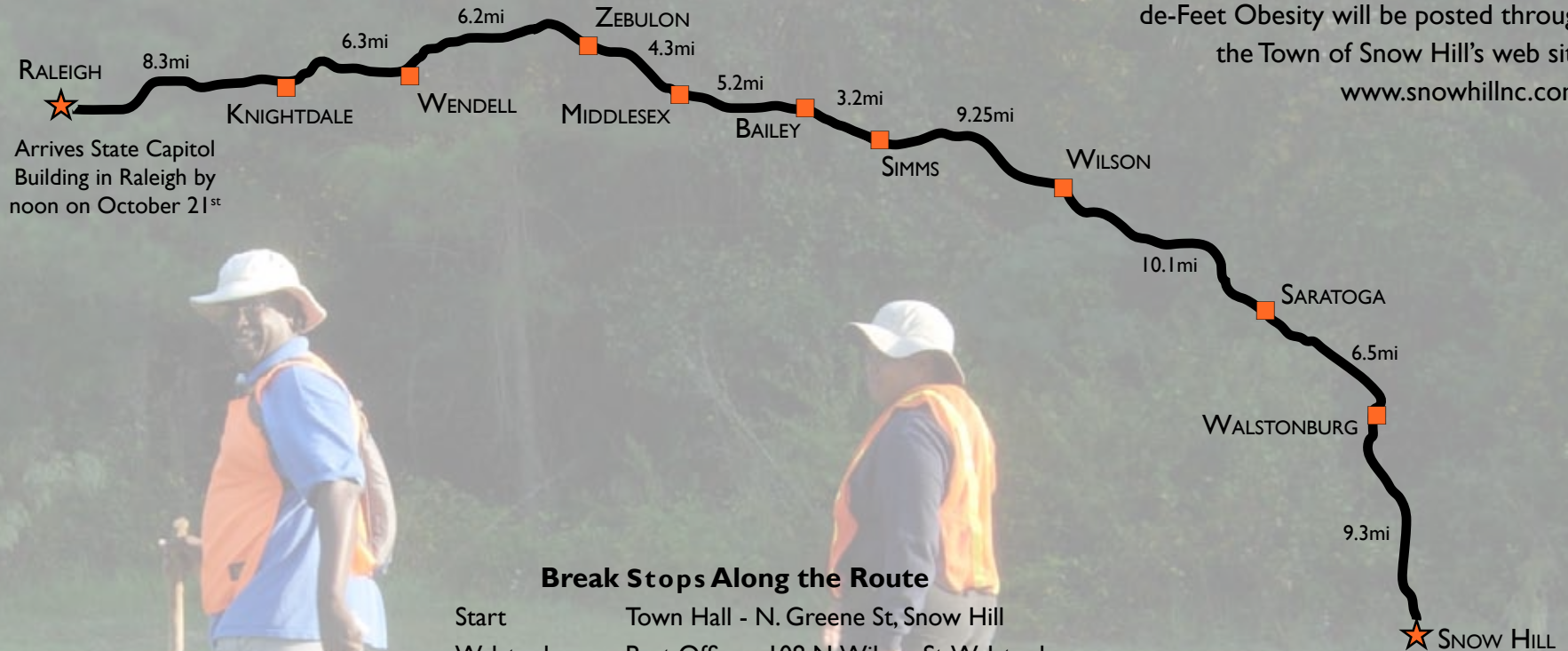


Walk to de-Feet Obesity

The purpose of this ~73 mile walk, from Snow Hill to the Capital Building in Raleigh, is to demonstrate concern and a sense of urgency about the problem of childhood obesity in North Carolina.

31% of North Carolina's children and youth are obese

Snow Hill resident David Jones will start walking from Snow Hill on October 16th, and will finish at the Capital Building in Raleigh on October 21st. Please join any portion of the walk including visiting with our legislators in Raleigh on the 21st at the conclusion of the walk. Updates on the status of the Walk to de-Feet Obesity will be posted through the Town of Snow Hill's web site: www.snowhillnc.com/



Arrives State Capitol Building in Raleigh by noon on October 21st

David leaves Snow Hill Town Hall early on October 16th

Break Stops Along the Route

Start	Town Hall - N. Greene St, Snow Hill
Walstonburg	Post Office - 108 N. Wilson St, Walstonburg
Saratoga	Post Office - 6744 Main St, Saratoga
Wilson	Post Office - 1470 Tarboro St W, Wilson
Sims	Post Office - 6404 Main St, Sims
Bailey	Post Office - 6171 Dean St. Bailey
Middlesex	Post Office - 10286 S. Nash St, Middlesex
Zebulon	5-County Stadium - 1501 NC HWY 39, Zebulon
Wendell	Post Office - 40 Hanor Ln Wendell
Knightdale	Post Office - 1003 Mulford C, Knightdale
End	Capital Building - New Bern Ave, Raleigh

Ready, Set, Walk Club

In the US, obesity is the most common chronic disease among children. North Carolina had the 5th highest ranking for obese children and youth in the US in 2007. Nationally 17% of children and youth are obese while in North Carolina 31% are obese. These children and youth often contract traditionally “adult diseases”, like diabetes, heart disease, stroke, and depression. Obese children also endure ostracizing, bullying, teasing, social stigma, and low self esteem.

Excess weight significantly impacts medical costs. In the US, direct medical costs attributed to obesity exceed \$92 billion per year. Medical costs for obese people average 37% higher. In North Carolina, obesity accounts for \$2 billion of total medical expenditures annually. Public health experts predict that each overweight or obese child in North Carolina will incur over \$200,000 in direct medical expense in their lifetime.

Obesity even has a negative effect on national security. 20% of women and 40% of men are too heavy to be accepted into the military. This does not include those that get in and fail physical achievement tests.

Statistics aside, let us apply some common sense. Childhood obesity is a problem that can definitely be solved because obesity is preventable, obesity is reversible, and adults are responsible for childhood obesity.

This is a critical national priority. Every responsible adult must act to make sure our children and youth are exposed to quality physical activity, quality physical education, and quality health education on a regular basis.

Our collective future depends upon it.



Many thanks to our sponsors

American Volkssport Association, Universal City, TX

East Carolina University Center for Geographic Information Science, Greenville, NC

Generation Excel, Inc., Boston, MA

Hooker's Creative Designs, Snow Hill, NC

New Balance Athletic Shoe Inc., Charlotte NC

Outdoor Provision Company, Greenville, NC

Commissioners from the Town of Snow Hill and the Greene County Commissioners have each passed resolutions in support of “Ready, Set, Walk Club’s Effort to Combat Childhood Obesity

Cartographic support: ECU GISci Center; flyer design and photos of David Jones and Betty Carmon by K. Mulcahy. Summing individual walk segments may not equal 73mi due to rounding and variations in map source estimates.