THE INAUGURAL
Building Healthy Academic Communities National Summit

Sharing comprehensive, evidence-based practices on faculty and staff wellness, student wellness, academic medical centers, and wellness innovation

April 22-23, 2013
The Ohio State University
Ohio Union • 1739 North High Street • Columbus, Ohio
April 22, 2013

Dear Summit Attendees,

We are excited to welcome you to The Ohio State University for the inaugural Building Healthy Academic Communities National Summit. In collaboration with US Healthiest, this landmark event with representation from 90 universities and colleges from across the country will stimulate solutions and collaboration in our Summit and National Consortium. Together, we will make a powerful impact in improving population health and wellness across the nation. Warm regards,

Bernadette M. Melnyk

Bernadette Mazurek Melnyk, PhD, RN, CPNP/PMHNP, FAAN
Associate Vice President for Health Promotion University Chief Wellness Officer
Dean and Professor, College of Nursing
Professor of Pediatrics & Psychiatry, College of Medicine
Chair, Inaugural Building Healthy Academic Communities Summit

E. Gordon Gee
President

Sponsors

Can the workplace actually be a place where people leave healthier than when they arrive? We realize this is a somewhat provocative statement. But with the growing attention on the issue of worker wellbeing, and the rising awareness of the economics of the issue, perhaps questions like this will help to cause a "reset" in terms of thinking about how the workplace can actually help. We know there are studies about how the workplace can hurt, so maybe it's time to start thinking about what it takes to create an environment designed for the holistic wellbeing of the people who work there.

There's a growing effort to consider how we can become more resilient … to rebound from a negative situation by actually becoming better than where we started. So we believe we have a responsibility to not just stem the rising cost of healthcare, but we believe we have a responsibility as employers and global citizens to help people be healthier than they are now.

Read more at lothexperts.com.

Limeade’s mission is to measurably improve well-being by creating happy, healthy, high-performance workforces. We focus on employers because they are in a unique position; they bring people together on a shared mission. They care a lot about things like creating profits, attracting and retaining great people, keeping employees engaged (tired up!), developing leaders, delighting customers, and spending less on health insurance benefits. All of these are measurable outcomes of our wellbeing approach. It’s true: wellbeing creates better employees. Better people. Better profits. When we help companies attract and retain more energized, empowered, healthy and productive people, we are fulfilling our purpose.

Our Values: Anything is possible. We make things for customers. Speak plainly. Be it. Sometimes the biggest changes start with a simple question. What will you ask? Learn more at limeade.com.

The founding members of the Alliance to Make US Healthiest (hereafter referred to as “The Alliance”) understand that health is the key to not only physical, emotional and intellectual well-being but also to economic strength and national security. Alliance members are committed to making health and well-being a priority in industry and government, but also for individuals, families, and communities. The Alliance’s scope of interest extends beyond healthcare to a commitment to health equity and understanding the many factors that shape an individual’s opportunity for well-being (including access to education, housing, transportation, food, and prosperity). Alliance members understand that well-being includes both individual actions and governmental and organizational decisions that create the conditions in which all Americans can be well.

Learn more at ushealthiest.org.

Located in Columbus, The Ohio State University Wexner Medical Center is one of the largest and most diverse academic medical centers in the country and the only academic medical center in central Ohio.

Ohio State’s Wexner Medical Center includes:

• a top-ranked College of Medicine
• six hospitals
• a unified physician practice
• a network of primary and specialty care practices
• more than a dozen research centers and institutes
• 20 core laboratories

This powerful enterprise is driven by our mission: to improve people’s lives through innovation in research, education and patient care. We also share a common vision: working as a team, we will shape the future of medicine by creating, disseminating and applying new knowledge, and by personalizing health care to meet the needs of each individual.

Learn more at medicalcenter.osu.edu.

Learn more at ushealthiest.org.

