

NC STATE

April 20, 2004

Orange County Center
North Carolina Cooperative Extension Service
College of Agriculture and Life Sciences
P. O. Box 8181, 306E Revere Rd.
Hillsborough, NC 27278
919-245-2054

To: The Mayor and Town Council

Alice L. Pettitt

From: Alice L. Pettitt
Extension Agent
Family & Consumer Sciences

Cooperative Extension and Orange on the Move Coalition submitted an application for the Community Development Grant Funds to implement a comprehensive program for overweight youth in Chapel Hill. I appreciated the opportunity to speak about the program during your public hearing in March.

The Orange on the Move Coalition, which is coordinated by Cooperative Extension, is made up of over 20 different agencies, groups, and individuals who are working together to promote nutrition and physical activity for youth and their families. Many of these groups wrote support letters that were included as part of our grant application. I am attaching copies of a few of the letters for your review.

I will not be able to attend the Chapel Hill Town Council meeting on April 26, since we are co-sponsoring a program on nutrition and physical activity for parents at the Carrboro Century Center that evening, and I will be presenting a session on nutrition. However, I support the preliminary recommendation as proposed by the Town Manager in March, and hope that you will support our grant request.

Thank you for your support and consideration.

Attachments

February 23, 2004

Town of Chapel Hill
306 North Columbia Street
Chapel Hill, North Carolina 27516

To Whom It May Concern:

I am writing today in support of the application by the NC Cooperative Extension, Orange County Center, for the Community Development Block Grant Funds. As a school nurse in the Chapel Hill-Carrboro City Schools, I am alarmed at the number of overweight children and teenagers I see on a daily basis. Not only are there far too many overweight students, but I have also seen an increase in the number of students with diabetes, types I and II, and hypertension. The PAYOFF program that these grant funds would be used for is a program that could help fight this epidemic of overweight children.

According to the National Center for Chronic Disease Prevention and Health Promotion (CDC), "the percentage of young people who are overweight has almost doubled in the past 20 years". Daily participation in physical education classes by high school students dropped from 42% in 1991 to 29% in 1999. There are many reasons why our youth might be overweight, but two major contributors to the epidemic are decreased physical activity and poor nutritive choices. Decreased physical activity is the second leading cause of preventable death (the first is tobacco use). A program like PAYOFF could help our youth develop skills that might give them the confidence to be physically active for the rest of their lives, and give them a knowledge base to help them make healthier food choices into adulthood.

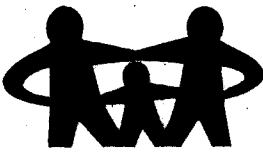
The Chapel Hill-Carrboro City School's nurses will support the NC Cooperative Extension, Orange on the Move and the PAYOFF program outlined in the grant. School nurses will help to identify those students who might benefit from PAYOFF and refer as needed. The school nurses will also help to provide nutrition education and guidelines for physical activity at age appropriate levels. The nurses will work as liaisons with students, their families and health care providers as necessary. The PAYOFF program and its activities will be publicized within the school district and participation will be encouraged.

The commitment of the Cooperative Extension and Orange on the Move towards improving the health of the youth in our community embodies the CDC's guidelines for *Promoting Lifelong Health Eating* and *Promoting Lifelong Physical Activity*. The CDC wants to see that physical activity and reinforcing nutrition education are promoted not only through schools, but through community programs. I hope that you will give full consideration to this proposal and will provide support to improve the health of Orange County's children and adolescents, and their families.

Sincerely,



Debra LaMay, BSN, RN, NCSN
School Nurse, East Chapel Hill High School



PIEDMONT

Health Services, Inc.

