



## Healthy Behaviors Panel

### Connecting Healthy Eating and Physical Activity Partnerships for OST

#### **Moderator**

**Tierney Lloyd**

*Director of Health and Wellness Initiatives, Afterschool Alliance*  
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As the Director of Health and Wellness Initiatives, Tierney directs a national, state and local level effort to advance health and wellness policy for children and youth in afterschool, summer learning, early care and education programs. Before joining the Afterschool Alliance in January 2016, Tierney served as Senior Manager of Strategic Relationships at SHAPE America for Let's Move! Active Schools. Previous to her work with Let's Move! Active Schools, Tierney managed an oral health campaign to reduce pediatric dental disease while at the National Children's Oral Health Foundation. She also developed a national physical activity program for Head Start children while working at the National Head Start Association. Although those roles afforded her a national perspective of child health and wellness' standards and practice, it was through her previous roles as a local pre-school director and teacher that often grounds, influences, and provides practical meaning to her advocacy work. Tierney is a graduate of George Washington University and holds a Bachelor of Arts degree in Psychology and a Master of Public Health degree with a concentration in maternal and child health.

#### **Panelists**

**Lisa Coleman**

*Lead Nutritionist, Giant Food*  
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Lisa Coleman, MS, RD, LDN, leads a team of ten in-store nutritionists for Giant Food and is responsible for Giant's health and wellness initiatives. She earned a Master's degree in Family and Consumer Sciences-Nutrition from Illinois State University. Prior to joining Giant, Lisa worked at a rural hospital in Illinois, managing patient meals, inpatient nutrition assessment and outpatient nutrition counseling. Lisa feels passionately that the grocery store is the perfect place to provide nutrition education because that's where decisions are made that influence a family's health. As a busy working mom on the go, Lisa understands the challenges parents face in trying to feed their families in a healthy way. In her free time, you'll find Lisa at the field cheering for her children's teams and in the kitchen experimenting with ethnic cuisines.

**Adam Fanning**

*National Network Manager, Alliance for a Healthier Generation*  
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Adam Fanning is a National Network Manager for the Alliance for a Healthier Generation. He works with organizations across the country to empower them to expand their work in schools and out-of-school time settings to create healthier environments for youth. Prior to his current role, Adam served as Campaign Manager for the American Heart Association in Iowa, Program Manager for the Alliance for a Healthier Generation and as a Community Schools Coordinator for Iowa's largest public school system. He is passionate about his work and enjoys helping organizations meet their goals through collaboration and partnership. Adam received his Masters of Public Administration from Drake University.

### **Lynn Rubin**

*Program Development and Outreach Coordinator, University of Maryland Extension  
Food Supplement Nutrition Education  
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Lynn serves as the Program Development and Outreach Coordinator for the University of Maryland Extension – Food Supplement Nutrition Education program, or SNAP-Ed, in Maryland, and works with state collaborating agencies such as Maryland State Department of Education, Maryland Department of Human Resources, WIC, Share Our Strength, Capital Area Food Bank, Maryland Food Bank, Maryland Out of School Time Network, and Maryland Hunger Solutions. These statewide collaborations provide nutrition education resources and guidance for state and local agencies to incorporate nutrition education into programs and practices through direct teaching, indirect education, and train-the trainer models.

### **Verlando Brown**

*Program Coordinator, Johns Hopkins Urban Health Institute  
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Verlando Brown grew up in the heart of West Baltimore and was raised by a single mom. Growing up in the inner city, his environment was filled with drugs, addiction, crime, poverty, and broken families. He went to Frederick Douglass High School in West Baltimore where there was a high rate of drop-outs, high teenage pregnancy, and violence surrounding the school environment. Verlando became the first in his family to go to college, graduated with a Bachelor's of Science degree in Interdisciplinary Studies, with a concentration in Psychology from Towson University and earned his Masters' degree in Human Services Administration at the University of Baltimore. Verlando is now the Program Coordinator at Johns Hopkins Urban Health Institute, sits on the Board of Directors at Code in The Schools, a non-profit organization providing underserved youth with access to computer science education, and he sits on Baltimore's Promise College/Career Readiness Advising Action Team. Published in the Baltimore Times about his story of overcoming adversities growing up in inner-city Baltimore, he is also the founder of The First-Gen Baltimore Initiative, which advocates for providing support and resources to first-generation college students across Baltimore city. His advocacy efforts have affected policy change at institutions around the city, and the Baltimore Social Innovation Journal recognized him in 2015 for his work on this issue. Verlando has been featured and recognized in NBC's Universal Studios for his story and work around the support of first-generation college students. He was personally invited to the White House to meet with Michelle Obama's Reach Higher Initiative staff to share his story and became a thought partner to the team in how to scale the initiative to the next level.

### **Max Levitt**

*Founder and Executive Director, Leveling the Playing Field  
max@levelingthefield.org*

Max is the Founder and Executive Director of Leveling the Playing Field. Working on this mission for 4 years, Max spends most of his time now in a development role both fundraising and creating relationships in the community that will further the organization's impact on giving low income students the opportunity to participate in youth sports activities. He also spends a good deal of his time heavily involved in the day-to-day operations of the organization. Max is a native Washingtonian having graduated from the Jewish Day School in Rockville, MD. He received a degree in Sports Management from Syracuse University where he hatched the plan to create Leveling the Playing Field based on his experience in both collegiate and athletics and the youth sports industry.

### **Resources**

**Afterschool Alliance** <http://www.afterschoolalliance.org/>

**Alliance for a Healthier Generation** <https://host.healthiergeneration.org/registerlogin/>

**Eat Smart** [www.eatSMART.com](http://www.eatSMART.com)

**FSNE Toolkit** [www.fsnetoolkit.com](http://www.fsnetoolkit.com)

**Giant Food - Nutritionists** <https://giantfood.com/live-well/health-and-wellness/nutritionists/>

**Healthy Out-of-School Time in Philly** <https://www.youtube.com/watch?v=9-hCPeWGcLc>

**Huntington Park, California: Making Health a Priority** <https://www.youtube.com/watch?v=7PLZy4-R534>

**John Hopkins Urban Health Institute - Faculty and Staff** [http://urbanhealth.jhu.edu/about\\_us/our\\_team.html](http://urbanhealth.jhu.edu/about_us/our_team.html)

**Leveling the Playing Field** <http://www.levelingthefield.org/>

**University of Maryland Extension- FSNE** <http://www.extension.umd.edu/fsne>

**National Afterschool Association** [http://naaweb.org/images/NAA\\_HEPA\\_Standards\\_new\\_look\\_2015.pdf](http://naaweb.org/images/NAA_HEPA_Standards_new_look_2015.pdf)