#BHAC • http://healthyacademics.org/blog

The inaugural Building Healthy Academic Communities National Summit
Describe comprehensive and integrative approaches to health and wellness at American universities

Learn successes and challenges faced by universities in creating healthier campuses

Identify areas where universities can expand and enhance services and partnerships to address academic wellness

Examine how interventions can reduce healthcare costs and increase productivity within the academic setting

Learn how to measure the success of comprehensive healthy campus initiatives

Demonstrate how the broad range of health-related programs can be managed strategically to enhance business and academic objectives

Identify creative approaches to involve faculty, staff and students in the planning and implementation of programs and services

Discuss major factors influencing healthy lifestyle beliefs and behaviors in faculty, staff and students

Develop awareness to the mission, vision, and theoretical foundations of mission-centric, campus-wide, comprehensive well-being initiatives focused on faculty, staff and students

Understand the importance and use of wellness models to challenge faculty, staff and students to be productive and successful

Identify key factors that allow for a high level of engagement in wellness programs, while also creating a positive impact and improved health outcomes

Participants from 31 states (shown in orange) are attending the inaugural Building Healthy Academic Communities National Summit. The list of participating institutions is accurate as of April 16, 2013.

At the conclusion of the Summit, attendees will be able to:

Attendees

Total number of organizations represented: 91

Ashland University
Auburn University
Berea College
Blessing-Rieman College of Nursing
Bowling Green State University
Bucknell University
California State University Fresno
Carnegie Mellon University
Central State University
Clemson University
Cleveland State University
Cuyahoga Community College
D’Youville College
Dartmouth College
Duke University
Emory University
Gaann College
Georgia Institute of Technology
Grand Valley State University
Gustavus Adolphus College
Illinois State University
Iowa State University
Kent State University
Marietta College
Mary Baldwin College
Miami University
Michigan State University
Mississippi State University
Mount St. Mary’s College
Ohio Dominican University
Oklahoma State University
Oregon State University
Purdue University
Rosalind Franklin University of Medicine and Science
St John’s School Houston
St. Edwards University
Stanford University
Stony Brook University
The Ohio State University
The Ohio State University College of Nursing
The Ohio State University Mansfield
The Ohio State University Wexner Medical Center
The University of Akron
The University of Texas
The University of Texas El Paso
Towson University College
Tulane University
University at Buffalo
University of California Davis
University of California Irvine
University of California Los Angeles
University of Florida
University of Iowa
University of Maryland
University of Maryland Baltimore County
University of Massachusetts Amherst
University of Memphis
University of Michigan
University of Minnesota
University of Mississippi
University of North Carolina Charlotte
University of North Dakota
University of Northern Colorado
University of Oregon
University of South Carolina
University of Tennessee
University of Virginia
University of Wisconsin Madison
Virginia Tech
Wake Forest University
West Virginia University
Western Illinois University
Youngstown State University

Building Healthy Academic Communities National Summit

Social media

http://healthyacademics.org/news.xml
http://go.osu.edu/BHAC
#BHAC
http://go.osu.edu/BHAC
http://healthyacademics.org

#BHAC - http://healthyacademics.org/blog
**Agenda—Monday, April 22**

<table>
<thead>
<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>SESSION/EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30–7:45 am</td>
<td>Blackwell Hotel</td>
<td>Optional Building Healthy Academic Communities Landmark Run/Walk</td>
</tr>
<tr>
<td>8 am–4 pm</td>
<td>Outside Archie Griffin Ballroom,</td>
<td>Registration</td>
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<tr>
<td></td>
<td>Ohio Union (2nd Floor)</td>
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<tr>
<td>8–9 am</td>
<td>Outside Archie Griffin Ballroom,</td>
<td>Healthy continental breakfast</td>
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<td>Ohio Union (2nd Floor)</td>
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<tr>
<td>10:30–11:30 am</td>
<td>Archie Griffin Ballroom, Ohio Union (2nd Floor)</td>
<td>Plenary session II</td>
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<td></td>
<td>Welcome &amp; opening remarks</td>
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<tr>
<td></td>
<td>Archie Griffin Ballroom, Ohio Union (2nd Floor)</td>
<td>Michael Roizen, MD, Chief Wellness Officer, Cleveland Clinic: RealAge and You: The Cleveland Clinic Experience on Controlling Your Genes and What it Means for You</td>
</tr>
<tr>
<td>11:30 am–12 pm</td>
<td>Archie Griffin Ballroom, Ohio Union (2nd Floor)</td>
<td>Recovery break, poster session &amp; special wellness activities</td>
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<tr>
<td>12–1 pm</td>
<td>Archie Griffin Ballroom, Ohio Union (2nd Floor)</td>
<td>Lunch and panel discussion Superize Your Wellness Resources presented by Limeade with UCLA, OSU and Seattle University</td>
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<tr>
<td>1–1:15 pm</td>
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<td>Recovery break</td>
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<tr>
<td>1:15–2:15 pm</td>
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<td>Concurrent session I</td>
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<tr>
<td>12:30 pm–1:15 pm</td>
<td>US Bank Conference Theater (1st Floor)</td>
<td>Faculty and Staff Wellness</td>
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<tr>
<td></td>
<td></td>
<td>A. Development of Meaningful Wellness Initiatives in a Represented Academic Environment, Gerry Modjeski &amp; Lisa Sandor, Cleveland State University</td>
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<td>B. The State of Employee Wellness at Oklahoma State University, Mary Talley, MS, Oklahoma State University</td>
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<td>C. The Value of Campus Partnerships in Crafting a Strong, Cost-Effective Wellness Program, Amy Mysztka, State University of New York at Buffalo</td>
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<tr>
<td>1:15–2:15 pm</td>
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<td>Student Wellness</td>
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<td>A. Nursing Students as Health Ambassadors: Implementing a University Influenza Immunization Program, Kimberly Blount, PhD &amp; Lisa Quinn, PhD, Gannon University</td>
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<td>B. Associations between Resident Assistant Attitudes and their Referrals of Residents for Alcohol or Marijuana Problems, Dennis Trombly, PhD, University of North Texas &amp; Cynthia Osborn, PhD, Kent State University</td>
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<tr>
<td></td>
<td></td>
<td>C. Positive Collaborations to Enhance Wellness of Students, Micky Sharma, PhD and colleagues, The Ohio State University</td>
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</tbody>
</table>

