

## **BUILDING HEALTHY ACADEMIC COMMUNITIES (BHAC)**

### **Board of Directors**

**President:** Bernadette Mazurek Melnyk, PhD, APRN-CNP FAANP, FNAP, FAAN, is Vice President for Health Promotion and University Chief Wellness Officer at The Ohio State University. She is also a Professor of pediatrics and psychiatry in the College of Medicine and Founder of the Helene Fuld Health Trust National Institute for Evidence-based Practice at The Ohio State University. Dr. Melnyk is recognized nationally and globally for her clinical knowledge, expertise in evidence-based practice, mental health, and intervention research as well as her innovative approaches to health and wellness. Dr. Melnyk was the first Chief Wellness Officer appointed at a University in the U.S. She founded and is the current president of the National Consortium for Building Healthy Academic Communities. Dr. Melnyk is an elected member of the National Academy of Medicine, the American Academy of Nursing, the National Academies of Practice, and the American Association of Nurse Practitioners. She is a member of the board of directors for the National Forum for Heart Disease and Stroke Prevention. Dr. Melnyk has over \$33 million dollars of sponsored funding from federal agencies and foundations as a PI, is an editor of seven books, and has authored over 430 publications. As a member of the National Academy of Medicine's Action Collaborative on Clinician Well-being and Resilience, she is working to address the national crisis of healthcare provider burnout.

**Vice President:** Victor Tringali, EdD, CSCS, \*D is the Manager of employee well-being at the University of Virginia, where he provides leadership for the development and delivery of organization-wide well-being initiatives for the University's employees and their families. In addition to his administrative duties, he holds a faculty appointment at the UVA School of Medicine, where he leads applied practice and research projects for graduate students in the Master of Public Health program. Prior to arriving at UVA, he served as the Executive Director of University Wellness at Drexel University, where he led a nationally acclaimed well-being initiative for faculty, staff, and students. Dr. Tringali has dedicated more than 25 years to the health, fitness, and wellness industries – serving as an entrepreneur, author, speaker, and consultant. Dr Tringali's academic training includes bachelor's and master's degrees in Exercise Science and Health Promotion and a doctorate in Health and Physical Activity from the University of Pittsburgh.

**President-Elect:** Megan Amaya, PhD, CHES, NBC-HWC, CGFI-AFAA, is an associate clinical professor, director of health promotion and wellness, and co-director of the Bachelor of Science in Health & Wellness undergraduate degree program at The Ohio State University. Megan is a certified health education specialist, board-certified health and wellness coach, and certified group fitness instructor.

**Advisory Board Chair:** Bill Fox, EdD, has led the division of student affairs at Otterbein University since January 2023. Bill has worked in higher education for over 20 years, including a decade as dean of students at Denison University in Granville, OH. Prior to joining the Otterbein community, he led the student affairs division at Antioch College in Yellow Springs, OH. He is active in professional associations and strives to connect others to meaningful volunteer activities. In addition to Bill's work with Building Healthy Academic Communities, he also serves as the Don Schweingruber Senior Student Affairs Officer on the Board of the Ohio College Personnel Association and as a committee member for the National Association of Student Personnel Administrators Strategies Conferences.

**Fiscal Officer:** Candice Chick, MS, has been in different roles for over 20 years at California State Long Beach (CSULB), always with a focus on holistic approaches (mind, body & spirit) for students' success. Including a decade as the Student Affairs Coordinator with student athletes, following by supporting the campuses Health and Wellness Initiatives. Currently Candice is the Interim Director of Beach XP (short for *Beach Experience*), a partnership between Student Affairs and Academic Affairs to help establish a learning community for incoming first-time, first year students. Candice always strives to relate to the students' changing needs, by lecturing in a master's program in sports management while also volunteering with student' organizations. Candice works with BHAC because she believes well-being is the foundation to supporting our students in higher education today.

