**SCHEDULE**

**DAY 1 - Thursday, October 10**

7:30 a.m. - 8:45 a.m. - Registration  
8:00 a.m. - 9:00 a.m. - Breakfast  
9:00 a.m. - 10:30 a.m.  
*Opening Remarks:* Robert Pianta, Ph.D., Dean, Novartis Professor of Education, Curry School of Education  
*Welcoming Remarks:* Arthur Weltman, Ph.D., Professor of Kinesiology, Curry School of Education  
*Remarks:* Megan Witherspoon - Manager of Corporate Contributions and Community Relations, Altria Client Services  
*Keynote:* William H. Dietz - "What Can We Do To Increase Physical Activity in Youth?"

10:30 a.m. - 10:45 a.m. - Break

10:45 a.m. - 12:15 p.m.  
**Panel 1 – Overview of Physical Activity and Healthy Eating**  
*Moderator:* Arthur Weltman, Ph.D.  
**Russell Pate** - “Health Effects of Physical Activity in Children and Youth: Strengths and Limitations of the Scientific Evidence”  
**Charles Hillman** - "The Relation of Childhood Fitness and Adiposity to Cognitive and Brain Health"  
**Deanna Hoelscher** - “Eat Your Vegetables! Benefits of Healthy Eating in Youth”

12:15 p.m. - 1:15 p.m. – **Lunch**  
**Matthew Trowbridge** - “Health & Place: How Our Built Environments Impact Children's Health”

1:15 p.m. - 3:00 p.m.  
**Panel 2 – Strategies to Increase Physical Activity**  
*Moderator:* Arthur Weltman, Ph.D.  
**Dianne Stanton Ward** - “Moving Kids at Preschool and at Home”  
**Joseph E. Donnelly** - “Physical Activity and Academic Achievement in Elementary School Children”  
**Christina Economos** - “Catalyzing Communities to Prevent Obesity: A Systems Approach”  
**Phil Wendel** - “Increasing Physical Activity in Children and Adolescents from the Fitness Industry Perspective”

3:00 p.m. - 3:15 p.m. - **Break**

3:15 p.m. - 4:15 p.m.  
**Breakout Sessions** with Selected Panelists – “Walk the Talk” On the Lawn (Seven Informal Breakout Sessions)  

- Day 2 cont’d below
DAY 2 – Friday, October 11

8:30 a.m. - 9:00 a.m. – Breakfast

9:00 a.m. - 10:30 a.m.  
**Panel 3 – Nutrition and Healthy Eating**  
*Moderator*– Susan Saliba, Ph.D., A.T.C., P.T., F.N.A.T.A  
**Kirsten Davison** - "Developing Sustainable Family-Centered Obesity Interventions: What Can We Learn from Developmental Psychology and Implementation Science?"  
**Randy Bird** - “Game Breaking Nutrition: Athletic & Academic Development of the Young Athlete”  
**Noah Carpenter and Elizabeth ‘Bet’ Howrigan** - “Students Taking Action for Improved Nutrition and Physical Activity at School – with Fuel Up to Play 60”

10:30 a.m. - 10:45 a.m. – Break

10:45 a.m. - 12:15 p.m.  
**Panel 4 – Mindfulness, Health and Well-Being: The Mind Body Connection**  
*Moderator*– David Germano, Ph.D.  
**Patricia Jennings** - "Mindfulness-Based Approaches to Promoting Student Learning, Attention and Self-Regulation"  
**Sheri Rand** - "Mindfulness that Matters: Reclaiming Wellness for Youth and Adolescents”  
**Ali Smith** - “From Inner Health to Outer Health”

12:15 p.m. - 1:15 p.m. – Lunch

1:15 p.m. - 2:45 p.m.  
**Panel 5 – Injury Prevention and Treatment**  
*Moderator*– Jay Hertel, Ph.D., A.T.C. - Moderator  
**Michael F. Bergeron** - "Youth Sports: Encouraging Participation and Life-long Physical Activity, Fitness and Health"  
**Donna K. Broshek** - “Sports Concussions in Children and Adolescents”  
**Tamara Valovich McLeod** - "The Impact of Sport-Related Injury on Health-Related Quality of Life"

