



**AMERICAN COLLEGE
of SPORTS MEDICINE®**
Southeast Chapter



Candidate for Member at Large



Liz Ackley, PhD, FACSM
Roanoke College

Through a professional career dedicated to translational research, I have learned that classrooms, research teams, and cities function much like the human body - responding to stressors in predictable ways and becoming more resilient when provided with integrated systems of support which ensure the ability to thrive when exposed to new challenges. It is my belief that, as exercise scientists, we are trained as “systems thinkers” and possess a unique capacity to advance health-promoting policy, systems, and environmental change strategies in our local communities. As a newly-minted ACSM Fellow, I am seeking election to SEACSM’s Executive Board to breathe new life into areas promoting the advancement of translational research. As a faculty member at an undergraduate serving institution, I also aim to create new development pathways for undergraduate students and the faculty members who support them. As a Professor of Health and Exercise Science and Director of the Center for Community Health Innovation at Roanoke College, I have dedicated my career to advancing student, curricular, and professional development through ACSM’s national and regional resources. Attendance at my first annual meeting as a grad student in 2005 opened my eyes to research, career pathways, and professional norms that I wouldn’t have experienced otherwise, and I’ve remained dedicated to serving SEACSM ever since. Over nearly 20-years of membership, I have served as conference session moderator, abstract reviewer, mentor for the Leadership and Diversity Training Program, reviewer for MSSE, and member of the Taskforce for Mentoring Activities, Women’s/Mentor Breakfast, and research award committees. As a student mentor, I have also built a legacy of young professionals dedicated in service and practice to the goals of ACSM, supporting dozens of students through successful presentations and affirming their confidence in exercise science through 10+ years of competitive Student Bowl participation.

Abbreviated CV – Dr. Liz Ackley, FACSM

EDUCATION

(2010) Ph.D., Health and Human Performance, Middle Tennessee State University; (2007) M.S., Health and Human Performance, Middle Tennessee State University; (2003) B.S., Exercise Science, State University of New York at Cortland College

ACADEMIC POSITIONS

(2023-current) Professor, Dept. of Health & Human Performance, Roanoke College; (2018-current) Founding Director, Center for Community Health Innovation, Roanoke College; (2016-2023) Associate Professor, Dept. of Health & Human Performance, Roanoke College; (2010-2016) Assistant Professor, Dept. of Health & Human Performance, Roanoke College

SELECT HONORS & AWARDS

2023: Fellow, ACSM; 2022: Outstanding Faculty Award (State Council of Higher Education for Virginia); 2021: Research Award (NIH State of the Science, *Food Insecurity, Neighborhood Food Environment, and Nutritional Health Disparities*); 2020: “40 Under 40” Community Leadership Award (Roanoke Magazine); 2019: Professional Life Award (Roanoke College); 2019: Mednick Memorial Research Award (Virginia Foundation of Independent Colleges); 2017: Brian H. Thornhill Endowed Professorship (Roanoke College); 2017: Faculty Scholar Award (Roanoke College); 2015: “Rising Star” Award: Excellence in Undergraduate Teaching (VA Foundation for Independent Colleges); 2012: Faculty Scholar Award (Roanoke College)

RECENT SCHOLARLY PRODUCTIVITY: \$11.5 million in external grants, technical assistance, and gov’t earmarks; 40 invited presentations and symposia; 5 keynote presentations; 3 presentations to members of congress; 41 peer-reviewed presentations (w/ 20 student co-authors); 11 peer-reviewed publications

Primary Research Line: Translational Emphasis (select external funding as primary author): (2023) *Enhancing Cross-Sector Data Capacity to Advance Community Health Equity* (Reinvestment Fund & Robert Wood Johnson Foundation, \$75,000); (2021) *The Northwest Roanoke Food Access Initiative* (City of Roanoke ARPA Fund, \$10.5 million); *Addressing our Missing Link* (Bane Foundation, \$7,500); (2019) *Financing Sustainable Local Food Systems* (Healthy Food Financing Initiative, TA resulting in grocery feasibility study, site renderings, business plan, sustainable community engagement practices); (2019) *Best Practices in Equitable Food Access: Scaling the ReFresh Model* (Reinvestment Fund, \$22,500); (2019) *Healthy, Equitable Communities for Children and Families* (ChangeLab Solutions & Robert Wood Johnson Foundation, TA resulting in comprehensive policy development, health-in-all policies task force formation, reformation of city HUD funding policies); *Catalysts for Promoting Community Health Equity* (VA Foundation for Independent Colleges, \$2,100); (2017) *Northwest Food Access Planning Grant* (Roanoke Housing and Urban Development, \$55,064); (2016) *Invest Health: Strategies for a Healthier Roanoke Valley* (Robert Wood Johnson Foundation & Reinvestment Fund, \$60,000)

