



Centering Equity While Moving Through Wellness To Wellbeing

CONFERENCE SCHEDULE - DAY 1

Thursday, February 16, 2023

10:00 am - 1:00 pm	Conference Check-In at the <u>Hill Student Center</u> 3rd Floor Outside Ballrooms
12:00 pm	Shuttle from <u>UAB Hilton</u> to Hill Student Center will begin (Available until 5 pm)
9:30 am - 12:30 pm	Pre-Summit Steering Group Planning Meetings (Conference Room, Campus Recreation Center)
1:00 pm - 1:30 pm	Welcome (Ballrooms, Hill Student Center)
1:30 pm - 2:30 pm	Opening Keynote (Ballrooms, Hill Student Center) Centering Equity: The Imperative for Wellbeing in Person, Place and Planet, Sandro Galea, MD, MPH, DrPH
2:30 pm - 2:45 pm	Break out discussion (Ballrooms, Hill Student Center)
2:45 pm - 3:00 pm	Light Snack Break (Ballrooms, Hill Student Center)
3:00 pm - 4:00 pm	Student Panel (Ballrooms, Hill Student Center)
4:00 pm - 5:00 pm	US Health Promoting University President's Panel (Ballrooms, Hill Student Center)
5:00 pm - 5:30 pm	Cocktail Reception (Hallway Outside of Ballrooms, Hill Student Center)
5:30 pm - 6:15 pm	Buffet Dinner (Ballrooms, Hill Student Center)
6:15 pm - 7:30 pm	Roundtable Discussion - Moving the Okanagan Charter forward on your campus - Systems and Settings change strategies, assessment, etc. (Ballrooms, Hill Student Center)
7:30 pm	Day 1 Closing Day Remarks (Ballrooms, Hill Student Center)
7:45 pm - 9:45 pm	Shuttle to UAB Hilton from Hill Student Center



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CONFERENCE SCHEDULE - DAY 2

Friday, February 17, 2023

6:15 am - 6:45 am	Mindfulness Activity at the UAB Hilton (Pre-function Ballroom Space)
6:45 am - 8:45 am	Shuttle from UAB Hilton to the Hill Student Center
7:30 am - 8:00 am	Summit Check-In at the Hill Student Center 3rd Floor Outside Ballrooms (Only New Attendees)
8:00 am - 9:00 am	Keynote (Ballrooms, Hill Student Center) History as a Way to Connect the Dots, Kimberly Brown Pellum, Ph.D.
9:30 am	Depart from UAB Hill Student Center to <u>Birmingham Civil Rights Institute</u> , <u>16th Street Baptist Church</u> , and <u>Kelly Ingram Park</u> (Bus)
10:00 am - 1:00 pm	Civil Rights Trail Tours
1:00 pm	Return to UAB (Bus)
1:30 pm - 2:15 pm	Boxed Lunch & Roundtable Debriefing (Ballrooms, Hill Student Center)
2:30 pm - 3:45 pm	USHPCN Accepted Presentations (Meeting Rooms: 203, 204/206, 316, 318, Hill Student Center)
4:00 pm - 4:30 pm	USHPCN Transition of Leadership and Closing (Ballrooms, Hill Student Center)
4:30 pm	Shuttle to UAB Hilton from Hill Student Center
6:00 pm	Dinner on Your Own Ideas: <ul style="list-style-type: none"> • <u>The 10 Best Restaurants In Downtown Birmingham, Alabama</u> • <u>25 Black-owned restaurants in Birmingham you need to try now</u> • <u>THE 10 BEST Restaurants in Birmingham - Updated September 2022 - Tripadvisor</u>



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CONFERENCE SCHEDULE - DAY 3

Saturday, February 18, 2023

6:15 am - 6:45 am	Mindfulness Activity at the UAB Hilton (Pre-function Ballroom Space)
7:00 am - 8:00 am	Continental Breakfast at the UAB Hilton
8:00 am	Depart Birmingham UAB Hilton
9:15 am	Arrive at Legacy Museum
9:30 am	Guided conversation with Dr. Kimberly Brown Pellum
10:00 am	Depart Legacy for Rosa Parks Statue, Dexter Ave., and Parsonage
10:45 am	Head to <u>Pannie-George's</u> for lunch
11:00 am - 11:50 am	Lunch on your own Recommended: <ul style="list-style-type: none"> • <u>Pannie-George's Restaurant</u>
12:00 pm - 1:50 pm	Enter Legacy Museum
1:50 pm	Depart Legacy Museum for Legacy Memorial
2:00 pm - 3:00 pm	Legacy Memorial and Debrief with Dr. Kimberly Brown Pellum
3:00 pm	Depart from Montgomery to Birmingham (Coach Bus)
4:30 pm	Arrival Birmingham UAB Hilton

