

Tenth International Conference on

HEALTH WELLNESS & SOCIETY

3-4 SEPTEMBER 2020

Virtual Conference

X Congreso Internacional de

SALUD BIENESTAR Y SOCIEDAD

3-4 DE SEPTIEMBRE DE 2020

Congreso virtual



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Health, Wellness & Society Conference

*Curating global interdisciplinary spaces, supporting
professionally rewarding relationships*



About the Conference

Conference History

Founded in 2011, the International Conference on Health, Wellness & Society provides a forum to explore issues of concern in the fields of human health and wellness, and in particular their social interconnections and implications.

The International Conference on Health, Wellness & Society is built upon four key features: internationalism, interdisciplinarity, inclusiveness, and interaction. Conference delegates include leaders in the field as well as emerging scholars, who travel to the conference from all continents and represent a broad range of disciplines and perspectives. A variety of presentation options and session types offer delegates multiple opportunities to engage, to discuss key issues in the field, and to build relationships with scholars from other cultures and disciplines.

Past Conferences

- 2011 – University of California, Berkeley, USA
- 2012 – University Center, Chicago, USA
- 2013 – Escola Paulista de Medicina, Universidade Federal de São Paulo, São Paulo, Brazil
- 2014 – UBC Robson Square, Vancouver, Canada
- 2015 – Universidad de Alcalá, Alcalá de Henares, Madrid, Spain
- 2016 – Catholic University of America, USA
- 2017 – University of Denver, Denver, USA
- 2018 – Imperial College London, London, UK
- 2019 – University of California, Berkeley, Berkeley, USA

Plenary Speaker Highlights

The International Conference on Health, Wellness & Society has a rich history of featuring leading and emerging voices from the field, including:

- Renato D. Alarcon, Professor, Mayo Clinic College of Medicine, Rochester, USA (2013)
- Carol Braunschweig, Associate Head, Kinesiology and Nutrition, University of Illinois, Chicago, USA (2012)
- Bechara Choucair, Senior Vice President, Safety Net & Community Health, Trinity Health, USA (2012)
- Dante Gallian, Professor, University of São Paulo, São Paulo, Brazil (2014)
- Linda Kurti, National Director, Economic and Social Advisory, Urbis, Australia (2016)
- George Lambie, Professor, The University of Hong Kong, Pokfulam, Hong Kong (2011)
- Miguel A. Luengo-Oroz, Chief Scientist, UN Global Pulse, New York, USA (2015)
- Linda Neuhauser, Clinical Professor, University of California, Berkeley, USA (2011)

Past Partners

Over the years, the International Conference on Health, Wellness & Society has had the pleasure of working with the following organizations:



De Montfort University,
Leicester, UK (2011)



Federal University of São Paulo,
São Paulo, Brazil (2013)



School of Public Health,
University of California,
Berkeley, USA (2011)



Western University of
Health Sciences,
Pomona, USA (2011)



Acerca del congreso

Principios y características del congreso

La estructura del congreso se basa en cuatro principios básicos que motivan todos los aspectos de la Red de Investigación:

Internacional

El congreso se celebra en diferentes lugares del mundo para proporcionar oportunidades de que los ponentes vean y experimenten diferentes países y ubicaciones. Pero, aún más importante, es el hecho de que el Congreso Internacional de Salud, Bienestar y Sociedad ofrece una oportunidad tangible y significativa para tomar contacto con académicos de diversidad de culturas y perspectivas. Este año asistirán ponentes de 24 países, ofreciendo una oportunidad única y sin igual de tener trato directo con colegas de todos los rincones del mundo.

Interdisciplinar

A diferencia de congresos de asociaciones en los que asisten delegados con experiencia y especialidad similares, estos congresos reúnen a investigadores, profesionales y académicos de una amplia gama de disciplinas, que tienen en común su interés por los temas y la problemática propia de esta red. Como resultado, los temas se abordan desde una variedad de perspectivas, se estiman los métodos interdisciplinarios y se anima al respeto mutuo y la colaboración.

Incluyente

Son bienvenidos tanto a las redes como a los congresos todos aquellos cuyo trabajo académico sea sólido y competente, sin importar su disciplina, cultura, institución o carrera. Ya sea profesor emérito, estudiante graduado, investigador, docente, político, profesional o administrador, su trabajo y su voz pueden contribuir a la base colectiva de conocimiento que se crea y se comparte en estas redes.

Interactivo

Para aprovechar completamente la rica diversidad de culturas, antecedentes y perspectivas representadas en estos congresos, debe haber amplias oportunidades de hablar, escuchar, participar e interactuar. Para ello, se ofrece una variedad de formatos de sesión en el congreso, con diferentes tipos de estructuración.



About the Conference

Conference Principles and Features

The structure of the conference is based on four core principles that pervade all aspects of the research network:

International

This conference travels around the world to provide opportunities for delegates to see and experience different countries and locations. But more importantly, the Health, Wellness & Society Conference offers a tangible and meaningful opportunity to engage with scholars from a diversity of cultures and perspectives. This year, delegates from over 24 countries were in attendance, offering a unique and unparalleled opportunity to engage directly with colleagues from all corners of the globe.

Interdisciplinary

Unlike association conferences attended by delegates with similar backgrounds and specialties, this conference brings together researchers, practitioners, and scholars from a wide range of disciplines who have a shared interest in the themes and concerns of this network. As a result, topics are broached from a variety of perspectives, interdisciplinary methods are applauded, and mutual respect and collaboration are encouraged.

Inclusive

Anyone whose scholarly work is sound and relevant is welcome to participate in this network and conference, regardless of discipline, culture, institution, or career path. Whether an emeritus professor, graduate student, researcher, teacher, policymaker, practitioner, or administrator, your work and your voice can contribute to the collective body of knowledge that is created and shared by this network.

Interactive

To take full advantage of the rich diversity of cultures, backgrounds, and perspectives represented at the conference, there must be ample opportunities to speak, listen, engage, and interact. A variety of session formats, from more to less structured, are offered throughout the conference to provide these opportunities.



Conference Chair & Network Chair

Local Conference Chairs

Louise Dalingwater, Professor, Sorbonne Université, Paris

Louise Dalingwater is an Professor at Sorbonne Université in Paris. Her current research focuses on trade in services, health, and wellbeing in the United Kingdom. Recent publications include two books on the UK service economy (*Les Services britanniques au 21e siècle: une etude interdisciplinaire*, Presses universitaires de Nancy, 2015) a forthcoming monograph on health services, and several book chapters including "Transatlantic Services Trade and Investment: Dynamics of and Challenges to the Special Relationship" (Palgrave Macmillan) and "Shifting governance: TTIP and the public services debate" in a co-authored volume *Understanding Mega Trade Deals: The Political and Economic Governance of New Cross-Regionalism* (Routledge, 2017) edited with J.B. Velut, V. Bouillet & V. Peyronel. She has also authored articles in academic journals including in *Outre Terre* and *The International Journal of Health, Wellness and Society*.

Research Network Chair

Dr. Alan Ewert, School of Public Health, Indiana University, Bloomington, USA

Dr. Alan Ewert is a Professor at Indiana University. He specializes in the areas of human health and natural environments and the effect of adventure and risk on personal decision-making. He has numerous publications in the area of human health and natural settings or activities. In addition, he has published several books on the human dimensions of natural resource management and is co-authoring a text on Human Health and Natural Environments to be published by CABI.



Plenary Speakers

Deborah Lupton, SHARP Professor, Faculty of Arts & Social Sciences, UNSW Sydney, Australia

Deborah Lupton is SHARP Professor in the Faculty of Arts & Social Sciences, UNSW Sydney, working in the Centre for Social Research in Health and the Social Policy Research Centre and leading the Vitalities Lab. She is the author/co-author of 17 books, the latest of which are *Digital Sociology* (Routledge, 2015), *The Quantified Self* (Polity, 2016), *Digital Health* (Routledge, 2017), *Fat*, 2nd edition (Routledge, 2018) and *Data Selves* (Polity, 2019). Professor Lupton is a Chief Investigator and leader of the UNSW Node of the Australian Research Council Centre of Excellence in Automated Decision-Making and Society (2020-2026). She is currently serving as a Commissioner on The Lancet and Financial Times Commission 'Governing Health Futures 2030: Growing Up in a Digital World' (2019-2021). She is a Fellow of the Academy of the Social Sciences in Australia and holds an Honorary Doctor of Social Science degree awarded by the University of Copenhagen.

Lori Thicke, Founder and President, Translators without Borders, United States

When it comes to how the tangle of world languages affects the ability of a farmer in Kenya to find out what she needs to know to improve her life, Lori Thicke is the go-to expert. As founder and president of Translators without Borders, Thicke has spent twenty years taking down the language barriers that stand between a subsistence farmer and a higher crop yield, between a young man in Uganda and his dreams of building an electricity generator, between a South African girl and the information she needs to keep herself safe from the AIDS virus.

Lori Thicke's speaking engagements have included audiences in Barcelona, Berlin, Boston, Borneo, Brussels, Dublin, London, Luxembourg, Miami, Nice, Paris, Portland, Saint Raphael, San Jose, Santa Clara, and Seattle. Across the globe, Thicke has been raising awareness of the single most cost-effective way to fight poverty: information in the right language. With infectious enthusiasm she has infused audiences with hope for the future where a cellphone can give a poor farmer the sum of all human knowledge in the palm of her hand.

Thicke's interest in languages was sparked when she moved to Paris at the age of 27, fresh out of graduate school. Intending to write the Great Canadian Novel, she instead discovered the power of languages. She went on to found Lexcelera, a translation company that today operates in Paris, in London, and in her hometown of Vancouver, as well as the world's leading translation non-profit, Translators without Borders.

Dra. Angelica Avendaño Veloso, Profesora Titular, Facultad Medicina, Universidad de Concepción; Vicepresidente, Red Iberoamericana de Salud Digital

Dra. Avendaño ha trabajado 28 años como docente de la Facultad de Medicina de la Universidad de Concepción. Ha liderado la Unidad de Telemedicina desde hace 15 años. Ha implementado variados proyectos de Telemedicina y Telesalud para ofrecer acceso, oportunidad y calidad en las prestaciones de salud con uso de tecnologías de información y comunicación (TIC) a los ciudadanos y sus familias. Ha incorporado la Telemedicina en las mallas curriculares de las carreras de la salud. Participa en el Comité docente de las Cátedras Internacionales de Telemedicina de la RISAD. Dra. Avendaño ha sido la impulsora del Programa de Diplomado en Telemedicina y Tecnologías de Información en Salud el cual ha dirigido desde hace 5 años. Tiene participación activa en dos Proyectos Nacionales adjudicados por La Corporación de Fomento de la Producción de Chile (CORFO): Centro Nacional de Sistemas de Información en Salud, CENS, que reúne a 5 universidades chilenas, siendo la representante de la Facultad de Medicina; Subdirectora del Proyecto de "Lineamientos para el desarrollo de la Telemedicina y Telesalud en Chile", ambos proyectos en pleno desarrollo. Con motivo de la Pandemia lidera el Proyecto TeleCOVID19 UdeC, que tiene como objetivo disponibilizar una plataforma de detección de riesgo y teleconsultas para pacientes sospechosos de COVID-19.



Emerging Scholars

Khadijeh Asadisarvestani

University of Sistan and Baluchestan/ Assistant Professor, Iran

Veronica Perry

University of Southern California, USA

Danika Tynes

Georgia Institute of Technology, USA

Ernest Okyere-Twum

Universite Paris Descartes, France

Caroline Nizard

Lausanne University/Institute of History and Anthropology of Religion, Switzerland

Jasmine Cruz

St. John Fischer College, USA

Amelia Phillips

University of South Florida, USA





Virtual Presentations

The Physiology, Kinesiology and Psychology of Wellness in its Social Context

High Stakes Sport Environments and the Psychological Toll on Referees: Future Directions

Sarah Buck, Professor, Physical Education, Chicago State University, United States

High stakes in sport result in a mindset of “win at all costs” amongst players and/or coaches. This environment creates a charged atmosphere that has led to concern for the health and well-being of referees. An overview of violence and other transgressions against referees is couched within the conflict perspective of Sport Sociology, which suggests that deviance in sport arises from competition amongst groups and a quest for power. A series of research questions are posed in order to further explore and discuss the psychological effect on referees.

Managing A Disruption in Personal Health and Wellness: Heal Yourself

Chauncey McGlathery, Executive Director, The Mindful Family, Alabama, United States

Using the teachings of Carl Jung and Joseph Campbell, as opposed to the traditional Freudian approach to thinking about our life's journey, we can use our belief systems to repair our brokenness. I've come to learn [while being a black man in the conservative southern United States of America and advocating for individuals who are managing chronic illness], that “Disruption” happens when a life event throws one into chaos, as described by Jordan Peterson in Reality and the Sacred. In this paper I demonstrate how the lessons of “The Hero's Journey” can be applied to anyone who deals with disruption to regain health and wellness. Although disruption disturbs our way of thinking, it also gives us the opportunity to create new neural pathways with a healthier perspective. Wholeness is a reality waiting for us and it is within our reach.

The Healing Aspect of Storytelling: Empathy in the Theatre

Marika Becz, Assistant Professor of Theatre: Voice/Movement Studies, Theatre, California State University Stanislaus, United States

As an actor, director, theatre professor, Yoga teacher, Reiki Master, and Energy Medicine Practitioner, I have seen the intersection of storytelling and healing over and over again in my work. Now, very profound studies are showing that the “observer” or “listener” of a story enters into a profound state of empathy, of “shared self” while experiencing that story. With the knowledge of how trapped negative emotions can impact the body with disease, the opportunity to release these emotions in the safe, controlled environment of the theatre can give the audience member a chance to improve health and feelings of well-being. When an audience member empathizes with a character, there is also the opportunity for the tangible state of compassion, of “oneness.” That improves the collective well-being of society as well.

Sports Joint Injuries in Student-athletes and the Mechanisms for Effective Treatment

Ezzeldin R. Aly, Associate Professor, Health, Physical Education and Recreation, Florida A & M University, Florida, United States

There are many reasons why athletes are prone to injuries either during the season or in the off-season. Injuries can occur and reoccur in athletes for multiple reasons such as the use of improper equipment, not putting in full effort in performance drills, improper stretching before engaging in athletic competition or practice, and not participating in necessary treatment to prevent the injury from reoccurring. However, it's very rare to see a conditioned athlete who is at a high risk of injuries due to improper training. The impact of some injuries, particularly injuries to soft tissue and connected tissue surrounding joints, can last anywhere from three months to a lifetime for an athlete. Is there a way to quickly and significantly strengthen soft tissue and rehabilitate joints injuries after sports injury? To answer this question, a quasi-experimental study is conducted using fifteen to twenty-five FAMU student-athletes, randomly selected, and assigned to either a control or treatment group. Participants in both groups perform manual muscle testing, such as passive and active range of motion assessment of different joints. The test findings determine the injury prevention program each athlete in the treatment group receives. After evaluating the research subject's pre-evaluation and post-performance, the researcher assesses the health improvement, based on nutrition and training habits, and use of proper body mechanics with therapeutic exercises. The goal of this study is to obtain the most efficient fitness regime that will keep athletes healthier and more energetic throughout their careers.



Virtual Presentations

Interdisciplinary Health Sciences

Breast Cancer, Mana'olana/Hope, and the Experience of Native Hawaiian Women

Karla M. Calumet, Adjunct Faculty, Community and Environmental Health Sciences, Boise State University, Idaho, United States

Breast cancer is one of the leading causes of morbidity and mortality among women. A diagnosis of cancer is a stressful event that requires an individual to adapt to new stressors. The purpose of this qualitative study was to better understand the perceptions of Mana'olana/hope and living with breast cancer among Native Hawaiian women. The conceptual framework of this phenomenological study was positive psychology. Data collection included in-depth interviews with 5 Native Hawaiian women who had been diagnosed with breast cancer. Data coding and analysis resulted in the identification of 8 themes. Results may be used by health psychologists, cancer treatment practitioners, and the field of biobehavioral oncology to support and improve the well-being and health outcomes of women diagnosed with breast cancer.

Towards a Lexicon of Holistic Health

Stephanie Webster, Associate Director, Written & Oral Communication, University of Florida, Florida, United States

The fields of medicine, wellness, and counseling/spirituality all talk about holistic health. However, it can be challenging to compare research findings when the definition of holistic health varies widely across studies. Each field has unique instruments that they use to measure well being. One might focus on daily functioning, while another focuses on spirituality. In this research, a factor analysis was done using two common measures from each field. Approximately 500 college students from a large university in the Southeast of the United States were surveyed. Five common factors emerged from these six instruments: Environmental Engagement, Affect, Physical Functioning, Spiritual Connection, and Meaning and Purpose. These factors move us towards a common lexicon that can allow us to communicate across disciplines about holistic health and well being. In particular, the fifth factor, presented a feature of resilience that expands the area of holistic health.

Envy within Borderline Personality Organization

Benjamin Buzali, Universidad del Valle de México

Melanie Klein was a brilliant psychoanalyst who remarkably studied closely how envy could generate psychological discomfort in several degrees. I apply her principles of psychoanalytic thought in relation with Otto Kernberg's self and object theory and Jacques Lacan concepts on language. I've been studying new findings in how envy operates in patients with severe personality disorders (borderline personality organization) and, particularly, eating disorders. I started this research with a clinical foundation for eating disorders and afterwards in individual clinical practice.



Virtual Presentations

Point-of-Care Ultrasound Education: Ultrasound for Healthcare Providers

Jeannine Noble, Adjunct Faculty, School of Osteopathic Medicine, MidWestern University
Malka Stromer, Adjunct Faculty, School of Osteopathic Medicine, MidWestern University

Ultrasound is becoming the new stethoscope of medicine. Physiotherapists, athletic trainers, physician assistants, and nurse practitioners are some of the specialists who can see the potential for enhancement of patient care through quicker diagnoses, immediate intervention based on findings, decrease in healthcare costs by reducing additional testing, appointments, etc., creating more effective care plans, and reduction in procedural errors. Ultrasound education is essential in order to produce skilled practitioners. Therefore, curricular integration into medical professional education is a desired methodology to promote enhanced outcomes. This workshop will involve hands-on point-of-care ultrasound scanning where participants will learn: basic machine operation, scanning the abdominal aorta to screen for aneurysms, scanning of the gallbladder to look for stones, and scanning the rotator cuff to look for tears and inflammation. Overall objectives for this workshop include: 1) determining the indications for specialized point-of-care ultrasound examinations; 2) obtaining ultrasound images of anatomy appropriate for point-of-care examination; 3) discovering normal vs. abnormal ultrasound appearances for specialized point-of-care examinations; 4) interpreting ultrasound images for specialized point-of-care ultrasound examinations; 5) determining how point-of-care ultrasound findings can be utilized in patient management; and 6) discovering appropriate techniques for reporting results of point-of-care ultrasound examinations. Ultrasound fundamentals include how to: 1) optimize ultrasound images through understanding of physics principles; 2) determine the diagnostic value of ultrasound artifacts; and 3) interpret appropriate anatomical echogenicities.

