department to expand its outreach to the local community, resulting in six childcare centers adopting physical activity policies, a faith community in Boone implementing a family fitness program and adopting a healthy food policy and six elementary/middle schools receiving training and curricula to incorporate into physical education classes.

Beaufort

Progress in implementing health promotion activities was hindered in 2008-2009 due to turnover in the Health Promotion Coordinator position and reorganization of health department staff.

Bladen

In Bladen County, health promotion staff implemented four key interventions in 2008-2009: Wesley's Chapel Church measured and established a walking trail; White's Creek Church placed signage around its walking trail; Bladen County Schools adopted the 100% Tobacco Free Schools policy; and Mt. Zion AME Methodist Church created a walking trail and walking program.

Brunswick

The Brunswick County Health Department completed a series of church-based interventions targeting policy and environmental change. Five churches adopted Eat Smart, Move More Healthy Eating Policies, committing to provide healthy food options at all church events. The health department staff also established a list of smoke-free restaurants in Brunswick County for local residents.

Buncombe

It was a busy year for the Buncombe County Health Department in 2008-2009, as staff tackled an ambitious agenda, much of which focused on bicycle use and safety. Achievements include the purchase of 20 bicycles to support the Erwin Middle School bicycle club and bicycle rodeo program; a successful Strive Not to Drive event that included the Mayor; the installation of shared lanes and traffic calming devices on major Asheville City roads; bike/ped safety training added to select driver's education programs; the adoption by Asheville police of a policy to enforce traffic laws for bicyclists; and installation of bike lockers in the Asheville parking garage. In addition, as part of the Pioneering Healthier Communities grant, a Leadership Team was formed to develop policy and environmental changes to improve health for Buncombe County citizens. The team comprises high-level city and county decision makers. The Buncombe Health Department also assisted Mission Hospital and Care Partners with increasing physical activity for staff and patients by implementing stairwell initiatives and improving or developing other physical activity facilities.

Burke

Burke County's efforts in 2008-2009 focused on worksites and schools. Their health promotion achievements include the Meridian Yarn company adopting a policy to price healthy vending options cheaper than unhealthy options and making two of its plants 100% tobacco free. For schools, a new walking trail at Chesterfield Elementary was completed and Mull Elementary implemented "Family Night" to offer physical activity opportunities to families. Mull also added healthy classroom rewards and fundraising policies and incorporated additional physical activity into classroom curricula.

Cabarrus

In 2008-2009, Cabarrus County implemented a comprehensive list of health promotion interventions. These included four restaurants adopting smoke-free policies, the completion of a master plan design for seven miles of the Irish Buffalo Creek Greenway, the Cabarrus Health Alliance Board adopting new tobacco-control rules for all government buildings and vehicles and the implementation of an employee wellness policy for Cabarrus Health Alliance employees.

Caldwell

Caldwell implemented a variety of initiatives in 2008-2009: an additional restaurant became smoke free before the state tobacco policy was passed; the Caldwell County wellness committee continued efforts to organize a summer fitness challenge; Eat Smart, Move More, Weigh Less classes were maintained; and a “biggest loser” contest was developed for county employees.

Carteret

Carteret County’s year was characterized by strong efforts to engage communities in healthy living. As a result, ninety-two people signed the Countdown Carteret pledge to adopt healthier lifestyles. In addition, the health department’s Clinic and Case Management Programs implemented a policy to refer clients who request help quitting smoking to the QuitlineNC resource. Finally, the Carteret Health Promotion Coordinator and community partners developed a 1.5 mile walking trail equipped with outdoor fitness stations at Newport Middle School. The trail is part of a dual-use, community/school park project funded by an Eat Smart, Move More Community Grant awarded to the county in 2008.

Caswell

In Caswell County, the Health Department’s Health Promotion Coordinator worked with community partners on several new initiatives in 2008-2009. As a result, a new walking trail was constructed at a local senior center, a policy was adopted that restricts smoking in all county buildings and the health department clinic adopted improved guidelines for tobacco-use screening and education.

