The Second National Summit on Building Healthy Academic Communities

Sharing and innovating comprehensive, evidence-based practices in academic institutions across the nation.

April 23-24, 2015
University of California, Irvine
Student Center • A311 Student Center • Irvine, California 92697

Hosted by

THE OHIO STATE UNIVERSITY

UCI University of California, Irvine
April 23, 2015

Welcome Summit Attendees.

We are delighted to have you join us for the Second National Summit on Building Healthy Academic Communities at the University of California, Irvine. This is an exciting opportunity to connect with colleagues from around the country and learn the latest evidence-based developments in health and wellness for academic communities across the U.S.

Some of you might be repeat attendees, having joined us at the inaugural summit in 2013. Others might be joining us for the first time. In either case, I have every confidence that you will return to your campus feeling inspired and ready to make a difference in the health and wellness of your academic community.

We know how vital it is to enhance health and wellness in the workplace—it leads to reduced health care costs, insurance premiums, and most importantly, healthier and more engaged employees. However, very few academic institutions have implemented a comprehensive, integrated approach to health and wellness that addresses the entire academic population. We in academia have a unique opportunity to make a positive impact on the lives of our students, faculty and staff, and surrounding communities. Over the next two days of this Summit, we’ll share ideas and best practices to help us bring this dream to fruition.

I also encourage you to consider joining the National Consortium for Building Healthy Academic Communities. This is a great opportunity for colleges and universities to set the national standard for academic health and wellness, and serve as the primary resource for best practices in health and wellness programming. Please visit healthyacademics.org/join-us to learn more.

We look forward to your participation and collaboration in our Summit and National Consortium. Together, we will have a tremendous impact on promoting wellness and improving health outcomes, from campus to community.

Warm and well regards,

Bernadette Mazurek Melnyk, PhD, RN, CPNP/PMHNP, FAANP, FNAP, FAAN
Associate Vice President for Health Promotion
University Chief Wellness Officer
Dean and Professor, College of Nursing
Professor of Pediatrics & Psychiatry, College of Medicine
The Ohio State University
President, National Consortium for Building Healthy Academic Communities
National Summit on Building Healthy Academic Communities

Educational Objectives

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

• Describe a comprehensive, integrative approach to health and wellness in institutions of higher learning
• Learn successes and challenges faced by universities in creating healthier campuses
• Identify unique benefits of creating healthy cultures
• Examine how interventions can reduce health care costs and increase productivity within the academic setting
• Understand the importance of collecting outcome data and using those metrics to design evidence-based interventions and environmental changes
• Discuss the value of a comprehensive approach to organizational wellness that focuses on implementing evidence-based policies, systems, environments and benefits that help all members of the academic community make healthier choices at work and school
• 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 a wellness program, while also creating positive impact and improved health outcomes
• Learn key concepts associated with applying a holographic approach to well-being in an academic setting
• Demonstrate how the broad range of health-related programs can be managed strategically to enhance business and academic objectives
• Identify key communication and foundational outcome components necessary for a systematic, sustainable population-based wellness program
• Discuss major factors influencing healthy lifestyle beliefs and behaviors in academic faculty, staff and students

Attendees from Representative Institutions

Arizona State University
Ball State University
Belmont University
Blessing-Rieman College of Nursing
Bucknell University
Butler University
California Institute of Technology
California Polytechnic State University, San Luis Obispo
California State University, Chico
California State University, Fresno
California State University, Fullerton
California State University, Long Beach
California State University, Los Angeles
California State University, Northridge
California State University, Sacramento
California State University, San Bernardino
Carlow University
Clemson University
Columbia University
Dartmouth College
Gustavus Adolphus College
Harvard University
Idaho State University
Indiana University
Iowa State University
Johns Hopkins University
Jumpstart
Kansas State University
Kent State University
Lockton Companies
Maricopa Community Colleges
Massachusetts Institute of Technology
Medical University of South Carolina
Michigan State University
Moorpark College
Nazareth College
North Carolina State University
Oklahoma State University
Old Dominion University
Oregon State University
Partnership for a Healthier America
Pennsylvania State University
Quinnipiac University
Real EmPowerment Technology
San Diego State University
Southern Adventist University
Southern California University of Health Sciences
Stanford University
The College of New Jersey
The Ohio State University
The Ohio State University Health Plan
The University of Texas at El Paso
The University of Texas at Tyler
University of California, Berkley
University of California, Davis
University of California, Irvine
University of California, Los Angeles
University of California, Riverside
University of California, San Diego
University of Chicago
University of Colorado
University of Florida
University of Iowa
University of Louisville
University of Maryland, Baltimore County
University of Michigan
University of Minnesota
University of Nebraska-Lincoln
University of North Carolina Wilmington
University of Redlands
University of San Francisco
University of Utah
University of Washington
University of Wisconsin - Madison
University of Wisconsin - Stevens Point
West Virginia University
Wild Willow Farm & Education Center

