

NORTH CAROLINA A&T STATE UNIVERSITY
The Institute of Public Health
Healthy Living/Healthy You

Administered by the



INSTITUTE OF PUBLIC HEALTH
Fort IRC Bldg., Suite 201
Greensboro, NC 27411

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NORTH CAROLINA HEALTH AND WELLNESS
TRUST FUND
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REACHING OUT TO CLOSE THE GAP

Healthy Living Healthy You

The "Healthy Living/Healthy You" project is developing and implementing a health and wellness program designed to reduce disparities in the incidence, prevalence and mortality resulting from obesity and diabetes among African-Americans in Guilford County, North Carolina. The project will develop and test the effectiveness of a community health and wellness education program designed to identify, treat and monitor obesity and diabetes in two specific sub-populations: college students at North Carolina A&T State University and Bennett College and persons over 35 years of age residing in Southeast Greensboro. Through the use of media presentations, health fairs, on-line questionnaires for identifying risk factors, surveys, medical screenings and a six-week lifestyle program, Healthy Living/Healthy You will promote health, increase knowledge of accepted health practices and improve wellness and quality of life among these two targeted populations.