Music and the Dopaminergic System: Music Listening and its Therapeutic Potential as Treatment for Addiction

Jee Weon Cha, Associate Professor, Music, Grinnell College, Iowa, United States

In today's society where music listening through smartphones and Bluetooth earbuds are rampant, life without music seems almost inconceivable. Some people would find it extremely displeasing to have a day without their favorite music. Recent studies on how music affects the brain have shown that music triggers the mesolimbic dopamine reward pathway, the same pathway fired up not only by pleasurable events but by recreational drugs as well. One crucial attribute of recreational drugs is that they are addictive. Does this mean that we can be "addicted" to music? In order to provide an answer to this question, it would be necessary to compare the specific behavioral and physical criteria of drug addiction against the effect of listening to music in an addictive way. In this study, I will 1) review the previous research on the dopamine reward pathway and music's effect on it, 2) discuss the addictive properties of music in light of the scientific qualifications of addiction as proposed by the American Psychiatric Association—i.e., craving, bingeing, and withdrawal—and what research needs to be done in order to understand music's role in rewarding and pleasurable behavior more fully, and 3) explore the implications of music's effect on dopamine levels and the therapeutic potentials of music to help mediate the withdrawal effects of harmful addictive substances such as nicotine and alcohol.

The Integration of Personalized Psychosocial Support for Improving Well-being in Cancer Patients

Samanta Savickaite, Student, Phd in management, Klaipeda University, Lithuania

Personalized psychosocial support (PPS) recently has been accepted as a standard of the highest-quality cancer care worldwide. However, PSS integration into routine cancer care is caused by the national, organizational, individual barriers. In Lithuania, despite the fact that PS is being recognized as an important part of cancer care lately, the PS integration pathway is still not identified. Moreover, following to the fact that according to the latest cancer care tendencies PS have to be delivered in a personalized approach, there is a high need for PPS integration research in order to promote personalization. The purpose of this study is after identifying the need for PSS, to assess it's integration opportunities at Klaipeda University hospital (KUH). Methodology: Case study was performed with the aim to find out what are the basic drivers and patterns, barriers and challenges of PS personalization at KUH. Semi-structured interviews were conducted with health care professionals working within medical facilities that provide care to cancer patients. Findings: The use of a standardized distress assessment tool (SDAT), standardized PS planning is a necessary change in improving patients' well-being and existing PS in a broader sense. The absence of an accredited SDAT, the lack of workforce, high workload of oncologists, PS stigmatization of are the main barriers for PS integration into practice. Conclusion: KUH is highly prepared for further steps of PS personalization. The current PS infrastructure, activities, employees' proactiveness provide and exclusive opportunity to integrate PPS and develop a model in Lithuania that would meet the global tendencies.



Public Health Policies and Practices

The Individual Exposure Health Risk Profile: Turning Information into Insight for Health Policy

Prof. Mark E Oxley, Professor of Mathematics , Dept of Mathemtics and Statistics, US Air Force Intitute of Technology, Graduate School of Engineering and Management, Ohio, United States Richard Hartman, Strategist/Consultant, Mathematics, Air Force Institute of Technology

This paper introduces the Individual Exposure Health Risk Profile (IEHRP), a mathematical process to quantitatively evaluate individual health risks by integrating workplace, lifestyle, and environmental exposure data from traditional and new personal monitoring exposure assessment technologies combined with individual health histories and genomic data to provide a new and novel capability for the healthcare professionals and policymakers using advances in science, technology, and informatics. The IEHRP creates for the first time a mechanism for healthcare providers to better understand the relationships between an individual's health, genetic predispositions, and exposures through mathematical expression and process ultimately providing a modern tool to better understand the effects of exposures from the workplace, environment as well as day-to-day activities. More importantly, the IEHRP displays individual and population risks through user-friendly visualizations so healthcare professionals can recommend data-driven interventions to mitigate individual risks to improve health/performance and policymakers and decision-makers can make more informed policy and resource decisions.

A Paradigmatic Case of Exclusion Based on Age: Children's Mental Health in Chile

Mónica Zúñiga Fajuri, Supervisor/ Mental Health Specialist, Departamento Educacion, Tiburcio Vasquez Health Center, California, United States

Alejandra Zúñiga Fajuri, Professor, Universidad de Valparaíso, Chile

This paper considers the negative outcomes of the lack of universality in the AUGGE reform though the current situation of children's mental health coverage in Chile. Although Chile has a critical rate of suicide and one of the world's highest prevalence of mental health issues in children aged 1-5, the Health Care System only guarantees some mental health services to children aged 15 and up. Mental health issues and maladaptive behavior affecting Chilean children stands out as a relevant public health crisis. Substandard access to mental health care affects not only neglected or institutionalized children but also, the entire underage population when infant mental health services are not part of the guaranteed essential package of health care. Ensuring that infant mental health care becomes part of guaranteed essential health services might help to overcome the differences arising from mental health disease or disabilities that impair individual opportunities and adaptive behavior.

Spatial Distribution of Population in Health Coverage: An Economic Decision-Making Strategy

Olukemi O. Olowofoyeku, PhD Student, De Montfort University

Jethro Shell, De Montfort University, United Kingdom

Lipika Deka, De Montfort University, United Kingdom

Francisco Chiclana, Professor, De Montfort University, United Kingdom

Policy and planning for universal health coverage is usually hampered by the availability of resources required to locate adequate number of healthcare facilities (HCFs) for the entire population, especially in the low- and middle-income countries. Realistically, the geographic distribution and size of the population vary from one location to another. By integrating these factors in establishing HCFs, the decision maker is provided with alternative costs of establishing HCFs that can provide full health coverage at reduced resource allocation. This research integrates Geographic Information Systems (GIS) with Agent-Based Models (ABM) to develop a decision support tool that considers how the population is distributed in space and endogenously suggests locations for HCFs in Apapa-Ajeromi and Lagos Island Local Government Areas (LGAs) of Lagos State, Nigeria. A cost weight is introduced that uses the patient capacity of the HCF to decide if such HCF is to be established with lower resource allocation as opposed to standard establishment cost. Results show that the number of HCFs is not indicative of a higher establishment cost. The total number of HCFs required in addition to existing HCFs is between 6 and 12. A set of HCFs either comprises of low-cost and standard HCFs or is exclusively standard HCFs. The economical HCFs provide a valuable support for community-based health intervention of establishing community clinics within lower densely populated areas.



Virtual Presentations

The Impact of the Solidarity Sector in the Health Sector in Colombia

Rodolfo Gutiérrez, Professor, Law, Cooperative University of Colombia, Colombia

The Organizations of the Solidarity Economy have a non-profit objective, however, they have been usurped and used as providers or insurers of the health system in order to steal health funds in Colombia. Using an exploratory and descriptive methodology, this paper examines the impact of organizations of the Solidarity Sector in the Health Sector in Colombia, particularly, the study considers the impact of organizations of the Solidarity Sector, examining what are the key factors in order to guarantee the elements and principles established in the Statutory Law 1751 of 2015 while identifying alternatives to strengthen the monitoring process.

Food Insecurity in Colleges and Universities: A Needs Assessment

Elizabeth Jesch, Ithaca College

Catherine Colgan, Ithaca College

Katherine Perdomo, Ithaca College

Emily Pressman, Ithaca College

Dr. Srijana Bajracharya, Professor, Department of Health Promotion and Physical Education, Ithaca College

Food insecurity is a public health issue that affects college students across the United States. A study published in the Sage Journal in 2018 revealed that about one-half of the college students in the U.S. are food insecure. This research topic was chosen as a part of the service-learning project. In many colleges and universities, this is not one of the most talked about issue, including the prevalence, manifestation, and causes of food insecurity. Particularly private institutions, which usually are costly, majority students are expected to belong to the higher socioeconomic status. Therefore, these institutions may be considered free of such an issue. The purpose of this study was to gain a greater understanding of food insecurity status of students in a midsize Northeastern private college. A 19-item survey instrument was created on the causes, manifestation, and possible solutions of food insecurity that was piloted, modified, and finalized. The survey was distributed to a targeted randomly selected sample of 3,000 students using Qualtrics software. A total of 613 students filled out the survey regarding food insecurity issues and potential solutions. The results indicated that about 17% of surveyed students identified themselves as being food insecure. There was a significant difference in students' perception of their diet and accessibility of food while they are at college by their food insecurity status. Based on these findings, a set of recommendations is provided for student health programming and dining services at the college.

Public in Public Health

Le Thao Chi Vu, Assistant Professor, Faculty of Policy Management, Keio University, Kanagawa, Japan

The Coronavirus Pandemic is giving us an old perspective anew on public health: "health for the people" and "health by the people." The former deals with institutions' responsibility in providing public health environment and the latter calls attention to individuals' lifestyles to improve their health. The current pandemic places this public health perspective under scrutiny. The Coronavirus is not the first case where individuals' responsibility towards public health has become a focal point. The correlation between one's behavior and its consequences may be well-established in the case of the Coronavirus. However, individuals' attitudes towards the public for the sake of public health continues to evade our attention. We pay attention to this void in public health issues. A survey with open-ended questions in April among 22 Vietnamese and 26 Japanese reveals the differences in attitude between them towards the Pandemic, and how they see their responsibility and that of their respective governments in handling the Pandemic. The survey also suggests the differences in their orientations towards the public: to the Vietnamese, the public is the sphere of government responsibility, freeing them to engage in promoting their personal interest. Whereas to the Japanese, the public is a sphere where they refrain themselves from becoming its intruders. The recent history of each country offers convincing explanations for the two different orientations towards the public. As such, the research calls attention to the role of education in orienting people to "health" in public health and to the "public" in public health.



Virtual Presentations

Health Promotion and Education

Multimodal Approaches to Patient Education on Illness and Diagnoses

Jonathan De Rothewelle, Department of Physical Sciences, Harry S Truman College

Healthcare can be a maze of jargonous paperwork and conversations. Regardless of whether a patient has rheumatoid arthritis or conjunctivitis, it is crucial that diagnosis and treatment information is understood. The language used in clinical settings, whether written or verbal, can be hard to dissect. A lack of understanding of important information when it comes to a patient's health may lead to complications. Therefore, more communicative styles need to be adapted in healthcare including the use of images. "Health Capsules" a comic series by Bron Smith are explainers that use simple language and visuals to illustrate various medical conditions. This mode of communication may be viewed as a tool that is readily to the patient with the ability to help explain how medication, health, and treatment work. This research measures the communicative value and validity of a multimodal approach to health communication and suggests that methods similar to this be developed so as to facilitate patient understanding.

Enough Is Enough: Confronting Workplace Bullying and Incivility

Cheryl Green, Associate Professor, Nursing, Southern Connecticut State University, Connecticut, United States

Nurses and organizational leadership that witness and fail to report known incivility and bullying in the workplace, should be held accountable for fostering unhealthy and unsafe work environments. Failure to uphold the American Nurses Association Code of Ethics (ANA, 2018) which prohibits disruptive behaviors within the workplace, gravely impacts the health and well-being of all nurses. The fair treatment of others with respect and communication that fosters unity and conflict resolution, contributes to creating healthy workplaces for nurses. The purpose of this research on bullying and incivility within the nursing profession was to examine how uncivil behaviors present themselves in workplaces. Workplace settings such as the academic and clinical environments were explored. Solutions to ending bullying and incivility in the workplace are provided to enable nurses and healthcare organizations to develop cultures whereby a zero tolerance is adopted (ANA, 2015).

Racial Disparities Among the Physical and Mental Health of Head Start Staff: Wellness Survey - a Southern Comparison

Michelle Yetman, Assistant Professor Clinical, School of Allied Health Professions, Louisiana State University, United States

Adam Blancher, Assistant Clinical Professor, Louisiana State University Health Sciences Center, United States

This study presents data from a multi-year intervention program targeting Head Start (HS) teachers. Head Start teachers are an "at-risk" population for increased health related concerns. Previous research supports that most HS teachers have low income, high stress jobs, and have negative health related behaviors in comparison to groups with similar demographics. The purpose of the present study was to compare a sample of predominantly African American HS teachers and staff (N = 178) to a previous reported sample of non-Hispanic white HS teachers (Whitaker et al, 2012). Results indicated that the group of predominantly African American HS teachers reported a higher prevalence of physical health conditions, including obesity (68.6% vs 37.1%), high blood pressure (46.9% vs 22.3%), fair or poor health status (24.6% vs 14.6%) and were less likely to report having their own personal doctor (75.4% vs 96.5%) when compared to the previous sample of predominantly non-Hispanic white teachers. Numerous other variables related to diet, exercise and stress were also examined. Reasons for racial disparities in health outcomes will be discussed. This study is phase II of a multi-year behaviorally-based intervention program designed to target HS employee well-being.



Virtual Presentations

Youth Emotional and Physical State: Impact of Mobile Applications

Just Lukoševii ūt, Junior Researcher, PhD student, Health Research Institute, Lithuanian University of Health Sciences, Lithuania

Kastytis Šmigelskas, professor, Health Research Institute, Lithuanian University of Health Sciences, Lithuania

Tomas Vaiciunas, Lietuvos Sveikatos Moksl Universitetas Judita Bulotait, Lietuvos Sveikatos Moksl Universitetas Agn

Slapšinskait, Lecturer, Department of Sports Medicine, LSMU, Kaunas, Lithuania

Adolescents face important emotional well-being and physical inactivity challenges. Mobile applications can be useful tool to approach these issues. Our goal is to assess the adolescent experience with mobile applications designed for health and lifestyle. An exploratory study (n=41) was conducted with the focus on health promotion among adolescents. Three mobile applications for emotional well-being and physical activity were tested among 16–18 year old students. Previous experience of mobile applications use was analysed with additional follow-up of 30 days. Statistical analysis was performed using non-parametric methods. Results indicate health-oriented mobile applications use starts by age 12, with the most active onset from 14 to 16 years. Girls used mobile applications more actively. Among adolescents, the mobile health-oriented applications were more used for physical activity than other purposes. Boys rated their emotional well-being better than girls, while self-reported physical health and lifestyle did not differ by gender. The mobile applications use was not associated with the self-rated health and lifestyle. Students were not very keen to use mobile applications for emotional well-being. Consequently, most students dropped out in the first days of the exploratory study because they felt the application(s) as useless and unnecessary. In conclusion, mobile applications for health are more used among girls and usually starts at age 14 to 16 years. The mobile applications use does not relate to self-rated physical state, emotional well-being or lifestyle. Students more actively use mobile applications for physical activity while the applications for emotional well-being are considered as less important.

Slow Medicine: Effective Healthcare for Modern Times

Gwendolynn Diaz, Ayurvedic Doctor and Preventive Health Practitioner, Origins Health, Colorado, United States

Think about Slow Medicine being much like the Slow Food Movement. Enslaved by speed and efficiency, we have lost connection with wellness and the pleasures it brings. Slow Medicine is a healthcare philosophy that rescues time as an essential part of the medical approach. Time to listen to the patient. Time to understand the whole person before giving a diagnosis. Time to reflect what would be the best medicine/therapy for a particular patient. Time to find the root cause of the imbalance. Time to let the body heal. Our current system is characterized by lack of time: Quick consultations, hurried professionals, anonymous specialists, etc. This is a state of urgent care, not of health care. Slow Medicine brings back the art of health care: Solid relationships with patients and families, emphasizes clinical reasoning, and truly takes to heart the First Hippocratic Oath of "primum non nocere" (do no harm). Slow Medicine has been practiced by traditional cultures for centuries. Traditional forms of healthcare have used Mother Nature as a basis for determining imbalance and "dis-ease" in the body. They utilize whole food, herbs and mindfulness practices to heal the body, mind and spirit. Slow Medicine is a way of taking that inherent knowledge our body already has and applying it to modern health practices. Slow Medicine takes time to look at the whole person and all aspects of health in their lives. From food, to sleep, to relationships, to the environment, all these factors determine the health of an individual.



Gender Inequity in Health Literacy Promotion: An Observational Study into Health Literature Promotion in Health Facility Waiting Rooms

Michael Whitehead, Clinical Nurse Consultant, Integrated Care, South Eastern Sydney Local Health District, Australia

Men may experience poorer health outcomes than females and gender specific targeted health promotion needs to adequately address this issue. This prospective observational study audited all printed health promotional materials in all health facility waiting rooms within a defined geographic region in Australia. A total of twenty-four sites were surveyed, which included general practice centres, community health centres, and hospitals. The surveyed health literature included posters, brochures, and booklets. There were 1143 health materials audited across the sites. Of these, 3.15% (n=36) were male-specific literature, 15.31% (n=175) were female specific health literature and 81.54% (n=932) were gender neutral. Literature which had a gendered focus was overwhelmingly female to male with a ratio of approximately 5:1. This research highlights that male specific literature is significantly under-represented within health facility waiting spaces. There remains potential for health clinicians to provide targeted male health education and thereby improve male health literacy.

Prevalence and Correlates of Sexual Violence among Persons with Disabilities in Rivers State, Nigeria

Golda Ekenedo, Senior Lecturer, Department of Human Kinetics and Health Education, University of Port Harcourt, Rivers, Nigeria

Sexual violence against persons with disabilities is a global issue of public health and human rights concern with a wide range and far reaching consequences for the victims' health and well-being. The situation is more worrisome in developing countries such as Nigeria where there is poverty, ignorance, unhealthy social norms, and poor governance. The purpose of this study is to establish the prevalence and correlates of sexual violence among persons with disabilities in Rivers State, Nigeria. This study is a descriptive survey. Data is collected from 427 physically challenged persons in Rivers State using a self-designed structured and validated questionnaire and oral interview. Ethical approval for the study has been obtained from the University of Port Harcourt Research Ethics Committee. Informed consent is obtained from the respondents prior to data collection and only those who give their consent are part of the study. Data is collected with the aid of six research assistants among whom are experts in sign language and the use of braille. Data collected is analysed using the Statistical Package for Social Sciences (SPSS) version 20.0. Data analysis is done using percentages, mean, standard deviation, and regression set at 0.05 alpha level. It is believed that the findings of this study can provide baseline data necessary for the development of appropriate interventions geared towards reducing the incidence and consequences of sexual violence among persons with disability.

