# Sixth International Conference on Health, Wellness & Society

Evaluating Health Policy and Practice - Wellness and 'Civic' Responsibility

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# Sixth International Conference on Health, Wellness & Society

"Evaluating Health Policy and Practice - Wellness and 'Civic' Responsibility"

20-21 October 2016 | Catholic University of America | Washington D.C., USA



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Designed by Ebony Jackson Cover image by Phillip Kalantzis-Cope



Dear Health, Wellness & Society Conference Delegates,

Welcome to Washington D.C. and to the Sixth International Conference on Health, Wellness & Society. The Health, Wellness & Society Research Network—its conference, journal, and book imprint—was created to provide a space to explore the fields of human health and wellness and in particular their social interconnections and implications.

Founded in 2011, the Inaugural Health, Wellness & Society Conference was held at the University of California, Berkeley, Berkeley, USA. The conference has since been hosted at the University Center, Chicago, USA, in 2012; the Universidad Federal de São Paulo, São Paulo, Brazil, in 2013; the University of British Columbia, Robson Square, Vancouver, Canada, in 2014; and the Universidad de Alcalá, Madrid, Spain, in 2015. Next year, we are honored to hold the conference at the University of Denver in Denver, USA, 5–6 October 2017.

Conferences can be ephemeral spaces. We talk, learn, get inspired, but these conversations fade with time. This Research Network supports a range of publishing modes in order to capture these conversations and formalize them as knowledge artifacts. We encourage you to submit your research to *The International Journal of Health, Wellness, and Society*. We also encourage you to submit a book proposal to the Health, Wellness & Society Book Imprint.

In partnership with our Editors and Community Partners the Health, Wellness & Society Research Network is curated by Common Ground Publishing. Founded in 1984, Common Ground Publishing is committed to building new kinds of research networks, innovative in their media and forward thinking in their messages. Common Ground Publishing takes some of the pivotal challenges of our time and builds research networks which cut horizontally across legacy knowledge structures. Sustainability, diversity, learning, the future of humanities, the nature of interdisciplinarity, the place of the arts in society, technology's connections with knowledge, the changing role of the university—these are deeply important questions of our time which require interdisciplinary thinking, global conversations, and cross-institutional intellectual collaborations. Common Ground is a meeting place for people, ideas, and dialogue. However, the strength of ideas does not come from finding common denominators. Rather, the power and resilience of these ideas is that they are presented and tested in a shared space where differences can meet and safely connect—differences of perspective, experience, knowledge base, methodology, geographical or cultural origins, and institutional affiliation. These are the kinds of vigorous and sympathetic academic milieus in which the most productive deliberations about the future can be held. We strive to create places of intellectual interaction and imagination that our future deserves.

I want to thank my Health, Wellness & Society Research Network colleagues—Rachael Arcario, Kimberly D. Kendall, and Dominique Moore—who have put such a significant amount of work into this conference.

We wish you all the best for this conference, and we hope it will provide you every opportunity for dialogue with colleagues from around the corner and around the globe.

Yours sincerely,

Dr. Bill Cope

Common Ground Publishing



Common Ground Publishing University of Illinois Research Park 2001 South First Street, Suite 202 Champaign, IL 61820 USA



## **Our Mission**

Common Ground Publishing aims to enable all people to participate in creating collaborative knowledge and to share that knowledge with the greater world. Through our academic conferences, peer-reviewed journals and books, and innovative software, we build transformative research networks and provide platforms for meaningful interactions across diverse media.

# **Our Message**

Heritage knowledge systems are characterized by vertical separations—of discipline, professional association, institution, and country. Common Ground identifies some of the pivotal ideas and challenges of our time and builds research networks that cut horizontally across legacy knowledge structures. Sustainability, diversity, learning, the future of the humanities, the nature of interdisciplinarity, the place of the arts in society, technology's connections with knowledge, the changing role of the university—these are deeply important questions of our time which require interdisciplinary thinking, global conversations, and cross-institutional intellectual collaborations. Common Ground is a meeting place for these conversations, shared spaces in which differences can meet and safely connect—differences of perspective, experience, knowledge base, methodology, geographical or cultural origins, and institutional affiliation. We strive to create the places of intellectual interaction and imagination that our future deserves.

# **Our Media**

Common Ground creates and supports research networks through a number of mechanisms and media. Annual conferences are held around the world to connect the global (the international delegates) with the local (academics, practitioners, and community leaders from the host community). Conference sessions include as many ways of speaking as possible to encourage each and every participant to engage, interact, and contribute. The journals and book imprints offer fully-refereed academic outlets for formalized knowledge, developed through innovative approaches to the processes of submission, peer review, and production. The research networks also maintains an online presence—through presentations on our YouTube channel, monthly email newsletters, as well as Facebook and Twitter feeds. And Common Ground's own software, **Scholar**, offers a path-breaking platform for online discussions and networking, as well as for creating, reviewing, and disseminating text and multi-media works.

