



Healthy People
Healthy Carolinas

Update Update...read all about it



WalkWise NC: An 8-week walking program designed to promote 150 minutes of walking each week, fosters community support and policy creation.

-2 groups walking and one potential group

Cooking Matters at the Store (CMATS): Guided grocery store tour that teaches low-income adults how to get the most nutrition for their food dollars.

-One virtual tour completed. More to come

KIP TRACK/TRACK Rx: Partnership between KIP and local pediatricians to help kids and families learn how spending time in nature improves their overall health.

-Numbers are growing for KIP TRACK Trails but new plan needed for TRACK Rx

Coordinated Approach to Child Health (CATCH): Combines nutrition education with physical activity to reduce the prevalence of childhood obesity.

-6 PE Teachers have signed on to implement CATCH. Online training dates are currently being scheduled



Healthy Food Pantry: Combines food bank hunger relief efforts with food pantry healthy initiatives to provide nutrition information and healthy eating opportunities for low income families individuals and families.

-Catholic Charities is a new partner in this work will have a recipe + ingredients program launch this month

Know It Control It: is a program designed to help people self-monitor their blood pressure and make healthy lifestyle changes to control high blood pressure.

-new class in session at Moyewood Cultural Center every two weeks in partnership with Healthy Lifestyles initiative team

WE ALSO SUPPORT...

Lifestyle Medicine:

-Brenda is leading the project team with plans to implement Exercise is Medicine and a new data collection plan

-Stefanie Cabaniss created newsletter that went out via email. It features tips, recipes, and data surrounding LM. The newsletter can also be found on the PPH Facebook

Have a project idea?

Please use this link: <https://forms.gle/DgtxVfyNDdfSqNWV6>