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KEYNOTE:

CENTERING EQUITY: THE IMPERATIVE FOR WELLBEING IN PERSON,
PLACE AND PLANET

Thursday, February 16, 2023: 1:30 pm - 2:30 pm

Sandro Galea, MD, MPH, DrPH



Sandro Galea, a physician, epidemiologist, and author, is dean and Robert A. Knox Professor at Boston University School of Public Health. He previously held academic and leadership positions at Columbia University, the University of Michigan, and the New York Academy of Medicine. He has published extensively in the peer-reviewed literature, and is a regular contributor to a range of public media, about the social causes of health, mental health, and the consequences of trauma. He has been listed

as one of the most widely cited scholars in the social sciences. He is past chair of the board of the Association of Schools and Programs of Public Health and past president of the Society for Epidemiologic Research and of the Interdisciplinary Association for Population Health Science. He is an elected member of the National Academy of Medicine. Galea has received several lifetime achievement awards. Galea holds a medical degree from the University of Toronto, graduate degrees from Harvard University and Columbia University, and an honorary doctorate from the University of Glasgow.

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KEYNOTE:

HISTORY AS A WAY TO CONNECT THE DOTS

Friday, February 17, 2023: 8:00 am - 9:00 am

Kimberly Brown Pellum, Ph.D.



Dr. Kimberly Brown Pellum is a public historian, professor and cultural projects and programs leader. She is the founder of The History Consultants boutique agency, which is committed to funneling academically sound and idea-inspiring history to the public and private sectors.

With a PhD in United States history from Howard University, she specializes in the history of women's images, southern culture and the Black Freedom Struggle. Her contributions to publicly accessible history include programming and narrative work at the Smithsonian Institution's National Museum of American History, The National Park Service, The Birmingham Civil Rights Institute, The Rosa Parks Museum and GOOGLE's Arts & Culture series.

Dr. Brown Pellum is a sought-after advisor and employs her expert understanding of the past to provide strategic direction and thought leadership to organizations committed to building a better world. Most recently, she directed Laurence King Publishing in their latest Black History commercial project for families: *Black Heroes*, a go-fish card game with an accompanying booklet of biographies. Committed to getting broad audiences excited about history, she has contributed to a number of volumes, as well as authored her own books including *Black Beauties: African American Pageant Queens in the Segregated South*.

Currently, she proudly serves as program coordinator for the Smithsonian's Africatown Slave Wrecks Project and the history faculty at the Florida A&M University.

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US HEALTH PROMOTING UNIVERSITY PRESIDENT'S PANEL

Thursday, February 16, 2023: 4:00 pm - 5:00 pm



President Ray Watts

The University of Alabama at Birmingham

[President Watts' Bio](#)



President Robyn Hannigan

Ursinus College

[President Hannigan's Bio](#)



President Sabah Randhawa

Western Washington University

[President Randhawa's Bio](#)



President Havidán Rodríguez

University at Albany

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PRESENTATIONS ROOM 1 - HSC 203