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A special thank you to Adidas for providing our Summit T-shirts and bags.

University of California, Irvine
Student Center
Level 1

Agenda Thursday, April 23

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<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>SESSION/EVENT</th>
</tr>
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<tbody>
<tr>
<td>7:00 – 7:45 a.m.</td>
<td>Woods Cove BC</td>
<td>Fitness Activity: Mind, Body, Breath: Exploring Neuroscience through Yoga Poses with Dr. Stephens Sutherland</td>
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<tr>
<td>8:00 a.m. – 4:00 p.m.</td>
<td>Pacific Ballroom Lobby</td>
<td>Registration</td>
</tr>
<tr>
<td>8:00 – 9:00 a.m.</td>
<td>Pacific Ballroom CD</td>
<td>Healthy Continental Breakfast</td>
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<tr>
<td>8:00 a.m. – 5:00 p.m.</td>
<td>Pacific Ballroom Lobby</td>
<td>Exhibits Open</td>
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<tr>
<td>9:00 – 9:15 a.m.</td>
<td>Pacific Ballroom CD</td>
<td>Welcome &amp; Opening Remarks</td>
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<tr>
<td>9:15 – 10:15 a.m.</td>
<td>Pacific Ballroom CD</td>
<td>Plenary Session I</td>
</tr>
<tr>
<td>10:15 – 10:30 a.m.</td>
<td>Pacific Ballroom CD</td>
<td>Wellness Activity: Building Bodies – Prolonged Sitting and Motivility</td>
</tr>
<tr>
<td>10:35 – 11:35 a.m.</td>
<td>Pacific Ballroom CD</td>
<td>Plenary Session II</td>
</tr>
<tr>
<td>11:40 – 11:55 a.m.</td>
<td>Pacific Ballroom CD</td>
<td>Recovery Break: Stretch-n-Roll with Aileen Sheron</td>
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<tr>
<td>12:00 – 1:00 p.m.</td>
<td>Pacific Ballroom</td>
<td>Networking Lunch</td>
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<tr>
<td>12:30 – 1:15 p.m.</td>
<td>Pacific Ballroom Lobby</td>
<td>Campus Walking Tour (meet at the registration table)</td>
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<tr>
<td>1:00 – 1:10 p.m.</td>
<td>Pacific Ballroom CD</td>
<td>Wellness Activity: Building Bodies – Hydration and Productivity</td>
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<tr>
<td>1:15 – 2:15 p.m.</td>
<td>Pacific Ballroom</td>
<td>Concurrent Session I</td>
</tr>
<tr>
<td>2:15 – 3:30 p.m.</td>
<td>Pacific Ballroom CD</td>
<td>Wellness Activity: Building Bodies – Mobility for Reduction of Low Back Pain</td>
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<tr>
<td>2:35 – 3:30 p.m.</td>
<td>Pacific Ballroom CD</td>
<td>Concurrent Session II</td>
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<tr>
<td>3:30 – 4:00 p.m.</td>
<td>Pacific Ballroom Lobby</td>
<td>Plenary Session III</td>
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<tr>
<td>4:00 – 5:00 p.m.</td>
<td>Pacific Ballroom CD</td>
<td>Plenary Session III</td>
</tr>
<tr>
<td>5:30 – 7:00 p.m.</td>
<td>Anteater Recreation Center</td>
<td>What’s in Season (Spring) Healthy Cooking Class with Chef Jessica Van Roo (prepaid)</td>
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</tbody>
</table>
### National Summit on Building Healthy Academic Communities

