2023 Fitness Index Spokespeople

Stella Lucia Volpe, PhD, RDN, ACSM-CEP, FACSM, is Professor and Head of the Department of Human Nutrition, Foods, and Exercise at Virginia Tech. Her degrees are in both Nutrition and Exercise Physiology; she also is an American College of Sports Medicine (ACSM) Certified Clinical Exercise Physiologist®, a Registered Dietitian Nutritionist, and a Fellow of the ACSM. Dr. Volpe's research focuses on obesity and diabetes prevention, and she also conducts research on athletes of all levels. She is a competitive field hockey player, rower and ice hockey player, and she trains and competes in CrossFit.

Jammie Hopkins, DrPH, a health equity scientist, educator, and wellness professional, is committed to operating at the intersections of research, practice, and policy to promote healthy lifestyles and eliminate health disparities among vulnerable populations. Dr. Hopkins is currently Assistant Professor in the Department of Community Health and Preventive Medicine; and Director of GetFit MSM Initiative at Morehouse School of Medicine in Atlanta, GA. Dr. Hopkins’ research and practical interests center on policy, systems, and environmental change (PSE) approaches to prioritize and re-engineer physical activity, healthy eating and other lifestyle behaviors into community, organizational, and clinical settings. He employs a diverse range of methodologies in his applied research and public health practice efforts that includes mixed methods research; community based participatory approaches; citizen science; data science; dissemination science; health coaching; and policy analysis.

Dr. Hopkins earned a BS in Exercise Science from University of California, Davis; a MS in Kinesiology from California State University, Fullerton; and a Doctor of Public Health degree (DrPH) from the UCLA Fielding School of Public Health. He completed a Health Policy Leadership postdoctoral fellowship in the Satcher Health Leadership Institute in 2013, and a Masters of Science in Clinical Research (MSCR) from Morehouse School of Medicine in 2020.

Melissa W. Roti, PhD, FACSM, ACSM-EP, GEI, is a Professor and Director of the Exercise Science Program at Westfield State University. Dr. Roti received her BS and PhD in Kinesiology at the University of Connecticut and her MS in Exercise Science at University of Massachusetts, Amherst. Her research focus is on physical activity promotion; self-efficacy and health equity in active transportation; promotion & development of walkable/rollable communities; and the study of teaching and learning in the Exercise Sciences. She is a certified professional and Fellow of the American College of Sports Medicine (ACSM) and serves at both the national (Board of Trustees & American Fitness Index) and regional level (Diversity Committee & Past President of NEACSM).
Janet R. Wojcik, Ph.D., FACSM, is Professor and Program Director of Exercise Science in the Department of Physical Education, Sport, and Human Performance at Winthrop University in Rock Hill, SC. She is a Fellow of the American College of Sports Medicine (ACSM) and is an ACSM Certified Exercise Physiologist and ACSM/American Cancer Society Certified Cancer Exercise Trainer.

Dr. Wojcik serves on the leadership team of Wholespire York County (SC) community coalition which advocates for healthy eating and active living (HEAL) policies and environments. She publishes articles, presents at regional and national conferences, performs peer review, and mentors undergraduate researchers. From 2015-2018 she was awarded the Bank of America Endowed Professorship from the College of Education to enhance her scholarship in her research interests. She serves on the editorial board for the Translational Journal of the American College of Sports Medicine (TJACSM) and on the advisory board of the ACSM American Fitness Index.

Shantanu Agrawal, MD, MPhil is chief health officer at Elevance Health, where he oversees the enterprise whole health strategy, including medical policy and clinical quality, as well as our industry-leading work to address health-related social needs and health equity. Passionate about improving health outcomes and reducing disparities, Agrawal draws on his clinical and business expertise to push for a more equitable health space for the people Elevance Health serves. Accordingly, he also leads Elevance Health’s community health strategy and the Elevance Health Foundation. Outside of Elevance Health, Agrawal serves on numerous boards and committees that deepen his commitment to advancing health.