2:45 p.m. - 3:00 p.m. – Break

3:00 p.m. - 4:30 p.m.  
**Wrap-Up Panel**  
*Moderator*– Arthur Weltman, Ph.D.  
**Aleta L. Meyer** - “The Impact of Chronic Stress on Adolescent Health and Well-Being: Implications for Services”  
**Virginia Senator John Miller** - “Becoming an Advocate for Change”  
**Karin Talbert Addison** – (Assistant Secretary for Children's Health and Education)  
**Patrick Tolan** - “Positive Youth Development and Physical Health and Well-Being”

- Panelist biographies below
**PANELIST BIOGRAPHIES**

*Plenary Presentations (in order of appearance)*

**Robert C. Pianta, PhD**

Pianta is Dean of the Curry School of Education at the University of Virginia. He also holds positions as the Novartis Professor of Education, Founding Director of the Curry School’s Center for Advanced Study of Teaching and Learning (CASTL), Professor of Psychology at the U.Va. College of Arts & Sciences, and Director of the National Center for Research in Early Childhood Education. Pianta’s research and policy interests focus on teacher-student interactions and relationships and on the improvement of teachers’ contributions to students’ learning and development. He is the author of more than 250 articles, 50 book chapters, and 10 books, and has been a principal investigator on research and training grants totaling over $55 million. He served as the editor of the *Journal of School Psychology* from 1999 to 2007. Among other research measures and instruments, Pianta is the creator of an observational assessment of teacher-student interactions known as the Classroom Assessment Scoring System™ or CLASS, with versions for use with infants through twelfth grade students, all of which have been shown to capture features of teacher-student interactions that contribute to learning and development. CLASS is used by every Head Start program in the country, affecting 50,000 teachers and over half a million students.

**Arthur Weltman, PhD**

Weltman is a Professor in the Department of Human Services and a Professor in the Department of Medicine at the University of Virginia and is the Director of the Exercise Physiology Graduate Program and Director of the General Clinical Research Center Exercise Physiology Laboratory (the first GCRC based Exercise Physiology Laboratory). His research laboratory has made major contributions in the areas of fitness and health, the blood lactate response to exercise, hormonal responses to acute and chronic exercise (particularly the growth hormone response to exercise), and in the area of lifestyle intervention on outcomes measures associated with cardiometabolic risk. Weltman is widely published and has been continuously funded as a principal or co-investigator by the National Institutes of Health since 1986. Weltman serves as grant reviewer for the National Institutes of Health. He is the Exercise Physiology Scientific Advisor for the University of Virginia Athletic Department.

**William H. Dietz, MD, PhD**

Until July 2012, Dietz was the Director of the Division of Nutrition, Physical Activity, and Obesity at the CDC. Prior to his appointment to the CDC, he was a Professor of Pediatrics at the Tufts University School of Medicine, and Director of Clinical Nutrition at the Floating Hospital of New England Medical Center Hospitals. He received his MD from the University of Pennsylvania in 1970 and a Ph.D. in Nutritional Biochemistry from MIT. He is a member of the Institute of Medicine, a recipient of the Holroyd-Sherry award from the AAP for his contributions to the field of children and the media, and the recipient of the 2006 Nutrition Research award from the AAP for outstanding research in pediatric nutrition.

**Megan A. Witherspoon**

Witherspoon currently serves as Manager of Corporate Contributions and Community Relations at Altria Client Services. She co-manages Altria’s Success360° initiative, a $22 million grant portfolio that supports leading national and local nonprofit organizations that serve middle school kids and their families. Success360° helps these organizations support middle school kids’ academic achievement and healthy development, and encourages these organizations work together to better coordinate their efforts in and out of school. Witherspoon is also responsible for managing Altria’s Arts and Culture grant-making in Richmond, VA and Washington, D.C.
Panel 1

Charles Hillman, PhD
Professor Charles Hillman received his doctoral degree from the University of Maryland in 2000, and then joined the faculty at the University of Illinois, where he is currently a Professor in the Department of Kinesiology and Community Health. He also holds appointments in the Department of Psychology, the Department of Internal Medicine, the Neuroscience Program, the Division of Nutritional Sciences, and the Beckman Institute for Advanced Science and Technology. He directs the Neurocognitive Kinesiology Laboratory, which has the mission of determining lifestyle factors that improve cognition, maximize health and well-being, and promote the effective functioning of school age children. Dr. Hillman has published more than 90 journal articles, 10 book chapters, and co-edited a text entitled “functional neuroimaging in exercise and sport sciences”. His work has been funded by the National Institutes of Health, Abbott Nutrition, and the Nike Foundation. Hillman's primary research emphasis has been the study of preadolescent children with the goal of understanding how single bouts of exercise, chronic physical activity participation, and adiposity influence cognitive and brain health, and scholastic performance.