**Agenda—Monday, April 22**

<table>
<thead>
<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>SESSION/EVENT</th>
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<tbody>
<tr>
<td>2:30–3:30 pm</td>
<td>Concurrent session II</td>
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<tr>
<td>3:30–4 pm</td>
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<td>Wellness innovation Guest Presenter</td>
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<td>Michelle Robson, Founder, CEO &amp; Board Member, EmpowHER: What’s In It For HER? Empowering Female Health Consumers</td>
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<tr>
<td>4–5 pm</td>
<td>Archie Griffin Ballroom, Ohio Union (2nd Floor)</td>
<td>Plenary session III</td>
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<td>Wellness in Academic Medical Centers</td>
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<td>A. Easing the Trauma of Faculty Suicide: The Use of a Crisis Protocol in an Academic Medical Center, Georgia Thomas, MD &amp; Warren Hollemann, PhD, University of Texas</td>
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<td>B. From Soup to Nuts: Physician wellness programs for medical students, residents and faculty at Stanford, OHSU and Duke, Emly Ratner, MD &amp; Annie Nedrow, MD, Stanford University School of Medicine &amp; Duke University Medical Center</td>
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<tr>
<td>5:30–7 pm</td>
<td>Blackwell Hotel</td>
<td>Special wellness reception for Summit attendees</td>
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## Agenda—Tuesday, April 23

