

# NEWS BITES

## The Steps to Health (STH) text message program has launched for 2023!

Enrollment is ongoing throughout the year. Don't forget to layer it with STH/EFNEP direct education and PSE work to have a larger impact in your community.

[See More](#)

## Making the Healthy Choice the Easy Choice



**Steps to Health**  
Supplemental Nutrition Assistance Program Education (SNAP-Ed)

**NC STATE**  
EXTENSION

Make sure you fill out your STH Partnership Form.

The purpose of this form is to establish cooperative efforts between STH and the partnering agency. These forms must be filled out every year and submitted to [sth-administration@ncsu.edu](mailto:sth-administration@ncsu.edu).



For those who have not completed the Civil Rights Training in REPORTER, please watch this [video](#) provided by USDA FNS and complete the Civil Rights Confirmation Form after viewing the video.

Please remember to display Justice for All Posters during programming at each site you serve. If you need more Justice for All posters or have inquiries about the Civil Rights Compliance, please send an email to [STH-administration@ncsu.edu](mailto:STH-administration@ncsu.edu).

# Brunswick County SHAC makes a policy change

Meghan Lassiter, Family and Consumer Sciences Agent, with the assistance of the Brunswick Wellness Coalition and all of the SHAC members, updated the wellness policy to reflect their aim to increase nutrition promotion, nutrition education, water availability, and physical activity throughout the day.



[Check out the policy here!](#)

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**Next STH Update: February 7, 10:00–12:00**  
**TOPIC: Early Childhood Care and Education**  
**Programming with Dr. Virginia Stage!**

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In case you missed it, the STHTeam discuss Program Planning the Steps to Health way! Elements of successful program planning for your county were reviewed as well as resources for ensuring impactful outcomes!

[Recording link](#)

[Resource link](#)

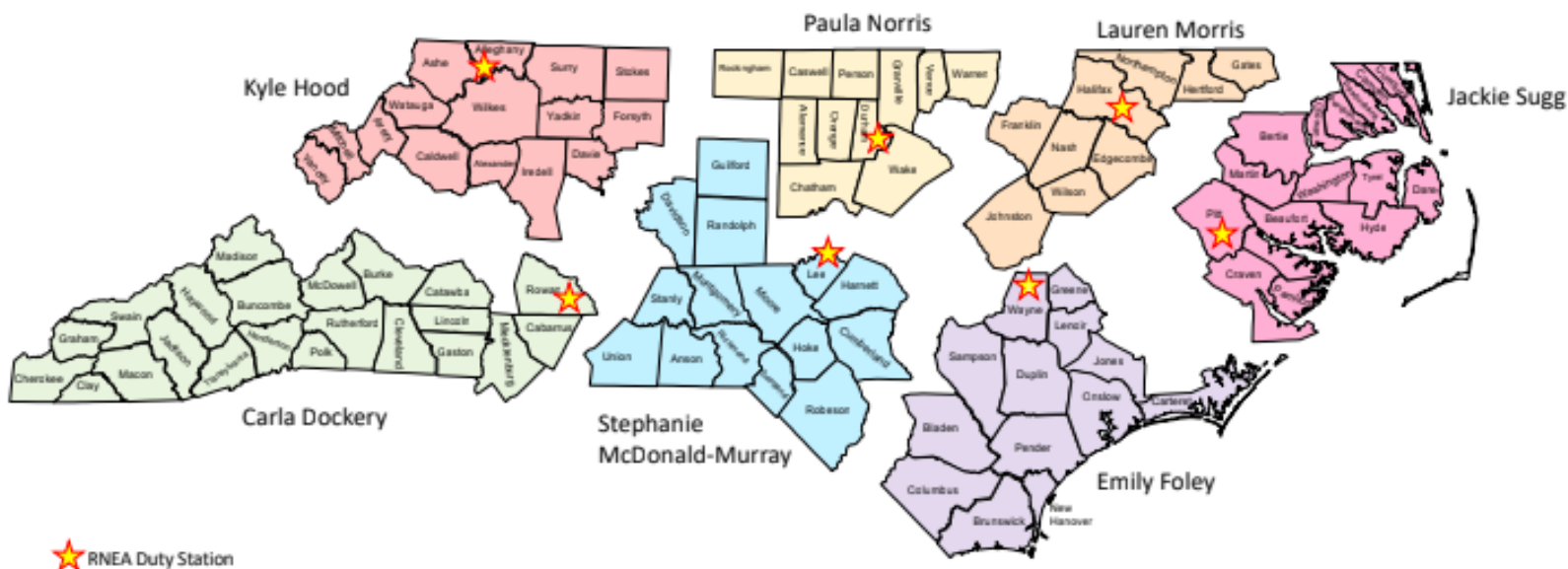
The updated STH Portal provides resources to agents on how to layer STH programs. Taken together, education, PSE, and social marketing changes are more effective than any of these strategies alone for improving health and preventing obesity.

[STH Portal](#)

The EFNEP Portal provides resources for EFNEP Educators to help families and youth adopt positive health behaviors to achieve and maintain a healthy weight.

[EFNEP Portal](#)

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