

# Division of Nutrition and Physical Activity

North Dakota Department of Health  
Community Health Section

## Division Staff:

### **Division Director**

Colleen Pearce, MPH, LN

### **Diabetes Program**

Tera Miller, Director

Kathy Moum, Epidemiologist

### **Healthy Communities**

Deanna Askew, Director

### **MCH Nutrition Services**

Katherine Black, Director

### **WIC Program**

Colleen Pearce, Director

Kristi Miller, MIS and Vendor  
Director

Kim Hinnenkamp, Nutrition  
Services and Breastfeeding  
Director

### **Support Staff**

Lynne Wise, Administrative  
Assistant

Joni Steinke, Administrative  
Assistant



WIC Because You Care

## **Mission:**

The Nutrition and Physical Activity Division (NPA) promotes healthy eating and physical activity to prevent and reduce overweight, obesity, and related chronic diseases in North Dakota.

We accomplish our goals by monitoring the nutrition and health status of North Dakotans, providing education and training, developing policy, advocating for nutrition and physical activity issues, promoting partnerships for planning, implementing and evaluating community based interventions, providing technical assistance, and supporting Healthy North Dakota nutrition and physical activity components.

**Diabetes Prevention and Control**– This program supports diabetes prevention, early diagnosis and disease management by working with communities, health professionals and health systems in the areas of policy, disease management, quality improvement and education. The director collaborates with other disease programs and statewide partners to develop and coordinate joint efforts.

**Healthy Communities Program**- Utilizing partners from schools to worksites and other community settings, this program focuses on making it easier for North Dakota residents to choose healthy food options and be physically active. The director acts as a resource for many of the Health Department's programs and provides training, technical assistance and funding to achieving healthier communities. The director leads the process by implementing the Healthy Eating and Physical Activity State Plan by mobilizing partners and exploring funding sources.

**Maternal and Child Health Nutrition** - The Maternal and Child Health Nutrition Program provides consultation and technical assistance, monitors nutrition data, plans and evaluates nutrition programs, coordinates nutrition related activities, and acts as a clearing house for nutrition information and training. There are 19 nutrition contacts working through local public health units on activities such as partnering through Healthy North Dakota Committees (like the Breastfeeding committee) and the Healthy Eating and Physical Activity Partnership, and promoting nutrition and physical activity for women, children, families and to the community as a whole.

**Special Supplemental Nutrition Program for Women, Infants and Children (WIC)** - WIC offers healthy food for proper growth and development and helps families choose healthier ways of eating. WIC is for eligible pregnant, breastfeeding and postpartum women, infants, and children under 5 years and is available in all North Dakota counties. WIC offers:

- A carefully defined package of supplemental nutritious foods.
- Nutrition education and counseling to improve dietary practices.
- Breastfeeding promotion and support.
- Referrals that link participants to other vital health care and social services.

## **Nutrition and Physical Activity Highlights:**

**Moving More, Eating Smarter Communities Program** encourages and supports North Dakota communities in their quest to help citizens lead healthier lives and build a Healthy North Dakota. The goals of the program are:

- To encourage North Dakotans to move more on most days of the week.
- To encourage North Dakotans to make smart choices from every food group.

Information about healthy eating, physical activity and other healthy lifestyle choices wherever North Dakotans live, learn, work or play can be found at [www.healthynd.org/MMES.html](http://www.healthynd.org/MMES.html)

**Weighing and Measuring Students in School Settings**, Wellness includes health in body, mind and spirit, all of which are important to children's success in school and life. *Weighing and Measuring Students in School Settings: A Position Paper* provides direction and insight into the issues and efficacy of taking height and weight measurements in schools and promotes healthy lifestyles. For a copy of the position paper and tool kits visit:

[www.ndhealth.gov/nutrphyact/PositionPaper10-07.pdf](http://www.ndhealth.gov/nutrphyact/PositionPaper10-07.pdf) and [www.healthynd.org/HealthyWeightCouncilToolkits.html](http://www.healthynd.org/HealthyWeightCouncilToolkits.html)

**Breastfeeding Promotion and Support.** Breastfeeding is universally endorsed by the world's health and scientific organizations as the best way of feeding infants and young children. Breastfeeding provides benefits to infants, women, families, and society. Studies have shown that formula is nutritionally inferior to breastmilk. For a copy of the North Dakota Breastfeeding Strategic plan and other links to breastfeeding resources visit: [www.healthynd.org/HND\\_Breastfeeding\\_Committee.html](http://www.healthynd.org/HND_Breastfeeding_Committee.html)

**Diabetes Prevention and Control Program.** For more information on this disease that affects over 36,000 ND citizens and diabetes resources please visit [www.diabetesnd.org](http://www.diabetesnd.org).

**Healthy Eating Physical Activity Partnership (HEPA).** The HEPA goals are:

1. To provide an opportunity for state and local agencies and organizations to share information regarding their priorities, programs and activities in the area(s) of healthy eating and physical activity.
2. To provide an opportunity for groups to coordinate on common projects.
3. To provide a structure and implement strategies form the ND HEPA state plan.

**Women, Infants and Children (WIC) Nutrition Program.** Beginning October 1, 2009 the food package offered by WIC changed to accommodate healthier choices, including whole grains and fresh fruits and vegetables. Visit [www.ndhealth.gov/wic](http://www.ndhealth.gov/wic) for ND WIC information.

**Other websites that our partners regularly refer to:**

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

[www.mypyramid.gov](http://www.mypyramid.gov)

[www.wicworks.nal.usda.gov](http://www.wicworks.nal.usda.gov)

[www.fns.usda.gov](http://www.fns.usda.gov)

Visit our website, [www.ndhealth.gov/nutrphyact](http://www.ndhealth.gov/nutrphyact) to find more information on the NPA Programs, data on women, infants and breastfeeding or fact sheets on a variety of topics?

### **Contact Information:**



North Dakota Department of Health  
Community Health Section  
Division of Nutrition and Physical Activity  
600 E. Boulevard Ave., Dept. 301  
Bismarck, ND 58505-0200  
Phone: 701.328.2496;  
Toll-Free: 800.472.2286 (press 1)  
Fax: 701.328.1412  
[www.ndhealth.gov](http://www.ndhealth.gov)