

For Immediate Release:

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N.C. Health and Wellness Trust Fund Announces Nearly \$500,000 in Grants to Fund Community-Wide Healthy Living Efforts

RALEIGH, NC – Today, the N.C. 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 Stokes Reynolds Memorial Hospital, Graham Children’s Health Services of Toe River, Town of Black Mountain, City of Shelby, City of Greensboro, Orange County Partnership for Young Children, Town of Spring Lake, and Northampton County Health Department.

“The well being of our communities in North Carolina is dependent on the health of our people,” said Lt. Gov. Beverly Perdue, HWTF chair. “These communities will help make a real difference for their residents by promoting healthy living.”

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

Thirty grant applications were received from organizations across the state in response to a Request for Proposals. All North Carolina municipalities and non-profits were eligible to apply for up to \$60,000 in grant funding. HWTF has awarded nearly \$1 million as part of its Fit Community grant program over the past two 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 percent 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.FitTogetherNC.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.

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