

## A Message from BHAC Board President

Nothing happens unless first a dream—this is a famous saying by Carl Sandburg. With a big dream to improve population health and well-being in universities, colleges and their surrounding communities throughout the United States, I founded the National Consortium for Building Healthy Academic Communities (BHAC) in 2014, a year after our first National BHAC Summit. Fortunately, leaders from 16 founding Universities embraced that vision and, five years later, we are thriving as a national organization that is committed to accomplishing this dream. Another dream of ours was to launch the *Building Healthy Academic Communities Journal*. That dream has also come to fruition as this marks our sixth edition and a successful third year of publication.

In every issue of the BHAC journal, we have published excellent research studies and evidence-based quality improvement projects that are central to building healthy academic communities. These issues contain the same scientific rigor as past editions, along with innovative content.

In this current edition of the journal, we are pleased to include an exciting new feature: abstracts from last spring's highly impactful BHAC National Summit. Whether you missed this Summit or would like a review, you will find valuable data and information from these abstracts on many dimensions of health and well-being. This year's Summit, "Building Cultures of Well-being," brought together individuals from more than 60 institutions who shared evidence-based strategies and resources as well as national standards to optimize health and well-being in academic settings throughout the nation. We hope that you will glean new information and ideas from reading some of the work that was presented at our 2019 Summit and plan on attending our next Summit, which will be held in Wilmington, North Carolina in the spring of 2021.

Beyond the summit and the journal, BHAC provides you with outstanding tools, evidence-based practices and resources that you can use to enhance your academic wellness programming via our member portal. This portal contains valuable information for every leader and professional who is spearheading wellness at their academic institutions. We also have a number of informative webinars available, including the 30-Day Happiness Habit Challenge and Building a Thriving Community through Wellness Programs and Initiatives.

BHAC continues to provide new and exciting initiatives, such as the National Wellness Challenge, which begins in January. The challenge is a call to submit your innovative wellness program/activity that promotes physical, mental, financial, environmental or social wellness at your institution. We look forward to seeing the creative and engaging programs that are being delivered by our health and wellness colleagues. You can find all of the information on how to join the challenge on our website at [healthyacademics.org/resources](http://healthyacademics.org/resources).

BHAC thrives because of each of you and your terrific contributions to our purpose and passion. Together, we are improving the health and well-being of faculty, staff and students in academic communities throughout the nation. If you have not become actively involved in BHAC to date, I encourage you to do so as you will not find a more outstanding group of interprofessionals working together toward a common vision. Whether it be submitting a journal article, conducting a webinar, or serving on one of our committees, we value your voice. Please visit our website at [healthyacademics.org/](http://healthyacademics.org/) to find everything you need to know about BHAC, our upcoming programs, resources and opportunities for members.

What can we as BHAC do in the next five years if we know we cannot fail? Let's keep dreaming, discovering and delivering a healthier nation together.



As we approach the holidays, we have the opportunity to relax and recharge, yet sometimes we get caught up in the season's stress. As you take your holiday break this year, I encourage you to take some time to disconnect and block time to care for yourself and connect with your family and your friends. Wishing you a peaceful end to 2019, and a joyful and healthy 2020.

Warm and well regards,

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