Deanna Hoelscher, PhD, RD, LD
Hoelscher is the John P. McGovern Professor in Health Promotion and Behavioral Sciences and director of the Michael & Susan Dell Center for Healthy Living at The University of Texas School of Public Health Austin Regional Campus. Her research interests include child and adolescent nutrition, school-based health promotion programs, dietary assessment methodology, evaluation of child obesity policies, and dissemination of school health programs. Hoelscher is Past-President of the International Society of Behavioral Nutrition and Physical Activity. She was a reviewer on the Institute of Medicine consensus reports on Strategies to Reduce Sodium Intake in the United States (2010), School Meals: Building Blocks for Healthy Children (2010), and Nutrition Standards for Foods in Schools: Leading the Way toward Healthier Youth (2007). Most recently, Hoelscher was appointed to the IOM committee on Evaluating Progress of Obesity Prevention Efforts. Hoelscher received her B.S. in food science and technology from Texas A&M University and her M.A. in nutrition and Ph.D. in biological sciences from the University of Texas, and she is a registered dietitian.

Russell R. Pate, PhD
Russell Pate, a native of upstate New York, was educated at Springfield College (B.S., 1968) and the University of Oregon (M.S., 1973; Ph.D., 1974). In 1974 he joined the faculty of the University of South Carolina where he now serves as Professor in the Department of Exercise Science in the Arnold School of Public Health. He has held several administrative positions including Chair, Department of Exercise Science; Associate Dean for Research, Arnold School of Public Health; and Vice Provost for Health Sciences. Dr. Pate is an exercise physiologist with interests in physical activity and physical fitness in children and the health implications of physical activity. He has published more than 300 scholarly papers and has authored or edited seven books. He served on the U.S. Dietary Guidelines Advisory Committee (2003-04), the U.S. Physical Activity Guidelines Advisory Committee (2007-08), and an Institute of Medicine panel that developed guidelines on prevention of childhood obesity. He currently serves as president of the National Physical Activity Plan Alliance.

Lunch Presentation
Matthew Trowbridge, MD, MPH
Trowbridge is a physician, public health researcher, and assistant professor at the University of Virginia School of Medicine. Trowbridge’s academic research focuses on the impact of architecture, urban design, and transportation planning on public health issues including childhood obesity, traffic injury, and pre-hospital emergency care. Trowbridge is currently an advisor to the National Collaborative on Childhood Obesity Research (www.nccor.org), a partnership between multiple federal and private funding agencies, on built environment and childhood obesity prevention research development. Previously, he has served as Chair of the Built Environment & Transportation planning subcommittee for the 2012 Centers for Disease Control’s Weight of the Nation obesity prevention conference and as senior advisor on built environment and childhood obesity prevention research at the National Cancer Institute at NIH. Dr. Trowbridge was also recently named as the 2013 Ginsberg Fellow by the U.S. Green Building Council for his work to promote healthier built environments. Trowbridge is board certified in both general pediatrics and preventive medicine and obtained his medical and public health training at Emory University.
Panel 2

Joseph E. Donnelly, EdD, FACSM

Donnelly is Professor, Internal Medicine, Director, Energy Balance Laboratory and Center for Physical Activity and Weight Management, Cardiovascular Research Institute, The University of Kansas Medical Center and The University of Kansas-Lawrence. His interest is the prevention and treatment of obesity and related comorbid conditions in children and adults. He was PI for a NIH funded study “Physical Activity Across the Curriculum” (PAAC) that trained classroom teachers to deliver existing academic lessons with physical activity. He currently is PI for a subsequent NIH funded study “Academic Achievement and Physical Activity Across the Curriculum” (A+PAAC) to determine if the use of physically active lessons impacts cognitive function and academic achievement.