Catawba

Catawba County Health Department implemented several school-based initiatives in 2008-2009. As a result, 11 childcare centers completed the Nutrition and Physical Activity Self-Assessment for Child Care (NAP-SACC) and implemented one physical activity and one nutrition policy each. Additionally, Lyle Creek and Startown Elementary Schools adopted policies for healthy rewards and school celebrations.

Chatham

The Chatham County Health Department had a successful year in 2008-2009 advancing policy and environmental change in the county. Three local organizations adopted healthy food/beverage policies; the Town of Pittsboro completed a pedestrian plan; four churches established health ministries; and Chatham County created a guide highlighting recreational facilities. In addition, health department staff installed musical playground equipment at Kiwanis Park using proceeds from the annual Reindeer Run and a mural was painted on a wall in a local school cafeteria to promote nutrition and physical activity. Finally, with funding of \$18,000 from an Eat Smart, Move More Community Grant, local partners constructed a playground at the Goldston Community Park.

Cherokee

In 2008-2009, Cherokee's health department staff established a county employee wellness program. In addition, the third phase of the Murphy River Walk was completed.

Clay

Health department staff in Clay County made several improvements to local communities in 2008-2009, hoping to increase physical activity levels. These efforts included the completion and distribution of a physical activity guide, the launch of Move On Clay County to encourage residents to be more active, installation of a new sidewalk next to the county's new recreation center and the construction of a new playground.

Cleveland

In 2008-2009, Cleveland County Health Department staff established a walking program in the town of Shelby. The county continued partnering with Cleveland County YMCA and implementing its ACHIEVE Grant funds to establish environmental and policy changes. Additionally, menu labeling boards were purchased for a local middle and high school to pilot nutrition education among students.

Columbus

Columbus County helped establish multiple policy and environmental changes in several community settings. Four signs were installed to mark community walking trails; a local church received physical activity equipment; and two churches passed healthy eating policies. In addition, several Columbus County businesses and organizations adopted tobacco-free policies and the board of health implemented a policy to add smoking cessation, breastfeeding, nutritional assessment and counseling services to its Family Planning Client Education program.

Craven

In 2008-2009, Craven County combined several interventions to target increased physical activity and healthy eating. Health department staff implemented the first phase of a community garden and took initial steps on a riverwalk project for the county. Additionally, they successfully established the Healthy Craven Now walking program, provided seven demonstrations of healthy uses of local produce and offered Eat Smart, Move More, Weigh Less classes through Craven County Community College.

Cumberland

Cumberland County experienced a productive and ambitious year of health promotion. The health department facilitated the adoption of physical activity or nutrition policies at 11 churches and healthy eating policies at four recreation centers during summer camp sessions. There was also increased participation in Freedom From Smoking Clinics and QuitlineNC at the Cumberland County Department of Public Health. Additionally, five worksites established policies supporting healthy eating and physical activity during work hours and four restaurants implemented the Winner's Circle Healthy Dining Program.

Dare

The Dare County Health Department implemented several health promotion initiatives in 2008-2009. These included a smoking ban within 50 feet of the health department building, a policy at the Parks and Recreation Department to provide healthy options in vending machines and policies at two churches to provide healthy food and beverages at church functions.

Davidson

In Davidson County, the Health Promotion Coordinator is pursuing the Winner's Circle Healthy Dining Program with area restaurants and Thomasville City Schools is continuing its wellness program.

Davie

Davie County Health Department staff pursued a variety of initiatives in 2008-2009. Achievements from these efforts include the Health Department adopting a policy to hand out tobacco cessation materials to pregnant clients and a local high school adopting a policy to serve breakfast to students. Additionally, area physicians are now using prescription pads featuring physical activity and healthy eating messages and local childcare centers installed gardens and added nutrition education to their curricula.

