

WELCOME !



**Play and Move Everywhere:
Creating Equitable Opportunities for Physical Activity**

MEET OUR PANELISTS



Dr. Deepti Adlakha

Director, Natural Learning Initiative

Associate Professor, Landscape Architecture and Environmental Planning

NC STATE UNIVERSITY

Dr. Adlakha is a Fulbright Scholar and an interdisciplinary scientist with a diverse educational background. She holds degrees in architecture, urban design, public health, and has extensive research experience within international contexts.

Dr. Adlakha's research focuses on generating, translating, and scaling up evidence for reducing health inequities in underserved populations, especially children, youth, and families. This work includes examining how the neighborhood environment impacts weight status, physical activity, and dietary behaviors across the lifespan. As Director of NLI, she is currently involved in designing outdoor learning environments for preschools, special education facilities, and school grounds in the US.

Dr. Adlakha has published extensively in peer-reviewed journals and popular media, including TEDx, BBC, The Conversation, and Scientific American. Prior to her appointment at NCSU, she held a tenured faculty position in the School of Natural and Built Environment, Queen's University Belfast, UK.





Dr. Nilda Cosco

Director of Programs, The Natural Learning Initiative
Research Associate Professor, College of Design, NCSU

NC STATE UNIVERSITY



Dr. Cosco holds a degree in Educational Psychology and a Ph.D. in Landscape Architecture.

In January 2000, Dr. Cosco co-founded with Professor Robin Moore the Natural Learning Initiative (NLI) at the College of Design, NC State University.

Her primary research interest is the impact of outdoor environments on child and family health outcomes. She is principal investigator (PI) for the USDA-NIFA randomized controlled trial *Childcare Outdoor Learning Environments as Active Food Systems: Effectiveness of the Preventing Obesity by Design (POD) Gardening Component*. Cosco is the developer of POD, a built environment strategy to support healthy eating, physical activity, and outdoor learning in childcare.

Her responsibilities include design programming and research of outdoor environments for children with and without disabilities; development of professional development certificates for designers, educators, and public health professionals; development of printed and online dissemination materials; and coordination of state-wide comprehensive projects (design, environmental intervention, training, and evaluation).



Dr. Myron Floyd

Dean, College of Natural Resources
NC State University

Dr. Myron Floyd is Dean of the College of Natural Resources at North Carolina State University. Before his appointment as Dean in April 2020, Dr. Floyd served as department head of Parks, Recreation and Tourism Management at NC State where he was a professor since 2005. He has held faculty appointments at the University of Florida, Texas A&M University, and Clemson University.

His most recent work examines racial and socioeconomic disparities in access to urban parks and greenspace. Dr. Floyd's research is widely disseminated in a broad spectrum of social science journals, books, and other publications.

His most recent professional service includes membership on the NC Institute of Medicine's Healthy NC 2030 Task Force (Physical Environment Workgroup, Co-chair), USDA Forestry Research Advisory Council, and Board of Trustees of the National Recreation Foundation.

NC STATE UNIVERSITY



Chris has more than twenty years of experience in the field of disability and health. He serves as the lead staff member in NCHPAD's activities in the public health sector which include initiatives related to inclusive healthy community design, accessibility of health promotion environments, adapting evidence based chronic disease prevention and management programs, (particularly in the area of diabetes) and health equity for people with disabilities.

Prior to joining NCHPAD, Chris worked for the North Carolina Office on Disability and Health (NCODH) where his work focused on increasing the capacity of public health and health promotion programs and professionals to include people with disabilities.

Chris graduated from East Carolina University with a degree in Therapeutic Recreation and has briefly held an International Sports Science Association Certified Fitness Trainer (CFT) certification and was a trainer for the Chronic Disease Self-Management Program (CDSMP).

He has served on various advisory boards of disability and public health organizations and has extensive knowledge of accessibility and compliance with the Americans with Disabilities Act.



Chris Mackey

Senior Project Coordinator

National Center on Health, Physical Activity and Disability
Lakeshore Foundation in Birmingham, Alabama



Chris is in his 26th year teaching elementary physical education at Hillsborough Elementary, co-lead teacher in the Orange County School district. He is an alumni of the great University of South Carolina-Spartanburg, now known as USC Upstate.

Chris is the current president of NCSHAPE and co-chair of the convention committee. Prior to joining the executive board, Chris was the Physical Education Association president for NCSHAPE. For the past 7 years, he has served as chair of North Carolina's Physical Education Leadership Training (PELT) that is held once a year. Chris has also served on the SHAPE nominations committee since 2019.

Outside of teaching and serving on NCSHAPE, Chris has been fortunate to be able to travel around the country and internationally as a presenter. Presenting has given him the opportunity to meet HPE teachers from around the world. Not only is he able to share his knowledge and experience as an educator, but has learned and grown professionally by the many relationships he has been able to build with amazing educators.

In his spare time, Chris does personal training and is studying to become a massage therapist.



Chris Walker

Physical Educator - Hillsborough Elementary School
NCSHAPE Executive Board President
Certified Action Based Learning Trainer
OPEN National Trainer
CFL1 Trainer





Walking into 2022!

April Partner Meeting
TBA

Watch for announcement in
your ESMMNC Newsletter
and on Facebook!





Sub-Committee members needed!

Get involved with the subcommittee that matches your skills:

- Communication
- Partner Engagement
- Partner Meetings

<https://www.eatsmartmovemorenc.com/subcommittees/>

ANNOUNCEMENTS:

If your organization is a member of Wellness Council of America (WELCOA), please contact jayne_mcburney@ncsu.edu

ESMMNC Executive Committee 2022-2023

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