

# Meet Your Candidate

## 2022 ACSM Board of Trustees Election

### Vice President Candidate



**Laura Rogers,  
M.D., M.P.H., FACS,  
FACP**

Professor and Associate Director, Division of Preventive Medicine  
University of Alabama at Birmingham  
Department of Medicine  
Birmingham, AL

**YOUR VOTE  
MAKES A  
DIFFERENCE!**



To receive voting rights, you must be a current member of ACSM on **January 3, 2022**.

Cast your vote between **February 1-25, 2022**.



**AMERICAN COLLEGE  
of SPORTS MEDICINE®**  
LEADING THE WAY

#### 1. Please list your previous service to ACSM.

As an active ACSM member for 20 years, I have contributed to the scientific content of 17 annual meetings, including scientific abstracts as author or coauthor, tutorials, symposiums and session moderator. I have contributed articles for the ACSM website and reviewed manuscripts for *Medicine & Science in Sports & Exercise* and the *Translational Journal of ACSM*. My initial eight years of membership on the Strategic Health Initiative for Women, Sport and Physical Activity Committee (2005-2013) were followed by six years as the committee's chair (2013-2019). I currently serve as a member of the Research Review Committee. The opportunity to serve as a member of the ACSM Board of Trustees from 2018-2021 was an especially gratifying ACSM service experience.

#### 2. What is ACSM's greatest strength and how would you make that aspect of the organization even stronger?

The multidisciplinary translational science expertise and perspective of its membership provides ACSM a unique opportunity to advance the science of sports, exercise and physical activity from basic science to broader dissemination and implementation. As such, ACSM is, and can continue to be, a leader in improving the health of individuals and populations through scientific discovery and application. I propose leveraging the "new normal" related to virtual connectivity to increase cross talk between experts across the translational continuum among our membership and with members of other relevant organizations. I also propose gaining a better understanding for how the Exercise is Medicine® initiative can be enhanced to continue expanding ACSM's impact on a larger scale. Last but not least, I recommend a frequent and sincere re-assessment of our members' organizational needs with the goal of maintaining and enhancing our strong and diverse membership.

#### 3. What is a second area of ACSM that you would like for the College to make additional progress, and how could that best be done?

ACSM has made advances in its mentoring activities over the past decade, and expanding these activities should be an ACSM priority. My passion for mentoring stems from my personal experiences within ACSM. Participating as a member and then chair of one of ACSM's Strategic Health Initiatives are among the most enjoyable and personally beneficial and rewarding experiences of my career. When I reflect on this, I realize this was due to the relationships that were built and collaborations that grew as we worked toward a common goal. It yielded interactions that enriched members in all stages of their careers. These experiences coupled with the personal satisfaction of mentoring others at my own institution serve as ongoing motivation to help others be exceptional mentors and everyone to have access to these mentors. I propose leveraging a needs assessment of ACSM membership and current ACSM mentoring programs combined with growing use of technology-based connectivity and novel forms of mentoring to help the college grow in the area of mentoring.

**4. As is true for essentially all organizations, COVID-19 has been an ongoing topic of discussion that has dominated many ACSM leadership meetings over the past two years and something our members contend with on a daily basis in their professional lives. This has been a particular challenge with regard to ACSM's budget strategies as well as the significant implications for all live and/or in-person ACSM professional and committee meetings. Given the current situation is likely to continue for the foreseeable future, please share your view of appropriate policies and actions by ACSM. For example, what are your opinions on vaccine mandates, testing, mask requirements, social distancing, and decisions about virtual versus in-person meetings; again, this question relates to everything including Committee meetings, Annual Meetings and/or any other education events where members gather. Additionally, what leadership strategies would you employ to help ACSM continue to navigate these ongoing challenges?**

ACSM's policies and actions related to the COVID-19 pandemic should and can be guided by our mission to advance and integrate scientific research to provide educational and practical applications of exercise science and sports medicine. In addition to focusing on currently available scientific evidence and public health recommendations, ACSM should intentionally listen to its membership and learn from other national organizations as related policies and strategies are developed. Facile decision making is crucial to adapting to the rapidly changing nature of the pandemic. Hence, responses to infectious threats should be integrated into the ACSM strategic plan and discussed as a regular agenda item during Administrative Council and Board of Trustee meetings with a related working group created among the trustees. Further, the ACSM Foundation should encourage research proposals that advance the science related to COVID-19, sport, and physical activity. ACSM event planning should create a culture of safety by requiring masking, social distancing, testing, and/or vaccine documentation based on the Centers for Disease Control and Prevention (CDC) guidelines at the time of the event. Moreover, ACSM should explore innovative ways to integrate in-person with virtual options so individuals can choose the approach that fits best with their personal health risk,

health decisions, and event participation priorities. Importantly, collating digital recordings of program and event elements may offer the opportunity to better disseminate scientific content in support of our mission. In summary, ACSM's pandemic-related decisions should be evidence-based, facile and adaptable, sensitive to diverse perspectives, and conscious of the physical and psychological contributors to well-being.

**5. ACSM works closely with many other organizations, including associations, companies, philanthropies, and governmental agencies. Indicate those organizations/companies/agencies for which you play an advisory, consulting, or leadership role.**

My advisory roles include participating in the American Cancer Society Nutrition and Physical Activity strategic planning meeting in 2017. Also related to advisory roles for non-governmental organizations, I have served as an invited member of a collaborative between a university and a philanthropic organization for individuals with disabilities. I have also served as a grant reviewer for non-governmental (e.g., American Cancer Society [regional] and World Cancer Research Fund) and governmental (e.g., National Institutes of Health [NIH]) organizations. My leadership roles have included health care organizations (e.g., co-director internal medicine clinic, medical director obesity management clinical program). I led an effort to improve the partnership between an urban hospital and the local health department which resulted in receipt of a Certificate of Appreciation from the health department as tangible acknowledgement of the success of those efforts. Several of my current leadership roles within my institution contribute to my expertise in working across disciplines and with different types of stakeholders (e.g., co-program leader for one of our cancer center's research programs). My dual clinical and academic job-related duties also enhance my ability to work across organizations, as these duties require coping with organizational challenges related to competing priorities in the face of limited resources. Further, my research activities have taken me into the community where I have learned to listen and acknowledge the perspectives of multiple types of stakeholders. It is abundantly clear to me that together we can do more than one person can do alone.