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The City of Shelby Receives \$56,000 Grant from N.C. Health and Wellness Trust Fund to Help Make Shelby a ‘Fit Community’

SHELBY, NC – Last week, The City of Shelby was awarded a ‘Fit Community’ grant from the N.C. Health and Wellness Trust Fund (HWTF). The Fit Community initiative recognizes and rewards North Carolina municipality and county-led efforts to promote physical activity and healthy eating programs, policies, environments and lifestyles.

“The health of our people is the foundation for the well being of our communities,” said Lt. Gov. Beverly Perdue, HWTF chair. “The City of Shelby will help make a real difference for their residents by promoting healthy living.”

The \$56,000 grant awarded to the City of Shelby provides funding over a two year period, beginning July 1st. It seeks to develop and maintain an effective partnership between the City of Shelby, the Cleveland County School District and the Cleveland County Health Department to promote physical activity through the Comprehensive Pedestrian Plan. This partnership called, “Fitting Together for Physical Activity” will utilize the grant funds to implement traffic calming measures around Graham Elementary and Marion Intermediate Schools, to extend several sidewalks in the area of the schools in order to provide safe routes for walking to school, and to promote physical activity at the schools.

Thirty grant applications were received from across the state in response to a Request for Proposals; awards were also given to Stokes Reynolds Memorial Hospital, Graham Children’s Health Services of Toe River, Town of Black Mountain, City of Greensboro, Orange County Partnership for Children, Town of Spring Lake, and Northampton County for their dedication to improving the quality of life for local residents. All North Carolina municipalities were eligible to apply for \$500,000 in grant funding. Including last year, HWTF has awarded nearly \$1 million in grants as part of Fit Community.

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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