



**Eat Smart, Move More NC  
Leadership Team Meeting**

December 1, 2015

1:00 - 3:30 p.m.

YMCA of the Triangle Association Resource Center  
801 Corporate Center Drive, Suite 200, Room 208

The *North Carolina Plan to Address Obesity: Healthy Weight, Healthy Communities 2013-2020* strategies addressed during this meeting are:

- Implement policies and practices to give infants, toddlers, and preschool children opportunities to be physically active throughout the day.
- Implement policies that ensure that the amount of time toddlers and preschoolers spend sitting or standing still is minimized by limiting the use of equipment that restricts movement.
- Implement policies that limit consumption of sugar-sweetened beverages and promote drinking water.
- Implement policies that reduce screen time.

**1:00 – 1:10 p.m. Welcome and Introductions**

- Sherée Vodicka, Chair, Eat Smart, Move More NC

**1:10 – 1:20 p.m. Welcome from the Host**

- Doug McMillan, Chief Executive Officer, YMCA of the Triangle

**1:20 – 1:30 p.m. Eat Smart, Move More NC Leadership Team Updates**

**1:30 – 3:10 p.m. Shape NC – Project Overview and Lessons Learned**

- Jessica Burroughs, Shape NC Project Manager
- Katherine Davis, Director, The Growing Place Child Care Center
- Buffy Marshall, Lead Teacher, Friendly Avenue Christian Preschool
- Kimberly Miller-Mcdowell, Parent

**Discussion Questions**

**3:10 – 3:30 p.m. Announcements and Closing Thoughts**

- Sherée Vodicka, Chair, Eat Smart, Move More NC

Eat Smart, Move More NC Leadership Team Meeting information is available on the web site at:

[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)

**Mark your calendars** for the upcoming 2016 Leadership Team Meetings.

Date	Time	Location
April 14	1:00 – 4:00 p.m.*	Embassy Suites, Cary NC
June 15	1:00 – 3:30 p.m.	Paragon Bank, Raleigh NC
September 21	1:00 – 3:30 p.m.	TBD
December 7	1:00 – 3:30 p.m.	YMCA of the Triangle, Raleigh NC

\* The time for this meeting is extended.