

What is Eat Smart, Move More SC?

The SC Eat Smart, Move More Coalition coordinates obesity prevention efforts across the state and leads the implementation of the South Carolina Obesity State Prevention Plan. The intent of this coalition is to promote ongoing collaboration between state agencies, business and industry, healthcare organizations, schools, academia, community coalitions and a broad range of other stakeholders. It seeks to capitalize and leverage differing areas of expertise, skill and resources to impact obesity in South Carolina.

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.

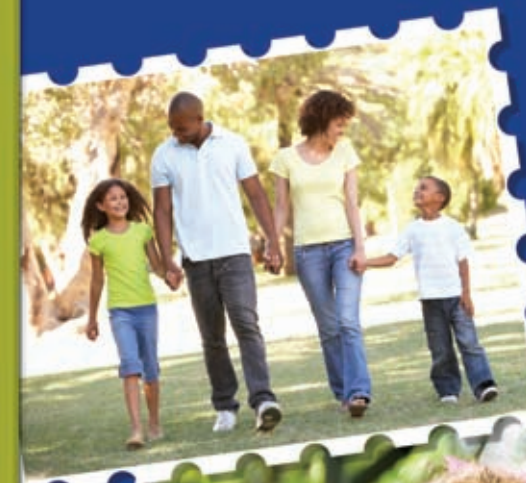


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Making the Healthy Choice the Easy Choice



What is the Problem?

During the past few years, the alarming rise of obesity in our country has become a well-documented problem. Overweight and obese individuals are at increased risk for diabetes, hypertension, stroke, certain cancers, heart disease, high cholesterol, gall bladder disease, 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

SOUTH CAROLINA OBESITY FACTS

- Obesity rates in SC have more than doubled since 1990.
- Based on current projections, 1 in every 3 children born in the year 2000 will develop Type 2 diabetes.
- Childhood obesity has nearly tripled in one generation.
- Obesity costs SC over \$1 BILLION dollars annually.
- Nearly one third of SC high school students are overweight.
- More than a quarter of Americans between the ages of 18 and 27 are too heavy to serve in the US armed forces.

What is the Solution?

Through implementation of the SC Obesity State Plan, Eat Smart, Move More SC is working to make the healthy choice the easy choice where we live, learn, work, pray and play. The strategies in the Obesity State Plan are organized by the settings where we spend most of our time. These settings influence the choices we make regarding healthy eating and active living:



- Child Care/Preschool
- Community
- Faith
- Health Care
- School
- Worksite

Options for Action (OFA) is the online how-to guide for implementing the SC Obesity State Plan on the local level. The Objectives and Activities contained in OFA utilize policy, systems, and environmental change strategies to address healthy eating, active living, and obesity prevention. OFA also provides setting specific tools for planning and implementing best and promising practices. Through implementation of OFA, more and more partners across the state are becoming champions for the Obesity State Plan.

Join the Movement

Obesity is a complex issue requiring comprehensive solutions. Eat Smart, Move More SC is an organization of nearly a thousand partners working to make a difference. By networking into the Eat Smart, Move More SC partnership, you become engaged in the statewide movement to promote healthy eating and active living. We all have a role to play where we live, learn, work, pray or play. Working together we can make the healthiest choice the easiest choice! Here is how you can get involved:

- 1) Network into your local Eat Smart, Move More Chapter and join local grassroots partners working together to improve policies and environments supportive of healthy eating and active living.
- 2) Participate in training opportunities including an annual Obesity Prevention Summit, regional workshops and webinars on best practice strategies!
- 3) Be an advocate for healthy eating and active living at the state and local level!