<table>
<thead>
<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>SESSION/EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30–8:30 am</td>
<td>Outside Archie Griffin Ballroom, Ohio Union (2nd Floor)</td>
<td>Get Charged Up breakfast &amp; poster session</td>
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<tr>
<td>8 am–12 pm</td>
<td>Outside Archie Griffin Ballroom, Ohio Union (2nd Floor)</td>
<td>Registration</td>
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<tr>
<td>8–9 am</td>
<td>Summit Registration Table</td>
<td>“3 Pillars of Wellness Walk” &amp; poster session</td>
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<tr>
<td>8 am–4 pm</td>
<td>Performance Hall (1st Floor)</td>
<td>Exhibits open</td>
</tr>
<tr>
<td>9–10 am</td>
<td>Archie Griffin Ballroom, Ohio Union (2nd Floor)</td>
<td>Plenary session IV: Wes Alles, PhD, Director, Stanford Prevention Research Center: Innovation: Bringing Ideas to Life through clear vision, creative thinking, and collaborative engagement.</td>
</tr>
<tr>
<td>10–10:15 am</td>
<td>Archie Griffin Ballroom, Ohio Union (2nd Floor)</td>
<td>Recovery break</td>
</tr>
<tr>
<td>10:15–10:45 am</td>
<td>Archie Griffin Ballroom, Ohio Union (2nd Floor)</td>
<td>Plenary session V: Janet Wright, MD, FACC, Executive Director, Million Hearts Initiative: Million Hearts and Universities: Changing the Heart Health of the Nation Together</td>
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<tr>
<td>10:45–11 am</td>
<td>Archie Griffin Ballroom, Ohio Union (2nd Floor)</td>
<td>Recovery break</td>
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<tr>
<td>11 am–12 pm</td>
<td>Great Hall Meeting Room 1 (1st Floor)</td>
<td>Concurrent session I: Faculty and Staff Wellness</td>
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<td></td>
<td>Senate Chamber (2nd Floor)</td>
<td>Wellness in Academic Medical Centers: A. A Culture of Caring Energized by Wellness, William Baun, EPD and Georgia Thomas, MD, University of Texas</td>
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<tr>
<td></td>
<td>Senate Chamber (2nd Floor)</td>
<td>Wellness in Academic Medical Centers: B. Nurses’ Self Care Contributing to Professional Renewal, Diana McMahon, MSN and colleagues, University of Minnesota and Gustavus Adolphus College</td>
</tr>
<tr>
<td></td>
<td>Student Alumni (2nd Floor)</td>
<td>Wellness Innovation: A. The Anostatic Load, Gordon Horwitz, PhD, University of Minnesota</td>
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<tr>
<td>12–1 pm</td>
<td>Archie Griffin Ballroom, Ohio Union (2nd Floor)</td>
<td>Lunch and panel discussion: US Healthiest Academic Accreditation HealthLead: Introducing the HealthLead™ Academic Community Accreditation Program. Is Your Institution Making the Grade?</td>
</tr>
<tr>
<td>1–1:15 pm</td>
<td>Archie Griffin Ballroom, Ohio Union (2nd Floor)</td>
<td>Recovery break</td>
</tr>
<tr>
<td>1:15–2:15 pm</td>
<td>US Bank Conference Theater (1st Floor)</td>
<td>Concurrent session II: Faculty &amp; Staff Wellness</td>
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**Legend**
- **TIME**: Activity time
- **LOCATION**: Event location
- **SESSION/EVENT**: Session/event description

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## Agenda—Wednesday, April 24

<table>
<thead>
<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>SESSION/EVENT</th>
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<tbody>
<tr>
<td>7:30–9 am</td>
<td>Blackwell Hotel</td>
<td>Healthy Breakfast</td>
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<tr>
<td>8–10 am</td>
<td>Blackwell Hotel</td>
<td>Building Healthy Academic Communities Consortium Planning Meeting</td>
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**BHAC Consortium Meeting — Wednesday, April 24**
Building Healthy Academic Communities
Special Wellness Activities

Monday

**Zumba Light**  
11:35 am  
Great Hall Meeting Room (1st Floor)  
A 20-minute session of the dance-inspired workout that fuses traditional Latin rhythms such as salsa and merengue with hip hop. Each class features simple, yet incredibly fun routines that help tone your body! Dance experience is not required; our instructor will work with participants to ensure the best results. You will have so much fun that you'll forget you're working out!

**Mindfulness & Meditation**  
11:35 am  
US Bank Conference Theater (1st Floor)  
Participants will be led through a relaxing, mindful meditation with a focus on breath awareness and gentle stretching. Sitting comfortably in a chair, participants will experience a mid-day savasana that will relax and refresh the mind, body and soul.

**Self-Led Massage**  
3:35 pm  
Senate Chamber (2nd Floor)  
Learn self-trigger point massage basics. Trigger points, or 'knots', in muscles are a leading cause of nagging day-to-day pain. Fortunately, many are self-treatable. You will learn the basics of how to identify and release trigger points on yourself, using your hands and simple tools found in your office or home.

Tuesday

**9 Pillars of Wellness Walk**  
8 am  
Meet at the BHAC Registration Desk in the Ohio Union  
Build upon your knowledge as you explore parts of Ohio State! This 45-minute walk will have you engaging in the nine dimensions of wellness while learning what Buckeye Nation amenities have to offer!

**Healthy Cooking Demo**  
2:20 pm  
Great Hall Meeting Room (1st Floor)  
Join Jim Warner, Director of Nutrition Services at the Wexner Medical Center, as he dishes up some healthy snacking ideas! Food tasting is preferred and recommended!

Continuing Education Credits

Continuing education credits will be offered for Certified Health Education Specialists (CHES), Social Work and Human Resources.

