



Eat Smart, Move More NC
 Leadership Team Meeting
 September 16, 2014
 1:00 - 3:30 p.m.
 FirstHealth of the Carolinas Foundation
 Clara's McLean House
 20 First Village Drive, Pinehurst, NC 28374

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

- Provide work site wellness programs and promote healthy foods and physical activity.
- Assess health risks and offer feedback and intervention support for employees.
- Implement healthier food and beverage choice policies and practices.
- Institute policies and practices to offer options for smaller portion sizes in food services and vending.
- Offer BMI screening, counseling, and behavioral interventions for adults identified as obese.
- Promote work site mechanisms for purchasing locally grown foods, including expanding farmers markets and farm stands.

- 1:00 - 1:15 p.m. Welcome**
- Sherée Vodicka, Chair, Eat Smart, Move More NC
- 1:15 - 1:25 p.m. Welcome from the Hosts**
- David Kilarski, Chief Executive Officer, FirstHealth of the Carolinas
 - Kathy Stockham, President, The Foundation of FirstHealth
- 1:25 - 1:45 p.m. Eat Smart, Move More NC Leadership Team Updates**
- New Eat Smart, Move More NC Video
 - Policy Committee Update
 - Website Overview
- 1:45 – 2:45 p.m. Worksite Wellness Panel**
The State of Wellness through HealthCare Reform
- Twyla Hutchins, RN, BSN, COHN-S, Health Management Officer, Hill, Chesson and Woody
- FirstHealth of the Carolinas Worksite Wellness Initiatives***
- Roxanne Elliot, Policy Director, FirstHealth Community Health Services
- Fit-Friendly Worksites***
- Bonnie Dunton, RN, COHC, OHN, North America Region IHS Consultant, DuPont
- What Works in Corporate Wellness***
- Linda Barrett, MHA, Manager, Corporate and Community Health, WakeMed Health & Hospitals
- 2:45 - 3:15 p.m. Panel and Group Discussion – Opportunities for Others to Share their Worksite Wellness Efforts**
- 3:15 - 3:30 p.m. 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

Mark your Calendars for the upcoming 2014 Leadership Team Meetings

Date	Time	Location
Friday, December 9 th	1:00 – 3:30 p.m.	North Carolina Hospital Association