

## **Cathy Thomas, MAEd, CHES**

Cathy Thomas is Head of the North Carolina Division of Public Health's Physical Activity and Nutrition (PAN) Branch. Within the PAN Branch, Cathy has been instrumental in establishing Eat Smart, Move More...North Carolina, a statewide initiative lead by the NC Division of Public Health that promotes healthy eating and physical activity for all North Carolinians. Cathy and the PAN Branch team employs the motto the "none of us is as strong as all of us" and seeks every opportunity to form partnerships with a variety of agencies to promote programs, projects and initiatives focused on increasing healthy behaviors.

Cathy has 26 years of experience are in both school health and public health. In her school health role, she has been a classroom teacher, school health coordinator for Nash County School and Camp Lejeune Dependent Schools, and served as assistant principal for Delalio Elementary School in Jacksonville, NC. In her public health role, she served as a local health educator in Greene and Wilson Counties. In her current role as a public health administrator, Cathy oversees the CDC funding addressing obesity issues in North Carolina.

Cathy has served as President of the North Carolina Alliance for Athletics, Health, Physical Education, Recreation and Dance (NCAAHPERD) and continues to be involved in both public health and health education professional organizations. Cathy is the co-author/developer of a host of programs and tools to enhance physical activity and nutrition opportunities for preschool, school, community, faith and healthcare settings. Currently, she is co-principal investigator for "Color Me Healthy" and the award-winning "SyberShop" programs. Her recent developments include "Women Living Healthy, Women Living Well," "North Carolina's Recommended Standards for All Foods Available in Schools" and "Families Eating Smart and Moving More".

A native of North Carolina, Cathy received her Bachelor of Science in School and Community Health Education and her Masters in Education with a Supervisor's Certification from East Carolina University.