

President's Message: Introducing Our New BHAC President

As I assume role of President of the National Consortium for Building Healthy Academic Communities (BHAC), I wish to express my humble and honored sentiments related to leading an organization so committed to improving the lives of the nation's students, faculty, and staff who live and work in academic communities.

I am fortunate to work at a large and lively university (Ohio State) who has vested resources in the health and well-being initiative. Led by my boss Bern Melnyk, past-president of BHAC, and chief wellness officer and vice-president for health promotion, she is a person who dreams big, brings together people from all over who are passionate about health and wellness, and who has supported me throughout my career at OSU. Bern leaves big shoes to fill as founder and past-president, but I have a great administrative team, an incredible board of directors, and colleagues in our membership who I call friends, that I can lean on. Thank you, Bern, the Board, colleagues, and friends for your confidence and faith in me to lead BHAC.

I have several priorities for BHAC that will help us grow and evolve:

- Expand member resources
- Continue to offer member webinars
- Grow membership
- Develop a sustainability plan
- Partner and collaborate with existing health & wellness and leadership organizations in higher education
- Hold the 2025 BHAC Summit at the University of Virginia, April 10–11. We hope you can join us!
- Encourage members to contribute to the BHAC Journal to deepen our knowledge of health and wellness topics that can positively impact our academic communities.
- Encourage more members to serve as peer reviewers for the BHAC Journal

These are just a few to name. I am committed to my role as President and hope you will devote time and energy to your campus communities, to create cultures that help individuals thrive, engage, experience success, and live healthier and more productive lives. We have much work to do!

This issue of the BHAC Journal will touch upon the important role of Instructional Physical Activity and Wellness Programs, and aligns with our mission to equip academic institutions with evidence-based strategies and resources to improve population health and well-being of faculty, staff, students, alumni, and the communities they serve.

Be sure to look for my monthly note in our BHAC member newsletter. I am always available if you have feedback or suggestions. I appreciate member input; we want to meet your needs and learn from one another.

Sincerely,

Megan Amaya, PhD, CHES, NBC-HWC, AFAA-CGFI

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