

Healthy North Carolina 2020  
**EVIDENCE BASED STRATEGIES**

<b>FOCUS AREA</b>	Physical Activity & Nutrition
<b>OBJECTIVE</b>	2. Increase the percentage of adults getting recommended amount of physical activity

<b>EBS PROGRAM DESCRIPTION</b>	Promote the adoption of physical activity (PA) in worksites
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<b>EBS LEVEL</b> <i>CDC Ranking</i>	B = Best/Proven
<b>REFERENCE/CITATION</b> <i>Data Supporting Level/Ranking</i>	The Guide to Community Preventive Services - <a href="http://www.thecommunityguide.org/worksites/index.html">http://www.thecommunityguide.org/worksites/index.html</a>

<b>PROGRAM ATTRIBUTES</b>	
Influence Level	Multi-Level
Target Population	Worksites state-wide with sizeable low-income adult populations
Intervention Setting	Worksites
Key Measures	<ol style="list-style-type: none"> <li>1. Number of worksites that adopt strategies to increase physical activity</li> <li>2. Number of employees who work in worksites that adopt strategies to increase physical activity</li> </ol>
Cost	
Time to Implement	<u>Organization</u> <u>Patient/Client</u>
Difficulty to Implement <i>Resource Intensity</i>	
ROI <i>if known</i>	

<b>PROGRAM CONTACT INFORMATION</b>	
Organization	NC Division of Public Health, Chronic Disease and Injury Section, Community & Clinical Connections for Prevention & Health Branch
Contact Person	Sam Thompson
Email / Telephone	Sam.Thompson@dhhs.nc.gov/919-707-5224
Web Site	

<b>CURRENT NC-DPH SUPPORT</b>	
T.A. – Yes/No Specific group? Other limitations?	Yes
T.A. Contact	Sam Thompson - Sam.Thompson@dhhs.nc.gov/919-707-5224
Funding – Yes/No Specific group? Other limitations?	
Funding Contact	

<b>EBS PROGRAM IMPLEMENTED BY / NC EXAMPLES</b>	
#1 – Organization Name / Contact Information	
#2 – Organization Name / Contact Information	
#3 – Organization Name / Contact Information	

**OTHER COMMENTS / NOTES**

The strategy above will be implemented under the new grant, *State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health CDC-RFA-DP13-1305*. This grant consolidates the efforts and funding of the Diabetes Prevention and Control, Heart Disease and Stroke Prevention, School Health, and Physical Activity and Nutrition Branches. The capacity of this new branch, Community & Clinical Connections for Prevention & Health, to implement the strategy above will be determined by the award amount announced in June 2013.

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<b>FOCUS AREA</b>	Physical Activity & Nutrition
<b>OBJECTIVE</b>	2. Increase the percentage of adults getting recommended amount of physical activity

<b>EBS PROGRAM DESCRIPTION</b>	Increase the number of organizations that allow access to physical activity facilities. May also impact objectives 1.1 and crosscutting 4.
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<b>EBS LEVEL</b> <i>CDC Ranking</i>	B = Best/Proven
<b>REFERENCE/CITATION</b> <i>Data Supporting Level/Ranking</i>	The Guide to Community Preventive Services

<b>PROGRAM ATTRIBUTES</b>	
Influence Level	Community
Target Population	Low-income and rural communities
Intervention Setting	Community
Key Measures	Number of new agreements and policies or enhanced existing policies that allow access to physical activity facilities on their grounds.
Cost	
Time to Implement	<u>Organization</u> <u>Patient/Client</u>
Difficulty to Implement <i>Resource Intensity</i>	
ROI <i>if known</i>	

<b>PROGRAM CONTACT INFORMATION</b>	
Organization	NC Division of Public Health, Chronic Disease and Injury Section, Community & Clinical Connections for Prevention & Health Branch
Contact Person	Lori Rhew
Email / Telephone	Lori.Rhew@dhhs.nc.gov/919-707-5224
Web Site	

<b>CURRENT NC-DPH SUPPORT</b>	
T.A. – Yes/No Specific group? Other limitations?	Yes
T.A. Contact	Lori Rhew - Lori.Rhew@dhhs.nc.gov/919-707-5224
Funding – Yes/No Specific group? Other limitations?	Yes
Funding Contact	

<b>EBS PROGRAM IMPLEMENTED BY / NC EXAMPLES</b>	
#1 – Organization Name / Contact Information	
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#3 – Organization Name / Contact Information	

**OTHER COMMENTS / NOTES**

CTG Project Manager, Sharon Nelson – [sharon.boss.nelson@dhhs.nc.gov](mailto:sharon.boss.nelson@dhhs.nc.gov)

Creating or enhancing places for physical activity in partnership with the CTG Project is a proposed strategy in the competitive portion the new grant, *State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health CDC-RFA-DP13-1305*. This grant consolidates the efforts and funding of the Diabetes Prevention and Control, Heart Disease and Stroke Prevention, School Health, and Physical Activity and Nutrition Branches. The capacity of this new branch, Community & Clinical Connections for Prevention & Health, to implement this strategy will be determined by the award amount announced in June 2013.

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<b>FOCUS AREA</b>	Physical Activity & Nutrition
<b>OBJECTIVE</b>	2. Increase the percentage of adults getting recommended amount of physical activity

<b>EBS PROGRAM DESCRIPTION</b>	Increase the number of comprehensive plans that include health considerations. May also impact objectives 1.1 and crosscutting 4.
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<b>EBS LEVEL</b> <i>CDC Ranking</i>	E = Emerging
<b>REFERENCE/CITATION</b> <i>Data Supporting Level/Ranking</i>	

<b>PROGRAM ATTRIBUTES</b>	
Influence Level	Society and Multi-Level
Target Population	Low-income and rural communities
Intervention Setting	Community
Key Measures	Number of new or revised comprehensive plans that include health considerations
Cost	
Time to Implement	<u>Organization</u> <u>Patient/Client</u>
Difficulty to Implement <i>Resource Intensity</i>	
ROI <i>if known</i>	

<b>PROGRAM CONTACT INFORMATION</b>	
Organization	NC Division of Public Health, Chronic Disease and Injury Section, Community & Clinical Connections for Prevention & Health Branch
Contact Person	Lori Rhew
Email / Telephone	Lori.Rhew@dhhs.nc.gov/919-707-5224
Web Site	

<b>CURRENT NC-DPH SUPPORT</b>	
T.A. – Yes/No Specific group? Other limitations?	Yes
T.A. Contact	Lori Rhew - Lori.Rhew@dhhs.nc.gov/919-707-5224
Funding – Yes/No Specific group? Other limitations?	Yes
Funding Contact	

<b>EBS PROGRAM IMPLEMENTED BY / NC EXAMPLES</b>	
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**OTHER COMMENTS / NOTES**

CTG Project Manager Sharon Nelson – [sharon.boss.nelson@dhhs.nc.gov](mailto:sharon.boss.nelson@dhhs.nc.gov)

Designing streets and communities for physical activity in partnership with the CTG Project is a proposed strategy in the competitive portion the new grant, *State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health CDC-RFA-DP13-1305*. This grant consolidates the efforts and funding of the Diabetes Prevention and Control, Heart Disease and Stroke Prevention, School Health, and Physical Activity and Nutrition Branches. The capacity of this new branch, Community & Clinical Connections for Prevention & Health, to implement this strategy will be determined by the award amount announced in June 2013.