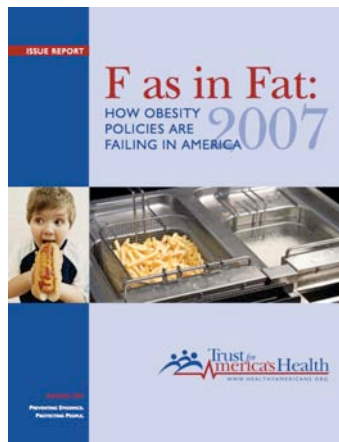


Overweight & Obesity

Carolyn Dunn, Ph.D.
Professor and Nutrition Specialist
Associate State Program Leader



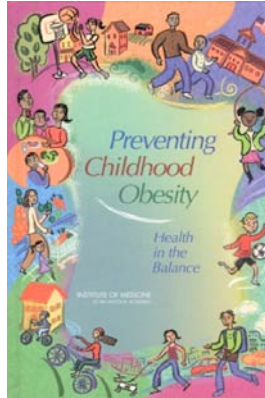
Must Read



<http://www.rwjf.org/pr/product.jsp?id=20314>

Carolyn Dunn, Ph.D.
Carolyn_Dunn@ncsu.edu
919.515.9142

Must Read



<http://www.iom.edu/?id=22623>

Must Read

http://www.cdc.gov/nccdphp/dnpa/nutrition_professionals/practice/index.htm

Carolyn Dunn, Ph.D.
Carolyn_Dunn@ncsu.edu
919.515.9142

Must Read

The screenshot shows the CDC website header with the logo and text: "Department of Health and Human Services Centers for Disease Control and Prevention". A search bar is visible. The main content area is titled "Overweight and Obesity" and includes a sidebar with a navigation menu: "Introduction", "Defining Overweight and Obesity", "Obesity Trends", "Contributing Factors", "Health Consequences", "Economic Consequences", "Childhood Overweight", "State-Based Programs", "Recommendations", "Frequently Asked Questions (FAQs)", and "Resources". The main text under "Introduction" states: "The prevalence of obesity (BMI≥30) continues to be a health concern for adults, children and adolescents in the United States. Data from the most recent NHANES survey¹ shows that among adult men the prevalence of obesity was 31.1% in 2003–2004, and 33.3% in 2005–2006, a small but not statistically significant change. Among adult women, the prevalence of obesity in 2003–2004 was 33.2%, and in 2005–2006 was 35.3%, again a small but not significant change. Another recent NHANES survey² found that obesity". To the right of the text is a map of the United States with states colored in shades of orange and red, indicating obesity prevalence.

<http://www.cdc.gov/nccdphp/dnpa/obesity/>

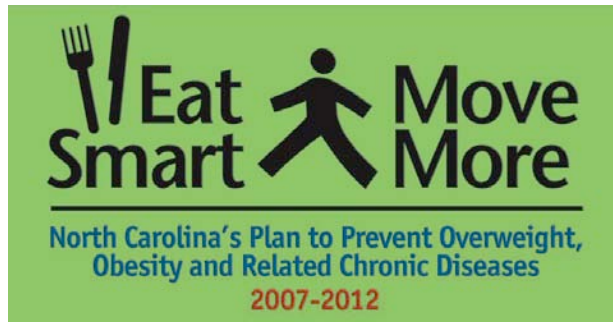
Must Read

The screenshot shows the Office of the Surgeon General website header with the logo and text: "U.S. Department of Health & Human Services Office of the Surgeon General". A search bar is visible. The main content area is titled "The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity". A sidebar on the left contains a navigation menu: "OSG Home", "About OSG", "Public Health Priorities", "Childhood Obesity Prevention", "Reports and Publications", "News Room", and "Contact Us". The main text includes a list of links: "Press Release [HTML] [PDF]", "Report [HTML] [PDF]", "Ordering Information", "Fact Sheets", "Overweight and Obesity: A Vision for the Future [PDF]", "Overweight and Obesity: At a Glance [PDF]", "Overweight and Obesity: Health Consequences [PDF]", "Surgeon General's Healthy Weight Advice for Consumers [PDF]", "Overweight and Obesity: What You Can Do [PDF]", "Overweight in Children and Adolescents [PDF]", "Surgeon General's Listening Session (December 7-8, 2000)", "Press Release (January 8, 2001)", and "Background".

