



# Eat Smart, Move More NC Meeting Agenda

Thursday, December 9, 2020, 1:00-2:00 pm

Zoom videoconference [registration link](#)

## Executive Committee

### Joanne Lee

Chair

Healthy Places by Design

### Jayne McBurney

Vice Chair

NCSU SNAP-Ed, Agricultural and Human Sciences

### Sherée Vodicka

Past Chair

NC Alliance of YMCAs

### Richard Rairigh

Member at Large

Be Active Kids

### Ashley Honeycutt

Member at Large

UNC REX Healthcare

### Susanne Schmal

Member at Large

NC Department of Public Instruction

### Jenni Albright

Coordinator

Eat Smart, Move More NC

### Catherine Hill

Communications

NCSU, Agricultural and Human Sciences

Today's meeting will provide opportunities for Eat Smart, Move More NC partners to:

- Learn about the importance of sleep quality and quantity, and the impact on healthy weight;
- Provide a venue for Eat Smart, Move More NC partners to share and network with each other about their work and communities; and
- Stay informed about the Eat Smart, Move More NC movement.

1:00 pm Welcome, Introductions

1:05 pm Sleep as a Core Behavior for Optimal Health  
*Dr. David N. Collier, MD, PHD, FAAP*  
*Professor of Pediatrics and Health Disparities and Director, Pediatric health Weight Research and Treatment Center at the Brody School of Medicine at East Carolina University*  
*Associate director Integrative Health Sciences Facility Core NCSU Center for Human Health and the Environment*

1:30 pm Networking and Collaborative Learning: Sleep and Other Core Behaviors in North Carolina's Plan to Address Overweight and Obesity

Breakout room discussions about:

- *What stood out for you about today's presentation?*
- *How do or can you address sleep as a core health behavior in your work?*
- *What needs do you have in order to address sleep or any of the other core behaviors in the Plan?*
- *What related resources can you share to help other Eat Smart, Move More NC partners?*

1:50 pm Eat Smart, Move More NC Updates

- 2021 Executive Committee members
- 2021 Eat Smart, Move More NC Partner meetings

2:00 pm Close



Use your camera app to complete the Membership Application or update your membership information.