Secondary Research Line: SoTL Emphasis (select publications):

- Walkington, H., Stewart, K., Hall, E., Ackley, E., & Shanahan, J. (2020). Salient practices of award-winning undergraduate research mentors: Balancing freedom and control to achieve excellence. *Studies in Higher Education*.
- Walkington, H., Hall, E., Shanahan, J., Ackley, E., & Stewart, K. (2018). Striving for Excellence in Undergraduate Research Mentoring: The Challenges and Approaches to Ten Salient Practices. (In Vandermaas-Peeler, M., Moore, J., & Miller, P. C., (Eds.), *Excellence in Mentoring Undergraduate Research*. Bloomington, IN: Indiana University Press.

- Hall, E., Walkington, H., **Ackley, E.**, Shanahan, J., & Stewart, K. (2018). Mentoring perspectives on the place of undergraduate research mentoring in academic identity and career development: An analysis of award-winning mentors. *International Journal of Academic Development*, 23(1), 15-27.
- Shanahan, J., Walkington, H., **Ackley, E.**, Hall, E., & Stewart, K. (2017). Award-winning mentors see democratization as the future of undergraduate research. *CUR Quarterly*, 37(4), 4-11.
- Shanahan, J., **Ackley, E.**, Hall, E., & Stewart, K., Walkington, H. (2015). Ten salient practices of undergraduate research mentors: A review of the literature. *Mentoring and Tutoring: Partnership in Learning*.

Recent Peer-Reviewed Presentations († denotes undergraduate co-author):

- **Ackley, E. I.** (2023). Promoting active living policies and financing environmental change strategies through school-led population health surveillance. *International Society of Behavioral Nutrition and Physical Activity*. Uppsala, Sweden [June 14-17, 2023]
- †Heatwole, B. & **Ackley, E. I.** (2023). Pandemic-related changes in child weight status and grade-level reading attainment. *SEACSM Annual Meeting*. Greenville, SC [February 23-25, 2023]
- †Kinney, C. & **Ackley, E. A.** (2023). A pilot investigation of low back pain, mobility, and mechanics in collegiate pole vaulters. *SEACSM Annual Meeting*. Greenville, SC [February 23-25, 2023]
- **Ackley, E. I.** (2022). Translating grassroots health surveillance into policy and investment strategies promoting active systems using human-centered design. *International Society of Physical Activity and Health*. Abu Dhabi, UAE [October 23-26, 2022]
- †Hartranft, L. & **Ackley, E. I.** (2022). Pandemic-related changes in resident-identified strategies to improve food access and physical activity resources in medically underserved areas in urban Appalachia. *Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity*. Phoenix, AZ. [May 18-21, 2022]
- †Iyer, K., & **Ackley, E. I.** (2022). The impact of the COVID-19 pandemic on food access and nutrition behaviors in Roanoke city families. *VA Public Health Association Annual Meeting*. Blacksburg, VA. [March 26, 2022].
- †Haden, B., †Iyer, K., †Hartranft, L., & **Ackley, E. I.** (2022). Influence of perceived neighborhood food and physical activity environments on child weight trajectory. *SEACSM Annual Meeting*. Greenville, SC. [February 16-19, 2022]
- **Ackley, E.**, Federico, G., & Page, M. (2021). Advancing equity in neighborhood food access: Insights from a national cohort initiative. *National Institutes of Health: State of the Science Convening on Food Insecurity, Neighborhood Food Environments, and Nutrition Disparities*. Virtual [September 21-23, 2021]
- **Ackley, E.**, †Iyer, K., & †Haden, B. (2021). Perceived neighborhood environments: Health impacts and catalysts for change. *National Institutes of Health: State of the Science Convening on Food Insecurity, Neighborhood Food Environments, and Nutrition Disparities*. Virtual [September 21-23, 2021]
- **Ackley, E.** (2021). Normalizing multi-sector collaboration to promote child physical activity. *ACSM Annual Meeting*. Virtual [June 1-5, 2021]
- †Haden, B., †Iyer, K., & **Ackley, E.** (2021). Variations in obesity across the lifespan: Why zip code matters. *Virginia Public Health Association Annual Meeting*. [April 9, 2021]
- †Guthrie, H. E., & **Ackley, E.** (2020). Temporal analysis of collective efficacy and BMI-for-age in Roanoke city youth. *Council of Undergraduate Research - Posters on the Hill*. [April, 2020]