

President's Message

Dear Colleagues,

A lot has happened in BHAC over the past six months, since our last journal edition. In particular, the 4th National BHAC Summit, as well as our webinar series, Member Portal, National Wellness Challenge, and so much more. With the terrific team effort led by the executive director, Kat Marriot, and our marketing director, Keira McGlone, along with the Board of Directors, Advisory board, and additional efforts, the Consortium continues to bring to life many of the goals and objectives from our strategic plan. The Summit, which takes a yeoman's amount of work, was a huge success, and we look forward to the next one in 2021 at the University of North Carolina, Wilmington. So many wonderful best practices and strategies to improve student, faculty, and staff health and wellness were shared, as well as innovative and novel ideas that can be expanded upon to further the literature base - which brings me to our fifth edition of the BHAC Journal, the one you are reading now.

As practitioners, we are passionate about the work we do. This is all the more reason why we need to continue to share our efforts with the broader field of academic health and wellness and health promotion as a whole. You, as the expert and the reader, can help translate research into practice. It is critical for us to all to continue to learn from each other, identifying where more work needs to be done and celebrating the efforts that are producing positive results. I hope you can take a few minutes to read some of the articles, to help you consider your wellness efforts as you move forward.

In addition, please consider contributing to the BHAC Journal. We need more solutions to the issues facing our college campuses. The journal is an important way for us to share our programs, outcomes and key topics with each other. In the words of Helen Keller, "Alone we can do so little; together we can do so much."

Sincerely,

Megan Amaya, PhD, CHES

Director of Health Promotion & Wellness

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President, National Consortium for Building Healthy Academic Communities

