

A go-to guide for NCAND members on how to vote, the impact of key elected positions on nutrition and health in NC, and resources to learn more about the candidates

Important Dates

⇒ **Friday, October 9**

Regular voter registration deadline

⇒ **Thurs., October 15**

One-stop early voting begins—voters may register and vote at any early voting site in their county

⇒ **Tues., October 27**

Last day to request an absentee by-mail ballot

⇒ **Sat., October 31**

Early voting period ends at 3 p.m.

⇒ **Tues., November 3**

Election Day! Polls will be open from 6:30 am to 7:30 pm and absentee ballots must be post-marked by this date

Voting is Vital to Our Vision

NCAND aims to empower its members to promote evidence-based research and practices to improve the health and well-being of North Carolinians through food and nutrition. One way to work toward this vision is to vote for representatives who will advocate for laws, policies, and programs that elevate the role of food and nutrition in health promotion and equity. Remember, your voice is important and makes a difference!

How to Vote Absentee By-Mail

- [Request your ballot ASAP](#)
- [Read the directions and carefully complete](#)
- [Return your ballot](#) by mailing it or dropping it off at [your county board of elections office](#) or any early voting site in your county

How to Vote Early In-Person

- [Look up early voting sites in your county and their hours](#)
- Vote in-person between October 15-31
- If you are not registered to vote by Oct. 9, you can register and vote in one stop during the early voting period

How to Vote on Election Day

- [Check your voter registration status](#)—if you're not registered to vote at your current address, [register by October 9](#)
- Vote in-person at [your precinct polling place](#)—6:30 am to 7:30 pm

Be informed when you fill out your ballot! To learn more about your district's races & candidates...

⇒ [DemocracyNC.org](#)—Check your voter registration, fill out your census form, and pledge to vote in 2020!

⇒ [NCVoter.org](#)—Meet the candidates on the ballot in all statewide races

⇒ [Vote411.org](#)—Enter your address to see a personalized ballot with all the races in your district

Role & Position	Nutrition & Health Connection
<p style="text-align: center;">Governor</p> <ul style="list-style-type: none"> • Heads the Executive Branch in NC, which enforces laws made by the NC General Assembly • Heads the NC Council of State and can veto state legislation • Appoints executive cabinet officials, some judges, and members of boards and commissions 	<ul style="list-style-type: none"> • Appoints cabinet members such as the Secretary of the NC Department Health and Human Services, who establishes policy priorities and initiatives that affect the health of all North Carolinians • Has power to sign executive orders and veto bills that affect healthcare access and health issues for North Carolinians
<p style="text-align: center;">Council of State</p> <ul style="list-style-type: none"> • Comprises North Carolina's executive branch • Composed of ten elected officers: the Governor, Lieutenant Governor, Secretary of State, State Auditor, treasurer, superintendent of public instruction, attorney general, and commissioners of agriculture, labor, and insurance 	<ul style="list-style-type: none"> • A couple roles directly connected to nutrition policy: <ul style="list-style-type: none"> ⇒ Commissioner of Agriculture - Leads the NC Dept. of Agriculture & Consumer Services, which promotes farm products and food safety as well as monitors pesticides and effective farming practices ⇒ Commissioner of Insurance - Regulates insurance rates and practices, and handles consumer complaints, among other roles
<p style="text-align: center;">North Carolina General Assembly (NCGA)</p> <ul style="list-style-type: none"> • NCGA is the governing body in NC, composed of 50 NC Senators and 120 NC House Representatives • Represents constituents in their district for 2-year terms • Drafts and legislates state laws and appropriates ~\$23 billion every 2 years in state budget • Draws the maps used for the US House seats and NC House and Senate 	<ul style="list-style-type: none"> • Shapes and enacts NC laws that influence both our profession and the people and populations we serve (e.g. Passed the Modernize Nutrition/Dietetics Act [H.B. 357] in 2018) • Passes laws related to healthcare access, healthy food, social safety net programs, workplace safety, and more
<p style="text-align: center;">US Senator</p> <ul style="list-style-type: none"> • Represents the entire state for a six-year term • Two senators per state with staggered terms • Responsible for introducing and voting on federal legislation • Serves on committees and subcommittees that oversee federal agencies, programs, and activities • The Senate is the governing body that approves or rejects Presidential nominations including federal agency leaders, federal judges and Supreme Court justices 	<ul style="list-style-type: none"> • Approves Presidential appointments related to health policies and regulations such as the Secretary of Health and Human Services and Supreme Court justices • Affects Americans' access to healthcare via laws & funding appropriations
<p style="text-align: center;">US House Representative</p> <ul style="list-style-type: none"> • Represents one of 13 districts in NC in the US House of Representatives, elected every two years • Responsible for introducing and voting on federal legislation • Serves on committees and subcommittees that oversee federal agencies, programs, and activities. • The House is the governing body that can introduce impeachment 	<ul style="list-style-type: none"> • Affects Americans' access to healthcare via laws & funding appropriations. Examples of nutrition and dietetic policy areas include diabetes care, Medicare, MNT coverage, obesity care and prevention, and food security • Influences how federal funds are spent at agencies such as the USDA, the FDA and the CDC

 **Remember, your voice is important, and voting is vital!**