# Health, Wellness & Society Research Network

Exploring the intersections of human physiology and the conditions of social life

The Health, Wellness & Society Research Network is brought together by a common concern for learning and an interest to explore issues of concern in the fields of human health and wellness, and in particular their social interconnections and implications. The community interacts through an innovative, annual face-to-face conference, as well as year-round online relationships, a peer reviewed journal, and a book imprint—exploring the affordances of new digital media.

# Conference

The conference is built upon four key features: internationalism, interdisciplinarity, inclusiveness, and interaction. Conference delegates include leaders in the field as well as emerging scholars, who travel to the conference from all continents and represent a broad range of disciplines and perspectives. A variety of presentation options and session types offer delegates multiple opportunities to engage, to discuss key issues in the field, and to build relationships with scholars from other cultures and disciplines.

# **Publishing**

The Health, Wellness & Society Research Network enables members to publish through two media. First, community members can enter a world of journal publication unlike the traditional academic publishing forums—a result of the responsive, non-hierarchical, and constructive nature of the peer review process. *The International Journal of Health, Wellness, and Society* provides a framework for double-blind peer review, enabling authors to publish into an academic journal of the highest standard. The second publication medium is through the book imprint, Health, Wellness & Society, publishing cutting edge books in print and electronic formats. Publication proposal and manuscript submissions are welcome.

# Community

The Health, Wellness & Society Research Network offers several opportunities for ongoing communication among its members. Any member may upload video presentations based on scholarly work to the community YouTube channel. Quarterly email newsletters contain updates on conference and publishing activities as well as broader news of interest. Join the conversations on Facebook and Twitter, or explore our new social media platform, **Scholar**.

On the dimensions of wellness in body and mind

# Theme 1: The Physiology, Kinesiology, and Psychology of Wellness in its Social Context

- Fundamental concepts of wellness: "goods," "bads," "shoulds"
- · The psychology of wellness and the measurement of wellness
- · Health promoting behaviors
- · Health risk appraisals, screenings, and interventions
- · Evaluations of long-term impacts of health and wellness programs
- · Health and wellness with disabilities
- · Disability support services and independent living
- · Physical fitness, aging, and the effects on health and wellness
- · Health related fitness programs
- · Physical fitness and its role in mental health
- · Physical activity, self esteem, and wellness
- · Health, fitness and media-driven concepts of beauty
- · Media influences on health risk behaviors

# Theme 2: Interdisciplinary Health Sciences

- Cross-disciplinary and professional perspectives: medicine, nursing, pharmacy, dentistry, psychology, physical therapies, dietetics, social work, counseling, sports science
- · Health technologies
- · Home healthcare workers role in wellness
- Integration of complementary and alternative medicine into a health system
- · Nutriceuticals and supplements for health
- · Genome sciences, chronic disease prevention
- · Personalized medicine
- · The increasing role of psychological drugs
- · The business of unwellness and the negative health industries
- · Biomedical aging research
- · Immunobiological research
- · Epigenetics research
- · Ancestry and health, traits, and diseases
- · Regenerative medicine
- · Biomedical occupational health and safety

On the systematic study of human health

On community responsibilities to foster wellness and proactive health policies and practices

# **Theme 3: Public Health Policies and Practices**

- · Public health and communications technologies
- · Sustainable innovation strategies in public health
- · Global public health development and sustainability
- · Public health, provider development, and disease prevention
- · Healthcare reform impacts
- · New and emerging public health and safety risks
- · Biosafety and biosecurity
- · Acquired infections and health workers
- · Environmental threats to health and wellness
- · Community environmental health planning
- · Occupational health and safeties role in health and wellness
- · The food industry and government (FDA) food policy
- · Immunization programs and serum banking
- · Global availability of vaccines, the supply chain and supply economics
- Racial, ethnic, gender, socio-economic, and rural disparities in healthcare
- · Life balance, health and wellness within community cultures
- · The economics of health and wellness in society
- · Poverty, health, and wellness
- · Infant and child health
- · Social determinations of health and wellness
- · Health, wellness and the effects of social exclusion
- · The environment, quality of life, and wellness.
- Urbanization in developing countries: environmental health impacts
- · WHO policies on world nutrition
- · Child food insecurity

On informal and formal health education

## Theme 4: Health Promotion and Education

- · Promotion of health, well being, and health literacy
- · School physical education curriculum and its effects on health
- · Wellness coaching and fitness for improved health
- · Health education for non-literate populations
- · Web-based health education
- · Information technologies in healthcare
- · Health and wellness in the workplace
- Health, life expectancy, and the cost of living longer
- · New and emerging health and safety risks
- Occupational health and safety education and training
- · Institutional influences on health and wellness
- · Quality of life, spirituality, and wellness
- Nutrition for health and wellness
- · The food linkage to unwellness
- · Obesity in affluent societies
- Family mealtime patterns, child feeding practices, and their effects on health