Christina Economos, PhD

Economos is the Vice-Chair and Director of ChildObesity180 and is an Associate Professor at the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy at Tufts University. Since 2003, Economos has served as the Associate Director of the John Hancock Research Center on Physical Activity, Nutrition and Obesity Prevention and in 2005 was named the New Balance Chair in Childhood Nutrition. She is the principal investigator of multiple large-scale studies examining childhood nutrition and physical activity with the goal of inspiring behavior, policy, and environmental change to improve the health of America’s children. She currently serves as an appointed member of the Institute of Medicine’s Standing Committee on Childhood Obesity and also serves as chair of the Public Policy committee for the American Society of Nutrition.

Dianne Stanton Ward, EdD

Ward is Professor of Nutrition in the Gillings School of Global Public Health. Ward’s research focuses on preventing childhood obesity through home, school and community interventions that promote healthy eating and regular physical activity in children and families. Recent work has focused on obesity prevention in early care and education settings. Currently, she is leading NIH-funded projects to promote healthy weight in family child care homes (“Healthy You, Healthy Home, Healthy Business”), and to assess the impact of a parenting intervention on child weight. Ward led the team that developed a policy and environmental intervention for child care, NAP SACC—Nutrition and Physical Activity Self-Assessment for Child Care. NAP SACC is a highly regarded program that is used in many states and communities. She is an academic partner for the First Lady’s Let’s Move! Child Care initiative to promote healthy weight development at child care settings.

Phil Wendel

Wendel opened ACAC (Atlantic Coast Athletic Club) in 1984 in Charlottesville, Virginia. The club company has since grown to seven locations throughout the Southeast with over 50,000 members and 1,000 employees. ACAC has been in the Industry's top 100 club companies for the past ten years. Wendel also served four years on the industry's Trade Associations' Board of Directors and was Vice-Chairman. He won the Industry's Visionary award for successfully integrating fitness with the medical community. Wendel is also the founder of Lakeland Tours, now Worldstrides, one of the world's largest student travel companies.

Panel 3

Randy Bird

Bird is the Director of Sports Nutrition for the University of Virginia. He handles team and individual athlete nutrition education, and provides assistance in planning menus for the training table and for pre- and post-competition meals. Prior to coming to U.Va., Bird was the Sports Nutritionist for the University of Kansas (2005-2010). He also worked as a clinical dietitian for three years in Giles, VA, and Washington, PA, in addition to working as a sports nutritionist in the Pittsburgh, Pennsylvania, area. He obtained his Bachelor's of Science degree in Food, Nutrition, and Exercise Science from Virginia Tech. He also completed his Master's Degree in Sports Nutrition at Virginia Tech. Bird is a registered dietitian with the Academy of Nutrition and Dietetics and a Board Certified Specialist in Sports Dietetics. He currently serves as President of the Collegiate and Professional Sports Dietitians Association (CPSDA). He is also a member of the Sports and Cardiovascular Nutritionists (SCAN), and the American College of Sports Medicine. Bird is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association.
Panel 3 (continued)

Kirsten Davison, PhD

Davison is an Associate Professor of Nutrition at the Harvard School of Public Health. She completed her PhD at the Pennsylvania State University in Child and Family Development. Her research focuses on family and community contributions to child obesity and the development of sustainable obesity prevention programs. Studies to date have examined familial clustering of risk behaviors linked with accelerated weight gain in children, psychosocial consequences of obesity in children, parenting strategies that promote active lifestyles in children, and developmental and contextual factors that explain declines in adolescent girls’ physical activity. Most recently, her research has focused on family-centered interventions to prevent child obesity in low-income populations. These interventions, which have been implemented in WIC and Head Start settings, are based on the principals of community-based participatory research and were developed, implemented and evaluated in collaboration with parents. Current projects focus on parenting around children’s snack food intake, strategies to engage fathers in obesity prevention programs and research, and a large scale community intervention integrating evidence-based programs in multiple sectors (WIC, childcare, schools, afterschool programs and community health centers).

Representatives from Fuel Up to Play 60:

Noah Carpenter

A 7th grader at Fairfield Center School in Fairfield, Vermont, Noah was named the Vermont State Student Ambassador for Fuel Up to Play 60 and attended a leadership summit with Ambassadors from across the country in July 2013. As an active member of the Fuel Up to Play 60 program, Noah has worked with a student team to improve and increase healthy eating and physical activity of students in his school. During the 2012-13 school year, Noah accomplished much personally and at his school: he tracked his own healthy eating and activity, worked with his Program Advisor and a student team to run a Smoothie Event, organized a Great Race, hosted a Tailgate Lunch, and put on a Cooking Challenge. The 2013-14 school year has just started and the Fuel Up to Play 60 student team is planning to improve lunch as well get students moving during recess.