Duplin

In Duplin County, health promotion staff launched several programs promoting environmental and policy change. These included the adoption of a wellness plan by Duplin County for employees, the implementation of tobacco-free policies in 50% of all restaurants and the purchase of the bSafebFIT curriculum for every 6th grade classroom, which included teacher training to conduct sessions.

Durham

Durham County partnered with various churches to accomplish 10 of its 2008-2009 objectives, ranging from healthy food and beverage policies and the formation of wellness committees to planting church gardens. In addition, health department staff helped develop an obesity resource guide, added a health promotion section to Durham County's intranet site and worked with three worksites to adopt health-related policy changes. Durham County was also awarded an Eat Smart, Move More Community Grant to support vegetable gardens and capacity building in local faith communities.

Edgecombe

Health Department staff in Edgecombe implemented a variety of health promotion initiatives in 2008-2009. These included the formation of a local physical activity and nutrition coalition, the revitalization of the local Tarboro-Edgecombe Farmer's Market, implementation at two elementary schools of the Energizers program and the establishment of a community garden.

Forsyth

In 2008-2009, Forsyth County completed stairwell improvements and a stairway initiative at the Health Department and Forsyth County Government complex. In addition, a county policy was adopted to offer a discount on monthly premiums to all employees who participate in health risk assessments and screenings. The county also piloted a healthy snack incentive program that was well received. Finally, the Addiction Recovery Care Association added healthy options to their vending machines and adopted a policy to provide exercise opportunities for residents.

Franklin

In Franklin County, health department staff spent 2008-2009 implementing several programs to promote environmental and policy change in the community. As a result, a local senior center launched the Arthritis Foundation Education Program, the health department implemented the Public Health Service Clinical Guidelines for Treating Tobacco Use and Dependence and a walking path was measured off in downtown Louisburg for use by county staff. In addition, a website was established for county employees to promote wellness activities and the county manager agreed to support staff wellness activities for another year.

Gaston

In Gaston County, four worksites adopted a physical activity or healthy eating policy this year. The health department, Pharr Yarns and the Belmont City Council all enacted healthy food policies, while Meridian Yarns now allows workers time to attend health education sessions on physical activity, nutrition and smoking cessation during work time.

Graham

In 2008-2009, the Graham County Health Department established a diabetes education program and successfully maintained the county's teen tobacco prevention group.

Granville-Vance District

The Granville-Vance District implemented an array of policy and environmental change initiatives in 2008-2009. The City of Creedmoor adopted a Bike/Ped Master Plan; the Granville County Commissioners passed a motion to allow Granville County employees two 45-minute breaks per week for physical activity; and the Granville-Vance Board of Health prohibited smoking within 50 feet of the Granville and Vance health departments. In addition, a church developed a healthy food/beverage policy for all of its functions and physical activity point-of-decision prompts were placed near various benches along a walking trail in Oxford. The county also received an Eat Smart, Move More Community Grant to provide mini-grants to at least 10 community agencies to make numerous policy/environmental changes.

Greene

The Greene County Health Department generated significant additional funds in 2008-2009 and completed its work plan objectives. The county received a Health and Wellness Trust Fund grant in the amount of \$172,000 to continue funding its Tobacco Coordinator position. Additionally, two churches adopted healthy eating policies and one area restaurant implemented a smoke-free dining and healthy food labeling program.

Guilford

Staff at the Guilford County Health Department implemented several programs to improve worksite health opportunities. This included developing a county employee wellness program and committee, lunch-time exercise opportunities, a weight loss program and medical nutrition therapy for employees. In addition, three local faith communities adopted healthy eating policies. Guilford also participated in a new initiative through which 200 restaurants adopted a policy to use only trans-fat-free cooking oil when preparing food.

Halifax

In Halifax County, two private schools adopted the Food For Thought Curriculum, 11 daycares adopted the Color Me Healthy Curriculum and a 4-H camp adopted a policy to offer a week-long healthy cooking camp for children and youth on an annual basis.

