

## **NC Health and Wellness Trust Fund Fit Community Grant Awards**

**Ashe County Health Council: \$56,012** to enhance and expand the work of the Nutrition, Physical Activity and Tobacco Committee of the Ashe Healthy Carolinians Task Force by: 1) building a climbing wall for youth; 2) implementing classroom-based physical activities; 3) developing a community walking trail; and 4) building a fitness facility—all primarily targeted to school children.

**City of Graham, Recreation and Parks Department: \$59,900** to increase physical activity levels by 25% and increase healthy eating options for residents by: 1) establishing a downtown walking route and promoting it through a program called *Graham Walks*; 2) installing drainage pipes and signage to encourage the use of an existing walking trail at a local park; and 3) recruiting Winner's Circle restaurants in the City of Graham.

**City of Lumberton Recreation Department: \$60,000** to increase physical activity for school children, citizens of low socioeconomic status, and minorities including members of the Lumbee tribe via: 1) new fitness stations along the Lumber River Walking Trail; 2) education of high risk citizens about healthy lifestyles and the resources available to them; 3) drafting policies to complement and institutionalize these efforts; and 4) the creation of a coalition of local agencies with similar missions.

**Duplin Partners for Health: \$60,000** to assist in promoting physical activity among county employees via: 1) enhancement of the Duplin Commons walking track by adding benches, water fountains, shade trees, waste containers and a Par Fitness Course; and 2) an annual Family Walk/Run Day and other physical activity programs to promote the improved track while increasing awareness for the benefits of physical activity.

**Haywood County Health Department: \$60,000** to increase physical activity levels for school children and community residents via: 1) a *Walk and Roll* program; 2) *Take 10!* Curriculum promotion in classrooms; 3) use of 'Gamebikes' in PE curriculum and as a classroom incentive; 4) creation and promotion of a paved quarter mile track and a community biking/walking trail; 5) formation of a community 4H biking club for children, and more.

**Heartworks Children's Medical Home Mission (Pamlico Co.): \$59,975** to promote community awareness and education, while increasing motivation, social support and community involvement in the fight against youth obesity by: 1) identifying specific needs and barriers to increasing physical activity in Pamlico county; 2) drafting local policies to improve child health; and 3) expanding the *Take10!* program and creating new initiatives for students and parents such as a monthly, county-wide FitTrek competition and Support & Education Group sessions.

**Mecklenburg County Health Department: \$60,000** to improve local employee health by: 1) increasing employee access to healthy Winner's Circle foods; 2) encouraging employees to participate in physical activity; and 3) bettering nutrition and physical activity policies and physical projects through a pilot worksite wellness program entitled *Work to Wellness*, which will assist local employers with creating an environment conducive to healthy eating and physical activity.

**Sampson County Parks and Recreation Department: \$60,000** to increase physical activity through the *Walking Today for a Healthy Tomorrow* campaign, which will establish walking clubs in various communities targeted specifically to elderly residents throughout the County. The program will: include a free medical and fitness screening, help to establish walking routes that combine physical activity with local history and culture, and designate community "Champions," who will help direct the walking clubs in their communities. Goals for those seniors who participate include 1) decreasing mean arterial pressure by 10%; and 2) decreasing resting heart rate by 10%.