

Welcome!!

Please enjoy Lunch.

During Lunch...

- Please use the sheets of paper provided on your tables to share examples of...
 - ...benefits from being involved with the Eat Smart, Move More NC movement
- Write one benefit per piece of paper.
- Post on wall flipchart paper throughout the day

Announcement

Meeting will begin in 10 minutes....



Welcome to the Eat Smart, Move More NC Leadership Team Meeting

*Eat Smart, Move More NC 2.0:
The Future of the Movement*

December 7, 2016

Eat Smart, Move More NC

2016-2017 Executive Committee

Melissa Roupe, Chair

Joanne Lee, Vice Chair

David Gardner, Member at Large

Annie Hardison-Moody, Member at Large

Shelisa Howard-Martinez, Member at Large

Richard Rairigh, Member at Large

Shauvon Simmons-Wright, Member at Large

Sheree Vodicka, Past Chair

Meeting Purpose/Agenda

- Our Focus: Prevent Obesity in NC
- Our Goal: Support statewide network & enhance partner capacity to implement the evidence-based strategies within NC's Plan to Address Obesity: Healthy Weight and Healthy Communities: 2013-2020
- Today: We need your input to determine our future regarding:
 - Resources
 - Advocacy
 - Support
 - Enhancement/Expansion

Introductions

Please stand if...

You have been on the Leadership Team for

- 10 or more years
- 5 or more years but less than 10 years
- Less than 5 but more than 2 years
- 2 years or less

Introductions

Please stand if...

Your work to address obesity prevention in the following community setting(s)...

- Health care
- Child care
- Schools (primary/secondary)
- Colleges and universities
- Work sites
- Faith-based orgs. and other comm. orgs.
- Local government
- Food and beverage industry

Introductions

Please stand if...

You work at the following level(s)...

- Local level
- Regional level
- State-wide level

Movement involvement includes...

- Implementing strategies
- Serving as an ambassador to increase networking, collaboration, and communication
- Attending meetings (when possible)

Eat Smart, Move More NC Video



www.eatsmartmovemorenc.com/Video/Video.html

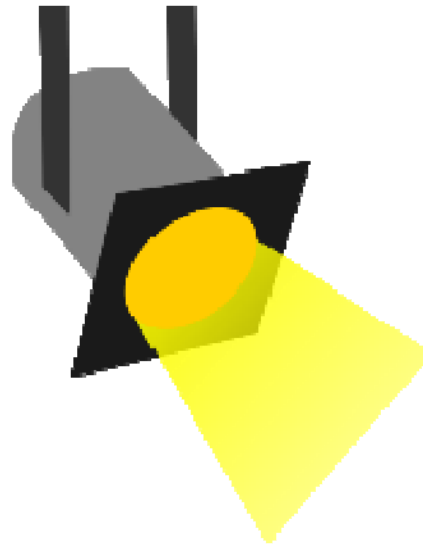
Movement evolution...

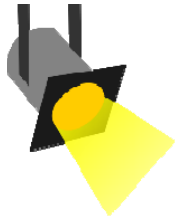
<http://www.eatsmartmovemorenc.com/AboutUs/EvolutionOfAMovement.html>



Spotlight Speakers

Benefits from Involvement

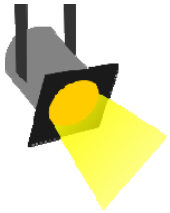




Spotlight Speakers

Benefits from Involvement

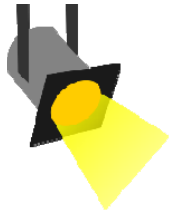
- Implementing change at local level
 - *Jen Hames, health department perspective*
- Collaborative opportunities and research and practice balance
 - *Michael Kanters, university perspective*



Spotlight Speakers

Benefits from Involvement

- Healthy eating policy resources
 - *Linda Barrett, hospital perspective*
- Networking and co-branding of resources
 - *Lorelei Jones, state outreach perspective*



Spotlight Speakers

Benefits from Involvement

- Use of state plan to drive multi-sector change
 - *Kathy Kolasa, university perspective*
- Resources and best practices for change within schools
 - *Shauvon Simmons-Wright, school perspective*



Spotlight Speakers

Benefits from Involvement

- Resources for community-based health promotion, wellness, and healthy foods policies
 - *Maggie Sauer, foundation perspective*
- State-wide networking to identify best practices and develop non-traditional partnerships
 - *Melissa Roupe, hospital perspective*

Benefits from Involvement

- During the remainder of today's meeting...
 - ...continue to think about the benefits you get from being part of the movement...
 - ...write them down on the 'Benefits Half-Sheets' provided at your tables and post them on the 'Benefits' flipcharts placed around the room

Membership Survey

- Purpose: To solicit feedback from Leadership Team members on their needs and to increase their engagement in Eat Smart, Move More NC Leadership Team – including offering meetings that best met their needs.
- Survey period: September 21st – November 18th
- 52 total respondents

Thank You to Everyone Who Responded to
the Survey!!

We greatly appreciate your feedback!

Knowledge of Resources/ Identified Benefits

- 88% of respondents were aware of NC's plan to address obesity
- Identified benefits of attending meetings were:
 - Gain new knowledge and skills
 - Networking opportunities
 - Brainstorm challenges/solutions with others

Involvement/Participation

| Accessed resources from website | 69% |
|---|-----|
| Attended 1+ Leadership Team meeting | 49% |
| Reviewed presentations from Leadership Team meeting | 47% |
| Implemented 1+ strategies from plan | 35% |
| Submitted a story for quarterly newsletter | 18% |

Participation in Meetings

- 84% of respondents indicated it was feasible for them to attend in-person meetings
- Most common participant responses:
 - Twice per year in-person meetings with 1-2 virtual connections during interim (44%)
 - No preference between morning or afternoon meetings (44%)
 - Preferred meeting format: Focus on cross-cutting topics in each meeting (43%)

Key Feedback from Survey Responses

- In-person meetings are feasible (94%)
- Meeting twice per year in person with 1-2 virtual meetings was recommended
- No preference between morning and afternoon meetings
- Preference is to focus on cross-cutting topics at each meeting

BREAK



Small Group Discussion

- Facilitator will guide discussion of three topics:
 - **Topic 1:** Learning about plan implementation approaches and gaps
 - **Topic 2:** Connecting people to Eat Smart, Move More NC movement
 - **Topic 3:** Leadership Team Engagement

Small Group Discussion

- **Announcement #1:** If you have not done so, please move on to the next discussion topic



Small Group Discussion

- **Announcement #2:** If you have not done so, please move on to the next discussion topic



Small Group Discussion Results

- **Topic 1:** Learning about plan implementation approaches and gaps
- **Topic 2:** Connecting people to movement
- **Topic 3:** Leadership Team Engagement

Next Steps

- Debrief meeting for Leadership Team
 - Review all member feedback
 - Identify areas for further investigation/exploration
- Information gathering to explore opportunities
- Incorporate recommendations into plans

Meeting Feedback Form

- Please share your feedback
- Leave on table

Thank You!