Harnett

Staff at the Harnett County Health Department implemented programs in several different community settings in 2008-2009. As a result, area churches adopted a total of 15 policies to support physical activity and healthy eating and a local school teacher adopted a policy to provide Healthy Homework to her third grade class. In addition, the recreation departments in Lillington and the Town of Erwin each adopted a policy to offer healthy snack/beverage options to youth participating in sports programs.

Haywood

In Haywood County, the health department accomplished several health promotion objectives. The Haywood Community College adopted a tobacco-free campus policy; one faith community adopted a smoke-free building policy; and the Waynesville Recreation Center changed its policy to allow inline skating on the running track.

Henderson

In 2008-2009, Henderson received grant funds supporting local childhood obesity prevention interventions. The additional funding enabled five restaurants to become smoke free, seven health care practices to adopt smoking cessation referral policies and community partners to complete a walking guide. Additionally, 12 childcare centers completed the Nutrition and Physical Activity Self-Assessment for Child Care (NAP-SACC) and adopted or created a total of 23 policy/environmental changes to support healthy eating and increased physical activity.

Hertford

The Hertford County Public Health Authority continued its efforts in 2008-2009 promoting environmental and policy change. As a result, Hertford County Schools developed an employee wellness committee and the Town of Winton developed three walking trails for staff and community residents. Additionally, Hertford County Government re-established its employee wellness committee and two local schools developed indoor walking trails.

Hoke

In 2008-2009, the Hoke County Health Department made progress on several health promotion objectives. These included nine monthly menus highlighting healthy food items distributed to schools and six walking trails developed at local churches, schools and businesses. Additionally, Eat Smart, Move More, Weigh Less classes were offered to the local community and Hoke County Schools implemented the 100% Tobacco Free School policy.

Hyde

In 2008-2009, the Hyde County Health Department constructed a paved walking trail with signage and lighting at its facility, established a healthy snack bar for staff and adopted a policy to provide a water cooler in its lobby for public use.

Iredell

Due to vacant staff positions in the Iredell Health Department, 2008-2009 was devoted to refocusing priorities and laying groundwork for the up coming year's objectives. Subsequently, progress was made in reorganizing the local Healthy Carolinians coalition, preparing for recertification and re-establishing the Eat Smart, Move More Coalition as a sub-committee. Additionally, work occurred on a community garden project, downtown walking trails and sustaining the Nutrition and Physical Activity Self-Assessment for Child Care (NAP-SACC) program for child care providers.

Jackson

Health department staff in Jackson County made progress on several fronts in the community. Western Carolina University adopted a smoke-free campus policy that prohibits smoking inside all buildings and within 50 feet outside. Local schools continued the Walk the World program and the county created a permanent Greenway Coordinator position.

Johnston

In Johnston County, a local senior center instituted a walking program for its seniors, and a resource guide promoting free physical activity areas was developed and distributed to local community organizations.

Jones

In 2008-2009, the Jones County Health Department implemented a variety of programs targeting the health of county employees. As a result, a policy was passed making all county government buildings tobacco-free inside and outside within a 50-foot radius and the health department established an employee wellness program. Additionally, two local churches adopted policies to serve healthier foods at events.

Lee

The Lee County Health Department worked with several partners to support environmental and policy change in the community. Achievements include five churches establishing wellness committees and the Town of Broadway developing a coalition to promote physical activity and healthy eating. In addition, Lee County received an Eat Smart, Move More grant in 2008-2009 to fund container gardens and educational activities for 5th grade classes and area residents.

Lenoir

Lenoir County's Health Promotion Coordinator was hired mid-year but still managed to work with a local church to assist in the adoption of a healthy food and beverage policy.

Lincoln

In Lincoln County, the health department achieved one of its objectives by launching an employee walking program in which 70 employees participated.

Macon

In Macon County, health department staff pursued health initiatives benefiting the community throughout 2008-2009. As a result, four churches adopted policy/environmental changes to support healthy eating and increased physical activity. In addition, the county created a new, full-time position at the Macon Health Center to focus on chronic disease prevention.