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CORPORATE OFFICE
PO Box 17179
121 Kingston Drive
Chapel Hill, NC 27516-7179
(919) 933-8494
FAX (919) 933-9201



CARRBORO COMMUNITY
HEALTH CENTER
301 Lloyd Street
Carrboro, NC 27510
(919) 942-8741
FAX (919) 942-1473

February 25, 2004

CHARLES DREW COMMUNITY
HEALTH CENTER
221 N. Graham Hopedale Road
Burlington, NC 27217-2971
(336) 570-3739
FAX (336) 570-1215

Town of Chapel Hill
306 North Columbia Street
Chapel Hill, NC 27514

To Whom It May Concern:

MONCURE COMMUNITY HEALTH
CENTER
PO Box 319
7228 Pittsboro-Moncure Road
Moncure, NC 27559
(919) 542-4991
FAX (919) 542-3726

I am writing in support of the application by the NC Cooperative Extension, Orange County Center, for Community Development Block Grant funds. As a leader in the community for many years that works with families and children, I am fully aware of the many problems that obesity can cause in children. These problems can be prevented if proper intervention is made in a timely manner. The health centers operated by Piedmont Health Services, Inc. in Orange and other counties serve many children who are overweight and in need of services other than medical care to help address their problems. Funding of this application will help provide these services.

PROSPECT HILL COMMUNITY
HEALTH CENTER
PO Box 4
140 Main Street
Prospect Hill, NC 27314
(336) 562-3311
FAX (336) 562-4444
TOLL FREE (800) 898-9577

I will support the Orange on the Move Coalition and the programs outlined in the grant by 1) referring children and families to the program, 2) participating in the coalition activities, and 3) providing medical care for children and their families referred to our health centers.

SCOTT CLINIC
5270 Union Ridge Road
Burlington, NC 27217
(336) 421-3247
FAX (336) 421-3275

I hope that you will give full consideration to this proposal and I will provide as much support as possible to this program to improve the health of Orange County children and their families.

Thank you in advance for your support of this program application.

SILER CITY COMMUNITY
HEALTH CENTER
401 B N. Ivey Avenue
Siler City, NC 27344
(919) 663-1744
FAX (919) 663-1635

Sincerely,

Moses Carey, Jr.
Executive Director and
Orange County Commissioner



February 23, 2004

Town of Chapel Hill
306 North Columbia Street
Chapel Hill, NC 27516

Dear Town Hall Members:

I am writing in support of the application by the NC Cooperative Extension, Orange County Center, for the Community Development Block Grant Funds. The UNC Family Practice Center is a primary care medical practice that treats children and adults of all ages. We have approximately 45 clinicians (both resident physicians and faculty physicians) and see about 50,000 visits per year on the campus of the University of North Carolina. Our involvement as teachers of the next generation of family physicians makes us keenly aware of the problem of childhood obesity and the importance of screening and treatment to prevent complications in the adult patients that we also see.

I will support the Orange on the Move Coalition and the programs outlined in the grant by performing physical assessments on our patients to assess their risk for childhood obesity. When appropriate we can make referrals to programs developed specifically for our overweight pediatric patients. I hope you will give full consideration to this program to improve the health of Orange County children and their families.

Sincerely,

A handwritten signature in black ink that reads "Donald C. Spencer MD". The signature is fluid and cursive, with a large, sweeping "D" and "S".

Donald C. Spencer, MD
Director, UNC Family Practice Center

The University of North Carolina at Chapel Hill Family Practice Center, William B. Aycock Family Medicine Building,
CB# 7586 Manning Drive, Chapel Hill, NC 27599-7586 ▶ Telephone: (919) 966-0210 ▶ Fax: (919) 966-6126
www.fammed.unc.edu/fpc/fpc.htm

Allen Daugird MD, MBA
Director, Clinical Services
Telephone: (919) 966-6060

Donald Spencer, MD MBA
Director, Family Practice Center
Telephone: (919) 966-6068

Christopher Simms, MHA
Practice Manager
Telephone: (919) 966-1596



**Communities
In Schools** 
HELPING KIDS
PREPARE FOR LIFE

February 23, 2004

Town of Chapel Hill
306 North Columbia Street
Chapel Hill, NC 27516

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Orange County Schools
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Town of Carrboro
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Orange Co. Government
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Chapel Hill Herald Sun
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Communication Chair

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CPA Blackman & Sloop
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Neil Pedersen
Chapel Hill-Carrboro
City Schools
Superintendent

Ed Penny
BellSouth
Fundraising Chair

Edward Sechrest
Chapel Hill-Carrboro
City Schools
Vice-Chair

Yrish Whiting
Junior League
MSAS Representative

Executive Director

Sheila D. Sholes-Ross

Dear Town of Chapel Hill:

I am writing today in support of the application by the North Carolina Cooperative Extension, Orange County Center, for the Community Development Block Grant Funds.

