

What is Eat Smart, Move More Newberry County?

In the efforts to curb the rising obesity epidemic and to create an overall healthier community Newberry County received grant money to create, initiate, and influence healthy eating habits as well as exercise and physical activity. The intent of this initiative is to form a collaborative effort among schools, faith based groups, businesses, health care organizations, community organizations and a wide range of other parties to pursue the wants and needs of the community in order to initiate healthy living.

Newberry County Obesity, Physical Activity, and Nutrition Facts

- In 2009, 30% of adults were obese.
- In 2009, 53% of adults were not meeting the physical activity recommendation.
- In 2009, 81% of adults were not meeting the fruit and vegetable recommendation.

VISION

Healthy eating and active living are essential parts of the everyday culture in South Carolina where we live, work, learn, pray, and play.

MISSION

The mission of Eat Smart, Move More SC is to lead a unified movement to make the healthy choice the easy choice.



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Making the Healthy Choice the Easy Choice



MAKING THE HEALTHY CHOICE THE EASY CHOICE

“Did you know for the first time in American history our kids are predicted to have a shorter life span than their parents? By providing easier access to healthy foods, outdoor activities and tobacco-free workplaces we hope to reverse that statistic. Eat Smart Move More Newberry County is a group of community leaders, business leaders, and concerned citizens working together to make Newberry County a healthier, more active place to live. Our mission is to make the healthy choice the easy choice. Join us in the fight against obesity, inactivity, and tobacco. We can make a difference in our own lives as well as those of our children!”

- Joe Belyusar, Chair of ESMMNC

Visit our website at:
eatsmartmovemoresc.org/newberrycounty



What is the Problem?

During the past few years, the alarming rise of obesity in our country has become a well-documented problem. Even in our state of South Carolina obesity has risen dramatically. In 2010, 70% of adults and 15% of adolescents were overweight and of these numbers 32% of adults and 17% of adolescents were obese. South Carolina ranks within the Top 10 of the states as having the highest obesity percentages. Overweight and obese individuals are at an increased risk for diabetes, hypertension, stroke, certain cancers, heart disease, high cholesterol, sleep apnea, depression, osteoarthritis, and asthma. If obesity among children continues to increase at the current rate, our current generation could become the FIRST in American history to live shorter lives than the parents.

What Can You Do?

- Choose healthy food options such as fruits, vegetables, and whole grains from grocery stores, fresh produce stands, or the Grow Newberry Farmer's Market.
- Be active! Walk, jog, bike, workout, anything to get your body active and moving.

What has ESMM Newberry County done so far?

We are working on a City of Newberry trail connectivity plan to connect existing parks to downtown.

We have organized a group of business and community leaders to address the issues of healthy eating, active living, and tobacco cessation.

We have completed the Rural Active Living Assessment which gives us a baseline of existing resources in Newberry County such as parks, play grounds, hiking/biking trails, swimming pools, and places to purchase healthy foods.

We are working to promote and expand the Grow Newberry Farmer's Market.

We have initiated communication between Safe Routes to School and Newberry County School District officials to establish Safe Routes to School initiatives at individual schools as well as planning for a walk audit at Boundary Street Elementary School.