Madison

In 2008-2009, the Madison County Health Department helped three additional restaurants adopt smoke-free policies before the state law was passed, and it established a weight loss support group for the county wellness program.

Martin-Tyrell-Washington District

In 2008-2009, the health promotion staff of the Martin-Tyrrell-Washington District Health Department implemented programs addressing several key behaviors in various settings. These initiatives included several churches adopting various environmental and policy changes such as food/beverage policies, walking paths and wellness committees. The district health department itself formed an employee wellness committee, and worked with a primary care physician to adopt clinical practice guidelines for tobacco in local clinics.

One of the district's partners, the MTW Board of Health, adopted a policy allowing employees to use 15 minutes of paid work time each day for physical activity and created walking routes to

support the change. The Board of Health also adopted a 100% tobacco-free campus ruling. Another partner, Washington County Hospital, adopted a 100% tobacco-free campus policy as well and implemented the Winner's Circle Healthy Dining Program.

Other achievements include: Tyrrell County Schools establishing an intramural sports program, the creation of a Teens Against Tobacco Use peer group and the formation of a coalition in Martin County to support physical activity and nutrition projects. Finally, health district staff helped complete the Successful Student Scorecard in 22 local schools to assess how well school environments support physical activity and healthy eating.

Mecklenburg

Mecklenburg County had a productive year in 2008-2009, reaching out to local childcare centers and raising money for a healthy cooking program. As a result, 78 childcare centers implemented physical activity or nutrition policies, 26 food service providers are preparing healthier foods for children and staff and 50 childcare facilities are implementing Color Me Healthy. In the community at large, three greenways totaling 3.1 miles were completed, with further expansion planned for next year. Finally, Mecklenburg's Health Department also generated a significant amount of funding for its Healthy Futures cooking initiative and related programs, raising more than \$37,000.

Montgomery

Montgomery County's health department implemented a very successful health promotion program in 2008-2009. Thanks to their efforts, two churches adopted policies to provide healthy food choices at their events, two restaurants labeled their menus with heart healthy choices, vending machines in Montgomery County government buildings are offering healthier food options and a walking trail was established in the town of Star. In addition, healthier breakfast options are now available at Montgomery County Schools, a healthy snacks policy was passed for the Teen Outreach Program at East and West High Schools and a wellness committee for Montgomery County employees was established. Finally, health department staff also implemented tobacco-cessation policies, which eliminated tobacco usage in all Troy government buildings and smoking within 50 feet of the health department and Department of Social Services.

Nash

The Nash County Health Department had a successful year in 2008-2009 generating financial resources and implementing programs. The health department received \$29,000 to continue the Energizers program and received other in-kind resources from community partners to assist health promotion efforts. Programmatic achievements include local faith and community-based organizations adopting a total of 18 policies related to forming wellness committees, offering healthy food/beverages at meetings, offering ongoing physical activity classes and implementing the Winner's Circle Healthy Dining Program. In addition, at least nine daycare/preschools added the Color Me Healthy curriculum to their classes, a local restaurant adopted a tobacco-free policy and seven area physicians adopted policies to refer patients to physical activity and healthy eating education programs.

New Hanover

In 2008-2009, the New Hanover Health Department developed two new community walking trails, created a pilot wellness program, held three wellness screenings focusing on nutrition and physical activity and implemented two Be Active Kids curricula. The county also received a \$15,000 asthma grant and submitted applications for obesity and worksite wellness initiatives.

Northampton

The Northampton Health Department continued its efforts in 2008-2009 to implement environmental and policy change in local communities. As a result, two churches adopted policies to offer walking groups or aerobics twice a week, while four other churches agreed to display nutrition and physical activity information in their buildings. In addition, a walking path was measured off for county government employees in Jackson and another trail was expanded for employees. Health department staff generated significant resources via the Blue Cross and Blue Shield of North Carolina Foundation, Health and Wellness Trust Fund and Office of Healthy Carolinians, ultimately raising more than \$39,000 to support health promotion efforts.

