



**Communities  
Transforming**

*To make healthy living easier*



## **NEWS RELEASE**

**Wesley Smith, Health Director 252-926-4399**

**CTG/P contact:** Wes Gray 919-616-7895

**Extension Agent:** Mac Gibbs 926-4486

**Hyde Garden for Good Coordinator:** Liz Mumm, Public Health Educator II 252-926-5289

**Ridge Community Garden Manager:** Dennis Benston 944-9420

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### **Local Garden Expanded to Provide Fresh, Healthy Food for the Community**

*Communities in Hyde County and across the state gain access to fresh produce*

**Swan Quarter, N.C.** – The Hyde County Community Partners recently received a grant through Region 9 Community Transformation Grant Project, a statewide community transformation project to support making local, healthy food more accessible to people across the state. Locally, The Pleasant Grove Missionary Baptist Church has pledged to create a community garden to distribute food shares to support the shut-ins, provide physical activity and fresh fruits and vegetables for those with chronic diseases.

“This grant will allow us to install our garden so we can provide fresh, local produce for more people in our community and encourage healthy eating habits,” said Wesley Smith, Health Director of the Hyde County Health Department. “We are proud to be part of the Region 9 Community Transformation Grant Project. Our garden not only provides healthy food, it also provides a safe area for our neighbors to work together, share a public green space, and be physically active through gardening.”

North Carolinians continue to face serious health issues, while the state’s obesity rates remain at alarming levels. In fact, unhealthy eating and physical inactivity cost the state an estimated \$57 billion per year in avoidable medical expenses, workers’ compensation claims and lost productivity<sup>1</sup>. Community gardens are just one targeted but impactful way to address health issues across North Carolina.

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<sup>1</sup> *Be Active North Carolina (2008). “Tipping the Scales: How Obesity and Unhealthy Lifestyles have become a Weighty Problem for the North Carolina Economy.”*

“The long-term benefits of Nourishing North Carolina will extend well beyond the growing season,” said Wes Gray, Region 9 Community Transformation Grant Project Coordinator. “By increasing access to healthy food, we can all eat better, lower rates of diabetes, heart disease and obesity, and ultimately lessen the impact of unhealthy lifestyles on our health care system.”

*The purpose of the garden is to expand and teach children to grow their own food and live a healthy lifestyle. Food shares produced by volunteers will be distributed to local shuts-ins, garden laborers, and local food banks.*

However, we are still in need of volunteers, sponsors, and supplies. The garden needs donated seeds and use of garden tools.

For more information about Green Hill Road community garden please contact Hyde County Health Education Department at 926-5289.

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