Cervical Cancer Knowledge and Prevention Practices among Female Civil Servants in Awka South Local Government Area, Anambra State Nigeria

Georgy Ogonna Obiechina, Senior Lecturer, Human Kinetics and Health Education, University of Port Harcourt

Cervical cancer is a disease of public health importance affecting a significant number of women globally. It is the commonest female genital tract growth, and has been ranked second most common cancer among women. It can be treated successfully if detected early. Screening for cervical cancer is one of the basic preventive measures for the disease, however, access to screening services has been a major problem for women in developing countries especially those in the rural areas. This study which is cross sectional in nature aims at establishing Knowledge and Prevention Practices among Civil Servants in Awka South of Anambra State, Nigeria. Data is collected from 335 female civil servants using a self-structured and validated questionnaire. Ethical approval has been obtained from the University of Port Harcourt Ethics Committee. Informed consent is obtained from the respondents prior to data collection and only those who give their consent are part of the study. Data is collected with the aid of three research assistants and is analyzed using descriptive statistics of Percentage, Mean and Standard Deviation and Chi-square set at 0.05 alpha level. The study can educate the populace as to how early detection can lead to complete treatment and prevention of complications. The findings provide additional information for health educators and health care providers as to the factors hindering cervical cancer screening and prevention.



Virtual Presentations

Public Health Concerns in South Africa: Through the Lens of Students

Firoza Haffejee, Associate Professor, Basic Medical Sciences, Durban University of Technology, Kwazulu-Natal, South Africa

South Africa has an inequitable distribution of resources resulting in many health challenges faced by people from lower socio-economic strata. Adverse environmental conditions often play a role in these health challenges. It is important for students to recognize these so that advances can be made in health and equity. Against this backdrop, undergraduate Health Science students registered for a Public Health module were required to investigate local environments for factors responsible for causing communicable diseases. Students, who worked in groups, were required to photograph environments depicting conditions conducive to disease. Possible solutions were required. Majority of the photographs represented the social and structural determinants of health, with a focus on informal housing settlements. Photographs highlighted insufficient protection from adverse weather conditions, with subsequent risk of infections particularly of the respiratory tract. The close proximity of homes prompted easy spread of communicable diseases, such as tuberculosis and pneumonia. Lack of piped water and sanitation was highlighted by showing people collecting water from streams. Resultant diseases included bilharzia, amoebiasis and cholera. Concern about pollution in the area was also raised. Downstream movement of waste would also adversely affect other environments and communities. Students could not identify immediate solutions to the adverse housing conditions. This could be due to the acceptance or normalization of these conditions among people from low socio-economic backgrounds. They did, however indicate that local municipalities could improve services such as provision of piped water, sanitation and refuse removal. Interventions on recycling of waste were also noted.

Wellness Websites: Before and After

Cheryl Porter, Assistant Professor, Florida State University College of Medicine, United States

Susan Epstein, Librarian, College of Medicine; Maguire Medical Library; Florida State University, Florida State University, Armed Forces Americas, United States

This study considers FSU College of Medicine's two wellness websites, one created and maintained by the Maguire Medical Library, and the other created and maintained by the Office of Student Counseling Services. The two websites have evolved separately and are somewhat complementary, but an analysis of each site identifies the most accessible points for library and other resources, and assures a well-defined user experience for both websites. The medical library's systems librarian, who has a professional graduate certificate in web design and manages the medical library website, conducts the analysis with one of the College's assistant professors, a counseling psychologist who provides student services on a daily basis. After the analysis, they determine and make appropriate changes to the websites based on their respective expertise in knowledge management and counseling content.

Adult Maladaptive Internet Use and Depression in Hong Kong

Scarlett Mattoli, Clinical Psychologist, Psynamo Group, Hong Kong

Scott Burrus, United States University

Melanie Shaw, School of Education, Northcentral University, United States

Internet use for nearly all daily activities has escalated over the last 20 years as an adaptive response to increased provision of devices, programs, and access. Positive results include increased connectivity and negative results include maladaptive Internet use (MIU), frequently investigated in youth under a variety of names, despite the lack of concordance on a model. Common factors identified include age, male gender, amotivation for responsibilities, depressive symptomology, and low self-efficacy. There is a distinct absence of research on adult populations, hindering full development of the concept of MIU. The focus of this research is to assess the relationship between levels of Internet use and depression, self-efficacy, age, and gender in an adult population in Hong Kong. A quantitative correlational online survey design was employed to assess the levels of the above in a sample of residents. Participants (n=203) included in the survey were English speaking adults, aged between 22 and 65, resident in Hong Kong, representing 28 nationalities, with 32.51% male (n=66), and 67.48% female (n=137). The survey consisted of inventories for Internet Addiction, Depression, Self-Efficacy, and demographic items. MIU was significantly correlated with depression, age, and self-efficacy, but not gender. There is an adult population who present with significantly maladaptive Internet use patterns correlated with depression, low self-efficacy, and lower age, which could significantly impact youth MIU, where adults provide guidance and modelling of behaviors. The absence of a standardised definition greatly hinders the provision of adequate awareness, diagnosis, treatment, and prevention measures for all.



Virtual Presentations

University Wellness and Teacher Education Programs: A Collaborative Approach to Quality Internships

Derek Mohr, Professor, Health, Physical Education, and Coaching, Appalachian State University

Scott Townsend, Professor, Appalachian State University

The purpose of this virtual lightning talk is to describe a collaborative effort between two university programs, a Health and Physical Education (HPE) teacher education program, and a wellness literacy physical activity program to develop innovative internships for HPE students. HPE programs desire high-quality internship placements and university physical activity programs represent an accessible and authentic field placement opportunity that the HPE programs can leverage. Likewise, university physical activity programs are often under-resourced and in need of consistent, high-quality instructional support and HPE programs can serve to bolster the instructional capacity of such programs. Given each program's unique needs and potential to help the other, a collaborative approach, when designed properly, can be mutually beneficial. Such an approach has been successfully utilized for an extended period of time by the presenters. Therefore, the presenters desire to share issues associated with the development, implementation, and assessment of this type of collaboration. The focus of this talk addresses (a) teacher education standards and guidelines for appropriate practice in university physical activity programs (b) potential benefits and liabilities for each program; (c) instructional supervision practices; (d) preparing HPE students; (e) logistical considerations including course selection, facility scheduling, resources, and performance assessment.

The Effect of Wellness Intervention Strategies on Student Stress and Optimism

Brian Bolter, Associate Professor, Psychology and Counseling, University of Central Arkansas

Jenna Davidson, Director for Student Wellness, University of Central Arkansas

Ashley Hall, University of Central Arkansas Kara Gray, Research Intern, University of Central Arkansas

American universities use a variety of strategies, e.g., health clinics, campus recreation programs, counseling centers, disability services, and academic tutoring programs, to impact students' mental and physical wellness. College students who report lower levels of stress have higher levels of academic achievement (Peterson 2000). Furthermore, optimism has been linked to lower levels of academic stress (Yovita & Asih 2018) as well as higher levels of academic efficacy and resiliency (Davino 2014). The overall purpose of this study was to assess the effectiveness of university wellness intervention strategies on the levels of stress and optimism of college students. Over six-hundred students completed two surveys, one on their first day of class and the other, four months later, on their final day of class, self-reporting their levels of stress and optimism toward the future. On the final survey, participants further reported their engagement with university-based wellness programs and opportunities. Demographic data was also collected to be analyzed. Using a longitudinal pre-and post-assessment correlational design, researchers explored the relationship between participants' use of wellness interventions and student support services and their reported optimism and levels of stress. Findings from the study have potential to increase institutional influences on individual health and wellness by improving wellness implementation strategies, student orientation programs, and freshman success initiatives.



Virtual Presentations

Youth-Adult Partnerships for Health Advocacy: Engaging Youth in Community-Level Change across the 4-H Program in the United States

Carol Smathers, Associate Professor, Extension, Ohio State University, United States

Theresa Ferrari, Ohio State University, United States

Addressing health challenges that youth face today calls for both education and changes to policies, systems, and environments. Youth advocacy is a potentially powerful tool to influence such changes, as well as a strategy that benefits youth skill development and well-being. A review of peer-delivered health interventions showed that teens can be effective leaders on health issues. Youth advocacy is important for several reasons. Adolescence is a time to nurture healthy habits and capitalize on young people's energy, enthusiasm, and growing consciousness about impacting their world. Teens are concerned about their health, and often have ideas for addressing health issues; they see themselves as having a role to play in leading change. Youth advocacy is compatible with principles of positive youth development (e.g., relationships, leadership, contribution, and mastery). Youth voices can be powerful in influencing decision-makers. Young people can develop their capacity for advocacy through training, increasing their awareness and knowledge of issues, establishing youth-adult partnerships, and practicing advocacy skills. As the largest youth development program in the world, 4-H offers practical skill-building activities, meaningful leadership roles, and partnerships with caring adult volunteers. At least fifteen state-level 4-H programs have implemented youth-adult partnerships that provide teens opportunities to learn and practice health advocacy. Participants in the workshop will: a) recognize the theoretical basis for youth health advocacy, b) review findings from surveys of U.S. 4-H programs and provide examples of youth health advocacy experiences within those programs, and, c) engage in activities used to empower youth as health advocates.

"I Can Help"/"Ayudamos": Mental Health Literacy and Suicide Prevention Training in English and Spanish (and soon French)

Brian Mistler, Chief Operating Officer, Partner, ResolutionCare

Aligned with high impact practices that support community wellness, and built around new, empirically validated research in suicide prevention, this workshop provides participants with step-by-step guidance on delivering the two-hour I CAN HELP program (English) or AYUDAMOS (Spanish). Non-mental health professionals on the frontlines, even in partnership with counselors often cannot manage society's surging demand for mental health services. The I CAN HELP program supports trauma-informed, compassionate care and appropriate referrals. Suicide prevention training is more likely to be used than CPR, yet less likely to be offered. Many find other internationally recognized programs don't meet their needs and utilization declines. Why? Often because 1) the training takes too long, 2) doesn't consider unique needs of educational institutions or people or varying ages, 3) the cost of training is too great, 4) content is outdated or 5) unrelatable, and 6) misaligned with an ever-increasing number of mental health referrals. I CAN HELP/AYUDAMOS fixes all of this, understanding that it's hard for busy people to join day-long training, and therapists can't spend limited time educating that only creates more demand. This workshop engages participants in learning to innovative in other key ways, learn the tools and mindset necessary to separate who does and does not need referrals, explore connected areas of wellness including identity, basic needs, and conflict management, and practice skills for both one-time and ongoing concerns. Individuals in community organizations and across university departments including peer educators can serve as trainers.



Virtual Presentations

Attitude of Gratitude How Just Three Minutes Per Day Can Increase Joy, Happiness, and Resilience among Medical Trainees

Amelia Phillips, Director of Wellbeing, USF Health Morsani College of Medicine, University of South Florida

The mental health crisis facing physicians and physician trainees has called for interventions that target medical trainees early on in their medical training. While an overwhelming body of research shows that we feel negative emotions longer and often more intensely than positive emotions, we can actually train our brains to become more positive. By regularly practicing gratitude, our brains naturally begin to notice more positive aspects of our lives, leaving us happier and healthier. Furthermore, gratitude builds resiliency, which allows us to better handle the negative situations that come our way. As evidence shows that positivity, happiness, and sense of gratitude can increase after a short period of regular gratitude practice, the "Attitude of Gratitude 30-Day Challenge" was designed to promote resiliency and overall well-being among medical students. The Short Form Gratitude Resentment and Appreciation Test (GRAT) measures an individual's dispositional gratitude, and has been shown to have good internal consistency, factorial validity, construct validity, and temporal stability. To evaluate program efficacy, baseline GRAT scores were compared to post-challenge GRAT scores. Dispositional gratitude scores increased significantly among participants overall. This program was an effective way to engage professional health students in wellness programming that required minimal time and effort. These findings suggest that simple wellness interventions, such as the Attitude of Gratitude 30-Day Challenge, may increase joy, happiness, and resilience among medical students or similar populations. Similar interventions may be effective in addressing the mental health crisis among the medical professional community.

How Do We Create Compassionate Schools in Light of Death, Dying and Bereavement?

Carla J Kennedy, PhD Candidate, Education, La Trobe University

In researching how to develop compassionate schools, I have coalesced relevant health promoting palliative care research with school community-based literature. Specifically, I have drawn from Palliative Care Australia which provides a complete and inclusive strategy for bereavement support in many communities (Aoun, Breen, Rumbold, & Howting, 2014) and Kellehear's 'Compassionate cities' concept which focuses on compassion as an imperative in empowering communities and building capacity (Kellehear, 1999). Set within a Western educational context, semi-structured interviews involved students, parents, teachers, and principals from rural primary school communities in central Victoria, Australia. The research criteria stipulated that each participant must have experienced a close bereavement in the last 6 years and that they belonged to a primary school community at that time. In this presentation, I will explore how primary school community members currently engage with death, dying and bereavement by making explicit their assumptions, values and strategies that will empower schools and communities. This presentation will describe overall participant responses which suggest a desired cultural and societal shift in relation to how death, dying and bereavement issues are perceived and currently responded to in primary school communities. Five main theoretical categories from the study emerged including challenging cultural perceptions; creating a culture of support; creating grief informed culture; establishing a culture of reflection and reflexivity and determining a whole school plan. The participants suggest that both perceptual and practical change is desirable to constructively engage with death, dying and bereavement issues.



Improving Self-Management by Assessing Patient Expertise: A Mixed-Methods Study

Katelyn Smalley, Imperial College London, UK

As chronic illnesses represent a growing share of the disease burden, patients are increasingly expected to become active participants in healthcare by engaging in self-management (SM). Self-management programmes (SMPs) aim to improve health outcomes and reduce healthcare utilisation by training patients to engage in SM, but the pathway by which this happens is complex. This ongoing mixed-methods project seeks to strengthen SMPs by 1) evaluating current SMP approaches, 2) understanding patients' abilities and needs with respect to SM, and 3) developing and validating an assessment tool to measure patients' SM expertise. First, we conducted two systematic literature reviews on patients' expertise and SMPs. Next, we interviewed patients, clinicians, and policymakers (N=15) to define SM expertise. This has informed a 3-round Delphi with the same stakeholder groups (N=30) to develop an assessment of patient SM expertise for one chronic condition. The assessment will undergo validity and reliability testing on a large sample at two timepoints. Results indicate that, while there is consensus around knowledge and skills required for effective SM, direct educational outcomes of SMPs are not routinely measured. Failing to measure this step in the SM pathway constrains our ability to establish a causal link between SMPs and outcomes, and leaves little direction for programmes with statistically insignificant results. A validated assessment tool will enable: 1) systematic evaluation of SMPs, 2) increased confidence in patients' expertise, 3) identification and provision of tailored healthcare services and supports, and 4) provision of individually-appropriate opportunities to participate in care management.

Effectiveness of a Workplace Physical Exercise Intervention on Health, Productivity, and Quality of Life on Office Workers in Spain: Results of a Quasiexperimental Study

Víctor Jiménez Díaz Benito, Professor, Education Faculty, Universidad Camilo José Cela

Sara Zafra Díaz, Ciencias del Deporte, Universidad de Alcalá

Jose Antonio Santacruz, PhD, Ciencias Biomédicas, Universidad de Alcalá, Madrid, Spain

Ángel Luis Clemente Remón, Assistant Professor Doctor, Faculty of Medicine and Health Science, University of Alcalá, Madrid, Spain

Poor health caused by sedentary lifestyle affects on productivity and Quality of Life (QoL) (Goetzel y Ozminkowski, 2008). The workplace is considered a strategic nucleus on which to focus health intervention programs (Guazzi et al., 2014). Despite this, scientific evidence suggests new quality trials (Rongen et al., 2013) and more specifically, to do so in the European context (Jiménez, Martínez del Castillo and Barriopedro, 2014). This study show results of an experimental 12week treatment of physical exercise program for office workers in Spain. A quasi-experimental design was composed with 67 participants considered sedentary who were assigned to an experimental group (N = 40) and a control group (N = 27). Normality assumption was calculated using the K-S test and equality of variances through the Levene test. Mann-Whitney U tests were performed for the quantitative variables and Chi-Square for the nominals. The effect size was calculated according to $2=z / (n-1)$ interpreted to Cohen (1988). Significant effects were found on resistance strong ($P=0.020$, $2=0.08$), loss of body fat ($P=0.015$, $2=0.09$), on power legs ($P=0.020$, $2=0.08$) and the perceived physical and mental health ($P=0.001$, $2=0.39$ and $P=0.001$, $2=0.15$). No effects of the program were found on VO₂ max, weight, diastolic pressure and productivity. The program had an impact on QoL in a Spanish company. However, it would be interesting to carry out new exercise interventions that are directly correlated to productivity and sick leave.



Virtual Presentations

2020 Special Focus—Advancing Health and Equity: Best Practices in an International Perspective

Harm Reduction Best Practices for Practitioners: Lessons Learned from a Qualitative Study

Brie Radis, Assistant Professor and Clinical Social Worker, West Chester University

We share highlights from our findings from our qualitative research with social service providers, who use a harm reduction lens in their work with youth engaged in sex trade and use drugs. We explore the successes and challenges that providers face when advocating for their clients. We also give a brief review of current literature and share best practices from an international public health perspective. Both social work researchers have had extensive practice experience in using the harm reduction philosophy with their clients.

Pharmacist Role in Health Equity Initiatives

Ashley Meredith, Clinical Associate Professor, Department of Pharmacy Practice, Purdue University, Indiana, United States

Jasmine Gonzalvo, Center for Health Equity and Innovation (CHEI), Purdue University College of Pharmacy, United States

The Purdue University College of Pharmacy Center for Health Equity and Innovation (CHEI) was created with a mission to increase access to healthcare services and products utilizing innovative, evidence-based, and sustainable strategies, with a vision of improving health outcomes for disparate populations locally and globally. Working within CHEI, pharmacists continue to play a vital role in achieving health equity outcomes. Within an urban, academic, safety net health system in Indianapolis, IN (USA) pharmacists have become integrated members of the Federally Qualified Health Center (FQHC) care team focusing on chronic disease management for people that are underserved and marginalized. Pharmacists within the FQHCs have shown an increase in achievement of clinical outcomes while improving the primary care provider clinic process (i.e.; increased capacity for patient appointments, etc.). Beyond direct patient-care initiatives, pharmacists are working with community health workers and other community partners to increase the breadth and scope of services available to address social determinants of health. A partnership has been created with a pharmacy within a grocery store to increase food access through delivery of food and medications to people living in rural areas. Engaging in a rich discussion will allow participants to gain additional insights into how pharmacists can move beyond “traditional” roles and responsibilities when interacting with the community and healthcare system to address health inequities.

