

WELCOME !



As you enter today's meeting, use the chat box to tell us:

- 1) *Your organization/community.*
- 2) *Your favorite organizations or groups to follow/"like" on social media.*



Meeting Agenda

1:00 pm	Welcome, Introductions
1:10 pm	Eat Smart, Move More NC Social Media
1:15 pm	ESMM NC Communication Channels
1:25 pm	Networking and Collaborative Learning: Social Media (breakout room discussions)
1:50 pm	Eat Smart, Move More NC Updates
2:00 pm	Close

ESMM Social Media Sub-Committee

Jenni Albright

Jayne McBurney

Susanne Schmal

Catherine Hill

ESMM Facebook Relaunch



ESMM Newsletter

September 2020



Newsletter from Eat Smart, Move More North Carolina

Message from the Chair

Dear Eat Smart, Move More NC Partners,

I hope you have been staying and managing well through this time of continued uncertainty and change. Current events have touched all of us personally and professionally and cast a brighter light on health and equity. We have an important role to play in addressing social determinants of health.



In the Cards

As unemployment surged in North Carolina this spring during the COVID-19 pandemic, so did the demand for food from food banks, food pantries and other emergency sources. Two NC State Extension programs collaborated across the state to make sure that people receiving the food had the information they needed to make safe and healthy meals.

[Read more...](#)



NC Senior Games

The Celebration of the Human Spirit that is State Finals continues...not even a pandemic can stop North Carolina Senior Games participants! State Finals 2020 is still happening virtually.

[Read more...](#)

ESMM Newsletter

Newsletters from Eat Smart, Move More NC

[Click here](#) to learn more about Eat Smart, Move More NC interests and events via the newsletter. You can also access archived newsletters.



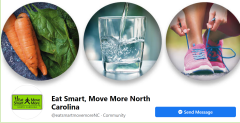



Newsletters

Most recent newsletter

September 2020

- [Message from the Chair – September 2020](#)
- [Please Join Us on Thursday – September 10](#)
- [In the Cards](#)
- [NC Senior Games](#)
- [Impacts of COVID-19 on Food Security, Physical Activity, and Health Webinar Series](#)
- [Pitt County Honored as an All-American County](#)
- [UNC Rex Food Pantry Accepting Donations During COVID-19](#)

ESMM Communication Channels

Channel	Primary Audience	Frequency	Type of Info	Partner Sharing of Resources
Facebook 	Consumers	3 – 5x / Week	Health tips, recipes, resources, national health observances	Not Directly*
LinkedIn 	Professionals	TBD	News articles, reports, and share relevant NC job postings	Not Directly*
Newsletter 	Professionals	Quarterly	Community spotlights, resources, training, and upcoming events	Yes*
Website 	Professionals & Consumers	Ongoing	NC Obesity Prevention Plan, resources, tips and tools, archived newsletters	Yes*

*Submit questions and information to: info@eatsmartmovemorenc.com

Poll Questions

#1: How often do you use Facebook professionally?

#2: How often do you use LinkedIn?

Networking and Collaborative Learning: Social Media Breakout Discussions

Guidance:

- Download the notetaking file from the chat box.
- Once you are in breakout rooms, identify a notetaker and facilitator.
- Spend 15 minutes discussing:
 - *How do you use social media in your work, and which platforms do you use?*
 - *What resources (newsletters, websites, social media handles) do you find valuable?*
 - *What professional development related to social media would you like, if any?*
 - *(if time allows) What else would you like to share related to using social media to stay connected professionally?*
- A pop-up message will appear on your screen – click on it to enter your breakout room.



Call for Executive Committee Members

- Two Member-at-Large positions
- Two year terms – January 2, 2021 to December 31, 2022
- Seeking candidates who will help the Executive Committee represent a broad and diverse network of partners who are committed to health and bring an equity and inclusion lens to our work

Apply by Friday, November 13 by sending an email to
info@eatsmartmovemorenc.com:

- Your name and credentials
- Your job title and organization/company name (if applicable)
- Your experience with and interest in Eat Smart, Move More NC
- Ways you are an asset to the Executive Committee in guiding the Eat Smart, Move More NC movement

THANK YOU !



Before you leave today's meeting, click on the two links in the chat box:

- 1) Feedback survey
- 2) Registration for December 9 Partners Meeting