#### Descriptions of Special Wellness Activities

**Thursday, April 23**

- **Mind, Body, Breath: Exploring Neuroscience through Yoga** with Stephen Sutherland, PhD
  - A mostly physical practice that includes gentle yoga asana to wake up both the physical body and the nervous system.

- **Stretch n' Roll** with Alleon Sharon
  - This is a unique and powerful stretch class designed to release tension throughout the entire body using foam rollers and balls.
  - This method of deep myofascial muscle release combined with conventional stretching and core conditioning is ideal for athletes and dancers, and easy enough for beginners.

- **Zumba Light** with Maria Guerra
  - Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will make you feel better all over.
  - The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

**What's in Season (Spring) Healthy Cooking Class** with Chef Jessica Van Roo
- This plant-based healthy cooking class will introduce and emphasize using spring/summer ingredients. Class participants will learn how to select produce that is in season, discuss organic options and learn how to utilize fruits throughout the year. Come hungry for food and knowledge!

**Friday, April 24**

- **Ring Road Goal Setting Walk/Activity**
  - This UC Irvine Campus Tour will be led by Campus Representatives. UC Irvine’s official tour guides. These highly-trained students will offer a one-hour walking tour of the campus with information highlighting the campus, academic programs and student life.
  - The walk will begin on Ring Road, travel to the Anteater Recreation Center for a guided tour of the recreation facilities, then will circle back to Ring Road. The tour is approximately one-hour and requires comfortable walking shoes.

- **Stress Reduction with Interactive Breath & Meditation** with John Halsey
  - In this session, participants will learn how to navigate stress with a “hero’s mindset.” Identify stress, introduce your intention and implement acute modalities to mitigate stress.

- **What to Eat: Sensible Food Choices in an Era of Dietary Confusion** with Dr. Marion Nestle

- **The How of Happiness: The Science of Interventions to Increase Well-being** with Dr. Sonja Lyubomirsky

- **Zumba for Reduction of Low Back Pain,” and “Juicing vs. Smoothies.”**

- **In this session, participants will learn how to navigate stress with a hero’s mindset. Identify stress, introduce your intention and implement acute modalities to mitigate stress.**

- **Additionally, for both days of the Summit, all Building Bodies Break attendees will gain skills and learn tips about health and fitness-related topics to “build” their own bodies, empowering them to build well academic communities. Topics addressed will include “Prolonged Sitting and Morbidity,” “Hydration and Productivity,” “Gratitude in the Workplace,” “Stretching Hamstrings for Reduction of Low Back Pain,” and “Juicing vs. Smoothies.”**

### Shuttle

Shuttles will run every 30 minutes between both host hotels and the pick-up/drop-off location in front of the UCI Student Center. Look for a “BHAC” sign in the front window of the shuttles.

**Thursday and Friday Morning:**
- First pickup 6:30 a.m., last pickup 9 a.m.
- First pickup 5 p.m., last pickup 7 p.m.

**Thursday Afternoon:**
- The 7 p.m. shuttle will loop to the ARC to pick up cooking class participants.
- First pickup 3:30 p.m., last pickup 5:30 p.m.
National Summit on Building Healthy Academic Communities

Keynote and Plenary Speakers

Dr. David B. Agus is one of the world’s leading cancer doctors and pioneering biomedical researchers. Over the past 20 years, he has received acclaim for his innovations in medicine and contributions to new technologies, which continue to change the perception of health and empower people around the world to maintain healthy lives longer. Dr. Agus has built a reputation for his unique way of viewing the body’s relationship to health and disease. He is a professor of medicine and engineering at the University of Southern California Keck School of Medicine and Viterbi School of Engineering, where he leads USC’s Westside Cancer Center and Center for Applied Molecular Medicine. Dr. Agus also serves as a CBS News contributor. Dr. Agus’ first book, The End of Illness, was published in 2012 and is a New York Times #1 and international bestseller, as well as the subject of a PBS special. His new book, New York Times bestselling A Short Guide to a Long Life, was published in January 2014.