Work Environment and its Impacts on Health and Productivity in Migrant Workers

Kavitha Palaniappan, Academic Director / Senior Lecturer, Environmental and Occupational Health and Safety, The University of Newcastle, Australia, Singapore campus, Central Singapore, Singapore

The use of migrant workers in the industrial sector, especially sectors that require low-cost labor, such as manufacturing, marine and construction industries, is a worldwide phenomenon in most developed countries. As a country's economic development depends on such sectors, the workers' productivity performance in these sectors are also monitored closely. Most studies tend to argue that low productivity is mainly due to the transient, unskilled pool of migrant workers. However, this paper would like to highlight that the work environment, both physical and social also have an impact on the health of these migrant workers, which in turn would directly affect the productivity. Studies have reported that low wages, long working hours, compulsory overtime work, poor living conditions, and no assurance of continued employment once their existing work permits expire, are the most serious problems that migrant workers face during their working stints in foreign lands. This paper reviews how the various job-related parameters such as work overload, shift work, long working hours, pace of work, overtime work, and workplace physical factors such as lighting, noise levels, ventilation, thermal conditions, along with workplace social factors such as supportive supervisors, sympathetic colleagues, and clear job explanations can have an effect on the migrant workers' health, thereby impacting productivity.



Virtual Presentations

A Needs Assessment Analysis of LGBTQ Community Based Organizations in Kenya: Lessons For the International Health Community

Steve Bennett, Assistant Professor, Health and Human Development, Western Washington University, United States

Ruth Kimani, Assistant Professor, Health and Human Development, Western Washington University, United States

Extensive research on the challenges facing LGBTQ organizations in developing countries is currently inadequate. This qualitative study describes the result of 3 focus groups conducted in Kenya in 2019 addressing the needs and concerns of 10 separate LGBTQ community based organization (CBO) spanning more than 5 locations in the country. The results of our research indicate multiple disconnects between the expressed needs of these CBOs and the goals of international NGOs as well as on the ground challenges to coordination in health intervention implementation. While Global Health initiatives have focused on HIV/AIDS as the main health concern of LGBTQ identifying individuals in Kenya, our research suggests a greater need for addressing mental health issues, feelings of personal and community disconnectedness, drug and alcohol abuse as well as barriers to health access that individuals are facing.



Fitspiration vs. Thinspiration: Is There A Difference?

Heather Van Mullem, Professor, Movement & Sport Sciences, Lewis-Clark State College

While the internet and social media sites can support information sharing and building personal connections between people, these spaces can also prove to support and/or reinforce negative behaviors. For example, sites that support "Fitspo" or "Fitspiration" are meant to promote healthy behavior choices (i.e., eating a nutritious diet and/or engaging in fitness activities). However, critics (Dahl, 2013; Fabello, 2013) have noted that many of the images shared on these sites are similar to images tagged as "Thinspo" or "Thinspiration," a concept used to promote engagement in unhealthy behavior choices (i.e., anorexia). The purpose of this research was to explore if people could distinguish between images of women on social media used to promote fitness versus images meant to promote disordered eating. Participants (n=298; males =152; females = 146) viewed 30 (Fitspiration = 15; Thinspiration = 15) images of women pinned to Pinterest. Participants were asked to rate each image using a Likert scale (1=strongly disagree; 7=strongly agree) for the likelihood the image was tagged in either category. Mean scores indicate male participants identified "Fitspiration" image placement 9 of 15 times and "Thinspiration" image placement 7 of 15 times. In comparison, mean scores of female participants identified "Fitspiration" image placement 5 of 15 times and "Thinspiration" image placement 8 of 15 times. In addition to sharing the study's findings, this poster presentation will: 1) Explore culturally based beauty norms and their influence on perceptions of health and 2) Implications of social media messaging on healthy behavior choices

Advancing the Diagnosis & Management of Attention Deficit Hyperactivity Disorder (ADHD) among Pediatric Residents

Ashley Williams, Physician, MD, Resident in Training, Pediatrics, Emory Pediatrics Residency Program

Terri Mc Fadden, Associate Professor, Department of Pediatrics, Emory University

Salathiel Kendrick Allwood, Assistant Professor of Clinical Pediatrics, Pediatrics, Emory+Children's Pediatric Institute

Brianna Glover, Pediatric Resident, Pediatrics, Emory University School of Medicine

Studies have shown that use of a note template during a clinic visit for ADHD improves the documentation of ADHD symptoms, treatment effectiveness and treatment of adverse effects. Our objective is to assess resident comfort level with the diagnosis and management of ADHD and related behavior/learning problems along with their use/exposure to the ADHD lecture and standardized note template. A questionnaire was distributed among three classes of pediatric residency trainees at Emory University. Anonymous responses were collected utilizing a link embedded in a preexisting listserv. The questionnaire addressed comfort level and educational exposure in evaluating children with ADHD, utilizing the standardized ADHD template, and assessing children with other potential learning/behavioral disorders. Of 82 trainees, 50 responded, 30% PGY-1s, 24% PGY-2s and 46% PGY-3s. 44 trainees (91.7%) received the ADHD lecture and had evaluated a patient in clinic with ADHD. However, only 8 PGY-3s (40%), 3 PGY-2s (25%) and 5 PGY-1s (35.7%) knew how to access the ADHD template. 15 PGY-3s (75%) felt comfortable assessing a patient presenting with a concern for a learning/academic problem versus 5 PGY-2s (41.7%) and 6 PGY-1s (42.9%), $p=0.036$. For resident comfortability in evaluating ADHD specifically, there was no significant difference between the classes, 18 PGY-3s (81.8%), 8 PGY-2s (66.7%) and 6 PGY-1s (42.9%). The level of comfort evaluating patients with ADHD increases as trainees progress throughout residency. There are still opportunities for more effective and targeted resident education that can improve the quality of care for patients with behavioral health disorders.



Psychosocial Resources, Affective Reactions, and Risk Taking Following Academic Stress among University Students

Hasida Ben-Zur, Associate Professor Emeritus, School of Social Work, University of Haifa, Israel

The aim of the study was twofold: a) to assess the extent to which psychosocial resources (i.e., optimism, mastery, and social support) are associated with negative affect, positive affect, and with risk taking following stressful academic events among students, and b) to assess psychosocial resources as moderators of the effects of stress on affective reactions and risk-taking. A secondary analysis of the data of 294 participants was conducted. Participants completed questionnaires assessing dispositional optimism, sense of mastery, social support, stress appraisal, positive and negative affect, risk-taking behaviors (e.g., drinking alcohol excessively, driving faster than usual), social desirability, and demographic variables. The three resources were highly intercorrelated, and factor analysis resulted in one factor with all three resources loaded highly on that factor. Therefore, a combined resources score was created by averaging the standard scores of the three resources. The results showed that the resources score was negatively associated with negative affect and risk taking and positively associated with positive affect. The stress score showed a positive correlation with negative affect and risk taking and no correlation with positive affect. Under high levels of stress, the resources score demonstrated the highest negative association with risk taking. The results highlight the important role of psychosocial resources in lowering negative feelings and risk-taking behaviors. The findings of the study suggest that among students, and youth in general, interventions aimed at strengthening psychosocial resources can be important in preventing risk-taking behaviors and their outcomes following stressful academic events.

Social Support and Physical Activity of Rural Cancer Survivors in Hawai'i

Cheryl Ramos, Professor, Coordinator of Undergraduate Studies, Psychology Department, University of Hawaii, Hawaii, United States

Physical activity can improve the physical and mental health functioning of cancer survivors. However, approximately one of three cancer survivors in the United States do not participate in any leisure-time physical activity. Rural cancer survivors tend to be less physically active than their urban counterparts. The purpose of this study was to assess the social support, self-efficacy, and decisional balance for exercise of rural cancer survivors in Hawai'i who were physically active and those physically inactive. Adults 18 years of age and older were eligible for participation if diagnosed with breast, prostate, or colo-rectal cancer 12 months or more prior to study participation, and already completed cancer treatment. Fifty-six (56) cancer survivors were screened for study participation. Eleven (11) did not meet the study inclusion criteria, twelve (12) met the study inclusion criteria but declined participation and eight (8) could not be contacted for assessments. Twenty-five (25) cancer survivors completed study assessments. Self-report data were collected using the Social Support and Exercise Survey, Self-Efficacy for Exercise Behavior, and Decisional Balance for Exercise measures. Social support for exercise from friends was significantly higher for cancer survivors who were physically active than for cancer survivors who were physically inactive. Social support for exercise from family, self-efficacy for exercise, and decisional balance were not significantly different between groups. Recruiting friends to participate in exercise with rural cancer survivors may help to increase the physical activity of rural cancer survivors.



Relationship between Physical Inactivity and Mental Health Diagnoses among College Students

Carrie McFadden, Assistant Professor, Health Sciences, Towson University, United States
Caroline Wood, Assistant Professor, Health Sciences, Towson University, United States

Andrea Brace, Associate Professor, Towson University, United States

Zuojin Yu, Assistant Professor, Health Sciences, Towson University, United States

Current research suggests that university students experience feelings of increased pressure and responsibility during their college years. Students reported symptoms of depression, generalized anxiety disorder and suicidal ideation within the past year, and over half of the sampled students disclosed feeling overwhelmed by their many academic and social responsibilities. Research shows that regular exercise can help to improve mental health by reducing anxiety, depression, and negative mood and by increasing self-esteem and cognitive function. Physical activity is one promising protective factor against mental health concerns, such as anxiety and depression, among college students. The purpose of this research is to describe the rates of physical activity, ranging from never to regularly, and its correlation with diagnosed mental health disorders in college students attending a large, mid-Atlantic university. Data will be obtained from the 2018 National College Health Assessment II and include descriptive and correlative analyses. The results of this study will inform the potential inclusion of college programs (facilitated by campus recreation, kinesiology, and health sciences) aimed at helping students cope with the inherent pressures of college life through regular physical activity and exercise.

Testwell: Ten Dimensions of Health Among La Sierra University Students

Kim Knowlton, Chair, Assistant Professor, Health and Exercise Science, La Sierra University, California, United States

College students today face numerous health issues such as obesity, depression, type 2 diabetes, and hypertension. Students in their late teenage years and early twenties exist in environments that favor high food intake and low energy expenditure. Society focuses mainly on physical health when there are ten different dimensions of health that make up a person's well-being. This study includes 2,670 students from La Sierra University who took a health assessment questionnaire on the ten dimensions of health from Testwell. Based on demographics such as gender, race, college major, housing, and year in school, data was collected to determine which areas students score higher or lower in using SPSS statistical analysis. Results found that students at La Sierra University scored higher than the national average for all of the dimensions except physical fitness and nutrition. Outcomes showed significant findings such as English and Communication majors scoring significantly higher than other majors in seven of the ten dimensions. Students who rent a place to live off-campus have significantly higher scores in intellectual wellness and physical fitness. Caucasian students scored higher than other ethnicities in a majority of the dimensions as well.



Cessation of Injection Drug Use Following Brief Assessment Interventions for Young Adults

Mance E. Buttram, Professor and Director, Center for Applied Research on Substance Use and Health Disparities, Nova Southeastern University, United States

Steven Kurtz, Professor and Director, Center for Applied Research on Substance Use and Health Disparities, Nova Southeastern University, United States

The US opioid epidemic has severely impacted young adults, and threatens to reverse successes in reducing HIV/HCV transmission among people who inject drugs (PWID). We examined injection cessation among participants in a behavioral intervention trial for young adults who use drugs in the nightclub scene. Participants were enrolled in a three-arm randomized trial testing the efficacy of age peer interviewer or self-administered health and social risk assessments compared to wait list control. Outcomes were measured at twelve months. Eligibility criteria was ages eighteen to thirty-nine, recent multidrug use, and regular attendance at large nightclubs. Sub-analyses included PWID at baseline who completed the twelve-month follow-up (N=69). Chi-square and F statistics examined differences between participants reporting discontinuing intravenous drug use (IDU) at follow-up compared to those with ongoing IDU. Median age=twenty-five; 33% female; 70% Hispanic, 23% White, 6% Black. Education=58% some college or more. Childhood victimization history=44%. Infectious disease prevalence=HIV 3%, HCV 16%. Recent baseline substance use included greater than 90% marijuana, cocaine, heroin, Rx opioids and benzodiazepines. Cessation of IDU at twelve-month follow-up was reported by 54% (N=37). Cessation was unrelated to baseline substance use frequencies. PWID in the interviewer-administered intervention arm were more likely to report IDU cessation compared to other conditions ($p=.008$). Cessation was less likely among PWID who injected both stimulants and opioids at baseline ($p=.004$), as well as among those with childhood victimization histories ($p=.003$). Indices of social support, resilience, and positive coping behaviors were higher among PWID reporting injection cessation (all $p < .01$).

Incorporating Nutrition into Physical Therapy Practice: An Exploratory Study on Education and Attitudes

Sophie John, Exercise Science, University of Vermont, United States

There has been a recent shift in the field of physical therapy toward lifestyle health promotion and, in particular, nutrition integration. In the United States, accreditation standards now mandate nutrition education for physical therapists (PTs). The profession is well-suited to promote behavior change, yet research is needed to support this transition. Therefore, the purpose of this study was to: (1) analyze current nutrition implementation by practicing PTs, (2) assess PTs' intentions toward incorporating nutrition into their practice, and (3) examine facilitators toward integrating nutrition into physical therapy. This research was based on the Theory of Planned Behavior (TPB). A survey constructed from preliminary interview research was distributed to graduates from a physical therapy program. Data were analyzed using correlation and regression analyses. Fifty-one practicing PTs completed the survey. 43.1% of participants had received formal nutrition education, and these therapists found it easier to incorporate nutrition into their practice ($p < 0.001$). PTs' intentions to integrate nutrition into their practice were best predicted by their attitudes and behavioral beliefs. Many areas in which nutrition could benefit patient outcomes were identified including the management of obesity and chronic conditions, improved wellness and preventative care, and performance enhancement. This research demonstrated that education can equip PTs to incorporate nutrition into their practice, which may improve therapy outcomes. Both nutrition education and shifting attitudes toward the incorporation of basic nutrition into physical therapy practice are crucial in placing the profession at the forefront of managing lifestyle diseases and promoting optimal health.



Engaging Parents to Enhance Service Delivery: A Study of Risk and Protective Factors

Cynthia Nover, Eastern Washington University

Low-income families and families of color often experience barriers to accessing trusted parenting-related information, resources and services in their communities. This anonymous survey of low-income parents of young children in Washington state (n = 203) produced the following results: Low-income (<\$50k) families report spending time with their children engaged in activities that may promote resilience and improve kindergarten readiness and overall health. Many of these families, however, report at least three life stressors (e.g., work, housing, food and transportation) that may impact positive time spent with children. While all income brackets reported having some stressors, the lowest-income families were most likely to report having no stressors (or left this item blank). Social service providers may want to build upon this resilience when engaging with families, rather than assuming that families are unhappy or struggling due to the average number of reported stressors. When stratified by income, life stressors differ; this may be related to income eligibility for services, such as medical care and childcare. Sources of information about parenting were reported to be family, physician, online and friends. Service providers wishing to disseminate information about parenting should consider targeting medical providers or creating region-specific websites, rather than—or in addition to—having information available through existing programs. As the primary source of parenting information reported is family, it is possible that unhealthy parenting practices and behaviors are passed down through generations—There is evidence that both positive and negative parenting practices are passed down through generations.

PTSD Symptom Expression in Latina Sexual Assault Survivors

Erika Garibay, Associate Professor and Graduate Coordinator, School of Social Work, CSULB, California, United States

Molly Ranney, Associate Professor and Graduate Coordinator, School of Social Work, CSULB, California, United States

This presentation examines the depression and trauma scores of 79 Latina sexual assault survivors who received brief psychotherapy from a trauma treatment center between 2014-2016. The Patient Health Questionnaire (PHQ-9) was used to assess depression and the Posttraumatic Stress Disorder Checklist (PCL-5) was used to assess for trauma. The PHQ-9 and the PCL-5 were administered prior to treatment, after 3 sessions of psychotherapy, and after 6 sessions of psychotherapy. The average age of the women on the study was 32.3 years. Just less than half (48.1%) were born in the United States, with the remainder being mostly (38%) born in Mexico. After receiving 6 sessions of psychotherapy, the Latina sexual assault survivors no longer met criteria for PTSD as measured by the PCL-5 and their depression scores significantly decreased. Latina sexual assault survivors benefit from brief treatment. Clinical implications are provided. Areas for future research are outlined.

Managing Adversity in the Medical Environment: Developing a Program for Medical Team Mental Health and Wellness Needs

David Chesire, Associate Professor, Director of Center for Healthy Minds and Practice (CHaMP), Office of the Dean, University of Florida, College of Medicine, United States

Mark Mc Intosh, Associate Professor, Director Employee Wellness, University of Florida College of Medicine, United States

The past several years have been nothing short of revolution in the world of American and Global healthcare, with increased demands in efficiency, quality and patient satisfaction. The result has been an enormous increase in workload and responsibility resting squarely on the shoulders of every healthcare employee. It is no wonder that, parallel to increasing demands, there has been a focus on burnout, disengagement, and employee resiliency. For example, research has shown that burnout rates between 45-54% among physicians is the new norm, with other healthcare professions experiencing similar numbers of disengagement and compassion fatigue, and the price of burnout includes elevated levels of depression and suicide. However, despite these sobering facts, healthcare workers are often reluctant to attend to their own healthcare needs. Common barriers to seeking self-care include: time constraints, treatment cost, concerns about confidentiality, perceived stigma, uncertainty about efficacy, and concerns about whether receiving mental health care will result in problems obtaining a medical license or hospital privileges. Recognizing that the health of our own healthcare family needs to be a priority, the University of Florida-Jacksonville developed a new program to provide mental health and wellness opportunities to all local employees from the University and Hospital. This program is titled the Center for Healthy Minds and Practice (CHaMP). Implementation hurdles for the successful roll-out of this program will be discussed, as well as techniques to increase utilization by employees. Future directions will also be incorporated, including peer-counseling and narrative medicine efforts.