THEME: ESTABLISHING A SUCCESSFUL OKANAGAN CHARTER ADOPTION PROCESS

Friday, February 17, 2023

2:30 pm - 2:50 pm Presenters: Chris Dawe, Kathleen Hatch, Mary Jo Desprez	Join the movement one AND at a time The systems and settings level health promotion and wellbeing approach creates the opportunity for inviting diverse voices into the conversation to transform our institutions. Too often our silos reinforce ownership, competitiveness and scarcity. Health promotion is a vehicle to work WITH one another for innovative systems change. Co-creating and leveraging expertise from all perspectives unlocks the power of synergy. This session will energize your next steps in cultivating a local, national, and global wellbeing movement.
2:50 pm - 3:10 pm Presenters: Tanya Villhauer, Teri Schnelle	If you build it, they will come The University of Iowa is taking critical steps to champion well-being and create a health promoting campus and community. We would like to share our journey, from our President's commitment to health and well-being, to the creation of a Well-Being Collaborative, and integration of and alignment with the UI Strategic Plan. We are poised to adopt the Okanagan Charter in the spring as we work collaboratively and collectively with students, faculty, and staff to establish an equitable, sustainable framework to embed well-being and mental health into all aspects of our campus culture.
3:10 pm - 3:30 pm Presenter: Julie Edwards	Becoming a health promoting campus: Keys to a successful adoption and implementation This session will review how Cornell created a new sustainable backbone structure to oversee the work to embed health into all aspects of the academic, administrative, co-curricular, and operational culture of the university. This structure consists of a well-being council and diverse multi-disciplinary teams (e.g., academic, clinical services, campus community) charged with managing and monitoring health-promoting efforts, policies, and practices that map onto the guiding principles of the charter. The aim of this structure is to create a comprehensive and sustainable community of practice for promoting institutional leadership, community engagement, and whole system action across all levels of Cornell.
3:30 pm - 3:45 pm	Discussion/Q&A from sessions

PRESENTATIONS ROOM 2 - HSC 316

THEME: POST-ADOPTION CAMPUSES, KEEPING THE MOMENTUM & HEALTH EDUCATION, PREVENTION, HEALTH PROMOTION, AND WELL-BEING: UNDERSTANDING THE DIFFERENCES

Friday, February 17, 2023

2:30 pm - 2:50 pm Presenters: Rebecca Kennedy, Paul Erwin	UAB: Pursuing the vision, mission, and philosophy of an HPU In this presentation we will discuss UAB next steps as an HPU. We will outline our strategic plan to include the development of our Key Result Areas, Key Performance Areas, and Key Performance Indicators, as well as, our short and long term objectives. We will discuss how we used the Okanagan Charter Key Principles for Action as our guide and provide a road map for other HPUs who are working to develop a backbone structure for advancing wellbeing in person, place and planet.
2:50 pm - 3:10 pm Presenters: Kathleen Kelly, Tawana Davis	From surviving to thriving In June 2019, the Board of Trustees approved thrive@ Russell Sage, a major initiative focusing on health, wellness, and well-being across the campus community and beyond. A strategic plan with five major goals were developed including: Individual Wellness; thrive Across the Curriculum; Program Branded Events; Welcoming Diverse Community; and Sustainability. Since inception, this program has promoted positive psychology, mental health, inter-professional collaboration, DEI and community engagement. With adoption of the Okanagan Charter on October 14, 2022, the two calls to action and associated tenets align nicely with thrive @ Russell Sage and provide an enhanced Action Framework moving forward.
3:10 pm - 3:30 pm Presenters: Hope Corbin, Liz Mogford, Sislena Ledbetter	What is wellbeing? Insight and a planning tool based on WHO Geneva Charter for Wellbeing In this session, we will discuss the differences between health education, prevention, health promotion, and well-being, focusing on well-being as described in the new WHO Geneva Charter for Well-being (GC). One of the authors of the WHO background paper for the Geneva conference will share examples of policy initiatives from several countries that inspired the creation of the GC. We will suggest ways these policies might inspire creative action to promote health and wellbeing in higher education settings and share a brainstorming tool that can be used by the OC planning committee (and greater campus community) at your university.
3:30 pm - 3:45 pm	Discussion/Q&A from sessions