Dr. Dan M. Cooper is Professor and Chair of Pediatrics at the University of California, Irvine, and a nationally renowned researcher on childhood exercise, obesity and diabetes. He serves as Founding Director of the UC Irvine Institute for Clinical and Translational Science, which is funded by a 20 million dollar grant from the National Institute of Health. In 2006 with childhood obesity and asthma emerging as a national health crisis, Dr. Cooper founded the UCI Pediatric Exercise Research Center (PERC). At any given time, PERC hosts 15-20 studies on how exercise affects disease and quality of life for children with chronic diseases and congenital disorders. Dr. Cooper was also one of the principal investigators in the nationwide Healthy Study, funded by the National Institute of Diabetes and Digestive and Kidney Diseases, which examined school cafeteria choices as well as length and type of physical activity, and how these influence Type II Diabetes. Dr. Cooper was recently invited to speak at the White House on the issue of “Improved Health and Fitness for Americans with Disabilities” and recently was named Orange County’s 2015 Pediatrician of the Year.

Dr. Peter Jensen is President & CEO of the REACH Institute (Resource for Advancing Children’s Health). In December 2014, he was appointed Acting Director of the Division of Child & Adolescent Psychiatry within the Department of Psychiatry at the University of Arkansas for Medical Sciences and Arkansas Children’s Hospital in Little Rock. Prior to his current duties, he served in Mayo Clinic’s Department of Psychiatry & Psychology, which he joined in 2009 to co-lead the Division of Child Psychiatry & Psychology, later becoming the Vice-Chair of the Department (Research) until his retirement in 2013. He previously served as the Ruane Professor of Psychiatry and founding Director of the Center for the Advancement of Children’s Mental Health at Columbia University in New York, and Associate Director for Child & Adolescent Mental Disorders Research at the National Institute of Mental Health (NIMH).

Speakers’ books available for purchase at The Hill (UCI Bookstore)
Thursday, April 23, 11:30 a.m. – 1:30 p.m.

Dr. Sonja Lyubomirsky is Professor of Psychology at the University of California, Riverside. Originally from Russia, she received her A.B., summa cum laude, from Harvard University and her Ph.D. in Social/Personality Psychology from Stanford University. Lyubomirsky currently teaches courses in social psychology and positive psychology. Her research on the possibility of permanently increasing happiness has been honored with Fellow status from three different scientific societies, a Science of Generosity grant, a John Templeton Foundation Grant, a Templeton Positive Psychology Prize, and (with Kennon Sheldon) a million-dollar grant from NIMH. Lyubomirsky’s The How of Happiness: A Scientific Approach to Getting the Life You Want was published in 2008. Her most recent book is titled The Myths of Happiness: What Should Make You Happy, But Doesn’t, What Shouldn’t Make You Happy, But Does.

Dr. Bernadette Mazurek Melnyk is currently the Associate Vice President for Health Promotion, University Chief Wellness Officer, and Professor and Dean of the College of Nursing at The Ohio State University. She also is a professor of pediatrics and psychiatry at Ohio State’s College of Medicine. She is a nationally/internationally recognized expert in evidence-based practice, health and wellness, intervention research and child and adolescent mental health, and is a frequent keynote speaker at national and international conferences on these topics. Her record includes over 19 million dollars of sponsored funding from federal agencies as principal investigator and over 250 publications. Dr. Melnyk is co-editor of four books and is an elected fellow of the Institute of Medicine, the American Academy of Nursing, the National Academies of Practice, and the American Association of Nurse Practitioners. She served a four-year term on the 16-member United States Preventive Services Task Force and currently serves as a member of the National Quality Forum’s (NQF) Behavioral Health Steering Committee, the National Institutes of Health’s National Advisory Council for Nursing Research, and the Centers for Disease Control Laboratory Best Practices Workgroup.

