

**For Immediate Release:**

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## **NC Health and Wellness Trust Fund Announces Nearly \$500,000 in Grants to Fund Community-Wide Healthy Living Efforts**

RALEIGH, NC – Today, the NC Health and Wellness Trust Fund (HWTF) announced the award of eight ‘Fit Community’ grants to North Carolina municipalities and non-profit organizations to promote physical activity and healthy eating programs, policies, environments and lifestyles at the community level.

Grants were awarded to City of Burlington Recreation and Parks, the Caswell County Parks and Recreation Department, the Town of Edenton, the Town of Faison, FirstHealth of the Carolinas (Town of Pinehurst), Pitt County Government, Salisbury Land Management and Development, and Yadkin-Pee Dee Lakes Project (doing business as Central Park NC in the Town of Star).

“By promoting healthy living, these communities are making a real difference,” said Lt. Gov. Perdue. “These Fit Communities are improving the well-being of their residents and helping lead the way to a healthier North Carolina.”

The grantees will implement projects to promote physical activity and healthy eating in their communities. Funded organizations will plan and construct walking trails, support employee wellness programs, enhance physical activity resources in schools, and more.

All North Carolina municipalities and non-profits were eligible to apply for up to \$60,000 in grant funding over a period of two years. HWTF has awarded nearly \$1.5 million as part of its Fit Community grant program over the past three years.

Obesity has emerged as a major threat to children and adults across the United States, and especially here in North Carolina. According to the Centers for Disease Control and Prevention, 61% of North Carolina adults are overweight or obese, with obesity-related expenses adding up to more than \$2.1 billion annually. HWTF’s Fit Community initiative supports local efforts to address this growing problem.

For more information about Fit Community program, visit [www.FitCommunityNC.org](http://www.FitCommunityNC.org)

### **About the NC Health and Wellness Trust Fund**

*The NC Health and Wellness Trust Fund makes North Carolina stronger, both physically and economically, by funding programs that promote preventive health. Created by the General Assembly in 2000 to allocate a portion of North Carolina's share of the national tobacco settlement, HWTF has invested \$143 million to support preventive health initiatives and \$102 million to fund prescription drug assistance programs. For more information, please visit [www.HealthWellNC.com](http://www.HealthWellNC.com)*

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