<http://ww.surgeongeneral.gov/topics/obesity>

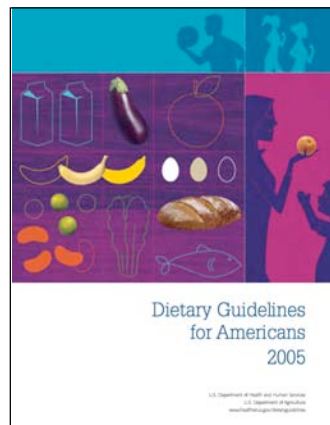
Carolyn Dunn, Ph.D.
Carolyn_Dunn@ncsu.edu
919.515.9142

Must Read



www.eatsmartmovemorenc.com/stateplan/index.html

Must Read



<http://www.health.gov/DietaryGuidelines/default.htm>

Carolyn Dunn, Ph.D.
Carolyn_Dunn@ncsu.edu
919.515.9142

Schools Programs & Tools

Sybershop

Who is it for?

Young people in the 9th through 12th grade.

How do you get it?

In NC – Contact Carolyn Dunn for a copy of the trainer's manual and CD. Work with your mentor Agent or Agents in your surrounding area to learn more about the program.

How is it used?

The CD can be used one-on-one, with small groups or in the high school classroom.

The CD can be used one-on-one, with small groups or in the high school classroom.



Preschool Programs & Tools

Color Me Healthy

Who is it for?

Child care providers working with children ages 4 and 5.

How do you get it?

In NC – Attend a training conducted by an Agent in surrounding area. Work with an Agent to become familiar with the program. Contact Carolyn Dunn for a training manual.

How is it used?

Curriculum is used in the classroom to teach young children that healthy eating and physical activity are fun.

Color Me Healthy is a program developed to reach limited-resource 4 and 5 year-old children with fun, interactive learning opportunities on physical activity and healthy eating.



Carolyn Dunn, Ph.D.
Carolyn_Dunn@ncsu.edu
919.515.9142

Community Programs and Tools

Women Living Healthy, Women Living Well

Who is it for?

Women ages 18-50

How do you get it?

In NC – Contact Carolyn Dunn for a copy of the trainer's manual and CD. Work with your mentor Agent or Agents in your surrounding area to become more familiar with the program.

How is it used?

Serves as a resource to be used with workshops, classes and individual self-study.

Women Living Healthy, Women Living Well is an interactive CD developed for women focusing on healthy eating, physical activity and women's health issues. Health information, tips and fun ways to live a healthy life are all included on the CD.



Families Programs & Tools

Families Eating Smart and Moving More

Who is it for?

Anyone working with families who want to Eat Smart and Move More.

How do you get it?

Contact Carolyn Dunn for a copy of the program. Work with your mentor Agent or Agents in your surrounding area to become familiar with the program.

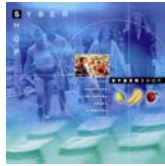
How is it used?

Curriculum is taught one-on-one or in small group workshops.

Families Eating Smart and Moving More is a toolkit that offers families simple solutions to help them eat smart and move more.



Carolyn Dunn, Ph.D.
Carolyn_Dunn@ncsu.edu
919.515.9142



- Spend time to fully go through the curriculum!
- Read background information on the subject matter.
- Attend the program in a surrounding county.
- Work with your mentor Agent or Agents in your surrounding area to see how they use the program successfully.

Community Programs and Tools

Eat Smart, Move More, Weigh Less

Who is it for?

Adults who want to lose weight, maintain a healthy weight or learn healthier lifestyle habits.

How do you get it?

In NC – Training will be offered in 2009!

How is it used?

Curriculum is taught in a group setting.

Eat Smart, Move More, Weigh Less is a weight-management program that uses strategies proven to work. Each lesson informs, empowers and motivates participant to live mindfully as they make choices about eating and physical activity.



Carolyn Dunn, Ph.D.
Carolyn_Dunn@ncsu.edu
919.515.9142

Community Programs and Tools

Move More Walking Map Guide

Healthy Meeting Guide

Move More Stairwell Guide

Snacks and Drinks

Bring Fresh Produce to Your Setting

Who is it for?

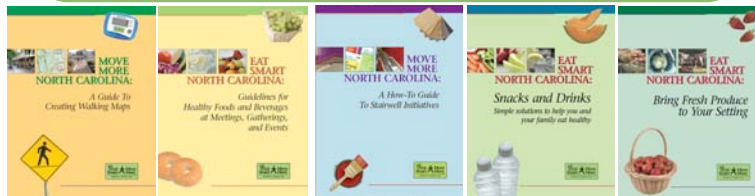
Anyone who wants to promote safe walking routes in their community.

