



# HEALTHY NC

AN INITIATIVE OF THE NORTH CAROLINA MEDICAL SOCIETY

## CPP Annual Meeting/Lifestyle Medicine Summit Agenda September 24 – 25, 2021 150 Research Campus Drive Kannapolis, NC 28081

*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 24<sup>th</sup>

- |                   |   |
|-------------------|---|
| 10:00 am-10:15 am | <b>Welcome &amp; Conference Overview</b>  |
| 10:15 am-11:00 am | <b>Healthy NC 2030 Report: Introduction and Overview</b><br>Kathy Coville, MSPH, MSW<br>President and CEO<br>North Carolina Institute of Medicine   |
| 11:00 am-12:00 pm | <b>Lifestyle Medicine Overview</b><br>Mike Cowan, MD<br>Founder<br>Ruckus Health<br><br>Brian Asbill, MD<br>Co-Founder<br>Ruckus Health   |
| 12:00 am-12:45 pm | <b>Lunch</b>  |
| 12:45 pm -1:30 pm | <b>Social Determinants of Health: Introduction</b><br>Madlyn C. Morreale, JD, MPH<br>Managing Attorney, Medical-Legal Partnership Program Legal Aid of North Carolina   |
| 1:30 pm -2:15 pm  | <b>NCCare360: Introduction and Overview</b><br>Kelly Calabria<br>President and CEO<br>Foundation for Health Leadership & Innovation<br><br>Vaughn Crawford, MSW<br>Senior Customer Success Manager<br>NCCARE360, Unite Us |





# HEALTHY NC

AN INITIATIVE OF THE NORTH CAROLINA MEDICAL SOCIETY

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

Wake Forest School of Medicine

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

Wake Forest School of Medicine

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





# HEALTHY NC

AN INITIATIVE OF THE NORTH CAROLINA MEDICAL SOCIETY

September 25<sup>th</sup>

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





# HEALTHY NC

AN INITIATIVE OF THE NORTH CAROLINA MEDICAL SOCIETY

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





### **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) <sup>TM</sup>. 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 <sup>TM</sup> 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.

