



The program website and all materials referenced on this sheet can be accessed at www.eatsmartmovemorenc.com.

Welcome to Eat Smart, Move More North Carolina, a statewide movement that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray.

We work to help communities, schools and businesses make it easy for people to eat healthy food and be physically active. We also encourage individuals to think differently about what they eat and how much they move, and to make choices that will help them feel good and live better.

Eat Smart, Move More NC is guided by the work of the Eat Smart, Move More NC Leadership Team, a multi-disciplinary team composed of statewide partners working together to increase opportunities for healthy eating and physical activity.

Vision

A North Carolina where healthy eating and active living are the norm, rather than the exception.

Mission

To reverse the rising tide of obesity and chronic disease among North Carolinians by helping them to eat smart, move more and achieve a healthy weight.

Check the website for tools for use in clinical healthcare:

1. Pediatric Obesity Clinical Tools: Tools to prevent, assess, and treat childhood overweight and obesity.
2. Motivational Interviewing: Resources on this cognitive behavioral technique.
3. Medical Nutrition Therapy: Provides guidance on topics for nutrition visits with overweight children.
4. BMI: Downloadable poster to help you calculate your Body Mass Index.
5. Patient Education Packets: Patient materials for health care professionals. These simple, downloadable patient education materials are free for health care professionals to offer patients and address the evidence-based behaviors the Eat Smart Move More NC movement encourages: prepare more meals at home, tame the tube, choose to move more every day, right-size your portions, re-think your drink, enjoy more fruits and veggies, and breastfeed your baby.
6. Prescription Pads: Customizable prescription pads to address patients' health behaviors.
7. Obesity-related CPT codes: Information to assist providers in identifying services and procedures reimbursable by Medicaid.
8. Pediatric Tertiary Care Centers: These centers provide intensive, multi-disciplinary care and treatment for childhood obesity.