

## EDITORS NOTE

Meredith Wallace Kazer, PhD, APRN-BC, FAAN  
Editor-in-Chief

As we launch our second volume of the BHAC Journal, I am delighted to share the important progress we've made over our last year of publication. Mrs. Stacey Gonzalez has joined us as our new fabulous editorial assistant. We've added a number of new reviewers, as well as new members to our advisory board. Submissions to the journal are at an all-time high. Most importantly, the BHAC Journal has been accepted for inclusion in Directory of Open Access Journals (DOAJ) and the International Academy of Nursing Editors (INANE) Directory of Nursing Journals. All of this could not have been accomplished without the vision of Dr. Bernadette Melynck, the support of the BHAC Consortium, our wonderful advisory board, authors and reviewers – thank you!

The timing could not be better to grow the science of BHAC. While some members of our academic communities continue a healthy lifestyle on our campuses, many others rely on their academic experience to set a strong foundation for healthy lives. This reality continues to underscore the need to ensure academic environments that promote the health and well-being of those with whom we live, teach and work. The number of entries we continue to receive highlights the evolving science in building academic communities. It is a privilege to lead the important work of disseminating best practices to ensure that all we touch in our academic work are provided with the foundation to continue and develop healthy practices throughout their lives.

This issue addresses a number of important health and wellness initiatives to do just that. We are thrilled to publish two position papers from the BHAC consortium on Nutrition and Sleep in University communities. This is followed by articles highlighting wellness promotion courses and empowering millennials to cope with life and academic challenges. The current college and university climates for students with disabilities are presented, with recommendations for practice and policy change. Finally, we include two research briefs highlighting innovative approaches to promoting professional behaviors and civility in nursing education and peer success in campus communities.

I could not be more honored to serve as Editor-in-Chief of a journal that offers so much to improve the health and wellness of our academic communities. The work we do ensures the availability of knowledge to promote health where faculty, staff and students live, learn and work. At times health promotion can be a slow process, as there is much to do and such initiatives are not always the top priority. But when institutions are ready, we've made scholarship available for action.