PRESENTATIONS ROOM 3 - HSC 204/206

THEME: THE INTERSECTION OF EQUITY, SOCIAL JUSTICE, AND WELLBEING

Friday, February 17, 2023

<p>2:30 pm - 2:50 pm</p> <p>Presenters: Liz Mogford, Hope Corbin, Sislena Ledbetter</p>	<p>Harnessing the Okanagan Charter to develop a tool for centering equity and wellbeing in the classroom</p> <p>Many university programs designed to address student wellbeing focus on the individual student and reside in campus health and wellness centers. However, the college environment itself is a determinant of health, and individual programs and services may not address underlying barriers to wellness that originate or are perpetuated within the campus environment. Critically, students of marginalized identities often face structural and social barriers to wellbeing on campuses, leading to unjust inequities. This presentation describes a student-led, assets-based participatory action study that identified systems-level interventions. We outline ways faculty can improve student wellbeing structurally by addressing power, building connection, and promoting wellbeing through pedagogy.</p>
<p>2:50 pm - 3:10 pm</p> <p>Presenter: Santee Ezell</p>	<p>The color of college health: Utilizing LEAP strategy to improve the wellbeing of minority students</p> <p>Systems of higher education are built by, and reinforce, systems of inequity, oppression, and white supremacy. -NASPA Peer Advisors Academy College students of color represent a disparities population based on greater levels of unmet health needs relative to white students. The last two years have highlighted the intersections of racial unrest, trauma, food insecurity, and financial concerns. and housing concerns among students. From significant stress to loss and grief, college students continue to be impacted by health disparities and inequalities. This session will discuss the importance of providing culturally specific programming on our college campuses utilizing the LEAP approach to reduce disparities, create a safe space, and increase belongingness among college students.</p>
<p>3:10 pm - 3:30 pm</p> <p>Presenter: Erica Owen</p>	<p>Resource coach program: Supporting University of Michigan employees experiencing economic instability</p> <p>Supporting basic needs and utilizing broader approaches to address social, economic, and environmental factors is critical to achieving health equity and improving population health. In the U-M employee population, data demonstrate that self-reported health risks are higher for individuals in lower wage-earning categories. The U-M Health and Well-being Services (MHealthy) has developed and implemented a Resource Coach Program that addresses annualized wage as a social determinant of health and serves employees experiencing significant financial hardship. Barriers to employment and retention through crisis management, hard and soft skills training, and connection to internal and external resources are addressed by the program.</p>
<p>3:30 pm - 3:45 pm</p>	<p>Discussion/Q&A from sessions</p>

PRESENTATIONS ROOM 4 - HSC 318

THEME: MEASURING SUCCESS THROUGH DATA COLLECTION AND ASSESSMENT

Friday, February 17, 2023

2:30 pm - 2:45 pm Presenter: Julie Edwards	Becoming a health promoting campus: Creating a sustainable evaluation plan This session will review the development and delivery of a comprehensive research and evaluation plan designed to assess the impact of programs, policies, and environmental changes on well-being at Cornell. It will review the three levels of the comprehensive evaluation model (i.e., program level, policy level, and environmental level), evaluation methods, key cross-culturally valid well-being indicators, and specific case examples for the current academic year. Case examples may include (a) evaluation of course-based, positive psychology interventions, (b) evaluation of academic and equity-based policy changes, and (c) embedding key well-being indicators in campus-wide surveys to monitor for shifts in culture over time.
2:45 pm - 3:00 pm Presenter: Sarah Brockway	An exploration of leadership in the adoption and implementation of the Okanagan Charter: A qualitative comparative case study This presentation will describe the research design, findings and conclusions of a comparative case study of three early adopting US Health Promoting Universities. Data included committee observations, relevant document review and open-ended interviews with fifteen higher education leaders. Analyzed data within each case was compared across cases to provide relevant patterns, similarities and differences with aim to better understand and guide further leadership practice to support successful adoption and implementation of the Okanagan Charter action framework. Discussion will include relevant ways to apply research findings to practice for establishing a successful Okanagan Charter adoption process.
3:00 pm - 3:15 pm Presenter: Katrin Ramsey	The effectiveness of a physical activity intervention program including complementary and alternative medicine exercise upon the health promotion and wellness of college students: A systematic review project College students have been identified as being a population at risk for physical, psychological, and physiological health impairments. The rigorous standards associated with higher education attendance often negatively impacts students ability to participate in self-care (particularly exercise activity) health promoting strategies. The National College Health Assessment reported in 2021 that only an estimated 61.8 percent of college students achieve the minimum 30 minutes of moderate intensity physical activity participation recommended per day. The purpose of this systematic review was to examine physical activity intervention program effectiveness (traditional and CAM exercise) upon the health promotion and wellness of college students.
3:15 pm - 3:30 pm Presenters: Rebecca Kennedy	Evidence and Policy based strategies to enhance the wellbeing of people, place, and planet Institutes of Higher Education (IHE) are increasingly implementing strategies to improve wellbeing. This presenter is a co-author of a new chapter that reviews evidence- and practice-based Higher Education well-being strategies under the organizational structure of the Okanagan Charter; that is, person, place, and planet-level approaches. Presently, the strongest evidence is for person-level interventions and is tied to student services, psychoeducation, and health promotion. Place-level strategies are commonly practiced and robustly supported by IHE, but lack mature empirical support. Planet-level approaches are only emerging in the literature. The presenter will share a summary of the evidence and suggestions for future research
3:30 pm - 3:45 pm	Discussion/Q&A from sessions



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