

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

### **Board of Directors**

**President:** Megan Amaya, PhD, CHES, NBC-HWC, AFAA-CGFI, 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.

**Vice President:** Victor Tringali, EdD, CSCS, 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:** Lindsey W. Nanney, PhD, 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.

**Advisory Committee Chair:** Christina Lightner, PhD, CRNP, WHNP-BC, CNE, is an Assistant Teaching Professor and Coordinator of Academic Wellness at Penn State's Ross and Carol Nese College of Nursing. With 17 years of experience as a Registered Nurse and Board-Certified Women's Health Nurse Practitioner, she brings a deep commitment to advancing well-being in higher education through evidence-based strategies, faculty collaboration, and student-centered initiatives. A passionate leader in academic wellness, Dr. Lightner was honored with the 2025 BHAC Impact Award for her contributions to fostering a culture of health in academic environments. She is a Certified Nurse Educator (CNE®) through the National League for Nursing, a Creating Opportunities for Personal Empowerment (COPE) facilitator, and a Mental Health First Aider. Dr. Lightner has played a key role in integrating wellness across the curriculum, community partnerships, and faculty/staff engagement at a large, multi-campus institution. She is a collaborative and strategic thinker who values interdisciplinary connection, innovation, and the

practical implementation of wellness frameworks that support sustainable impact. She earned her Associate and Bachelor of Science in Nursing degrees from Penn State University, a Master of Science in Nursing with a specialization in Women's Health from the University of Cincinnati, and a PhD in Nursing from Indiana University of Pennsylvania.

**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:** Amy Prokop's academic and professional background have equipped her with a strong understanding of institutional dynamics, student engagement, and the critical importance of fostering community. Professionally, she serves as a Program Coordinator at the Stony Brook University School of Nursing, where she supports the academic and professional success of graduate nursing students. In addition to her student-centered work, she collaborates closely with the Stony Brook Student Nurses Association, helping to guide wellness initiatives and student leadership development. She also brings valuable administrative experience to the table, currently serving as the designated minute-taker for several School of Nursing committees. Her familiarity with organizing, documenting, and maintaining clear, accurate records of complex committee proceedings positions her well for the responsibilities of the Secretary role on the BHAC Board. As a Healthier U Ambassador at Stony Brook, she actively promotes holistic well-being among faculty, staff, and students by working collaboratively with campus partners to implement wellness initiatives and connect individuals with university resources. Her work reflects a consistent commitment to improving campus climate and supporting community health. Through her combined experience in academic administration, wellness advocacy, and committee support, she is well prepared to take on the duties of Secretary. She is enthusiastic about the opportunity to serve in a greater capacity, contribute her skills to a mission-driven organization, and continue building healthier academic communities through dedicated service.

**Research & Evidence-based Practice Chair:** Jean Eby, ScD, MS, MEd, is an epidemiologist and faculty member in the Department of Public Health Sciences at the University of Virginia. Jean focuses on prevention and health promotion in research and practice and promotes scientifically and ethically rigorous research to advance science and improve health. An epidemiologist, exercise physiologist, and health coach by training, Dr. Eby is the Director of the Research and Practice Track in the MPH Program. She has taught epidemiology at both the graduate and undergraduate levels for many years. She currently teaches the core graduate introductory epidemiology course in the Department of Public Health Sciences and the graduate course on Population Health Promotion in Research and Practice in the MPH Program, as well as an undergraduate epidemiology course. Jean is the co-director of the Collaborative for Promoting Health and Wellbeing. She also is an evaluator and facilitator on the Wisdom and Wellbeing Peer Support Training grant that aims to promote resilience and wellbeing in the health workforce. Jean

leads education on scientific integrity and human research protections, including the BIMS/PHS Research Ethics course that provides NIH-mandated training in the Responsible Conduct of Research. The focus of her work in this area is education that integrates methodology, ethics, and regulations. Jean earned her Doctor of Science (Epidemiology), Harvard School of Public Health, 2007, Certificate in Health & Wellness Coaching, Georgetown University, 2023, MED (Exercise Physiology), University of Virginia, 2018, MS (Epidemiology), Stanford University, 2003, and AB (Economics), Princeton University, 1999.

**External Advancement & Collaborations Chair:** Elizabeth Click, DNP, ND, RN, CWP, serves as medical director for Case Western Reserve University (CWRU) and 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 momentous 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 education 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. Laurel has worked for 13 years at The Ohio State University, and previously at Arizona State University as senior development director for the College of Nursing. Laurel was a Fulbright-Hayes Scholar and is a graduate of The Ohio State University and University of California, Los Angeles.