Elizabeth “Bet” Howrigan

A 30-year educator, Bet Howrigan has always believed that physical activity, good nutrition and doing well in school go together. At Fairfield Center School, she strives to be a good role model to her students believing that habits children learn early have an important impact that lasts their whole lives. The Fuel Up to Play 60 program brings healthy eating and physical activity together in a fun and manageable way for the entire school. Howrigan is a Program Advisor, providing support and guidance to students, and finds that the students love the tie-in to the NFL. School staff loves the program for the leadership skills it has brought out in students. Howrigan is a graduate of the University of Tampa and is currently a 4th and 5th grade teacher. She is the mother of four and is an active working member in the family dairy and maple sugaring operations.

Susan Saliba, PhD, ATC, PT, FNATA - (Moderator)

Susan Saliba is an associate professor and the director of the undergraduate major in Kinesiology. As a physical therapist and certified athletic trainer, she worked clinically in sports medicine for 18 years. She currently teaches courses in the NATA Accredited Advanced Masters’ In Athletic Training Curriculum, including pathophysiology and rehabilitation, manual therapy techniques, and advanced therapeutic modalities in addition to advising the undergraduate majors. Her research interests focus on establishing clinical efficacy for therapeutic interventions in sports medicine. Specifically, her investigations examine the effect of therapeutic modalities as an adjunct to rehabilitation. Saliba serves on numerous editorial boards, and publishes frequently in the athletic training and sports medicine journals and is a NATA Fellow.
Panel 4
David Germano, PhD
In addition to teaching in the Department of Religious Studies, where he has advised many doctoral students since 1992, Germano is co-director of the Tibet Center and director of SHANTI (Sciences, Humanities, and the Arts Network of Technological Initiatives at the University of Virginia. He also is the editor of the Journal of the International Association of Tibetan Studies, the official journal of the main international organization of Tibetan Studies, and is the founder and director of the Tibetan and Himalayan Library, the largest international initiative using digital technology to facilitate collaboration in Tibetan Studies across disciplines. Germano’s personal research interests are focused on the Nyingma and Bön lineages of Tibetan Buddhism, tantric traditions overall, Buddhist philosophy, and Tibetan historical literature and concerns, particularly from the eighth to fifteenth centuries. He also does research on the contemporary state of Tibetan religion in relationship to China, and non-monastic yogic communities in cultural Tibet, and has broad intellectual interests in international philosophical and literary traditions, including hermeneutics, phenomenology, literary criticism, systems theory, and so forth.

Patricia Jennings, MEd, PhD
Jennings is a Research Assistant Professor in Human Development and Family Studies (HD FS) and affiliated with the Prevention Research Center at Penn State University. Jennings received her doctorate in human development from the University of California, Davis and completed postdoctoral training at the Health Psychology Program at the University of California, San Francisco (UCSF). She led the faculty team that developed the Cultivating Awareness and Resilience in Education (CARE for Teachers), a mindfulness-based program for teachers designed to reduce stress and promote improvements in classroom climate and student academic and behavioral outcomes. In her current role at Penn State she has conducted federally-funded research on CARE and has found that the program improves teachers’ general well-being, health, emotion regulation, efficacy and mindfulness. In addition to psychological research, Jennings has over 22 years of research and teaching experience in the field of education including 15 years as a teacher educator.

Sheri Rand, MEd
Rand is program administrator for the South Burlington School District Wellness and Resilience Program is co-contributor to the recently published manual Mindfulness in Public Schools: Building Wellness and Resilience in Our Children. An assistant principal at the Frederick H. Tuttle Middle School in South Burlington, Vermont, she holds a Master’s degree in Counseling from the University of Vermont and has worked extensively with students K-8 for the last 20 years. She has taught courses in Social Emotional Learning to graduate students and has developed a mindfulness based exploratory program entitled MAPSS (Mastering Academic, Personal and Social Skills) for grade 6 students. Since 2008, she has taken a leadership role in the South Burlington School District’s nationally recognized Wellness and Resilience Program, helping participating teachers and students respond positively to stress by using mindfulness-based practices.