Dr. Marion Nestle is a consumer advocate, nutritionist, award-winning author and academic who specializes in the politics of food and dietary choice. Her research examines scientific, economic, and social influences on food choice and obesity, with an emphasis on the influence of food industry marketing. Her books explore issues like the effects of food production on dietary intake, food safety and access to food and nutrition. She is the author of the classic book Food Politics: How the Food Industry Influences Nutrition and Health, now in its third edition. In 2003, Food Politics won awards from the Association of American Publishers, the James Beard Foundation and World Hunger Year. Her second book, Safe Food: The Politics of Food Safety won the Steinhardt School of Education’s Griffiths Research Award in 2004.

Dr. David B. Agus

Dr. Dan M. Cooper

Dr. Peter Jensen

Dr. Sonja Lyubomirsky

Dr. Bernadette Melnyk

Dr. Marion Nestle
Founding Members

Arizona State University
Bucknell University
Cleveland State University
Dartmouth College
East Carolina University
Gustavus Adolphus College
Iowa State University
Medical University of South Carolina
The Ohio State University
Oklahoma State University
Penn State University
The College of New Jersey
University of California, Irvine
University of Florida
Virginia Polytechnic Institute and State University
West Virginia University

Institutional Members

Massachusetts Institute of Technology
University of Akron
University of Louisville
University of North Carolina Wilmington

Institutions Represented by Individual Members

Arizona Partnership for Immunization
Butler University
Central Michigan University
Chatham University
Columbus College of Art & Design
Creighton University
Cuyahoga Community College
Harvard University
Kent State University
Kingsborough Community College
Moorpark College
North Carolina State University
Old Dominion University
Pennsylvania College of Health Sciences
San Diego State University
Southern Adventist University
The University of Texas at Tyler
University of Chicago
University of Findlay
University of Maryland, Baltimore County
University of Southern Mississippi

National Consortium for Building Healthy Academic Communities

In December 2014, the National Consortium for Building Healthy Academic Communities elected its Inaugural Board of Directors, a historic and most important move in the effort to revolutionize the culture of health and wellness at colleges and universities.

President: Bernadette Melnyk, PhD, RN, FAANP, FNAP, FAAN, is associate vice president for health promotion, university chief wellness officer, and dean of the College of Nursing at The Ohio State University. She also is a professor of pediatrics and psychiatry in the College of Medicine. She is an internationally recognized expert in evidence-based practice, health and wellness, mental health, and intervention research, and is a frequent keynote speaker at national and international conferences on these topics.

President-Elect: Megan Amaya, PhD, CHES, AFAPA, is the director of health promotion and wellness at The Ohio State University. She is president of the Society of Public Health Educators Ohio Chapter, and steering team member for the central region Healthy Ohio Business Council. She is a certified health education specialist, a certified personal trainer and a certified group fitness instructor.

Secretary: Carole Kenner, PhD, RN, FAAN, is dean of The College of New Jersey School of Nursing, Health and Exercise Science. She is executive director/secretary of the Council of International Neonatal Nurses, Inc. and past president of the National Association of Neonatal Nurses (NANN). Kenner served as secretary on the board of the American Academy of Nursing (AAN) and is now co-chair of The College of New Jersey Healthy Campus Program Council.

Treasurer: Karen Moses, PhD, RD, CHES, is director of ASU Wellness at Arizona State University. She has provided leadership in ASU health promotion initiatives, programs and services, using both individual and environmental approaches to promote health and wellness among college students for 25 years. Moses is a frequent speaker at college health and student affairs professional conferences, and has been a consultant to other academic institutions.

Marketing Chair: Angie Brown is the communications manager for the University of Florida’s Office of Human Resources. Brown also manages several UF websites and oversees other UF online and print publicity materials. She is editor of The InBridor, UF’s faculty and staff newsletter. She also facilitates internal change management efforts for the university, providing strategic communication planning and execution for units including the Office of Research, the Office of the Chief Financial Officer and UF Information Technology.

