healthy weight for children, youth and young adults

healthy aging

worksite wellness
The North Carolina Center for Health & Wellness (NCCHW) at UNC Asheville serves as a statewide resource for wellness professionals in establishing prevention of illness as an essential component of good health. The organization engages stakeholders by coordinating and supporting applied faculty and undergraduate student research, advancing community-based programs that address critical wellness issues and promoting the replication of successful preventive health practices. NCCHW’s initial focus is on three of North Carolina’s most pressing health concerns: workplace wellness, healthy aging, and healthy weight for children, youth and young adults. NCCHW’s work aligns with UNC Asheville’s academic mission and encourages interdisciplinary collaborations among health and wellness providers and stakeholders across the region and state. By effectively connecting researchers, policymakers and professionals in the field of health, NCCHW will help make North Carolina a healthier place to live.
Chronic diseases such as cancer, diabetes and heart disease are reaching record levels in North Carolina. Scientific evidence points to prevention as the most effective and cost-efficient way to reverse this trend. The North Carolina Center for Health and Wellness (NCCHW) at UNC Asheville has uniquely positioned itself as a leading resource for prevention by providing statewide leadership, promoting and replicating evidence-based practice, providing technical assistance and supporting applied research. NCCHW puts an emphasis on promoting health equity in each of its areas of focus to improve health outcomes and access to preventive health services for all North Carolinians across racial, ethnic, sexual orientation and socioeconomic categories.

The N.C. Center for Health & Wellness coordinates with its partners to share research and facilitate training that can be replicated throughout North Carolina. Their work increases the efficiency and reach of childhood health and wellness activities statewide and contributes to the successful implementation of health and wellness policies that can generate measurable change in children, youth and young adults.

Research has proven that staying physically active and eating well can vastly improve our quality of life as we get older. The N.C. Center for Health & Wellness works with partner organizations, such as the Osher Lifelong Learning Institute, to develop policies and practices that will support healthy aging throughout North Carolina. Research programs center on issues such as food access, maintaining good balance, health policy and the environment.

With hypertension and weight management being primary concerns within North Carolina’s workforce, the N.C. Center for Health & Wellness works with business leaders and employers to encourage physical activity, access to healthy foods and tobacco avoidance in the workplace. NCCHW identifies model programs and practices that can be replicated in businesses throughout the state.
partners

As a hub for health-related information and training, the N.C. Center for Health & Wellness reaches citizens through its partners across the state:

- ABIPA (Asheville Buncombe Institute of Parity Achievement)
- Action for Children N.C.
- Alliance for a Healthier Generation
- Appalachian Sustainable Agriculture Project
- Asheville HUB
- Aspire Youth & Family—Kids at Work!
- Be Active Kids N.C.
- Blue Ridge Parkway Foundation
- Buncombe County Department of Health
- Buncombe County Schools
- Council on Aging of Buncombe County
- Eat Smart, Move More N.C.
- Eat Smart, Move More University Collaborative
- FEAST
- First 2,000 Days
- Girls on the Run of WNC
- Healthy Buncombe
- Land of Sky Area Agency on Aging
- MAHEC (Mountain Area Health Education Center)
- Mission Health System
- National PE Institute
- Natural Learning Initiative at N.C. State
- N.C. Action for Healthy Kids
- N.C. Alliance for Athletics, Health, Physical Education, Recreation and Dance
- N.C. Alliance for Health
- N.C. Center for Healthy Aging
- N.C. Department of Public Instruction
- N.C. Division of Public Health
- N.C. Healthy Schools Partnership
- N.C. Prevention Partners
- NCPTA
- N.C. Public Health Foundation
- N.C. School Community Health Alliance
- N.C. School Health Advisory Councils
- N.C. Society of Public Health Education
- Osher Lifelong Learning Institute
- Smart Start and Partnership for Children—Shape N.C.
- The Carolina Collaborative for Research on Work and Health
- WNC Health Network
- WNC Healthy Kids Coalition
- YMCA of Western North Carolina
- Youth Empowered Solutions—YES!
- YWCA of Asheville

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