

Joyce O'Meara

Joyce O'Meara has more than 25 years of experience in the early childhood field, in a variety of educational and resource settings. She has worked as a preschool teacher, child care center program director, Child Care Resource and Referral counselor, early childhood project assistant and consultant.

Joyce is knowledgeable about many aspects of Minnesota's early childhood field, including systems and infrastructure, current trends in child care, licensing regulations and program policy, child care financing, and professional development.

Joyce has a BA in elementary education, graduate work in early childhood education and a Montessori preschool teaching certificate.

Currently, Joyce is the Early Childhood/Child Care Specialist in the Chronic Disease Risk Reduction unit of the Minnesota Department of Health. Her primary responsibilities involve promoting healthy nutrition and physical activity practices for young children, particularly those in child care settings, using a policy, systems and environmental change approach. Her efforts further the goals of the Minnesota Obesity Plan and Minnesota's Statewide Health Improvement Plan (SHIP), through the CDC-funded Minnesota Nutrition, Physical Activity and Obesity Program.