Onslow

The Onslow County Health Department achieved all of its 2008-2009 health promotion objectives. As a result, healthy food options were added to a hospital cafeteria menu, a nutrition awareness policy was implemented at Northwoods Elementary and the health department will implement and maintain a 100% tobacco-free policy that extends 50 feet from the building. In addition, county schools implemented a policy enforcing the use of healthy snacks or rewards instead of candy for student behavior.

Orange

Health promotion staff in Orange County had a successful year in 2008-2009 implementing local policies supportive of physical activity and nutrition. Consequently, the Board of Health approved two policies for meetings at the Orange County Health Department, requiring healthy foods and physical activity breaks. In addition, a web-based physical activity and nutrition resource guide was developed for community use, and 12 agencies adopted policy/practice changes to include Eat Smart, Move More messaging into their programs and/or services.

Pamlico

In Pamlico, the health department is pursuing a variety of interventions targeting environmental and policy change. As a result, the Andy's chain of restaurants adopted a tobacco-free policy for their restaurants. Other initiatives under way include implementing the Take 10! curriculum in schools, increasing tobacco prevention efforts, building a walking trail around the county courthouse and building support to implement the Girls on the Run program.

Pender

Pender County's Health Department implemented a variety of health promotion initiatives in 2008-2009. Achievements include the addition of healthy snacks and related labeling to all county vending machines, development of a community walking trail at Williard Community Center and implementation of tobacco-free policies at six local restaurants. Healthy Carolinians is also enabling staff to attend nutritional classes and have year-round access to a gym.

Person

The Person County Health Department staff achieved all of their health promotion plan objectives for 2008-2009, as well as several others that had not been planned ahead of time. As a result, one concession stand at a county complex is offering healthier snack and beverage options at a lesser cost than other items, a section of the health department website was established to highlight health promotion messages and resources, and three restaurants implemented the Smoke-Free Dining campaign. In addition, a comprehensive pedestrian plan was adopted by the City of Roxboro and a web-based county wellness program was developed for employees. Staff also helped construct a walking track behind a local animal shelter to expand the Strut-A-Mutt program, measure off an indoor walking area at a local business and establish a county wellness awards program to promote the county's ongoing wellness program.

Pitt

The Pitt County Health Department implemented a variety of interventions in 2008-2009 to promote policy and environmental change. Due to these efforts, two facilities are now labeling healthy options using Winner's Circle Healthy Dining Program criteria, two walking paths were measured off in a local faith community and two paved trails were enhanced/expanded, one of which was included in the City of Greenville's Greenway Master Plan. In addition, the Towns of Falkland and Winterville and the Village of Simpson adopted policies prohibiting smoking in government buildings. Finally, the Pitt County Manager implemented the Health Insurance Fee Minimization Incentive Program, which rewards employees that participate in healthy behaviors by lowering employee health insurance premium costs.

Randolph

In Randolph County, the county school system implemented the Alternative to Smoking anti-tobacco program and all Asheboro City agencies with more than 50 employees adopted a healthy vending machine policy.

Richmond

In 2008-2009, health department staff in Richmond County partnered with two African American churches to implement environmental and policy changes related to physical activity, healthy eating and/or tobacco use. In addition, staff developed a link for a health promotion brochure to post on the county's website and they continue to pursue establishing a permanent walking trail for county employees.

Robeson

In Robeson County, the health department established a local physical activity and nutrition committee and continued to work with a local restaurant on adopting a smoke-free policy.

Rockingham

In Rockingham County, health department staff implemented an array of health promotion programs. These include a stairwell initiative in the county's government complex and at the health department. Also, a local faith community formed a wellness committee and implemented a policy to add health messages to its newsletters. In addition, the local Boys and Girls Club purchased new physical activity equipment and the Farmer's Market began accepting Electronic Benefit Transfer cards.

