



**North Carolina Institute of Medicine
Healthy NC 2020: Physical Activity and Nutrition Subcommittee Meeting
Friday, December 18, 2009**

Subcommittee Members: Jenni Albright, Alice Ammerman, Diane Beth, Phil Bors, Laura Edwards, Sue Hobbs, Donna Miles, Debi Nelson, Jackie Sergent, Doug Urland, Betsy Vetter, Ron Morrow, Lori Schneider

NCIOM Staff and Interns: Mark Holmes, Jennifer Hastings, Catherine Liao

Methodology for Setting Objectives and Targets

In developing objectives and targets for each focus area, subcommittees should work to propose three objectives and select one objective that can be considered a "summary indicator" for their particular focus area; propose scientifically-derived targets that can be aspirational but realistic and measurable in 10 years; and consider objectives that are available at the county-level and for race/ethnicity, gender, and age.

Draft Physical Activity and Nutrition Objectives

The Physical Activity and Nutrition Subcommittee proposed the following draft objectives:

1. Percent of North Carolinians (adults/youth?) at a healthy weight
2. Percent of North Carolinians getting the recommended amount of physical activity (and physical education for youth)
3. Fruit and vegetable consumption among North Carolinians
4. Breastfeeding

Next Steps

The NCIOM will meet with the HNC 2020 Steering Committee prior to the second subcommittee meeting to discuss the possibility of collapsing data for youth and adults or having one objective—healthy weight, for example—that includes adults and youth in some way. At the second meeting, subcommittee members will further discuss the proposed objectives, select the final three objectives including the summary indicator, and begin to set targets.