Virtual Posters

Using Teen as Teachers to Address Healthy Living Changes in Youth

Vanessa Spero, Regional Specialized 4-H Youth Development Extension Agent, University of Florida, United States

Noelle Guay, 4-H Youth Development Program, University of Florida, United States

Andrea Lazzari, 4-H Youth Development Extension Agent, UF/IFAS, United States

Laura E Valencia, University of Florida Beth Shephard, County Extension Director, UF/IFAS Kimber Sarver, 4-H Youth Development Extension Agent, University of Florida, IFAS Extension, Florida, United States

With obesity on the rise amongst youth in the United States, it is important to find innovative ways to introduce healthy living concepts to youth. The University of Florida, Institute of Food and Agricultural Sciences (UF/IFAS) Extension 4-H Program utilizes an approach called Teens as Teachers. Research indicates that when youth are involved in teaching, they take on the role as a positive role model for their students and youth report being more physically active and eating a healthier diet (Smith, 2014). Teens as Teachers also learn valuable life skills such as leadership, communication, decision making, and responsibility. Furthermore, utilizing teens as role models brings fresh ideas, current trends, and a more relatable teacher (Ripberger & Blalock, 2011). In order to successfully implement Teens as Teachers programs, there are essential best practices that must be followed: recruitment, training, effective curriculum, evaluation, reward system. UF/IFAS has been implementing this model for ten years and will share the most effective ways to utilize teens in programming.

Power of Napping: Designing a Tool to Promote Power Naps and Diminish Sleep Deprivation Side Effects

Moti Saleminik, Student, Master of Design, University of Cincinnati, United States

This research investigates the power of napping and proposes a digital tool 'iDoze' to promote napping behavior by assisting people to establish a new positive habit and encouraging them to adhere to it. Research is divided into three major sections: Literature Review, Methodology, Results and Conclusion. Literature Review investigates the sleep deprivation epidemic phenomenon and provides psychological background information of the latest case studies (research generated knowledge) about positive impact of napping on mood and performance. In Methodology phase the author conducted 20+ one-on-one open-ended interviews, which provided a broad comprehension of the users' napping experiences. In the Results phase, researcher consolidated user-generated findings into a proposal. The proposed design intervention introduces an advanced tool (mobile application) for napping that will encourage people to engage in a positive behavior and reverse society's neglect of it. The research findings shed a light on three main reasons that cause people neglect the value of napping culture. First, low awareness on considerable impacts of napping on brain alertness and performance; second, inconstancy in time management to allocate time for napping, and lastly, lack of adherence to a new established habit. The present paper contributes to addressing the above-mentioned challenges from a psychological behavioral change perspective by developing a tool 'iDoze' by adopting iterative design process through applying human-centered design principles defined in design criteria.



How the Coronavirus Affects Individuals with Preexisting Anxiety and/or Depression Disorder

Vishal Chhibber, Family Medicine Specialist, United states

Lee Stevens, West Florida Hospital, United states

Saveen Sall, Windsor University School of Medicine

Esha Jain, American University of Integrative Sciences School of Medicine

Sheena Jain, American University of Integrative Sciences School of Medicine

The Coronavirus pandemic has had a vast global impact and has affected the lives of individuals of all ages across the world. The purpose of this study was to determine how the Coronavirus pandemic has affect the lives of individuals with preexisting mental health disorders specifically anxiety, depression as well as both anxiety and depression disorder. When conducting this study, data was collected from 50 patients between the ages of 25-69 years old, from an outpatient medical clinic, who were originally diagnosed with either anxiety, depression or both according to their most recent GAD-7 and/or PHQ-9 scores. Participants were assessed prior to and during the Coronavirus pandemic using a Likert Scale from 0 – 3 (0: Not at all, 1: Several Days, 2: More than half the days, 3: Nearly every day) for the following 5 factors: Alcohol Consumption, Financial Strain, Safety Concerns, Social Isolation and Influences of the Media. This was used to determine how these 5 factors affected the study participants prior to as compared to during the Coronavirus pandemic. The study results demonstrate that patient's with preexisting anxiety and/or depression had higher calculated Likert Scale scores during the Coronavirus pandemic as compared to prior to the pandemic. Additionally, the findings also suggested an increase in financial strain, safety concerns, social isolation, and media influences for individuals with preexisting anxiety and/or depression during the pandemic, but no significant difference in alcohol consumption was found to exist during as opposed to prior to the Coronavirus pandemic.

Health Education for Disease Prevention in Vulnerable Female Populations of South Africa: Knowledge Levels of HIV and Cervical Cancer among Women of Inner-city Durban

Firoza Haffejee, Associate Professor, Basic Medical Sciences, Durban University of Technology, Kwazulu-Natal, South Africa

Jennifer Ducray

Jyotika Basdav

Colette Kell

South Africa's move towards universal healthcare places emphasis on health promotion and disease prevention. In order for health promotion to be successful, individuals need to be empowered with the knowledge they need to make the correct lifestyle choices. Health education on HIV has been central to the South African national health strategy, but as yet no such strategy is in place for cervical cancer education. This study compared the level of knowledge of HIV and cervical cancer of women living in inner city Durban, South Africa, and provides an insight into the effectiveness of education strategies. A mixed method study was used to collect data on health information and health knowledge from women in the city (n=109). The level of health literacy with respect to HIV was relatively high, and 91% had been screened for HIV at some stage. In contrast, however, knowledge of cervical cancer was poor, and only a third of the women had been screened for the disease. We conclude that the high rate of HIV screening and knowledge among vulnerable women in Durban, South Africa, is linked to the substantial HIV health literacy, while the converse is true for cervical cancer. While South Africa has made strides towards the UNAIDS 90-90-90 HIV treatment cascade through health education and promotion with access to free screening and treatment, the same is necessary for cervical cancer, a largely preventable cancer that results in almost 6000 deaths annually in South Africa.



The Role of Ethnicity and its Relationship with Happiness and Health Promoting Behaviors Among College Students

Priya Banerjee, Professor, Public Health and Health Education, State University of New York, College at Brockport, New York, United States

Amar Amar Kanekar, Associate Professor, School of Counseling, Human Performance and Rehabilitation, University of Arkansas at Little Rock, Arkansas, United States

College is at once a challenging and exciting time for students, and involves balancing pressures to perform well academically and to negotiate a complex universe of social activity. The Centers for Disease Control and Prevention (CDC) recommend that in order to maintain a standard of good health in college, students should engage in behaviors that promote good health. Studies have pointed to the correlation between overall good health and happiness. Ethnicity and race on college campuses plays a part in students' health status. Therefore, understanding the relationship between happiness and health for college students in the context of their ethnicities is meaningful. Objectives: The purpose of the study was to determine the effect of ethnicity on college students' levels of health promotion engagement and subjective happiness. Methods: A 24 item Personal Lifestyle Questionnaire, and 4-item Subjective Happiness Scale along with a 17-item Demographic Survey were administered electronically to a sample of 218 students enrolled in college. A one-way multiple Analysis of Variance (MANOVA) was conducted to determine whether differences in ethnicity resulted in differences in college students' levels of health promotion engagement and happiness. MANOVA results revealed statistically significant differences among ethnicities for both dependent variables [Wilks' $\lambda = .898$, $F(10, 404) = 2.475$, $p = .007$, $\eta^2 = 0.58$]. Mean scores for health promotion engagement for Native American students were highest among the ethnicities, and mean scores of Asian students were highest among the ethnicities for subjective happiness. A Bonferroni post-hoc test revealed that African American and Native Americans differed the most regarding their levels of happiness.

Damage to Assisted Living Facilities and Elderly Health Following the 2018 Hokkaido Eastern Iburi Earthquake

Tomoko Shigaki, Lecturer, Organization for the Development of Higher Education and Regional Human Resources, Mie University, Japan

In this study, we focused on assisted living facilities for the elderly that provide cooperative care and medical services. The purpose of this study was to assess the damage caused by the Hokkaido Eastern Iburi Earthquake (seismic intensity 7) that occurred on September 6, 2018, the health condition of the elderly one month later, and the occupancy rate in assisted living facilities after the earthquake by questionnaire survey. This survey (distributed to 416 facilities, 101 valid responses: 24.5%) revealed that the greater the seismic intensity, the longer the occupants' health hazards lasted. One week after the earthquake, health effects such as restlessness, insomnia, and increased blood pressure were observed. Restlessness continued from one week to one month after the earthquake. Immediately after the earthquake, there were six emergency transports, two of which were due to trauma (head bleeding due to a fall, fractured thigh), and the remaining four were due to other symptoms/diseases. The oxygen generator was unavailable due to a power outage, and the residents transported to hospitals were mainly those on home oxygen therapy. It is necessary to understand the health conditions and living environment of elderly people in assisted living facilities before and after such disasters over the long term.



Consumer Behavior and Knowledge at Supermarkets during Grocery Shopping

Lulu Almutairi, Researcher, Research and Studies Department, Saudi Food and Drug Authority, Riyadh, Saudi Arabia
Nora Althumiri, Researcher, SFDA Amani Alqahtani, Senior Researcher, Saudi Food and Drug Authority, Saudi Arabia
Nasser Bin Dhim, Executive Director of Research Department, Saudi Food and Drug Authority, Saudi Arabia

Research has long shown that the practice of reviewing nutritional labels before consuming or buying a food product is associated with healthy eating habits including lower fat intake. However, consumers have different motivations for their food selection including nutrition, price, accessibility, and taste. Our study examines the understanding and behavior along with the use of nutrition label among consumers in supermarkets. Data for this study were collected using different data collection methods which is observational and cross-sectional of a convenience sample of adults aged 16 and older (n=7546). Participants were observed and surveyed at different supermarkets in all thirteen main regions of Saudi Arabia. Observational method was specifically designed to see whether the consumers interact with the products they aimed to buy or not. On the other side, questionnaires used to assess the frequency of nutrition label use and to investigate the specific nutrient information consumers commonly check, plus level of nutrition knowledge. The study found that about 65% of consumer check the food product before purchasing it. Over half of those who checked the product indicated that they reviewed expiry date while only 19.2% reviewed nutrition facts. Moreover, the three most important factors that influence consumers buying decisions are price, brand name, and taste. Furthermore, there was a moderate level of dietary knowledge among consumers and those who checked nutrient facts were more likely to have higher knowledge than those who did not check the product at all.

Prevalence of and Coping Strategies for Inappropriate Patient Sexual Behavior (IPSB) in American Nursing Baccalaureate Education: Building Resilience, Health, and Wellness

Halina Wyss, Assistant Professor, School of Nursing, University of Portland, United states
Amber Vermeesch, University of Portland, United States

Nurses face higher levels of stress with adverse health outcomes compared to other health professions. Perceived stress is linked to reduced physical/psychological health, increased sickness/absence, increased staff turnover, and poor job performance. Nursing students must attain a unique skill set in their education for resilience while managing physical and mental stressors of challenging nursing curricula. Nurses are often exposed to inappropriate patient sexual behavior (IPSB). IPSB is defined as any "verbal or physical act of an explicit, or perceived sexual nature which is unacceptable within the social context in which it is carried out." IPSB and how it relates to sexual harassment is not clear. Sexual harassment by patients is a significant problem and nurses consistently report sexual harassment by their patients more than any other healthcare sector. This study's purpose is to investigate the prevalence of IPSB in undergraduate nursing clinicals, nursing students' coping ability, and to offer tailored interventions to aid students cope with trying patient encounters. Participants were undergraduate nursing students enrolled in clinicals. Out of the 72.5% students experiencing IPSB, 96.5% identified as female. While all students reported overall discomfort in coping with IPSB, taking action during the time of harassment was identified as causing the most distress. IPSB does not fall within the parameters of established university support protocols, placing undergraduate nursing students in a vulnerable position that does not encourage a strong foundation of resilience, health and wellness. To address this crucial gap, a support system for undergraduate nursing students must be developed.



The Effects of Poor Sleep Habits on College Students: A Systematic Review

Ghadah Alshuwaiyer, Assistant Professor of Health Sciences, Indiana University Kokomo, United States

Jasmine Vincent, Division of Allied Health Sciences, Indiana University Kokomo, United States

Poor sleep habits are often overlooked by undergraduate college students. Poor sleep habits are defined as periodically awakening throughout the night, insomnia, difficulty falling asleep, the use of medication to aid falling asleep, sleeping less than six hours as well as sleeping more than eleven hours. This systematic review assessed sleep habits and their association with mental, physical, and emotional health. Nine different academic databases were used in the process of selecting articles. The databases included: Academic Search Premier, Ageline, CINAHL, ERIC, Healthsource Nursing Academic Edition, MEDLINE, MEDLINE with full text, PsychInfo, and Sportdiscus with full text. Articles were included in the selection process if they met the following: (1) were published between the years of 2000 or 2019, (2) were peer-reviewed articles, and (3) included undergraduate students in a higher education institution. Out of the 11 articles that were selected, six articles addressed poor sleep habits and their impact on physical health, leading to obesity and cardiovascular problems. Secondly, five articles identified poor sleep habits and their consequences on mental health (i.e., depression and self-medication). Lastly, three articles discussed the correlation between poor sleep habits and emotional health, leading to feelings of hopelessness and helplessness. Despite the limited number of studies, common findings concluded that the lack of sleep could be correlated with negative consequences. Future researchers should further examine the correlation between sleep habits and mental, physical, and emotional health take into consideration the age of their participants, job status, marital status, and the number of their dependents.

Development of a Novel Healthy Food Incentive Program in Collaboration with a Farmer's Market in DeLand, Florida

Maxwell Droznin, College of Medicine, University of Central Florida, Florida, United States

Johnathan Massey, Nursing and Public Health, University of Southern Maine, United States Primary Care

Physicians (PCP) play vital roles in the prevention and management of chronic disease. Until recently, there was no national survey of the impact PCP supply has on mortality rates in the United States, and there is no study which investigates this relationship within the state of Florida. With increasing rates of chronic disease and a rapidly growing population, the role that PCP supply has on health outcomes in Florida may help to inform health policy. The primary research objective was to investigate the relationship between Primary Care Physician supply and population health outcomes in Florida. Retrospective, cross-sectional data available from the Florida Department of Health between 2009-2018 was used to analyze the association between Primary Care Physician supply and general population health outcomes. Multiple regression analysis using STATA 14 was run for each variable of interest while controlling for various demographic and socioeconomic variables. Logistic regression models were used, and we found that primary care physician supply is a factor in life expectancy in the state of Florida, but only in the more recent years (2014, 2016, 2017, and 2018). It will be important to continue tracking this variable, as the number of medical schools across the nation and in Florida increase. We hope that the data from our analysis can be used to better inform health policy and decision making in the state of Florida and serve as a template for researchers hoping to examine similar variables in their regions of interest.



Virtual Posters

Emotional Impact of Social Areas of Children with Cancer During Their Hospital Stay and Fundraising: Design of Spaces for the Well-being and Support to Raise Public Awareness Through Donations

Mariana Alvarado, Associate Professor, Industrial Design Department, Universidad de Monterrey, San Luis Potosí, Mexico

At present it is imperative to pay attention to social and inclusive causes that foster a more just society. Within the 17 Sustainable Development Goals set by the UN there is an exclusive one for well-being and health, therefore, this project seeks to raise awareness about the diseases of the last century like cancer that continue to progress and grow due to various factors, including our style of life. In the present investigation there are two main problems about long stays in hospitals and how they directly affect the emotional state of pediatric cancer patients due to their vulnerability at the psychological level. On the other side we hope as well to help to raise awareness in people and raise funds for treatments. There is currently a trend known as healing environments, which helped detect the area of opportunity between the hospital environment and design for children. For this project it was decided to find a balance between the psychological and physiological needs of the patient, through the intervention of the environment being these spaces or products. In the other side side we tried to worked with the Alliance Anticáncer Infantil which is a shelter where children and young people from 0-21 years are supported. With the foregoing, we designed products that help raise funds for childhood cancer, through the use of emotional design.