Rowan

In Rowan County, the health department made significant progress towards increasing physical activity and nutrition opportunities in the community. Part of this progress included a series of grant awards to health partners and local schools totaling more than \$160,000. In addition, the Rowan County Wellness Committee created a walking program, Isenberg and Hanford-Dole Elementary Schools created a .25 mile walking trail, five schools generated a competitive walking program and Rowan-Salisbury Child Nutrition began serving more vegetables.

Rutherford-Polk-McDowell District

The Rutherford-Polk-McDowell Health District had a very successful year pursuing its 2008-2009 objectives. Accomplishments include Thomas Jefferson, Marion Elementary and McDowell Head Start installing gardens for students; NC Division of Social Services' Work First program starting a gardening program for clients; and the City of Marion building a permanent structure for the tailgate market, which was also designated as a smoke-free zone. In addition, the district's health staff raised substantial financial resources for health promotion, including \$21,00 to support the McDowell greenway and \$200,000 to match the Parks and Recreation Trust Fund resources, which will be used to build a trail around an area hospital, health department, YMCA and Armory. Finally, \$200 was raised for Thomas Jefferson School to augment their garden.

Sampson

The Sampson County Health Department implemented several environmental and policy change initiatives targeting local faith communities and other settings. Wards Chapel adopted a physical activity and nutrition policy for its congregation and Keathern Baptist, Union Grove, St. Thomas and Evergreen Churches adopted physical activity policies for their congregations and implemented the Body and Soul wellness program. Additionally, the pastor of Union Grove Church of Christ approved the church serving as a community resource center for nutrition, physical activity and tobacco-use cessation information. The health department also adopted a physical activity and healthy snack policy and the Pizza Inn restaurant adopted a smoke-free Sunday policy.

Stanly

In Stanly County, health promotion staff continued to pursue opportunities supporting policy and environmental change. As a result, three physical activity and healthy eating policies were implemented in three daycare centers. The county also generated new funding resources, including \$10,000 from the Kate B. Reynolds Charitable Trust to fund Healthy Carolinians Partners.

Stokes

Stokes County's Health Promotion Coordinator position was vacant for most of the 2008-2009 year. The health department is moving forward on plans for next year and will have more to report in the near future.

Surry

In Surry County, health department staff made significant progress on several health promotion objectives. As a result, 11 new restaurants adopted smoke-free policies; Flat Rock Elementary completed a new 1/4 mile trail; one mile of the Mt. Airy greenway was constructed; and Surry Community College adopted a smoke-free campus policy and posted signage. In addition, the Town of Elkin adopted a 100% tobacco-free government policy and Elkin City Schools began offering low-fat salad dressings.

Swain

In 2008-2009, Swain County implemented a variety of health promotion programs targeting schools and worksites. These initiatives include implementation of a fitness room for high school staff, the Girls on the Run program, a healthy homework policy at Swain Middle School, a smoke-free dining policy in a local restaurant and a worksite wellness program that gives county staff time during work to engage in physical activity. In addition, the health department initiated a breastfeeding peer counselor program, Swain High School established a teen tobacco prevention group, East and West Elementary Schools changed their PE curricula to increase activity during classes and Swain Middle adopted a policy for all students to have physical education time in their weekly schedules.

Toe River District

Both health promotion coordinators at the Toe River Health District developed ambitious plans for 2008-2009 and achieved many of their objectives. In Yancey County, teachers incorporated the Energizers curriculum to increase physical activity in the classroom, the first annual "Fit Family" walking tour was held in Burnsville and schools took ownership of annual BMI assessments. As a result of the latter, all middle school students with a BMI at or above the 95th

percentile are now receiving weight management counseling. In addition, the community gym adopted a policy to open the facility after hours to allow community walking and also established a new preschool fitness group.