**Secretary:** Lindsey W. Nanney currently serves as the Associate Director for Academic and Student Affairs in the School of Health and Applied Human Sciences at the University of North Carolina Wilmington and has since 2018. The school is home to many degree programs: public health; exercise science; recreation therapy; gerontology; athletic training; tourism, recreation and sport; respiratory therapy and healthcare administration. She previously served as the Physical Activity and Wellness Coordinator at UNCW, a role that manages a program which reaches 1,600 undergraduate students each semester to equip them to live with high level wellness for the long term. She conducts research on the effectiveness of these programs in promoting student well-being and best practices for course curriculum and delivery. Lindsey published "Physical Activity and Wellness", an interactive, real-time 12 chapter e-book which focuses on the whole person benefits of physical activity and how to adopt a sustainable, adequate, and enjoyable active lifestyle. She earned her bachelor's degree at North Carolina State University, master's degree at East Carolina University and doctoral degree at University of North Carolina Greensboro.

**Research & Evidence-based Practice Chair:** Adrienne Martinez-Hollingsworth, PhD, RN, PHN, is a health disparities researcher exploring the impact of provider well-being on the delivery of chronic illness care and treatment uptake in the safety net. Some of her interventions use public art and community-based work groups that promote empathy and trust-building between historically under-resourced patients and providers. Currently she is the Director of Research and Evaluation in the AltaMed Institute for Health Equity in Los Angeles, CA.

**External Advancement & Collaborations Chair:** Elizabeth Click, DNP, ND, RN, CWP serves as medical director for Case Western Reserve University (CWRU) and also as an associate professor at the Frances Payne Bolton School of Nursing. She developed and continues to grow the comprehensive University Wellness Program for faculty and staff at CWRU. Dr. Click is a published author, researcher and national speaker with a focus on worksite well-being. She received a bachelor's degree in psychology from the College of Wooster and a Doctor of Nursing degree from Case Western Reserve University. Prior to joining the CWRU faculty, she was manager of wellness training at The Progressive Corporation in Cleveland for 12 years. This was a particularly significant time in the development of corporate wellness initiatives as Progressive, the third-largest auto insurance company in the country, was one of the first corporations to establish a worksite wellness program. Her major interest professionally and personally is in working with individuals and groups to support their present level of health and to help them reach even higher levels of wellness.

**Executive Director:** Laurel Van Dromme, MA, advances work for the Office of the Chief Wellness Officer (OCWO) as Chief of Strategic Partnerships & Special Projects. She has helped to launch and manage partnerships with national

organizations such as Partnership to Fight Chronic Disease, Million Hearts® initiative and by extension the American Heart Association and National Forum for Heart Disease & Stroke Prevention, and more. In working as the Executive Director of BHAC, Laurel is developing relationships to formalize collaborative agreements with higher educational institutions and national organizations to support the health and wellbeing of college students and employees across the United States. Laurel has experience managing complex and long-standing relationships and projects including: three CARES grant-funded projects, the building of Jane E. Heminger Hall, and a major renovation of Newton Hall to create the Center for Well-being & Prevention. Laurel has worked for 12 years at The Ohio State University, and previously at Arizona State University as senior development director for the College of Nursing. She is a graduate of The Ohio State University and University of California, Los Angeles.

**Administrative Assistant:** Rebecca Momany, MA, is a Senior Wellness Coordinator for the Office of the Chief Wellness Officer (OCWO) and provides support in various capacities to Bernadette Mazurek Melnyk, Vice President for Health Promotion and University Chief Wellness Officer (CWO). Rebecca supports BHAC's membership drive and records maintenance, planning for the biennial BHAC Summit, and other BHAC tasks. Rebecca received a bachelor's degree in Human Development from Cornell University in 2006. She has been employed at The Ohio State University since 2011 and received her Master's degree in Public Administration from Ohio State's John Glenn College of Public Policy in 2013. She joined the OCWO's team in August 2019.