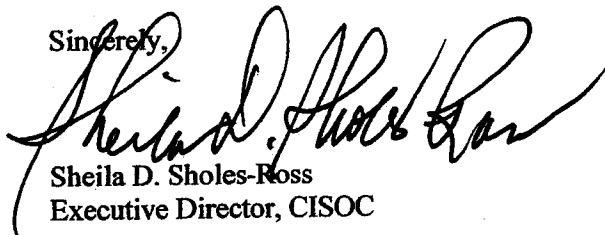
The CISOC mission is to champion the connection of needed community resources with schools to help young people successfully learn, stay in school, and prepare for life. The organization believes that every child needs and deserves: 1) a one-on-one relationship with a caring adult; 2) a safe place to learn and grow; 3) a healthy start and a healthy future; 4) a marketable skill to use upon graduation; and 5) a chance to give back to peers and community. Our goal is to partner with every resource in this community to connect them to schools in order to support the developmental well-being of children and youth.

Within our provision of services, we see many students who are obese or over-weight. Students are referred to CISOC due to deficiencies in core academic subjects. There are usually underlying problems that lead to school failure such as emotional and family problems and a variety of health concerns. In many instances, these children use food as a coping mechanism—eating unhealthy foods to compensate for pain or inadequacies they are feeling. Other factors include parents' lack of nutritional education and the inaccessibility of healthy foods.

CISOC will support Orange on the Move Coalition and the programs outlined in the grant with identification of enrolled students at CISOC after school and traditional school day program sites in need of obesity intervention and prevention services. As other resources are added to CISOC, along with identification and referral to existing community resources, CISOC will provide additional school based activities in the areas of education and support groups.

In closing, we at Communities In Schools of Orange County, Inc. hope you will give full consideration to this proposal. It is the collaborative goal of Orange County agencies to address and remove barriers relating to the well being of children and youth in this community. CISOC supports this endeavor as a means to meet the needs of children in this county.

Sincerely,



Sheila D. Sholes-Ross
Executive Director, CISOC

Communities In Schools of Orange County
PO Box 9454, Chapel Hill, NC 27515
Phone: (919) 967-6677, Fax: (919) 967-2772
Email: cisoc_ed@bellsouth.net
Website: www.cisoc-nc.org

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February 23, 2004

Dear Grant Application Coordinator:

This letter is written to support the application by the NC Cooperative Extension, Orange County Center, for the Community Development Block Grant Funds.

We are the parents of an 11-year-old active boy who is overweight. We encourage him to continue to be physical active by participating in basketball, soccer and football as well as making good eating choices. We try so hard to instill the "good" habits in him but then he is offered the "bad" things at school, at camp, and other places. We have tried several programs as well as visited several nutritionists and have not made much progress. We feel so powerless in helping our son with this weight issue.

We have lived and worked in the Chapel Hill Community for over ten years and childhood obesity has risen greatly over these years. Although a variety programs and activities for youth are offered in collaboration with agencies, Town Departments and community links, these programs are not directly targeting the problem. Programs are offered for homework assistance, reading enrichment, cultural enrichment, computer education, and sports activities to prepare youth to be successful. Programs are also needed to prepare children to be physically healthy and fit.

Obesity in kids is a major issue in the United States. The number of children who are overweight has doubled in the last two to three decades; currently one child in five is overweight. Children are spending more time in front of television, computers and playing video games. Their physical activity levels have decreased and their body weights have increased.

As a member of the Orange County community, we want our son as well as other children to be social able and healthy in an effort to lower the risk or chances of diabetes, heart disease, low self-esteem, depression or stroke. As involved parents, community members and employees of this community, we are *aware of the problems that obesity can cause in children.*

We will support the program outlined in the grant by continuing to encourage physical education and more nutritious choices in cafeterias and vending machines, referring children and families to the program, providing educational information, participating in activities and serving as a partner to the Coalition.

I hope you will give the utmost consideration to this proposal which greatly benefits the children. I will give as much support as possible to this desperately needed and important program to improve the health of all Orange County children and their families. We are all partners and together we can make the children of Orange County happier, healthier and successful!

Sincerely,

Wesley and Sabrina Farrar