Virtual Posters (Spanish)

Alimentación y aparato digestivo

Efecto de la ingesta de bacterias probióticas, aisladas de leche humana, sobre la microbiota intestinal de personas con problemas de colon irritable

Edgar Balcazar López, México

Jesús Alonso Amezcua López, Universidad de Guadalajara, México

Josué Raymundo Solís Pacheco, Universidad de Guadalajara, México

Jessica Guadalupe Solís Aguilar, Médico pasante, Universidad de Guadalajara, México

Josué Raymundo Solís Pacheco, Profesor, Universidad de Guadalajara, México

Blanca Rosa Aguilar Uscanga, Profesora Investigadora, Centro Universitario de Ciencias Exactas e Ingenierías de la Universidad de Guadalajara, México

Orfil González Reynoso, México

Microbiota en heces de personas con padecimiento de estreñimiento, gastritis y colon irritable

Jacqueline Andrea Álvarez Vega, México

Ariana Rodríguez Arreolas, Universidad de Guadalajara, México

Manuel Loera Parra, Estudiante, Universidad de Guadalajara, México

Yadhira Alejandra Gómez De Lira, Estudiante, Universidad de Guadalajara

Josué Raymundo Solís Pacheco, Profesor, Universidad de Guadalajara, México

Blanca Rosa Aguilar Uscanga, Profesora Investigadora, Centro Universitario de Ciencias Exactas e Ingenierías de la Universidad de Guadalajara, México

Encapsulación de probióticos aislados de leche humana, para la elaboración de helado de yogurt

Andrea Paola Galván Corral, Estudiante, Universidad de Guadalajara, Jalisco, México

Nicole Hernández Camacho, Estudiante, Universidad de Guadalajara, México

Josué Raymundo Solís Pacheco, Universidad de Guadalajara, México

Javier González García, Estudiante, Universidad de Guadalajara, México

Jesús Alonso Amezcua López, Universidad de Guadalajara, México

Blanca Rosa Aguilar Uscanga, Profesora Investigadora, Centro Universitario de Ciencias Exactas e Ingenierías de la Universidad de Guadalajara, México

Evaluación de compuestos nutricionales y antinutricionales en leche humana, de madres toxicómanas y con problemas patológicos

Jesús Alonso Amezcua López, Estudiante, Universidad de Guadalajara, Jalisco, México

Blanca Rosa Aguilar Uscanga, Profesora Investigadora, Centro Universitario de Ciencias Exactas e Ingenierías de la Universidad de Guadalajara, México

Elisa García Morales, Hospital Civil de Guadalajara "Fray Antonio Alcalde", México

Josué Raymundo Solís Pacheco, Universidad de Guadalajara, México

José Alfonso Gutiérrez Padilla, Universidad de Guadalajara, México

Jessica Guadalupe Solís Aguilar, Médico pasante, Universidad de Guadalajara, México

Eusebio Angulo Castellanos, CUCS, Universidad de Guadalajara, México

Educación en hábitos alimentarios: Una mirada a partir de las prácticas establecidas en el Programa de Alimentación Escolar (PAE) de Bogotá y la realidad social de la IED María Cano y el CED Rural Mochuelo Alto

David Camargo Cárdenas, Universidad Antonio Nariño, Bogotá, Colombia

Yuly Carrero, Universidad Antonio Nariño, Bogotá, Colombia



Virtual Posters (Spanish)

Prácticas de alimentación infantil y aceptación de alimentos saludables en niños menores de tres años: Conociendo y modificando las prácticas en el contexto natural para favorecer la alimentación saludable

Cynthia Nayeli Esqueda Sifuentes, Universidad Autónoma de Aguascalientes, México

Marina Liliana González Torres, Investigadora, Universidad Autónoma de Aguascalientes, México

Lidia González-Orozco, Estudiante de máster, Universidad Autónoma de Aguascalientes, México

Alejandra Altamirano Hernández, Universidad Autónoma de Aguascalientes, México

Rodrigo Carranza Jasso, Profesor Investigador, Universidad Autónoma de Aguascalientes, México

Hugo Eduardo Reyes Huerta, Universidad Autónoma de Aguascalientes, México

Diseño por intención a tratar en meta-análisis de ensayos clínicos: Análisis de simulación en nutrición

Miguel López Espinoza, Doctorando, Escuela Internacional de Doctorado, Universidad Católica de Murcia, España

Educación preconcepcional y práctica de la lactancia materna: Una reflexión desde un enfoque ecológico

Sayda Milena Pico Fonseca, Doctoranda, Universidad de Caldas, Colombia

Diana Paola Betancurth Loaiza, Docente, Universidad de Caldas, Caldas, Colombia



Virtual Posters (Spanish)

Aspectos sociales

Redes de apoyo para la promoción de la salud sexual y reproductiva en adolescentes y jóvenes ecuatorianos: Estudio comparativo entre niveles educativos (básica superior-universidad)

Erika Ruperti, Docente, Universidad Estatal de Milagro, Ecuador

Diana Carolina Ortiz Delgado, Docente, Universidad Estatal de Milagro, Ecuador

Jessica Macías, Docente, Universidad Estatal de Milagro, Ecuador

Influencia de la madre soltera por elección en la familia del siglo XXI: Estudio regional en el Ecuador

Erika Ruperti Lucero, Docente e Investigadora, Universidad Estatal de Milagro, Guayas, Ecuador

Holguer Estuardo Romero, Investigador – Docente, Universidad Estatal de Milagro, Guayas, Ecuador

Edwin Arcos, Profesor, FACAC, Universidad Estatal de Milagro, Guayas, Ecuador

Relación del Índice de Desarrollo Humano y sus componentes con el cáncer oral en América Latina: Estudio ecológico

Edith Lara Carrillo, Universidad Autónoma del Estado de México, México

Brenda Yuliana Herrera Serna, Investigadora, Universidad Autónoma de Manizales, Caldas, Colombia

Regiane Cristina Do Amaral, Investigadora, Universidade Federal de Sergipe, Brasil

Víctor Hugo Toral Rizo, Universidad Autónoma del Estado de México, México

Raúl Alberto Aguilera Eguía, Investigador, Universidad Católica de la Santísima Concepción, Chile

Percepciones, experiencias y estrategias de afrontamiento del apoyo psicológico a víctimas de crisis y emergencias en los policías locales de la demarcación de Girona: Las víctimas terciarias

María Estrada, Organismo de Salud Pública de la Diputación de Girona (Dipsalut), España

Gemma Brunet Rivero, Técnica de Promoción de la Salud, Organismo de Salud Pública de la Diputación de Girona (Dipsalut), España

Promoviendo la equidad a partir de la monitorización de las desigualdades en la región de Girona: Diagnóstico participado de necesidad de datos sobre desigualdades para el fomento de la equidad en áreas rurales

Laura Lázaro Lasheras, Organismo de Salud Pública de la Diputación de Girona (Dipsalut), España

Pau Batlle, Organismo de Salud Pública de la Diputación de Girona (Dipsalut), España

Sílvia Oliveras Casadella, Organismo de Salud Pública de la Diputación de Girona (Dipsalut), España

Xavier Perafita Basart, Organismo de Salud Pública de la Diputación de Girona (Dipsalut), España

Alba Tarrés Bosch, Organismo de Salud Pública de la Diputación de Girona (Dipsalut), España

Angi Vila Pujolras, Organismo de Salud Pública de la Diputación de Girona (Dipsalut), España

Plan municipal de salud, bienestar y desarrollo sostenible en una comunidad rural: Práctica a nivel micro de promoción de la salud y la equidad a través de los datos del Observatorio en desigualdades sociales y de la salud

Pau Batlle Amat, Organismo de Salud Pública de la Diputación de Girona (Dipsalut), España

Angi Vila Pujolras, Organismo de Salud Pública de la Diputación de Girona (Dipsalut), Girona, España

Laura Lázaro Lasheras, Organismo de Salud Pública de la Diputación de Girona (Dipsalut), Girona, España

Alba Tarrés Bosch, Organismo de Salud Pública de la Diputación de Girona (Dipsalut), España

Xavier Perafita Basart, Organismo de Salud Pública de la Diputación de Girona (Dipsalut), España

Narcís Pou Martí, Universitat de Girona, Girona, España

Dolors Juvinyà, Cátedra Promoción de la Salud, España

Sílvia Oliveras Casadella, Organismo de Salud Pública de la Diputación de Girona (Dipsalut), España

Josep Pujol Fuster, Ayuntamiento de Torroella de Montgrí, España

Tanit Siches, Ayuntamiento de Torroella de Montgrí, España

Maribel Canales, Ayuntamiento de Torroella de Montgrí, España

Josep Maria Blázquez, Ayuntamiento de Torroella de Montgrí, España



Virtual Posters (Spanish)

Enfermería transcultural en la Atención Primaria de Salud: Estudio de caso

Diana Paola Betancurth Loaiza, Docente, Universidad de Caldas, Caldas, Colombia

Liliana Orozco Castillo, Docente, Universidad de Caldas, Caldas, Colombia

Alexandra Giraldo Osorio, Docente e investigadora, Grupo de investigación Promoción de la Salud y Prevención de la Enfermedad, Universidad de Caldas, Caldas, Colombia

Adriana Milena Mejía Alarcón, Enfermera, Universidad de Caldas, Colombia

Natalia Sánchez Palacio, Docente, Salud Pública, Universidad de Caldas, Caldas, Colombia

La psicología en el deporte a través de los medios de comunicación: Estudio de caso de El País, Marca, y Sportlife

Francisco Ortín, Universidad de Murcia, Murcia, España

Carmen Castelo, Profesora asociada, Comunicación y Documentación, Universidad de Murcia, Murcia, España

Gamificación digital y salud: Una taxonomía para el uso profesional sanitario

Ibai Ubieta Pérez, Estudiante, Universidad del País Vasco, España

Gaizka Pérez, Universidad de Deusto, España

Salud pública, salud ambiental y producción minera en Colombia Daniel Acosta, Profesor, Ingeniería Agroecológica, Corporación Universitaria Minuto de Dios, Bogotá, Colombia

Liliana Figueroa Del Castillo, Profesor/Investigador, Universidad El Bosque, Colombia

Camilo González-Martínez, Profesor, Corporación Universitaria Minuto de Dios; Universidad El Bosque; Universidad del Sinú, Colombia

Karina Susana Pastor Sierra, Profesora, Universidad del Sinú, Colombia

Ricardo Antonio Tobón Rojas, Profesor Investigador, Ingeniería, Universidad El Bosque, Universidad Minuto de Dios, Bogotá, Colombia

Adriana Lucia Acevedo Supelano, Universidad El Bosque, Colombia

Retos a los que se ha de enfrentar los sistemas de salud occidentales ante el cambio climático y propuesta de soluciones: ¿Son sostenibles los sistemas de salud ante la presente situación económica y ambiental?

Andrés Ursa, Director, Consulta privada de medicina integrativa, Valladolid, España



Virtual Posters (Spanish)

Jóvenes, adolescentes, universitarios

Desarrollo neuropsicológico en estudiantes universitarios

Holguer Estuardo Romero, Investigador – Docente, Universidad Estatal de Milagro, Guayas, Ecuador
Odalys Navarro, Estudiante, Universidad Estatal de Milagro, Guayas, Ecuador

Exposición a situaciones de violencia interpersonal en adolescentes mexicanos: Diferencias entre usuarios y no usuarios de drogas

Erika Cortés Flores, Universidad Veracruzana, Veracruz, México
Jorge Luis Arellanez Hernández, Investigador, Instituto de Investigaciones Psicológicas, Universidad Veracruzana, Veracruz, México
Enrique Romero Pedraza, Universidad Veracruzana, Veracruz, México
Martha Elba Ruiz Libreros, Universidad Veracruzana, Veracruz, México

Recursos y barreras del Modelo de los Servicios de Salud Amigables para Adolescentes y Jóvenes (SSAAJ): Experiencias percibidas por los profesionales de la salud

Linda Teresa Orcasita, Docente, Investigadora, Pontificia Universidad Javeriana Cali, Colombia
Daniela Garrido Ríos, Pontificia Universidad Javeriana Cali, Colombia
Juan Sebastián Rueda Toro, Pontificia Universidad Javeriana Cali, Colombia

Niveles de empatía en estudiantes y tutores clínicos en odontología

Pilar Torres Martínez, Dentista, Universidad San Sebastián, Chile
Víctor Patricio Díaz Narváez, Profesor investigador, Universidad Andrés Bello, Chile
Carolina A Barrios Penna, Docente, Universidad San Sebastián, Chile
Verónica Alejandra Aravena Castillo, Universidad San Sebastián, Chile
Alejandra Contreras Escanilla, Universidad San Sebastián, Chile
Fernanda Cristi, Docente, Instituto Profesional AIEP, Chile
Aracelis Calzadilla Núñez, Universidad Bernardo OHiggins, Chile

Educación para la salud: La competencia comunicativa-lingüística y los resultados académicos alcanzados en grandes prematuros (resultados preliminares)

María Del Rosario Mendoza Carretero, Estudiante, Estudios Educativos, Universidad Complutense de Madrid, Madrid, España

Acoso escolar y salud mental: Consecuencias clínicas

Roberto García Sánchez, Docente, Universidad de La Laguna, Santa Cruz de Tenerife, España

La promoción de la salud entre adolescentes con Healthy Jeart

María De Los Ángeles Merino Godoy, Profesora, Universidad de Huelva, Huelva, España
María Soledad Palacios Gálvez, Universidad de Huelva, Huelva, España
Carmen Yot, Universidad de Huelva, Huelva, España

Afrontamiento y manejo emocional en estudiantes de enfermería: Superación del estrés en las prácticas clínicas

Elizabeth Martínez Bahena, Profesora, FES Iztacala Enfermería, Universidad Nacional Autónoma de México, México
Diana Cecilia Tapia Pancardo, Profesora, División de Investigación y Posgrado, Universidad Nacional Autónoma de México, México



Virtual Posters (Spanish)

Detecciones y tratamientos

Regeneración de tejidos en humanos

Cinthia Ugarte Sandoval, Directora de investigación, EPOCA, Bolivia

Barreras que obstaculizan la detección precoz de cáncer de mama

Ma. del Rocío Figueroa, Universidad Autónoma de Nayarit, México

Raquel Rocío Hernández Pacheco, Universidad Autónoma de Nayarit, México

Predicción de sobrevida en niños lesionados: Desempeño de escalas de trauma en Cali, Colombia (2011-2019)

Andrés Fandiño Losada, Universidad del Valle, Colombia

Ana María de los Ríos, Doctoranda, Universitat Autònoma de Barcelona, Barcelona, España

Alberto Federico García

Seguridad del dispositivo de innovación tecnológica "DYNAtraq" en pacientes con traqueostomía y ventilación mecánica

Mabel Margoth Reyes Pulido, Docente, Universidad de Santander UDES, Santander, Colombia

Mauricio Orozco Levi, Fundación Cardiovascular de Colombia, Santander, Colombia

Alba Ramírez Sarmiento, Unidad de Investigaciones, Servicio de Neumología, Fundación Cardiovascular de Colombia, Santander, Colombia

Diana Carolina Tiga Loza, Profesora, Universidad Manuela Beltrán, Colombia

Sistema para el monitoreo cinético de la patada Neryo Chagui en adolescentes de la disciplina de Taekwondo

Maria de Lourdes Cortés Ibarra, Investigadora, Instituto Politécnico Nacional, México

Héctor Becerril Mendoza, Instituto Politécnico Nacional, México

Leonardo Mendoza López, Instituto Politécnico Nacional, México

Validación de la Escala de Sentido de Coherencia (SOC): Una revisión temática

Natalia Sánchez Palacio, Docente, Universidad de Caldas, Caldas, Colombia

Diana Paola Diana Paola Betancurth Loaiza, Docente, Universidad de Caldas, Caldas, Colombia

Consuelo Vélez Álvarez, Docente, Universidad de Caldas, Caldas, Colombia



Virtual Posters (Spanish)

Gestión personal y de la ansiedad

Medicina complementaria y acupuntura: Control de la migraña a través de acupuntura y métodos alternativos

Olga Zueva, Terapeuta, Medicina alternativa, Centro de bienestar y salud, México

Alejandro Farfán, Investigador, Área de investigación e innovación pedagógica, Centro de bienestar y salud, Puebla, México

Salud y bienestar: Evaluación de trastornos de ansiedad en pacientes que asisten a la consulta

Carmen Graciela Zambrano Villalba, Docente, Psicología, Universidad Estatal de Milagro, Ecuador

Análisis de Evaluación del desempeño de los trabajadores y directivos en el hospital de Tabio, Cundinamarca

Luz Deicy Florez, Investigadora, Universidad de Cundinamarca Extensión Chía, Cundinamarca, Colombia

Percepción sobre la actividad física en confinamiento

Manuel Ángel González Berruga, Profesor e Investigador, PUCESE, Esmeraldas, Ecuador

Angustia Moral en personal de salud en contextos de fin de vida hospitalaria: Necesidades y alternativas de intervención

Jerónimo Ramírez Pazos, Estudiante, Pontificia Universidad Javeriana, Bogotá, Colombia

María Paula Cuervo Landinez, Estudiante, Pontificia Universidad Javeriana, Bogotá, Colombia

Andrea López, Estudiante, Pontificia Universidad Javeriana, Bogotá, Colombia

Diego Arias Delgado, Estudiante, Pontificia Universidad Javeriana, Bogotá, Colombia

Darío Alejandro Velásquez Robles, Pontificia Universidad Javeriana, Bogotá, Colombia

Ana María Medina Chávez, Profesora, Pontificia Universidad Javeriana, Bogotá, Colombia

Andrés Salgado Cendales, Estudiante, Pontificia Universidad Javeriana, Bogotá, Colombia

Aproximaciones psicológicas y afectivas

Autoinmunes en la mujer: Una mirada distinta desde la psicología

Juan Cruz Cúneo, Fundador y Presidente, Fundación de Ayuda Psicológica Humanitaria, Buenos Aires, Argentina

Victoria Grilli, Psicóloga, Buenos Aires, Argentina

Cuerpo y Educación: Promoviendo relaciones humanas más saludables de lo que tenemos en común

Beatriz Tonglet Vasconcelos, Estudiante, Universidad Estatal de Campinas, São Paulo, Brasil

Personalidad, sueños y psicoterapia

Francisco Piña González, Universidad Autónoma de Yucatán, México

Eréndira Estrella Vázquez Vargas, Profesora, Universidad Autónoma de Yucatán, México

Exposición de innovaciones

Fortaleciendo la Salud Pública en un municipio de México durante la pandemia de COVID-19: Diseño y desarrollo organizacional de una estructura municipal acorde a la realidad de México

Miguel Ángel Torres Rosales, Presidente Municipal Villanueva, Zacatecas, México

Ernesto Alvarado Flores, Asesor/Docente investigador, Departamento de Salud Pública Municipal/Escuela de Medicina

Humana UAZ, Presidencia Municipal Villanueva, Zacatecas, México/ Universidad Autónoma de Zacatecas, México, Zacatecas, México

Celina Huerta Blanco, Presidencia Municipal Villanueva, Zacatecas, México

Nancy Jacobo Noriega, Presidencia Municipal Villanueva, Zacatecas, México

Flor de María Ramírez Soto, Presidencia Municipal Villanueva, Zacatecas, México

Sandra Esmeralda Piñón Escareño, Presidencia Municipal Villanueva, Zacatecas, México

Heladio Gerardo Verver y Vargas Ramírez, Presidencia Municipal Villanueva, Zacatecas, México

Verónica Ortega Pérez, Presidencia Municipal Villanueva, Zacatecas, México



Pósteres virtuales

Efectos del estrés psicológico sobre la toma de decisiones bajo incertidumbre: Variables moduladoras

Arantxa Duque Moreno, Profesora, Universidad Internacional de Valencia, Valencia, España

Ismael Castro, Universidad Internacional de Valencia, Valencia, España

Irene Cano-López, Universidad Internacional de Valencia, Valencia, España

Sara Puig-Pérez, Universidad Internacional de Valencia, Valencia, España

La categorización y preferencia de alimentos en niños preescolares mexicanos

Marina Liliana González Torres, Investigadora, Universidad Autónoma de Aguascalientes, México

Hugo Eduardo Reyes Huerta, Universidad Autónoma de Aguascalientes, México

Rodrigo Carranza Jasso, Profesor Investigador, Universidad Autónoma de Aguascalientes, México

Lidia González-Orozco, Estudiante, Universidad Autónoma de Aguascalientes, México

El sistema inmunológico y las defensas psicoemocionales: Correlación en las autoinmunes

Victoria Grilli, Psicóloga, Independiente, Buenos Aires, Argentina

Juan Cruz Cúneo, Fundador y Presidente, Fundacion de Ayuda Psicológica Humanitaria, Buenos Aires, Argentina

El consumo de bebidas energizantes en jóvenes universitario

Luz Selenia Márquez García, Coordinator, Hospital UPR Dr. Federico Trilla, Puerto Rico