How do you get it?

This resource is distributed electronically and can be downloaded from the Eat Smart Move More NC website.

How is it used?

Provides step-by-step guidelines to mapping out walking routes in and around communities, schools, worksites and faith-based organizations.



Community Programs and Tools

Active Community Environments (ACEs)

Who is it for?

Public health practitioners, community groups, advocates and grassroots coalitions.

How do you get it?

This resource is distributed electronically and materials can be downloaded from the Eat Smart Move More NC website.

How is it used?

Serves as a policy primer and provides guidelines for getting involved in land use and transportation planning.

Creating Active Community Environments (ACEs) represents a valuable opportunity for public health practitioners interested in increasing opportunities for people to be physically active. ACEs are places where people are able and encouraged to walk, bike, or roll for both pleasure and purpose.



Carolyn Dunn, Ph.D.
Carolyn_Dunn@ncsu.edu
919.515.9142

Schools Programs & Tools

The North Carolina NET Resource Library

Who is it for?

Anyone in NC who provides nutrition education in schools, health departments, workplaces or other settings.

How do you get it?

Visit the Net Resource Library for more information.
www.nutritionnc.com
Click on NET Library

How is it used?

Materials are lent free-of-charge with borrowers only paying return postage.

The North Carolina NET Resource Library makes available audiovisuals, computer programs, games, curricula guides, textbooks, children's books and other resources for classroom, cafeteria and community use.



Schools Programs & Tools

Food for Thought

Who is it for?

Educators working with students in grades K-5.

How do you get it?

This resource is distributed electronically and can be downloaded from the Eat Smart Move More NC website.

How is it used?

Curriculum allows teachers to integrate the concepts of healthy eating and physical activity into math and English Language Arts.

Food for Thought is a K-5 curriculum that integrates nutrition objectives of the Healthful Living Standard Course of Study with Math and English Language Arts.



Carolyn Dunn, Ph.D.
Carolyn_Dunn@ncsu.edu
919.515.9142

Faith Programs & Tools

African American Churches Eating Smart and Moving More

Who is it for?

Church staff and members, health department staff, Cooperative Extension Agents and community partners.

How do you get it?

This resource is distributed electronically and can be downloaded from the Eat Smart Move More NC website.

How is it used?

Provides guidance and tools for nutrition and physical activity programs in African-American churches.

African American Churches Eating Smart and Moving More - Planning and Resource Guide is designed to assist churches with planning, promoting and implementing programs for health and wellness.



Worksites Programs & Tools

Worksites Eating Smart and Moving More

Who is it for?

Employers who want to provide an environment that supports employees who choose healthy behaviors.

How do you get it?

This resource is distributed electronically and can be downloaded from the Eat Smart Move More NC website.

How is it used?

Materials allow any employer to create a wellness program that fits the needs of the employees at their worksite.

Worksites Eating Smart and Moving More is an all-in-one resource for establishing a worksite wellness program that promotes and supports healthy eating and increased physical activity for employees.



Carolyn Dunn, Ph.D.
Carolyn_Dunn@ncsu.edu
919.515.9142

Health Care Programs & Tools

Prescription Pads

Who is it for?

Physicians, Physician Assistants and Nurse Practitioners.

How do you get it?

This resource is distributed electronically and can be downloaded from the Eat Smart Move More NC website.

How is it used?

Providers insert information and use the prescription pads to encourage behavior change in patients.

Health care professionals can use these customizable prescription pads to talk to patients about five important yet simple food and physical activity behaviors.



Health Care Programs & Tools

Fast Food and Families

Who is it for?

Anyone working with families interested in learning more about eating smart.

How do you get it?

www.fastfoodandfamilies.com

How is it used?

Used in workshops, classes, and/or as part of an interactive display at events.

NEW website

www.fastfoodandfamilies.com



Carolyn Dunn, Ph.D.
Carolyn_Dunn@ncsu.edu
919.515.9142

Health Care Programs & Tools

BMI: Are you a healthy weight?

Who is it for?

Health care professionals working with adult patients.

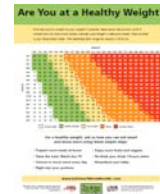
How do you get it?

This resource is distributed electronically and can be downloaded from the Eat Smart Move More NC website.

How is it used?

Provides a conversation starter and a prompt to encourage patients to ask about their weight status.

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems. The healthiest BMI range for adults is 18.5 to 24.9.



Policy Programs & Tools

Sample Physical Activity and Healthy Eating Policy

Who is it for?