**Speakers**

Wes Allen, PhD, has been in the field of health promotion for 45 years. His teaching and research experience spans academics, public health, community health, and not-for-profit collaborations. He has served on the Board of Directors of community health organizations, as well as a community hospital in the heart of Silicon Valley. For more than a decade Allen was an expert in the YWCA as it began to orient its focus toward healthy lifestyle, obesity, and social responsibility. His organization at Stanford also developed a fitness program for cancer survivors that is offered in many Ys across the country. Allen was also a member of a small group of individuals who began the South Bay Business Group on Health, a collaborative effort among several Silicon Valley companies to use data as a means of helping hospitals and large medical groups provide cost-effective care. Allen hosted delegations from several countries who came to Stanford to learn about health promotion and community health projects. He has chaired the California Cardiovascular Disease Prevention Coalition, the California Public Health Department Advisory Committee and the Healthy Community: Healthy Economy Collaboration. Allen currently is on an advisory committee for a research project on Total Worker Health and Safety that is being conducted at the University of Iowa School of Public Health.

Wesley Allen is an adjunct professor of Management at the Johnson & Johnson company. He developed the Corporate Athlete concept for his training program while serving as an associate professor of kinesiology and bioengineering at the University of Illinois, helping both business executives and athletes increase performance levels. In 1992, he combined his program with Dr. Jim Loehr to form the Human Performance Institute. Groppel is a Fellow in the American College of Sports Medicine as well as a Fellow in the American College of Nutrition. He is a Board certified nutritionist, a former Research Associate to the U.S. Olympic Training Center and served as Vice President on the National Board of Directors of the United States Professional Tennis Association. Groppel dedicated 16 years of service to the United States Tennis Association as Chairman of the National Sport Science Committee.
Michael F. Roizen, MD, is the Chief Wellness Officer and Chair of the Wellness Institute at Cleveland Clinic. He is a Pfizer Beta Kappa graduate of Williams College and Alpha Omega Alpha graduate of the University of California, San Francisco, School of Medicine. He performed his residency in internal medicine at Harvard’s Beth Israel Hospital and completed Public Health Service at the National Institutes of Health in the laboratory of Irv Kopin and Nobel Prize winner Julius Axelrod. Dr. Roizen is a past chair of a Food and Drug Administration advisory committee and a former editor for six medical journals. He has published more than 170 peer-reviewed scientific papers, 100 textbook chapters, 30 editorials, and four medical books (one, a medical best-seller), and received 13 U.S. and many foreign patents.

Roizen serves as Joseph T. Gorman and Family Chairman of the Wellness Institute at Cleveland Clinic. His first general-audience book, RealAge: Are You as Young as You Can Be? (HarperCollins Publishers) became a #1 New York Times bestseller and was awarded the Best Wellness Book of 1999 by the Books for a Better Life Awards. He has appeared multiple times on The Oprah Winfrey Show, The Dr. Oz Show (where he serves as Chief Health Correspondent), Today, CNN, Good Morning America, and others.

Wright served on the ACC’s Board of Trustees and chaired the Task Force on Performance Assessment, Recognition, Reinforcement, Reward, and Reporting. She was a member of the National Committee for Quality Assurance’s (NCQA) Clinical Programs Committee and of the Quality Alliance Steering Committee. In addition, she served on the board of the Center for Information Therapy, a non-profit organization committed to the provision of personalized health information during each healthcare encounter.

Prior to her role with the ACC, Wright practiced cardiology in Chico, Calif. She served as a founding member of the Independent Citizens’ Oversight Committee. Her primary interests are the design and implementation of systems of care to achieve optimal outcomes for patients and the full deployment of books, tricks, and cues that help people get and stay healthy.

Wright received her MD from the University of Tennessee and completed her internal medicine residency and cardiovascular fellowship in San Francisco, Calif.
Join the National Consortium for Building Healthy Academic Communities

The National Consortium for Building Healthy Academic Communities is a group of academic institutions—large and small, public and private—dedicated to crafting a comprehensive framework that enriches the health and wellness of students, faculty and staff. Health and wellness covers a broad range of campus-wide issues, ranging from policy and benefits development, medical research and the implementation and evaluation of innovative wellness programs.

Reasons for joining the National Consortium:
• Set national standards for academic health and wellness.
• Share evidence-based practices to enhance health and wellness in students, faculty and staff from academic communities and benchmarking data.
• Serve as the primary resource for the best health & wellness programming at American universities and colleges.
• Participate in nationwide research and project evaluations.
• Opportunity to participate in the Advisory Board.
• Invitation to serve on committees and taskforces.
• Network and collaborate with academic leaders from across the country.

For more information, please visit http://healthyacademics.org/consortium or email healthyacademics@osu.edu