

## Burke County

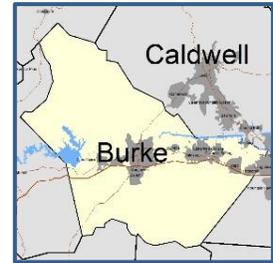


Catalyst Coordinator: **Charlotte Eidson**

Host Organization: **Western Piedmont Community College**

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### As the Catalyst Coordinator for Burke County, Charlotte Eidson has been involved in the following efforts:

- Assisted the farmers' markets in creating a bilingual rack card that lists all three market locations, times, and significant events. Engaged resource partners such as Burke County Cooperative Extension and Burke Recovery to join the markets to share information and interact with patrons.
- Supported faith communities in expanding a walking challenge to inspire more people to be active.
- Working with the Burke Wellness Initiative, a coalition of community leaders and stakeholders, to embrace, educate, and empower persons of all ages to make informed choices to increase healthy eating and active living.
- Collaborating with the Community Foundation of Burke County along with local and regional partners to address food insecurity through coordinated community education, programming, and networking to increase access to healthy food.
- Collaborating with Burke County Schools and the Active Routes to School Program to create safe routes to school, implement the *Let's Go NC! Bike/Pedestrian Safety Education Curriculum*, and coordinate walk/bike to school events that promote safe walking and biking.
- Providing facilitation and coordination to Patton High School's Giving Games Steering Committee as they work to increase access to active living through the development of the Enola Community Trail project.
- Partnering with local farmers' markets and partners to increase utilization of SNAP/EBT and WIC benefits at farmers' markets across Burke County.

### *Highlight: Building a Trail for Healthier Living*

Since becoming the Burke Catalyst Coordinator in 2015, Charlotte Eidson has been a steadfast partner to Patton High School and the Enola Community Committee which are making strides toward creating the Enola Community Trail. Charlotte helped the group clarify its vision for the project, identified grant opportunities, facilitated meetings to coordinate action and build community support, and advocated for breaking ground on the trail. Construction of the trail is underway, and its one mile of trail already connects an elementary and high school. The larger vision includes an expanded trail and a new park that will be a resource to the surrounding community as well as the schools. Eventually, the Enola Community Trail will connect to a larger trail system, including the Catawba Greenway, the Overmountain Victory Trail, and ideally, to the Linville Gorge Wilderness Area that links to the South Mountain State Park through another (planned) biking/walking trail.