Research & EBP Chair: Marcelle Holmes, PhD, is assistant vice chancellor of Wellness, Health & Counseling Services at UC Irvine, where she oversees the Counseling Center, Student Health Center, Disability Services Center, Campus Recreation, Health Education, Career Center, Campus Assault Resources & Education (CARE), and office of the Campus Social Worker. Holmes is a licensed clinical psychologist in California, and has worked in a variety of settings, including private practice and college counseling centers.

Advisory Board Chair: Cassandra Kilko, MBA, CHES, IC, is the Manager of Health Initiatives in Penn State’s Office of Human Resources’ Employee Benefits Division. Prior to working at Penn State, she planned and delivered worksite wellness programs. Kilko is president of the local school district, member of her parish council and finance committee.

Conferences on these topics.

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JOIN THE National Consortium for Building Healthy Academic Communities and help create a healthier nation

The state of health and wellness in America is in crisis, and urgent solutions are needed. For the first time in decades, children are predicted to live a shorter lifespan than their parents. Promoting healthy behaviors requires a new type of leadership – centered in our nation’s institutions of higher learning.

That’s why it’s vital that you join the National Consortium for Building Healthy Academic Communities (BHAC). Launched in 2013, BHAC is dedicated to creating a comprehensive strategy and best practices that improve the health and wellness of faculty, staff, students and their communities.

Reasons to join:
• Share evidence-based practices to comprehensively enhance health and wellness from academic communities and benchmarking data.
• Set national standards for academic health and wellness.
• Serve as the primary resource for the best health and wellness programming at American universities and colleges.
• Participate in nationwide research and project evaluations.
• Network and collaborate with academic leaders from across the country.

This is more than an invitation; it’s a call to action. Together, we’ll promote wellness and improve health outcomes from campus to community. Visit healthyacademics.org/join-us to learn more.

National Summit on Building Healthy Academic Communities
Planning Committee Members

Bernadette Melnyk, PhD, RN, FAANP, FNAP, FAAN
President, National Consortium for Building Healthy Academic Communities and Chief Wellness Officer, The Ohio State University, Co-Chair

Marcella Holmes, PhD
Assistant Vice Chancellor, Wellness, Health & Counseling Services, UC Irvine, Co-Chair

Megan Amaya, PhD
Director of Health Promotion and Wellness, The Ohio State University, and President-Elect, National Consortium for Building Healthy Academic Communities

Courtney Burkes
Director, Fitness & Wellness, Campus Recreation, UC Irvine

Jamie De Leon
Assistant to the AVC, Wellness, Health & Counseling Services, UC Irvine

Doug Everhart
Director, Health Education Center, UC Irvine

Linda Haghi
Senior Director of Development, Medical Education & Diabetes Center, School of Medicine, UC Irvine

Dyan Hall
Wellness & Wellness Program Manager, Human Resources, UC Irvine

Maureen Haugen
Development Coordinator, Student Affairs, UC Irvine

Rosezetta Henderson
Special Projects Coordinator, Health Education Center, UC Irvine

Jill Jess
Senior Director of Marketing and Strategic Communications, College of Nursing, The Ohio State University

David Kilgore, MD
Clinical Professor, Department of Family Medicine, School of Medicine, UC Irvine

Kail Knapp
WorkStrong Coordinator, Campus Recreation, UC Irvine

Brenda Lapinid, LCSW
Campus Social Worker, Wellness, Health & Counseling Services, UC Irvine

Stella Marks
Faculty Relations & Development Director, Academic Affairs, UC Irvine

Suzanne Powell
Technology Coordinator, Campus Recreation, UC Irvine

Nancee Randall
Management Services Officer, Wellness, Health & Counseling Services, UC Irvine

Jill Schindelde, EdD
Director, Campus Recreation, UC Irvine

Ellen Seaback, CHCP
Executive Director, Office of Continuing Medical Education, School of Medicine, UC Irvine

Laurel Van Dromme
Chief of Strategic Partnerships, College of Nursing, The Ohio State University

UCI Campus Recreation
UCI Counseling Center
UCI Health Education Center
UCI Student Center & Event Services

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