Ali Smith
Smith co-founded the Holistic Life Foundation in 2001, where he currently serves as Executive Director. He is a native of Baltimore, Maryland and graduate of the Friends School of Baltimore the University of Maryland, College Park, receiving a BS in Environmental Science and Policy with a Biodiversity specialization. He has over 11 years of experience teaching yoga and mindfulness to diverse populations. Through his work at the Holistic Life Foundation he has helped develop and pilot yoga and mindfulness programs with at-risk youth, at drug treatment centers, juvenile detention centers, alternative high schools, mental crisis facilities, and in many other underserved communities, as well as a yoga instructor training program. For the past four years he has partnered with The John Hopkins Bloomberg School of Health and Penn State University's Prevention Research Center on a federally funded randomized controlled trial in Baltimore City Public Schools, studying the effectiveness of yoga and mindfulness on urban youth. His work with the Holistic Life Foundation has been featured on Making a Difference on the NBC Nightly News with Brian Williams.
Panel 5  

Michael F. Bergeron, PhD, FACSM  
Bergeron is the Executive Director of the National Youth Sports Health & Safety Institute and a Professor in the Department of Pediatrics, Sanford School of Medicine of the University of South Dakota at the Sanford USD Medical Center. He also has an appointment as a Senior Scientist in Sanford Children’s Health Research Center. Internationally recognized for his research and leadership in exercise-heat stress and youth athletic health, Bergeron is a Fellow and past Trustee of the American College of Sports Medicine (ACSM), and is currently a member of the National Federation of State High School Associations Sports Medicine Advisory Committee. He is also a member of the Academic Advisory Board for the International Olympic Committee postgraduate Diploma Program in Sports Medicine. Bergeron serves as an Editorial Board member for the International Journal of Sport Nutrition and Exercise Metabolism and Journal of Athletic Training.

Donna K. Broshek, PhD  
Broshek is an Associate Professor and Co-Director of the Neurocognitive Assessment Lab at the University of Virginia Medical School. She is Director of the Medical Psychology Fellowship Program and Neuropsychology Training Director within the Department of Psychiatry and Neurobehavioral Sciences. In addition, she is Associate Director of the Brain Injury and Sports Concussion Institute at the University of Virginia and she provides clinical services and consultation to the University of Virginia Athletics Department, as well as local high schools. Clinically, she sees a large volume of patients with sports concussion and post-concussion syndrome. She has co-authored papers on sports concussion, including primary authorship on a paper on gender differences in sports concussion and the clinical practice of pediatric neurologists in managing sports concussion. She is a Fellow of the National Academy of Neuropsychology.

Jay Hertel, PhD, ACT (Moderator)  
Jay Hertel is the Joe H. Gieck Professor of Sports Medicine at the University of Virginia where he holds academic appointments in Kinesiology and Physical Medicine & Rehabilitation. His primary research area is lateral ankle instability which he studies from a multifactorial perspective using diverse methods ranging from laboratory-based assessments of biomechanics and motor control to evidence-based practice principles inherent to clinical epidemiology. Hertel has authored or co-authored over 100 peer-reviewed journal articles and presented at numerous national and international sports medicine conferences. His research has been funded by agencies such as the National Institutes of Health and the National Football League Charities. Hertel is a fellow of both the American College of Sports Medicine and the National Athletic Trainers’ Association. In 2011, he received the Medal for Distinguished Athletic Training Research, the highest career research award in athletic training. Hertel is a senior associate editor for the Journal of Athletic Training, an associate editor for BMC Musculoskeletal Disorders, and a member of the international advisory board for Physical Therapy in Sport.

Tamara Valovich McLeod, PhD  
Valovich McLeod is the John P. Wood, D.O., Endowed Chair for Sports Medicine and a Professor in the Athletic Training Program at A.T. Still University in Mesa, Arizona. McLeod completed her doctor of philosophy degree in education with an emphasis in sports medicine from the University of Virginia. She is the director of the Athletic Training Practice-Based Research Network and her research has focused on the pediatric athlete with respect to sport-related concussion. McLeod was a contributing author for the NATA Position Statement on the Management of Sport-Related Concussion, the lead author on the NATA Position Statement on the Prevention of Pediatric Overuse Injuries, and a consultant and contributing author on the Appropriate Medical Coverage for Secondary School-Aged Athletes. McLeod serves on numerous editorial boards, and publishes frequently in the athletic training and sports medicine journals and is a NATA Fellow.
Wrap-Up Panel