# **Evaluating Health Policy and Practice - Wellness and 'Civic' Responsibility**

Measures to evaluate health care systems, the health of populations, and clinical practices are shaped by broader political, economic, and societal forces. At times these forces tend to coalesce under a discourse of public health: government responsibility, public policy solutions, and social equity. At other times, issues of health and wellness are addressed in discourses of corporate or individual responsibility, consumer or individual action, and market equilibrium. The 2016 special focus for the Health, Wellness & Society Research Network is to the address the following questions: can we have evaluative criteria for heath and wellness, at the institutional and individual level that are not also influenced by the broader political, economic, and societal meanings in which they are situated? To what extent are individuals and organizations responsible for enacting healthcare change, both policy discussion and policy reform, within the purview of their own responsibilities? Extending this question to a more general societal level, how is health policy a bellwether for broader meanings of "civic responsibility"? What are the implications for health policies and practices when discussions about the civic focus on public health, or the ethics of organizations and consumers, impact real lives in real ways?

# The Physiological and the Psychological

People are empowered through health and wellness to embrace their life's potential. Health and wellness is about each individual's responsibility to themselves to make good choices, and proactive and preventative approaches to health that support optimum levels of physical, emotional and social functioning—living a nondestructive lifestyle, focusing on purposefully positive health and a fostering sense of general well-being. The foundation of health and wellness should be a socially accessible, culturally sensitive public and professional understanding of the most pressing health issues today—including awareness of risks and preventative measures to address cancer, cardiovascular health, STIs, obesity, nutrition, diabetes, chemical exposure, accidents and violence, to name just a few of the range of actual and potential health threats.

Wellness is a process of becoming aware of and learning to make healthy choices that lead toward a longer and more fulfilling life. It is the recognition of the deep interconnections between physiological health and the psychological, physical, spiritual and social needs that are necessary for us to enjoy higher levels of human functioning.

### The Social and the Medical

To some, an improvement in health may simply arise from having an opportunity to eat, or to live in proper housing that isn't overcrowded, and to live in a disease free environment that isn't polluted with the industrial toxic chemicals that may be driving the economic development upon which they are dependent.

While health and wellness is a booming global industry, we are still falling short in educating world citizens on nutrition and lifestyle, how to avoid stress on the job, and how to be healthy and avoid disease. A clean and healthy environment, a safe workplace, access to nutritious unprocessed foods, housing and healthcare are the foundations of a healthy life and well-being that is adequate in any and all economic socio-economic circumstances.

# **Interdisciplinary Health Sciences**

Medical research along with new drugs and vaccines, safer more nutritious food and health practices will help to determine the answer, but what will be the social dependencies which determine success or failure of medical programs and interventions? None of the large and important questions about the relations between health and society can be tackled from single-disciplinary perspectives. For instance, how can health communications, particularly using the new social media, create a global health education classroom? How will the worldwide population finally acquire access to vaccines for common diseases? Will occupational health and safety follow economic and industrial development globally? Will research on aging give us longer, more productive lives or rather a longer non-productive life expectancy with no joy? Can cultural and ancestry-based personal medicine help eradicate disease?

# **Public Health**

When global health and wellness is achieved, a paradox comes with success. With health and a safer, less toxic world comes increased life expectancy, lower infant mortality, larger populations placing additional stress on economies, higher per capita medical care, housing, food and water production, and immunization programs for possible new pandemics.

Societies as a whole, governments and those involved in interdisciplinary medical research, public safety and community environmental health and literacy have an obligation to join together to solve the problems of today while at the same time planning for the problems arising from those successes.

### **About**

The Health, Wellness & Society Research Network is dedicated to the concept of independent, peerled groups of scholars, researchers, and practitioners working together to build bodies of knowledge related to topics of critical importance to society at large. Focusing on the intersection of academia and social impact, the Health, Wellness & Society Research Network brings an interdisciplinary, international perspective to discussions of new developments in the field, including research, practice, policy, and teaching.

# **Membership Benefits**

As a Health, Wellness & Society Research Network member you have access to a broad range of tools and resources to use in your own work:

- Digital subscription to The International Journal of Health, Wellness, and Society for one year.
- · Digital subscription to the book imprint for one year.
- · One article publication per year (pending peer review).
- Participation as a reviewer in the peer review process, with the opportunity to be listed as an Associate Editor.
- Subscription to the community e-newsletter, providing access to news and announcements for and from the Research Network.
- Option to add a video presentation to the community YouTube channel.
- · Free access to the Scholar social knowledge platform, including:
  - Personal profile and publication portfolio page;
  - Ability to interact and form communities with peers away from the clutter and commercialism of other social media;
  - Optional feeds to Facebook and Twitter;
  - Complimentary use of **Scholar** in your classes—for class interactions in its Community space, multimodal student writing in its Creator space, and managing student peer review, assessment, and sharing of published work.

