

Editorial

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Editor-in-Chief

One of my earliest memories of my father finds him exercising to the instruction of Jack LaLanne on the living room television. Interestingly, standing on your head was a mainstay of Jack's exercise routine – go figure. My dad was ahead of his time, later that same day my second-grade teacher likely stubbed out a cigarette in the ashtray on her desk in the front of the classroom. Fast-food options were few, but a burger wrapped in paper with fries and a Coke was still a special treat we treasured.

We've come a long way in our attitudes toward health and wellness since pioneers like Jack LaLanne (and my dad) in the seventies. Consequently, as a nurse, the health of my patients has always been at the heart of my care plans. However, recommending healthy interventions in stressful clinical environments that require orders to get patients out of bed, rather than keep them in it, still seems counter-productive. Don't get me started on wheeling the patient through cloud of cigarette smoke at the clinic exit door, or trying to find patients an apple for a snack, instead of canned fruit cocktail. Like so many other clinicians, I also fight against a system that reimburses mostly for illness, not health. The Patient Protection and Affordable Care Act sought to right this imbalance, and move health science to the forefront of patient care, but...time will tell.

When I became a nurse-academic, carrying my personal and professional health and wellness goals to the campus community was a logical step. I was so pleased when the American Association of Colleges of Nursing (AACN) called upon nursing schools to implement smoke-free initiatives on campuses that housed Schools of Nursing. Of course, we should practice what we preach. At my Institution (with the exceptional leadership of Dr. Susan Bartos), we've adopted the building Healthy Academic Communities (BHAC) initiative and are steadily working toward the creation of a healthy campus environment. I couldn't be more thrilled to put my passion into the first issue of the BHAC journal and help disseminate the evolving science in building healthy campus communities.

In this inaugural issue, you'll find a number of articles focused on programs aimed to improve the health of college campuses. The issue begins by exploring the impact of choice in exercise motivation and physical activity among college students followed by a framework for physical activity in campus communities. An evaluation of campus-based dietary and influenza vaccine educational programs follow. The inaugural issue concludes with notes from the field evaluating the transition to tobacco-free campus and wellness workplace programs at two different universities.

Unfortunately, Jack LaLanne died in 2011 at the age of 96. My dad is still healthy and active, although he no longer stands on his head and prefers a more formalized yoga regime. I'm proud that my dad infused healthy living ideals into my brother and sisters and I at an early age and pleased to do my part to promote the health of others by disseminating best practices across college and university campuses worldwide.

I hope you enjoy this inaugural issue of the BHAC Journal. Keep an eye out for our next issue focused on mental health challenges and strategies for improvement which will be published in fall 2017.