

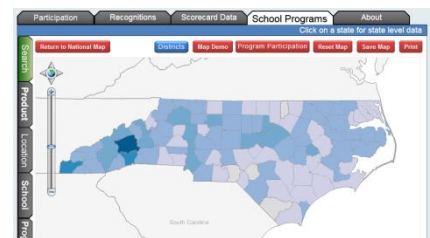
In our second stewardship year of the Be Active Legacy, Prevention Partners has:

- Launched a bold 10 year NC initiative to build healthy workplaces, schools, clinics & reach 25% of the workforce;
- Launched two new online products that offer physical activity solutions to schools and community leaders;
- Released two reports with unique physical activity analytics;
- Cultivated transformational partnerships with national physical activity opinion leaders; and
- Increased board leadership from Be Active relationships.

## healthy together NC

**Healthy Together NC** is a visionary effort to address preventive health issues in all 100 North Carolina counties with the **Power of Ten** – engaging at least ten major workplaces, schools, clinics to create healthy places, launched October 2014.

Launched **LearnHealthy America** – guides leaders to create healthy schools and districts nationwide, January 2015.



Launched **School Health Hub** – national resource to connect schools & communities to evidence-based childhood obesity prevention programs, March 2015.

IN NORTH CAROLINA ALONE,  
THE COSTS OF TOBACCO USE,  
PHYSICAL INACTIVITY, AND  
POOR NUTRITION  
AND OBESITY  
ADD UP TO  
**\$5,711**  
PER EMPLOYEE IN  
LOST WORK TIME  
AND HEALTH CARE TREATMENT

Published **2015 Profile of Healthy Workplaces**, an analysis of US workplace practices addressing tobacco use, healthy foods, physical activity and culture of wellness, March 2015.



Prevention Partners President and CEO, Meg Molloy, presented at **National Physical Activity Plan Congress**, March 2015.

- **Sig Hutchinson**, Wake County Commissioner, was awarded our 2015 POWER Award, and is aligning his Commissioner goals with our Power of 10 and healthy places strategies.
- Welcome to **David Johnson**, Vice President, PPD, new Board member, July 2015.

### Coming up, 2015-2016:

- Launch **Simple Steps**, brief on-ramp tool for healthy workplaces.
- Proposal pending, build **national healthy schools webinar series**.
- Cultivate transformational partners to endorse & establish community partners for **WorkHealthy America**, **LearnHealthy America** and **School Health Hub**.
- Develop **annual Be Active branded webinar**.
- Promote **Energizer booklets**.



## A Matter of Balance

A Matter of Balance (AMOB) is a program developed jointly between the Center for Disease Control and Prevention (CDC) and the NC Department of Aging and Adult Services, designed to reduce the likelihood falling by improving individuals' muscular endurance, strength, flexibility, and balance. It also provides education about non-physical factors that contribute to falls, such as medications, blood pressure, and the lack of appropriate safety features in homes.



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

In 2013, Prevention Partners provided a planning grant, through the Be Active Legacy Fund, to the NC Center for Health and Wellness at the University of North Carolina - Asheville to develop a sustainability plan for A Matter of Balance.

Since the award of the planning grant:

- The NC Department of Aging and Adult Services received nearly \$300,000 to expand the impact of three programs, including AMOB and to develop a central hub for falls prevention in the state.
- The NC Center for Health and Wellness received funding from the Blue Cross Blue Shield of North Carolina (BCBSNC) Foundation to host a website that would support A Matter of Balance providers and participants across the state.
- In July, 2015, the NC Center for Health Wellness (NCCHW) was chosen as the NC Falls Prevention Hub Site. NCCHW is working to update the website to include two additional fall prevention programs supported by federal funding: Otago and Building Better Balance.