Any organization who wants to create more opportunities for healthy eating and physical activity.

How do you get it?

This resource is distributed electronically and can be downloaded from the Eat Smart Move More NC website.

How is it used?

Organizations can use the sample as a template to create their own healthy eating and physical activity policy.

Carolyn Dunn, Ph.D.
Carolyn_Dunn@ncsu.edu
919.515.9142

Policy Programs & Tools

Eat Smart Move More County Profiles

Who is it for?

Community members interested in making it easier for people to Eat Smart and Move More.

How do you get it?

This resource is distributed electronically and can be downloaded from the Eat Smart Move More NC website.

How is it used?

Provides information that can be used to advocate for more policies and environments that support healthy lifestyles.

A county profile has been created for each of North Carolina's one hundred counties.



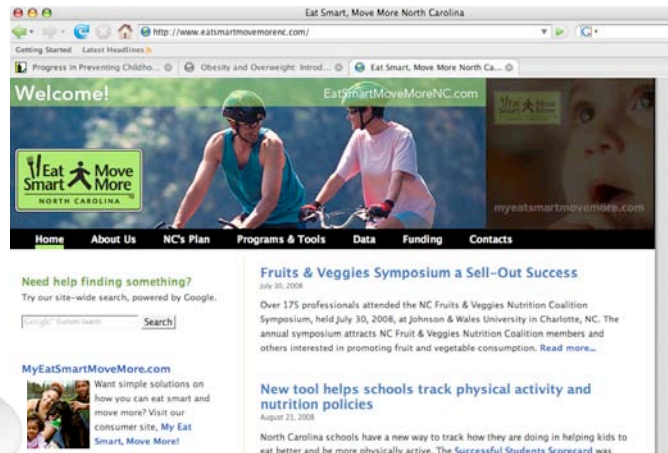
Media Programs & Tools

Advertisement: Print, TV and radio ads are available for download



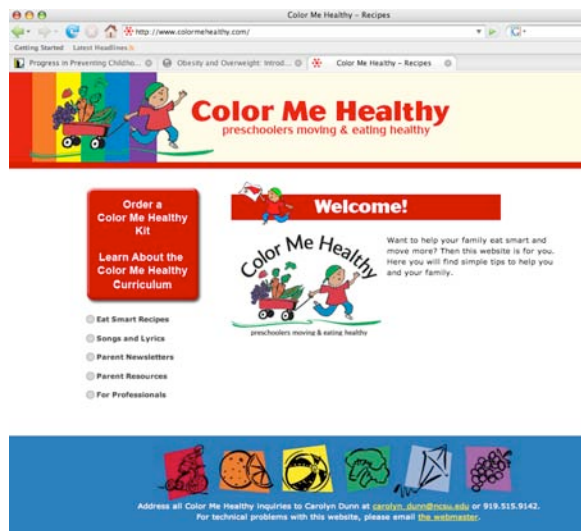
Carolyn Dunn, Ph.D.
Carolyn_Dunn@ncsu.edu
919.515.9142

Go To Websites



www.eatsmartmovemorenc.com

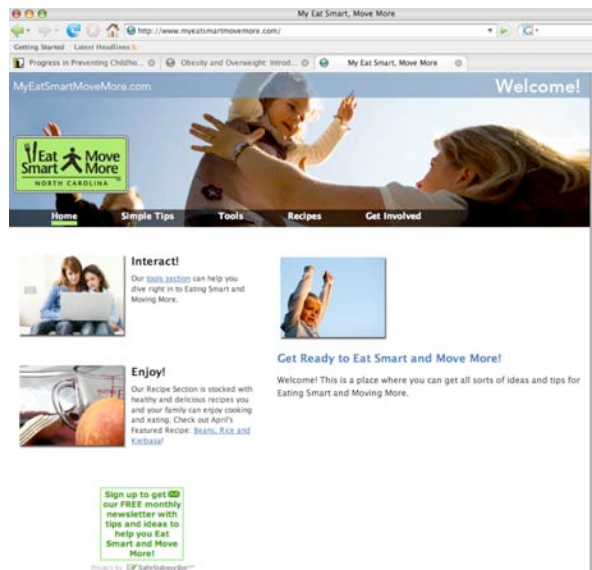
Go To Websites



www.colormehealthy.com

Carolyn Dunn, Ph.D.
Carolyn_Dunn@ncsu.edu
919.515.9142

Go To Websites



www.myeatsmartmovemore.com

Carolyn Dunn, Ph.D.
Carolyn_Dunn@ncsu.edu
919.515.9142