



HEALTHY NC

AN INITIATIVE OF THE NORTH CAROLINA MEDICAL SOCIETY

CPP Annual Meeting/Lifestyle Medicine Summit Agenda September 24 – 25, 2021 Virtual Meeting

The purpose of this summit is to provide an introduction into Healthy NC and build knowledge and awareness around Lifestyle Medicine as a branch of medicine that address research, prevention, treatment, and reversal of diseases caused by lifestyle factors.

September 24th

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| 10:00 am-10:15 am | Welcome & Conference Overview |
| 10:15 am-11:00 am | Healthy NC 2030 Report: Introduction and Overview
Kathy Colville, MSPH, MSW
President and CEO
North Carolina Institute of Medicine |
| 11:00 am-12:00 pm | Lifestyle Medicine Overview
Mike Cowan, MD
Founder
Ruckus Health

Brian Asbill, MD
Co-Founder
Ruckus Health |
| 12:00 am-12:45 pm | Lunch |
| 12:45 pm -1:30 pm | Social Determinants of Health: Introduction
Madlyn C. Morreale, JD, MPH
Managing Attorney, Medical-Legal Partnership Program Legal Aid of North Carolina |
| 1:30 pm -2:15 pm | NCCare360: Introduction and Overview
Kelly Calabria
President and CEO
Foundation for Health Leadership & Innovation

Vaughn Crawford, MSW
Senior Customer Success Manager
NCCARE360, Unite Us |





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2:15 pm -3:00 pm

CPP Project/Data Tracking: Introduction and Overview

Bonnie Coyle, MD, MS
CEO and Health Director
Cabarrus Health Alliance

Franklin Walker, MBA
VP Rural Health Systems Innovation
North Carolina Medical Society Foundation

3:00 pm-3:15 pm

Break

3:15 pm- 4:00 pm

Introduction to Culinary Medicine

Joseph Skelton, MD, MS, FAAP, FTOS
Director of Brenner FIT®

Professor in Department of Pediatrics and Department of Epidemiology and Prevention
Institution?

Melissa Moses, MS, RD, LDN
Brenner FIT® Program Manager and Registered Dietitian, Wake Forest Baptist Health

4:15 pm- 5:00 pm

Optional session: Cooking Demonstration

Joseph Skelton, MD, MS, FAAP, FTOS
Director of Brenner FIT®

Professor in Department of Pediatrics and Department of Epidemiology and Prevention
Institution?

Melissa Moses, MS, RD, LDN
Brenner FIT® Program Manager and Registered Dietitian, Wake Forest Baptist Health



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September 25th

9:00 am -10:00 am

The Six Pillars and a Deeper Dive into Plant-based Eating

Bonnie Coyle, MD
Health Director
Cabarrus Health Alliance

10:00 am-12:00 pm **Breakout sessions:**

BREAKOUT 1 10:00 am-10:55 am

Exercise is Medicine

David C. Nieman, DrPH, FACSM, Professor, Department of Biology, Appalachian State University
Director of the Human Performance Laboratory
North Carolina Research Campus

Precision Nutrition for Brain Health and Cancer Prevention

Carol L. Cheatham, PhD
Associate Professor of Psychology & Neuroscience
University of North Carolina at Chapel Hill

Stephen D. Hursting, PhD, MPH
Director, UNC Nutrition Research Institute and
AICRC/WCRF Distinguished Professor, UNC Department of Nutrition

BREAKOUT 2 11:00 am – 12:00 pm

Lifestyle Medicine Prescriptions

Andrew Nance, MD, DipABLM
Physician Lead
Cabarrus County Population Health

Behavioral Change Strategies/Action Plan Development

Amy E. Wilson, MD, DipABLM
Medical Director
Community Care Clinic of Rowan County

Jenn West
Program Manager
Rowan County Health Department

Greg Stewart
Public Health Educator, Community Engagement Specialist
Cabarrus Health Alliance





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12:00 pm - 1:00 pm

Lunch

1:00 pm - 2:00 pm

Lifestyle Medicine in Practice: Innovative Practice Models

Moderator: Alicia McDaniel, MPH

Healthy Living Director

Cabarrus Health Alliance

Panelists:

Andrew Nance, MD, DipABLM

Physician Lead

Cabarrus County Population Health

Amy E. Wilson, MD, DipABLM

Medical Director

Community Care Clinic of Rowan County

Jenn West

Program Manager

Cabarrus Health Alliance

Megan Lambeth, MD

Carteret OB

Centering Pregnancy

2:00 pm – 3:00 pm

NC Community Resources Panel

Moderator: Erin Shoe, MPH

Deputy Public Health Director

Cabarrus Health Alliance

Guests:

Shiv Patil, MD, MPH, BC-ADM, FAAFP, Diplomate of ABOM

Assistant Professor & Associate Director of Research Department of Family

Medicine Brody School of Medicine, East Carolina University

(DPP)

Margaret White

Registered Dietician

Centralina Area Agency on Aging

Jomari Torres, MD

Cabarrus Health Alliance

Reach out and Read

3:15 pm - 3:30 pm

Conference Summary & Adjourn





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Accreditation

This activity has been planned and implemented in accordance with the Essentials and Standards of the North Carolina Medical Society (NCMS) through the joint providership of the Southern Regional AHEC and the NCMS. The Southern Regional AHEC is accredited by the NCMS to provide continuing medical education for physicians.

CME Credit Statement

The Southern Regional AHEC designates this live activity for a maximum of 9.75 AMA PRA Category 1 Credit(s) TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Additional Credit

Other health professionals will receive Southern Regional AHEC CEU and/or contact hours and a certificate of attendance from an AMA PRA Category 1 TM activity. These certificates are accepted by the NC boards for physician assistants, nurse practitioners, and nurses. License requirements are subject to change. Southern Regional AHEC recommends that participants contact their licensing board with specific questions. Southern Regional AHEC will provide 1.0 Continuing Education Units (9.75 contact hours) to participants upon completion of this activity.

Disclosure Statement

The Southern Regional AHEC adheres to ACCME Essential Areas and Policies regarding industry support of continuing medical education. Disclosures of faculty/planning committee members and commercial relationships will be made known at the activity. Speakers are also expected to openly disclose a discussion of any off-label, experimental, or investigational use of drugs or devices in their presentations.