Asociación de triglicéridos con resistencia a la insulina como posible predictor de enfermedades cardiometabólicas en estudiantes universitarios

Claudia Elena González Sandoval, Profesora, Universidad de Guadalajara, México

Rosario Lizette Uvalle Navarro, Universidad de Colima, México

Yolanda Díaz Burke, Profesora, Universidad de Guadalajara, México

María Luisa Muñoz Almaguer, Profesora, Universidad de Guadalajara, México

Ma Gloria Gómez Sánchez, Universidad de Guadalajara, México

Claudia Verónica Mederos Torres, Estudiante, Universidad de Colima, México

Perfil de pacientes con hipertensión y/o diabetes mellitus tipo II concurrentes a la Unidad de salud familiar: Programa de hipertensión y diabetes a escala nacional de atención primaria de salud en Paraguay

Liz María Ojeda Soley, Profesional de salud, Ministerio de salud pública y bienestar social, Asunción, Paraguay

Relación del índice TG/HDL como predictor de riesgo cardiovascular y obesidad en jóvenes universitarios

Claudia Elena González Sandoval, Profesora, Universidad de Guadalajara, México

Claudia Verónica Mederos Torres, Estudiante, Universidad de Colima, México

Yolanda Díaz Burke, Profesora, Universidad de Guadalajara, México

María Luisa Muñoz Almaguer, Profesora, Universidad de Guadalajara, México

Ma Gloria Gómez Sánchez, Universidad de Guadalajara, México

Rosario Lizette Uvalle Navarro, Universidad de Colima, México

Eficacia de la terapia asistida con leones marinos en población con diversidad funcional o psicopatología

Gemma Benavides Gil, Profesora, Universidad Miguel Hernández, Alicante, España

Jéssica Santamaría Gómez Lobo, Universidad Miguel Hernández, Alicante, España

Fermín Martínez Zaragoza, Universidad Miguel Hernández, Alicante, España



Pósteres virtuales

Las condiciones de vida de la juventud de nacionalidad extranjera en España: Aproximación y limitaciones a su estudio

Mariano Agustín González Chouciño, Universidad de Alicante, Alicante, España

Raúl Ruiz Callado, Universidad de Alicante, España

Extracción y estudio de las propiedades antioxidantes del extracto de alcachofa (*Cynara scolymus*): Caracterización previa para su uso como alimento funcional

Mónica Rosalía Jaime Fonseca, Instituto Politécnico Nacional, México

Fabiola Mallon Mercado, Instituto Politécnico Nacional, México

Patricia Vergara Aragón, Instituto Politécnico Nacional, México

Evaluación de tecnologías de la salud: El paradigma portugués

Daniela Correia, ACES Baixo Vouga, Portugal

Pedro Lopes, Medical Doctor, Public Health resident, Public Health Unit, ACES Baixo Vouga, Portugal

La ventaja biológica de la insularidad: El archipiélago de las Azores a comienzos del siglo XX

Javier Puche, Profesor, Universidad de Zaragoza, Zaragoza, España

Terapia de Aceptación y Compromiso y estigma: Una revisión sistemática

Noelia Navarro Gómez, Universidad de Almería, España



List of Participants

Odette Aimee	University Of Southern California	United States
Melgar Alba Elizabeth	Texas State University	United States
Fuentes Garcia Alejandra	Universidad de Chile	Chile
Zúñiga Fajuri Alejandra	Universidad de Valparaiso	Chile
Kanekar Amar	University of Arkansas at Little Rock	United States
Vermeesch Amber	University of Portland	United States
Phillips Amelia	University of South Florida	United States
Brace Andrea	Towson University	United States
Lazzari Andrea	UF/IFAS	United States
Vossler Andreas	Open University	United Kingdom
Lombarts Angelique	Hotelschool The Hague	Netherlands
Hall Ashley	University of Central Arkansas	United States
Meredith Ashley	Purdue University	United States
Williams Ashley	Emory Pediatrics Residency Program	United States
Buzali Benjamin	Universidad del Valle de México	Mexico
Shephard Beth	UF/IFAS	United States
Mistler Brian	ResolutionCare	
Radis Brie	West Chester University	United States
Kennedy Carla J	La Trobe University	Australia
Smathers Carol	Ohio State University	United States
Nizard Caroline	Lausanne University	Switzerland
McFadden Carrie	Towson University	United States
Colgan Catherine	Ithaca College	United States
Prochnau Catherine (Cassie)	MacEwan University	Canada
McGlathery Chauncey	The Mindful Family	United States
Ramos Cheryl	University of Hawaii	United States
Green Cheryl Ann	Southern Connecticut State University	United States
Norton Christine	Texas State University	United States
Mc Duffie Christopher	AToN Center	United States
Widagdo Citta	University of Birmingham	United Kingdom
Nover Cynthia	Eastern Washington University	United States
Wong Daniel	Lasalle College of the Arts	Singapore
Tynes Danika	Georgia Tech Research Institute	United States
Chesire David	University of Florida, College of Medicine	United States
Widdowson Deborah	University of Auckland	New Zealand
Zuercher Deborah K.	University of Hawaii at Manoa	United States
Mohr Derek	Appalachian State University	United States
Vontobel Elisabeth		New Zealand
Jesch Elizabeth	Ithaca College	United States
Brennan Elliot	University of Sydney	Australia
Pressman Emily	Ithaca College	United States
Okyere-Twum Ernest	Universite Paris Descartes	France
Aly Ezzeldin R.	Florida A & M University	United States
Obiechina Georgy Ogonna	University of Port Harcourt	Nigeria
Alshuwaiyer Ghadah	Indiana University Kokomo	United States
Velasquez Gloria	Texas State University	United States
Ekenedo Golda	University of Port Harcourt	Nigeria
Diaz Gwendolynn	Origins Health	United States
Wyss Halina	University of Portland	United States
Ben-Zur Hasida	University of Haifa	Israel
Van Mullem Heather	Lewis-Clark State College	United States



List of Participants

Yeung Ivy	University of Hawaii	United States
Holden Janice Miner	University of North Texas	United States
Cruz Jasmine	St. John Fischer College	United States
Gonzalvo Jasmine	Purdue University College of Pharmacy	United States
Cha Jee-Weon	Grinnell College	United States
Massey Johnathan	University of Southern Maine	United States
De Rothewelle Jonathan	Harry S Truman College	United States
Lukoševičiūtė Juste	Lithuanian University of Health Sciences	Lithuania
Gray Kara		
Calumet, PhD,MHA Karla M.	Boise State University	United States
Smalley Katelyn	Imperial College London	England
Perdomo Katherine	Ithaca College	United States
Palaniappan Kavitha	The University of Newcastle, Australia, Singapore Campus	Singapore
Asadisarvestani Khadijeh	University of Sistan and Baluchestan	Iran
Knowlton Kim	La Sierra University	United States
Sarver Kimber	University of Florida, IFAS Extension	United States
Valencia Laura E	University of Florida	United States
Vu Le Thao Chi	Keio University	Japan
Stevens Lee	West Florida Hospital, Pensacola Florida	United States
Gray Lori	Western Michigan University	United States
Furne Lu	TDC	Australia
Almutairi Lulu	Saudi Food and Drug Authority	Saudi Arabia
Parsons Madison	California Polytechnic University San Luis Obispo	United States
Stromer Malka	MidWestern University	United States
Braun Maria	Family Medicine Associates of Wyomissing, PC	United States
Mortati Maria	Maria Mortati Experience Design	United States
Alvarado Mariana	Universidad de Monterrey	Mexico
Becz Marika	California State University Stanislaus	United States
Oxley Mark E	US Air Force Institute of Technology, Graduate School of Engineering and Management	United States
Drysdale Maureen	St. Jerome's University/University of Waterloo	Canada
Droznin Maxwell	University of Central Florida	United States
Kagan Maya	Ariel University	Israel
Whitehead Michael	South Eastern Sydney Local Health District	Australia
Yetman Michelle	Louisiana State University	United States
Ranney Molly	CSULB	United States
Zúñiga Fajuri Monica	Tiburcio Vasquez Health Center	United States
Saleminik Moti	University of Cincinnati	United States
Guay Noelle	University of Florida	United States
Adeagbo Olalere Adegboyega	The Polytechnic Ibadan	Nigeria
Olowofoyeku Olukemi O.	De Montfort University	England
Romano Pablo	Stanford University School of Medicine	United States
Riley Patrick	ODIN	United States
Banerjee Priya	State University of New York, College at Brockport	United States
de Monchy Rene		
Gutierrez Rodolfo	Cooperative University of Colombia	Colombia
Relova Rona Margaret	Stanford University	United States
Dolon Ronald	Ball State University	United States
Kendrick Allwood Salathiel	Emory + Children's Pediatric Institute	United States
Savickaite Samanta	Klaipeda University Hospital	Lithuania
Buck Sarah	Chicago State University	United States



List of Participants

Parsons Sarah	University of Central Arkansas	United States
Mattoli Scarlett	Psynamo Group	Hong Kong
Townsend Scott	Appalachian State University	United States
Canning Shelley	University of the Fraser Valley	Canada
Snook Sky Elisabeth	H./öppner Household	Germany
Sen Soma	San Jose State University	United States
John Sophie	University of Vermont	United States
Webster Stephanie	University of Florida	United States
Bennett Steve	Western Washington University	United States
Kurtz Steven P.	Nova Southeastern University	United States
Epstein Susan	Florida State University	United States
Jung Suyee	University of Sheffield	United Kingdom
Diaz Tania	Albizu University	United States
Piccardi Tatiana	Instituto Federal de Educação, Ciência, e Tecnologia de São Paulo	Brazil
Shockley Tiffany	Queens University of Charlotte	United States
Hamilton Tina	De Montfort University	Israel
Shigaki Tomoko	Mie University	Japan
Spero Vanessa	University of Florida	United States
Perry Veronica	University of Southern California	United States
Culpin Vicki	Ashridge Executive Education	England
Jiménez Díaz Benito Victor	Universidad Camilo José Cela	Spain
Liou Wen Ying	National Chiayi University	Taiwan
Awan Zahid	Pennsylvania Counseling Services	United States

Health, Wellness, & Society Research Network

*Exploring the intersections of human physiology and
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Founded in 2011, the Health, Wellness, & Society Research Network is brought together by a common concern in the fields of human health and wellness, and in particular their social interconnections and implications.

Present

The annual Health, Wellness, & Society Conference is built upon three key features: Internationalism, Interdisciplinarity, and Inclusiveness. Delegates include leaders in the field, as well as emerging scholars and practitioners, who travel to the conference from all corners of the globe and represent a broad range of disciplines and perspectives. A variety of presentation options and session types offer delegates multiple opportunities to engage, to discuss key issues in the field, and to build relationships with scholars from other cultures and disciplines.

Publish

The Research Network enables members to publish through two media. First, network members can enter a world of journal publication. *The International Journal of Health, Wellness, and Society* provides a framework for member based double-blind peer review, enabling authors to publish into academic journals of the highest standard, but also to participate in the validation of knowledge that is produced by the Research Network. The second publication medium is through the Health, Wellness & Society Book Imprint, where we publish cutting edge books in print and electronic formats.

Build Community

When you join the Health, Wellness & Society Research Network, you become part of an international network of scholars, researchers, and practitioners. Membership makes our independent organization possible. As a Health, Wellness & Society Research Network member you have access to a broad range of benefits, tools, and resources:

- Digital subscription to *The International Journal of Health, Wellness, and Society* for one year
- Digital subscription to the Health, Wellness & Society Book Imprint for one year
- One article publication per year (pending peer review).
- Participation as a reviewer in the peer review process, with the opportunity to be listed as a Reviewer.
- Subscription to the e-newsletter, providing access to news and announcements for and from the Research Network.
- Option to add a video presentation to the research network YouTube channel.
- Free access to the **CGScholar** social knowledge platform, including:
 - ◊ Personal profile and publication portfolio page;
 - ◊ Ability to interact and form communities with peers away from the clutter and commercialism of other social media;
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Themes & Tensions

On the dimensions of wellness in body and mind

Theme 1: The Physiology, Kinesiology, and Psychology of Wellness in its Social Context

- Fundamental concepts of wellness: "goods," "bads," "shoulds"
- The psychology of wellness
- Health promoting behaviors
- Health risk appraisals, screenings, and interventions
- The measurement of wellness
- Evaluations of long-term impacts of health and wellness programs
- Health and wellness with disabilities
- Disability support services and independent living
- Physical fitness, aging, and the effects on health and wellness
- Health related fitness programs
- Physical fitness and its role in mental health
- Physical activity, self esteem, and wellness
- Health, fitness, and media-driven concepts of beauty
- Media influences on health risk behaviors

On the systematic study of human health

Theme 2: Interdisciplinary Health Sciences

- Cross-disciplinary and professional perspectives: medicine, nursing, pharmacy, dentistry, psychology, physical therapies, dietetics, social work, counseling, sports science
- Health technologies
- Home healthcare workers role in wellness
- Integration of complementary and alternative medicine into a health system
- Nutraceuticals and supplements for health
- Genome sciences, chronic disease prevention
- Personalized medicine
- The increasing role of psychological drugs
- The business of unwellness and the negative health industries
- Biomedical aging research
- Immunobiological research
- Epigenetics research
- Ancestry and health, traits, and diseases
- Regenerative medicine
- Biomedical occupational health and safety



Themes & Tensions

On community responsibilities to foster wellness and proactive health policies and practices

Theme 3: Public Health Policies and Practices

- Public health and communications technologies
- Sustainable innovation strategies in public health
- Global public health development and sustainability
- Public health provider development and healthcare reform impacts
- Public health and disease prevention
- New and emerging public health and safety risks
- Biosafety and biosecurity
- Acquired infections and health workers
- Environmental threats to health and wellness
- Community environmental health planning
- Occupational health and safety's role in health and wellness
- The food industry and government (FDA) food policy
- Immunization programs and serum banking
- Global availability of vaccines, the supply chain, and supply economics
- Racial, ethnic, gender, socio-economic, and rural disparities in healthcare
- Life balance, health, and wellness within community cultures
- The economics of health and wellness in society
- Poverty, health, and wellness
- Infant and child health
- Social determinations of health and wellness
- Health, wellness, and the effects of social exclusion
- The environment, quality of life, and wellness.
- Urbanization in developing countries: environmental health impacts
- WHO policies on world nutrition
- Child food insecurity

On informal and formal health education

Theme 4: Health Promotion and Education

- Promotion of health, well being, and health literacy
 - School physical education curriculum and its effects on health
 - Wellness coaching and fitness for improved health
 - Health education for non-literate populations
 - Web-based health education
 - Information technologies in healthcare
 - Health and wellness in the workplace
 - Health, life expectancy, and the cost of living longer
 - New and emerging health and safety risks
 - Occupational health and safety education and training
 - Institutional influences on health and wellness
 - Quality of life, spirituality, and wellness
 - Nutrition for health and wellness
 - The food linkage to unwellness
 - Obesity in affluent societies
 - Family mealtime patterns, child feeding practices, and their effects on health
-



Scope and Concerns

The Physiological and the Psychological

People are empowered through health and wellness to embrace their life's potential. Health and wellness is about each individual's responsibility to themselves to make good choices, and proactive and preventative approaches to health that support optimum levels of physical, emotional and social functioning—living a nondestructive lifestyle, focusing on purposefully positive health and a fostering sense of general well-being. The foundation of health and wellness should be a socially accessible, culturally sensitive public and professional understanding of the most pressing health issues today—including awareness of risks and preventative measures to address cancer, cardiovascular health, STIs, obesity, nutrition, diabetes, chemical exposure, accidents and violence, to name just a few of the range of actual and potential health threats.

Wellness is a process of becoming aware of and learning to make healthy choices that lead toward a longer and more fulfilling life. It is the recognition of the deep interconnections between physiological health and the psychological, physical, spiritual, and social needs that are necessary for us to enjoy higher levels of human functioning.

The Social and the Medical

To some, an improvement in health may simply arise from having an opportunity to eat, or to live in proper housing that isn't overcrowded, and to live in a disease free environment that isn't polluted with the industrial toxic chemicals that may be driving the economic development upon which they are dependent.

While health and wellness is a booming global industry, we are still falling short in educating world citizens on nutrition and lifestyle, how to avoid stress on the job, and how to be healthy and avoid disease. A clean and healthy environment, a safe workplace, access to nutritious unprocessed foods, housing and healthcare are the foundations of a healthy life and well-being that is adequate in any and all economic socio-economic circumstances.

Interdisciplinary Health Sciences

Medical research along with new drugs and vaccines, safer more nutritious food and health practices will help to determine the answer, but what will be the social dependencies which determine success or failure of medical programs and interventions? None of the large and important questions about the relations between health and society can be tackled from single-disciplinary perspectives. For instance, how can health communications, particularly using the new social media, create a global health education classroom? How will the worldwide population finally acquire access to vaccines for common diseases? Will occupational health and safety follow economic and industrial development globally? Will research on aging give us longer, more productive lives or rather a longer non-productive life expectancy with no joy? Can cultural and ancestry-based personal medicine help eradicate disease?

Public Health

When global health and wellness is achieved, a paradox comes with success. With health and a safer, less toxic world comes increased life expectancy, lower infant mortality, larger populations placing additional stress on economies, higher per capita medical care, housing, food and water production, and immunization programs for possible new pandemics.

Societies as a whole, governments and those involved in interdisciplinary medical research, public safety and community environmental health and literacy have an obligation to join together to solve the problems of today while at the same time planning for the problems arising from those successes.



Advisory Board

The Health, Wellness & Society Research Network is grateful for the foundational contributions, ongoing support, and continued service of the following world-class scholars and practitioners

Health, Wellness & Society Research Network Advisory Board

- Graham Basten, De Montfort University, Leicester, UK
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Scholar

The CGScholar platform is developed by the Common Ground Media Lab, the research and technology arm of Common Ground Research Networks.

The CGScholar platform is today being used by knowledge workers as diverse as: faculty in universities to deliver e-learning experiences; innovative schools wishing to challenge the ways learning and assessment have traditionally worked; and government and non-government organizations connecting local knowledge and experience to wider policy objectives and measurable outcomes. Each of these use cases illustrates the different knowledge communities that CGScholar serves, while also opening spaces for new and emerging voices in the world of scholarly communication.


Our Supporters and Partner

As they say, "it takes a village." CGScholar is a suite of apps based on the theoretical work of world-renowned scholars from the College of Education and Department of Computer Science at the University of Illinois Urbana-Champaign and the generous support of:



Use **CGScholar** to stay connected with your Research Network peers ...

