

February 2023:



Eat Smart, Move More NC Partner

Save the Dates!

*Eat Smart, Move More NC Partner Meetings
Calendar of Events for 2023*

EAT SMART, MOVE MORE NC 2023 CALENDAR OF EVENTS

March

23

Vision for NC Health

Speaker: Madhu Vulimiri, NCSHHS
Location: Raleigh, NC

August

17

Public Health in Higher Education

Speakers: Panel
Location: Virtual

November

16

Celebrating NC Health Achievements

Speakers: TBD
Location: TBD



Please join us for the first in-person ESMMNC Partner Meeting in 2023!

Date: March 23rd

Location: Division of Public Health/Division of Child and Family Wellbeing, 5605 Six Forks Road, Raleigh, NC 27609, Cardinal Room, 1st Floor

Time: 12:00 – 1:00 pm, networking lunch
1:00 – 2:30 pm, speaker

Speaker: Madhu Vulimiri, NC DHHS
Deputy Director, Division of Child and Family Well-Being

Topic: *NCDHHS Vision and Structure: Where are We Headed?*

Additional Dates to Save:

- August 17th for a Virtual Partner Meeting, 1:00 - 2:30 pm
 - November 16th In-Person Meeting 12:00 – 2:30 pm
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Visit the [ESMM website](#) for previous presentations and recordings. The 2022 meetings included:

- *“Weighty” Matters: Inclusive & Compassionate Approaches to Whole Person, Whole Community Health*

Presenters: Diane Beth, MS, RDN, LDN & Erin Hoffman, MS, RDN, LDN

- *Policy Efforts: An Eat Smart, Move More NC Virtual Partner Meeting*

***Panelists: NC Alliance for Health: Meg Molloy and Marianne Weant
NC Child Kaylan Szfranski
Justus Warren Heart Disease and Stroke Prevention Task Force,
Ashley Honeycutt***

February is American Heart Month



You can lower your risk for heart disease.

Small steps can make a big difference. There are lots of ways to start — like taking a quick walk after dinner or using less salt when you cook. But at the end of the day, the choice is yours. Find a way that works for you!

Visit livesothebeat.org for heart healthy tips and tricks based on your lifestyle.

 



With Appreciation for the Executive Committee and Partners that Continue to Move ESMMNC Forward!



Jayne McBurney, Chair



Richard Rairigh, Vice Chair



Joanne Lee, Past Chair

Learn more about the full Executive Committee at:
<https://www.eatsmartmovemorenc.com/executive-committee/>

Join us in working toward the Eat Smart, Move More NC vision: a North Carolina where healthy eating and active living are the norm, rather than the exception.

[eatsmartmovemorenc.com](https://www.eatsmartmovemorenc.com)