Aleta L. Meyer, PhD

Meyer is a senior social science research analyst at the Administration for Children and Families (ACF), in the Office of Planning, Research, and Evaluation, in the Division of Family Strengthening. Her areas of responsibility at ACF include the translation of research on toxic stress to ACF programs, evaluation of home visiting for American Indian/Alaska Native communities, youth development, and prevention. From 2007-2010, she was a health scientist administrator in the Prevention Research Branch at the National Institute on Drug Abuse (NIDA). Prior to joining NIDA, she was an Associate Professor of Psychology in the Clark-Hill Institute for Positive Youth Development at Virginia Commonwealth University. She completed her doctoral work in Human Development and Family Studies at The Pennsylvania State University. The focus of her research has been to translate theory and empirical research across multiple health outcomes into effective and feasible prevention programs. With Thomas Gullotta, she recently co-edited the volume “Physical Activity Across the Lifespan: Prevention and Treatment for Health and Well-Being” (2012).

John Miller - Virginia Senator

John Miller is an award winning journalist, and spent 18 years at WVEC-TV reporting on the issues facing Hampton Roads, Virginia. For six years he worked on the problems facing Virginia and the nation in the United States Senate as a top aide to Senator Paul Trible. Miller was a key administrator at WHRO, public broadcasting in Hampton Roads and at Christopher Newport University. In 2007, he was elected to the Senate of Virginia from the 1st District. Miller serves on four very important Senate Committees: Education and Health, Agriculture, Conservation and Natural Resources, Rehabilitation and Social Services and Local Government. In addition, he has been appointed to several key commissions. Miller is a member of the Virginia Council on the Interstate Compact on Educational Opportunity for Military Children and the State Water Commission. He also serves on the Joint Commission on Technology and Science and the Virginia Bicentennial of the American War of 1812 Commission. Miller has also been named to serve on the National Conference of State Legislators Education Committee.

Karin Talbert Addison

Appointed by Governor McDonnell in 2010, Addison serves as a policy advisor to the Secretary of Education as well as the Secretary of Health and Human Services on matters affecting early childhood education and children’s health. Prior to joining the McDonnell Administration, Addison specialized in legislative lobbying and grassroots organization. She owned her own consulting firm and represented clients primarily interested in health care and education policy. She has extensive experience in both legislative and budget advocacy. Addison began her career in public policy as a legislative assistant to several members of the General Assembly. With fifteen years of experience at the Virginia General Assembly she is well known as a child advocate. She is particularly proud of her legislative successes on behalf of such clients as the Virginia Chapter, American Academy of Pediatrics, Children’s National Medical Center, Virginia Association of School Nurses, and the Virginia Council for Private Education. Addison graduated from the College of William and Mary with a BA in Government. She serves on the Saint Gertrude High School Alumnae Association Board and lives in Richmond’s Ginter Park.

Patrick Tolan, PhD

Tolan is Professor at the University of Virginia in the Curry School of Education and the Department of Psychiatry and Neurobehavioral Sciences in the School of Medicine. He is director of Youth-Nex: The U.Va. Center to Promote Effective Youth Development. Youth-Nex promotes healthy youth development, educational attainment and learning. A transdisciplinary center working across the University, the center focuses on the assets of young people and works in a wide variety of areas including health management, civic engagement and education. Youth-Nex also works to prevent youth problems such as violence and school failure. Prior to assuming his position with Youth-Nex, Tolan directed the University of Illinois’ Institute for Juvenile Research, a multidisciplinary center of over 50 faculty, focusing on child mental health and adolescent behavior problems. Tolan is a frequent consultant to agencies, government groups and foundations presenting at hearings and institutions around the country. He has been the Principal Investigator on multiple funded projects and has authored over 160 publications. For the past 25 years he has research with multiple collaborators on development of youth within inner-city communities; supported efforts to assist and protect healthy development of families in high-risk communities; and promoted the use of empirically tested approaches to reduce youth and family risk. He is co-editor of the book, Disruptive Behavior Disorders, part of the Advances in Development and Psychopathology: Brain Research Foundation Symposium Series (Springer, 2013).