

Meet the Board

Lisa McCoy (MD), Eastern Region Director

Greetings to my fellow NEAFCS members,

I am happy to be serving as Eastern Region Director for this year and the next. When I was approached about running for this position, I was hesitant to commit but I have learned so much about our organization in my first 6 months that I am glad that I said YES! Let me share a little bit about myself. I was introduced to Extension when I was in high school and became a 4-Her. Although my time with 4-H was short, it was very memorable, especially a 6-week International 4-H Youth Exchange trip to Great Britain.



I received a B.S. in dietetics and an M.S. in community health education from Virginia Tech University. After working more than 30 years as a Registered Dietitian in public health, long term care consulting and teaching in higher education, I finally got my dream job as an FCS Extension Educator. I am a cluster area educator which means that I cover 3 counties in the western part of Maryland, covering 150 miles. My areas of focus include nutrition, chronic disease prevention and management, mind-body medicine, food safety and preservation, health insurance literacy, and healthy environments. As soon as I joined the University of Maryland Extension in 2013, I joined the state NEAFCS affiliate and have attended every annual session since then. At the state affiliate level, I served as professional development chair for 2 years and then went through the ranks to serve as Affiliate President. Holding offices at the state and national level provides many opportunities to meet people from other states and to support each other in our Extension careers.

In my spare time, I am in the final stage of dissertation writing for my doctoral degree in Educational Leadership from Frostburg State University. My experience of being mentored within our state Extension program for my first 5 years to help me achieve tenure prompted my dissertation topic on mentoring in Extension and plan to complete and graduate in December.

I also enjoy spending time outdoors and am looking forward to meeting my new Goldendoodle puppy later this month and going on walks and hikes together. I hope to meet many of you in person this year at our annual session in Michigan!