In Mitchell County, four new walking trails were measured, marked and promoted; four restaurants became tobacco free (before the state legislation was passed); and one restaurant changed its menu to designate healthy options. Meanwhile, residents in Avery County were encouraged to adopt healthy behaviors through the annual Healthy Halloween event and the ongoing Eat Smart, Move More, Weigh Less classes.

Transylvania

The Transylvania Health Department had a busy year promoting health in several community settings. In schools, the county adopted a policy to collect BMI data annually, implemented the use of Energizers in two schools and adopted a policy to provide wellness information at staff meetings. In addition, a teen tobacco group successfully lobbied local businesses to change the placement of tobacco products in their stores and Brevard Family Practice implemented the 5A's tobacco-cessation program. To reach worksites, health department staff helped the Community Services and Human Services Building enact a 15-foot tobacco-free radius around the building and helped implement a program to incentivize physical activity among employees.

Union

The Union County Health Department achieved all of its health promotion objectives for 2008-2009. As a result, 26 restaurants adopted tobacco-free policies, and a tobacco coalition formed to increase secondhand smoke awareness. In addition, two childcare centers implemented the Color Me Healthy curriculum, three elementary schools adopted healthy eating policies, and three others implemented the Take 10! and Food For Thought curricula to increase physical activity and nutrition in the classroom. Union also generated significant financial resources this year, receiving \$70,000 from the Kate B. Reynolds Charitable Trust to implement the Food, Fitness and Fun Project at three elementary schools and \$500 from the Health and Wellness Trust Fund for secondhand smoke awareness program.

Wake

Wake County's health promotion staff made good progress in 2008-2009 reaching out to churches and other community organizations. Three churches provided exercise equipment to their members; a fourth launched a women's soccer league; and a fifth created areas for walking. In addition to partnering with faith communities, Wake health staff also helped the town of Wendell enhance a walking trail with benches, distance markers and an informational kiosk. They also worked with four community-based organizations to adopt policies to offer healthy foods and beverages at meetings and to establish walking groups and fitness breaks.

Warren

In 2008-2009, the Warren County Health Department implemented a variety of health promotion interventions targeting health disparities. As a result, five walking paths were measured off by area churches, two churches developed wellness committees and one church adopted a healthy foods policy. In addition, Warren health department staff received an Eat Smart, Move More Community Grant to provide nutrition education and healthy cooking classes to participants in a Nurturing Parenting program and implement a healthy food and beverage policy at the Warren Family Institute.

Wayne

Wayne County's health promotion staff met all of its community action plan objectives for 2008-2009. This included a stairwell initiative at the Wayne County office building, which featured newly painted stairwells, promotional events and the installation of artwork and music speakers. A mobile farmer's market was also established at the building for staff and local residents. In addition, a daycare in the area implemented three container gardens, and supported the initiative with educational sessions on farming and a taste test of fruits and vegetables.

Wilkes

Staff at the Wilkes County Health Department implemented a broad array of initiatives targeting policy and environmental change. They achieved one important milestone by reaching their goal of 70 smoke-free restaurants before the state legislation was passed. They also partnered with local business Gardner-Glass to develop a comprehensive employee wellness program that included adding healthier foods and beverages to their vending machines, developing a walking trail and allowing employees time during the work day to engage in physical activity. In addition, Wilkes County government developed an employee wellness program and adopted a policy to allow employees an additional 30 minutes at lunch to engage in physical activity. Finally, two churches adopted policies to offer water at all meal functions and East Wilkes High school implemented a new curriculum as a physical education class for overweight students, constructed a new fitness room and adopted a policy to allow students and community members access to this room after regular school hours.

Wilson

In Wilson County, health promotion staff worked with a local restaurant to adopt the Winner's Circle Healthy Dining Program and also worked with a library to implement a stairwell initiative.

Yadkin

In 2008-2009, Yadkin County made progress on several of its goals for health promotion. Achievements included four restaurants adopting smoke-free policies and the completion of the Yadkinville Park, both of which will benefit local community members.