Community

-  Fill out your profile to maximize visibility
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-  Add PowerPoint slides or videos of your presentation





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The Common Ground Media Lab is the research and technology arm of Common Ground Research Networks. Common Ground Research Networks has been researching knowledge ecologies and building scholarly communication technologies since 1984.

Since 2009 we have had the fortune of being based the University of Illinois Research Park while building our latest platform – **CGScholar**. This is a suite of apps based on the theoretical work of world-renowned scholars from the College of Education and Department of Computer Science at the University of Illinois Urbana-Champaign. **CGScholar** has been built with the support of funding from the US Department of Education, Illinois Ventures, and the Bill and Melinda Gates Foundation.

The **CGScholar** platform is today being used by knowledge workers as diverse as: faculty in universities to deliver e-learning experiences; innovative schools wishing to challenge the ways learning and assessment have traditionally worked; and government and non-government organizations connecting local knowledge and experience to wider policy objectives and measurable outcomes. Each of these use cases illustrates the differing of knowledge that **CGScholar** serves, while also opening spaces for new and emerging voices in the world of scholarly communication.

We aim to synthesize these use cases to build a platform that can become a trusted marketplace for knowledge work, one that rigorously democratizes the process of knowledge-making, rewards participants, and offers a secure basis for the sustainable creation and distribution of digital knowledge artifacts.

Our premise has been that media platforms – pre-digital and now also digital – have often not been designed to structure and facilitate a rigorous, democratic, and a sustainable knowledge economy. The Common Ground Media Lab seeks to leverage our own platform – **CGScholar** – to explore alternatives based on extended dialogue, reflexive feedback, and formal knowledge ontologies. We are developing AI-informed measures of knowledge artifacts, knowledge actors, and digital knowledge communities. We aim to build a trusted marketplace for knowledge work, that rewards participants and sustains knowledge production.

With 27,000 published works and 200,000 users, we have come a long way since our first web app in twenty years ago. But we still only see this as the beginning.

As a not-for-profit, we are fundamentally guided by mission: to support the building of better societies and informed citizenries through rigorous and inclusive social knowledge practices, offering in-person and online scholarly communication spaces.

CGNetworks.org/MediaLab

Health, Wellness & Society Journal

Committed to investigating emerging trends and issues of concern in the fields of human health and wellness and their social interconnections and implications



About the Journal



Indexing

Academic Search Alumni Edition (EBSCO)

Academic Search Elite (EBSCO)

Academic Search Premier (EBSCO)

Academic Search Complete (EBSCO)

Academic Search International (EBSCO)

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EBSCO Pharmacy Collection: India

STM Source (EBSCO)

The Australian Research Council (ERA)

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About

The International Journal of Health, Wellness, and Society offers an interdisciplinary forum for the discussion of issues at the intersection of human physiology and social life conditions. It is a focal point for scholarly and practice-based discussion in a time of growing public and research awareness of the relations between health and social wellbeing. The concept of “health and wellness” impacts all members of society, whether at a personal level in the positive senses of life-satisfaction and exhilaration, or problematically, through the cost and availability of remedial healthcare. Contributions to the journal range from broad scientific, sociological, philosophical, and policy explorations to detailed studies of particular physiological and social dynamics.

As well as papers of a traditional scholarly type, this journal invites case studies that take the form of presentations of practice—including documentation of socially-engaged practices and exegeses analyzing the effects of those practices.

The International Journal of Health, Wellness, and Society is peer-reviewed, supported by rigorous processes of criterion-referenced article ranking and qualitative commentary, ensuring that only intellectual work of the greatest substance and highest significance is published.

Editor



Dr. Alan Ewert, School of Public Health, Indiana University, Bloomington, USA

Reviewers

Articles published in *The International Journal of Health, Wellness, and Society* are peer reviewed by scholars who are active members of the Health, Wellness and Society Research Network. Reviewers may be past or present conference delegates, fellow submitters to the journal, or scholars who have volunteered to review papers (and have been screened by Common Ground’s editorial team). This engagement with the Research Network, as well as Common Ground’s synergistic and criterion-based evaluation system, distinguishes the peer review process from journals that have a more top-down approach to refereeing. Reviewers are assigned to papers based on their academic interests and scholarly expertise. In recognition of the valuable feedback and publication recommendations that they provide, reviewers are acknowledged as Reviewers in the volume that includes the paper(s) they reviewed. Thus, in addition to *The International Journal of Health, Wellness, and Society’s* Editors and Advisory Board, the Reviewers contribute significantly to the overall editorial quality and content of the journal.



Submission & Publication Process

The Publication Process

Step 1: Review the Requirements

All article submissions must meet the requirements listed: https://cgscholar.com/cg_support/en/docs/38. Before submitting your article, please thoroughly review these requirements and revise your article to follow these rules. Initial submissions that do not meet these requirements will be returned to the author(s) for revision.

Step 2: Upload the Submission

Once you have revised your initial submission to meet the article requirements, please visit our Article Submission page: https://cgscholar.com/cg_support/en/docs/39.

Step 3: Initial Submission Accepted for Peer Review

Submitted articles are then verified against the article requirements. If your article satisfies these requirements, your identity and contact details are then removed, and the article is matched to two appropriate reviewers and sent for review. Please note, during this time authors are eligible to be selected as reviewers. Full details regarding the rules, expectations, and policies on peer review can be found on our Publication Ethics page: <http://cgnetworks.org/journals/publication-ethics>.

Step 4: Peer Review Decision

When both reviewer reports are returned, and after the reviewers' identities have been removed, you will be notified by email and provided with the reports. Articles that have been rejected once in the peer review process are allowed a second opportunity to be reviewed by two new reviewers. To be reviewed by two new reviewers, you will need to make revisions based on the comments and feedback of the first round of review, and these changes must be detailed using a change note: https://cgscholar.com/cg_support/en/docs/41-change-note. If an article is not accepted by peer review after this second opportunity, it will be withdrawn from consideration.

Step 5: Membership Confirmation

If your article has been accepted or accepted with revisions, it will enter the membership confirmation stage. We require at least one author associated with the article to have a unique Network Membership or conference registration: https://cgscholar.com/cg_support/en/docs/33-how-to-register. Please note that a paid conference registration includes a complimentary Research Network membership. The benefits of network membership are listed here: https://cgscholar.com/cg_support/en/docs/65-membership-benefits.

Step 6: Publication Agreement

Next, you will be asked to accept the Publishing Agreement. If you are interested in Hybrid Open Access, this step is the best time to register for Open Access publication: <https://cgnetworks.org/journals/hybrid-open-access>.

Step 7: Prepare the Final Submission

After the publication agreement is accepted, you will have thirty days to complete any revisions to your final submission. Please ensure your final submission meets the final submission requirements before returning your article: https://cgscholar.com/cg_support/en/docs/53. This includes criteria such as the correct use of the Chicago Manual of Style (seventeenth edition) and the other listed requirements: https://cgscholar.com/cg_support/en/docs/42. Articles that have been accepted with revisions will require a change note to be included with the final submission. Articles that do not meet these requirements will be returned for revision.

Step 8: Final Checks

Once we have received the final submission of your article, our publishing department will review your final article submission.



Submission & Publication Process

Step 9: Copy Editing and Proof Inspection

If the final submission meets the final submission requirements, the article will enter copy editing. During copy editing, our editorial staff will note minor problems with citations, references, grammar, spelling, or formatting. The author(s) will be responsible for correcting these noted problems. Careful adherence to the article template and the citation style guide will greatly minimize the need for corrections. After all copy editing notes have been resolved, we will create a typeset proof for the author(s) to inspect.

Step 10: Article Publication

Individual articles are published "Online First" to our CGScholar bookstore: <https://cgscholar.com/bookstore>. After online-first publication, complete journal issues follow annually, biannually, or quarterly, depending on the journal. Online-first published articles include a full citation and a registered DOI permalink. Be sure to keep your CGScholar profile up-to-date (<https://cgscholar.com/identity>) and add your ORCID iD (<https://orcid.org/register>) to maximize article visibility.

Submission Timeline

You may submit your article for publication to the journal at any time throughout the year. The recommended rolling submission deadlines are as follows:

- Submission Round One – 15 January
- Submission Round Two – 15 April
- Submission Round Three – 15 July
- Submission Round Four – 15 October



Common Ground Open

Aligning with our model, works published using Hybrid Open Access are free to download from the CG Scholar webstore. Common Ground's open access journal articles are available in one central location—Common Ground Open. This dedicated space is accessible to open access listing organizations and aggregators. Hybrid Open Access content is also actively promoted across all of our Research Networks. Visit Common Ground Open at <https://cgscholar.com/bookstore/collections/common-ground-publishing/series/common-ground-open>.

Our Position and Our Model

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For more information, please visit: https://cgscholar.com/cg_support/en/docs/58-institutional-subscriptions

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International Award for Excellence

The International Journal of Health, Wellness, and Society presents an annual International Award for Excellence for new research or thinking in the area of global studies. All articles submitted for publication in *The International Journal of Health, Wellness, and Society* are entered into consideration for this award. The review committee for the award is selected from the International Advisory Board for the journal and the annual Health, Wellness & Society Conference. The committee selects the winning article from the ten highest-ranked articles emerging from the review process and according to the selection criteria outlined in the reviewer guidelines.

Award Winner, Volume 10

Andy Harper

For the Article

"Repudiate or Replicate: The Delegitimization of Soccer in Australia: 1880–1914," *The International Journal of Health, Wellness, and Society*, Volume 10, Issue 2

DOI: 10.18848/2152-7857/CGP/v10i02/11-28

Abstract

Modern Australia hosts a unique football landscape. Its four professional codes (Australian Rules, Rugby Union, Rugby League, Soccer) are supported by a population of just twenty-five million people. As distinct from most other countries and despite its long history in Australia, its British colonial past, and being an anglophile nation, soccer did not become the predominant, hegemonic football sport. In fact, soccer has historically been viewed as un-Australian and existed outside the mainstream and legitimized sports culture. Academic literature insists that Australian soccer's enduring plight has been one of problematic foreignness and ethnicity. Ethnicity becomes a major consideration in Australian soccer as a result of the mass immigration of Europeans post-1950. However, prior to this and since colonization in 1788, Australia was a largely homogenous (British) culture. Based on analysis of primary source material (via digitized newspaper archives) and secondary source sports and social history writing, this article investigates the roles of class and colonialism in the key period between 1850 and 1914, during which time the football games were organizing themselves and when soccer was originally marginalized. In challenging the incumbent ethnicity orthodoxy, this article highlights those elements of British colonial (sporting) culture that were deemed worthy of replication and those to be repudiated in the Australian colony, and how soccer fitted into this matrix.

The article "Repudiate or Replicate – The Delegitimization of Soccer in Australia; 1880-1914" was produced as part of my PhD thesis, undertaken at the University of Sydney, Australia. I undertook the PhD journey to formalise my understanding of the reasons for soccer's marginalisation and to challenge the hitherto accepted paradigms that soccer's lowly Australian status was as a function of its ethnicity. Australia, a card-carrying colony of the British Empire had successfully ostracised Britain's most popular game to the margins. Given Australia's homogenous societal makeup, it always seemed strange that ethnicity was used as a reason for this. This paper then, as reflected by its title, sought to understand what parts of British culture needed to be replicated on the Australian landscape and which were to be repudiated. In contending that soccer was actively repudiated by the colonials, this paper articulated an alternative explanation to the soccer-ethnicity nexus in understanding Australian sport. And on a personal level it provided a key foundation for my PhD research which has asserted that Australian sport, and soccer as a subset thereof, remains deeply immersed in the impacts of colonialism. This paper was a scene-setter for my PhD, which sought to understand the actual legitimization of Australian soccer, a process which took place with the sport's re-constitution in the early years of the 21st Century. As a result of this, soccer's performance and societal standing changed acutely to the point where it is now accepted in the matrix of acceptable Australian sports. In order to chronicle the sport's legitimization post 2003, it was therefore necessary to understand how and why the sport was not legitimate previously. And as part of the process of establishing a British colony in the South Pacific Ocean, the colonials decisively replicated and/or repudiated various cultural affectations, of which sport was certainly one category and from which soccer in particular was a major casualty.

— Andy Harper

Health, Wellness & Society Book Imprint

*Aiming to set new standards in participatory knowledge
creation and scholarly publication*



About the Book Imprint

Call for Books

The Health, Wellness & Society Research Network is setting new standards of rigorous academic knowledge creation and scholarly publication. If your book is a brilliant contribution to a specialist area of knowledge that only serves a small intellectual community, we still want to publish it.

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Books should be between 30,000 and 150,000 words in length. They are published simultaneously in print and electronic formats. To publish a book, please send us a proposal including:

- Title
- Author(s)/editor(s)
- Draft back-cover blurb
- Author bio notes(s)
- Table of contents
- Intended audience and significance of contribution
- Sample chapters or complete manuscript
- Manuscript submission date

Submit proposals by email to books@cgnetworks.org. Please note the book imprint to which you are submitting in the subject line.

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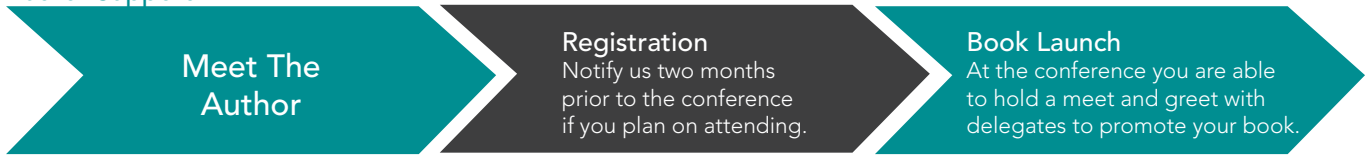
Better Feedback

Our process pairs authors with reviewers specialized in the area topic.



About the Book Imprint

Author Support



Five Minute Q&A Video

Newly published authors are encouraged to send in a five minute video about themselves that will allow them to interact with their readers. Once approved, the video will be uploaded to scholar, and shared through Common Ground Research Networks social media.

- What made you write about this subject?
- What is your favorite chapter of the book?
- What is your writing process like?
- What is the message that you would take away from your book?



Scholar Account

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Common Ground Research Networks is seeking distinguished peer reviewers to evaluate book manuscripts.

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A brief description of your professional credentials



A list of your areas of interest and expertise



A copy of your CV with current contact details



Radical Leisure: How Mothers Gain Well-Being and Control through Participation in Exercise Classes

Janet Currie



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'Normal' or 'good' mothers adhere as closely as possible to the ideology of motherhood. This involves a normative standard of a socially constructed role of someone who devotes her personal time, energy and resources to attending to the needs and welfare of her children and family. As part of the ethic of care surrounding motherhood, mothers don't feel justified in taking time out from their daily routine. It is therefore not surprising that lack of leisure, lack of time to self and poor mental health are health issues commonly experienced by working mothers.

Using Foucault's poststructuralist notions of the concepts of power, discourse and resistance, this book suggests that exercise classes taken at a mother's leisure offer her an outlet to challenge some aspects of her subordination. In her book, *Radical Leisure*, Dr. Janet Currie documents the rich accounts provided by mothers who, by participating in exercise classes, resist to find a space of their own and take control over their own lifestyle.

In *Radical Leisure*, Janet explains how mothers engaging in exercise classes may gain mental wellbeing and ease stress levels. When mothers participate in exercise classes, they can also feel in greater control of their body shape, but may use the classes in an attempt to shape and discipline their bodies to look a certain way. Mothers can choose what the classes mean to them, liberating or constraining. However, the sense of freedom and stress relief mothers gain from exercise class participation is well worth the effort.

Author Bio:

With a background of over 30 years' lecturing in University health and physical education, Dr. Janet L. Currie, PhD has also maintained leadership of community group fitness classes. Her research specialises in the promotion of social and emotional wellbeing including the perceived benefits of physical activity related to improvements in subjective wellness. Janet's publications include groundbreaking research articles and books on mental health and wellness lifestyles.

Janet has gained unique hands-on experience contributing to government and NGO health policy development and health promotion research. The original creator and author of *Stroll Your Way to Well-Being*, the innovative and socially engaging *Strollers Pramwalking* groups designed for new mothers, Janet has also written *Managing Motherhood*—detailing strategies new mothers recommend for promoting subjective wellness. In her latest book, *Radical Leisure*, Janet delivers in-depth and rich accounts of the meaning of exercise class participation, through the perspectives of her participants.



Adventure Therapy around the Globe: International Perspectives and Diverse Approaches

Christine L. Norton, Cathryn Carpenter, and Anita Pryor (eds.)



Adventure Therapy around the Globe is an important, peer-reviewed collection of papers pulled from the 5th and 6th International Adventure Therapy Conference proceedings. These papers present international perspectives and diverse approaches to adventure therapy theory, practice and research. Adventure therapy program models and interventions from around the world are presented here to help adventure therapy practitioners develop new ideas and approaches for helping participants find healing and enhance wellbeing in the natural world.

Editor Bios:

Christine Lynn Norton, PhD, LCSW is an associate professor of social work at Texas State University. She has been involved in the field of adventure therapy for over 20 years, as a practitioner, researcher and educator. Christine has served as the chair of the Therapeutic Adventure Professional Group, as a research scientist for the Outdoor Behavioral Healthcare Research Cooperative and as the U.S. representative to the Adventure Therapy International Committee (ATIC) since 2009. She is a wife and mother of three, and she believes deeply of the healing power of outdoor adventure.

Cathryn Carpenter has implemented outdoor experiential learning programs in educational and commercial settings over the last 30 years. She has been involved in the development and expansion of Bush Adventure Therapy within Australia and in the Adventure Therapy International Committee. Her current research interests focus on health and wellbeing through the design and evaluation of therapeutic and developmental programs and exploration of human connections to place. Whilst Cathryn is a senior lecturer developing a Youth Work curriculum at Victoria University; she is most alive when outdoors paddling, cross country skiing, walking, sketching or taking photographs.

Anita Pryor has been involved in the field of AT since 1996 as a practitioner, manager, trainer and researcher. She is co-chair of ATIC and an international representative of the Australian Association for Bush Adventure Therapy Inc. In 2009 Anita completed a PhD on Australian Outdoor Adventure Interventions, and is now a Director of Adventure Works Pty Ltd. Anita supports bush adventure therapy in Australia through the provision of programs and counselling, training and supervision, research and evaluation and innovative partnerships.

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