# Present and Participate in the Conference

You have already begun your engagement in the research network by attending the conference, presenting your work, and interacting face-to-face with other members. We hope this experience provides a valuable source of feedback for your current work and the possible seeds for future individual and collaborative projects, as well as the start of a conversation with research network colleagues that will continue well into the future.

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## **Publish Journal Articles or Books**

We encourage you to submit an article for review and possible publication in the journal. In this way, you may share the finished outcome of your presentation with other participants and members of the research network. As a member of the research network, you will also be invited to review others' work and contribute to the development of the research network knowledge base as an Associate Editor. As part of your active membership in the research network, you also have online access to the complete works (current and previous volumes) of journal and to the book imprint. We also invite you to consider submitting a proposal for the book imprint.

# **Engage through Social Media**

There are several ways to connect and network with colleagues:



Email Newsletters: Published monthly, these contain information on the conference and publishing, along with news of interest to the research network. Contribute news or links with a subject line 'Email Newsletter Suggestion' to support@healthandsociety.com.



**Scholar:** Common Ground's path-breaking platform that connects academic peers from around the world in a space that is modulated for serious discourse and the presentation of knowledge works.



Facebook: Comment on current news, view photos from the conference, and take advantage of special benefits for members at: http://www.facebook.com/HealthWellnessandSociety.



Twitter: Follow the research network @onhealthsociety and talk about the conference with #ICHWS16.



YouTube Channel: View online presentations or contribute your own at http://commongroundpublishing.com/support/uploading-your-presentation-to-youtube.



The principle role of the advisory board is to drive the overall intellectual direction of the Health, Wellness & Society Research Network and to consult on our foundational themes as they evolve along with the currents of the community. Board members are invited to attend the annual conference with a complimentary registration and provide important insights on conference development, including suggestions for speakers, venues, and special themes. We also encourage board members to submit articles for publication for consideration to *The International Journal of Health, Wellness, and Society* as well as proposals or completed manuscripts to the Health, Wellness & Society Book Imprint.

We are grateful for the continued service and support of these world-class scholars and practitioners.

- · Graham Basten, De Montfort University, Leicester, UK
- · Alan Ewert, Indiana University, Bloomington, USA
- · Kristen Harrison, University of Illinois at Urbana-Champaign, Urbana-Champaign, USA
- · James Marcum, Baylor University, Waco, USA
- · David Peters, University of Westminster, London, UK
- · Darlene Sredl, University of Missouri St. Louis, St. Louis, USA



# A Social Knowledge Platform

### **Create Your Academic Profile and Connect to Peers**

Developed by our brilliant Common Ground software team, **Scholar** connects academic peers from around the world in a space that is modulated for serious discourse and the presentation of knowledge works.



### Utilize Your Free Scholar Membership Today through

- · Building your academic profile and list of published works.
- · Joining a community with a thematic or disciplinary focus.
- · Establishing a new knowledge community relevant to your field.
- · Creating new academic work in our innovative publishing space.
- · Building a peer review network around your work or courses.

# Scholar Quick Start Guide

- 1. Navigate to http://cgscholar.com. Select [Sign Up] below 'Create an Account'.
- 2. Enter a "blip" (a very brief one-sentence description of yourself).
- Click on the "Find and join communities" link located under the YOUR COMMUNITIES heading (On the left hand navigation bar).
- 4. Search for a community to join or create your own.

# Scholar Next Steps - Build Your Academic Profile

- · About: Include information about yourself, including a linked CV in the top, dark blue bar.
- Interests: Create searchable information so others with similar interests can locate you.
- Peers: Invite others to connect as a peer and keep up with their work.
- Shares: Make your page a comprehensive portfolio of your work by adding publications in the
  Shares area be these full text copies of works in cases where you have permission, or a link to
  a bookstore, library or publisher listing. If you choose Common Ground's hybrid open access
  option, you may post the final version of your work here, available to anyone on the web if you
  select the 'make my site public' option.
- Image: Add a photograph of yourself to this page; hover over the avatar and click the pencil/ edit icon to select.
- Publisher: All Common Ground community members have free access to our peer review space for their courses. Here they can arrange for students to write multimodal essays or reports in the Creator space (including image, video, audio, dataset or any other file), manage student peer review, co-ordinate assessments, and share students' works by publishing them to the Community space.



# **A Digital Learning Platform**

Use Scholar to Support Your Teaching

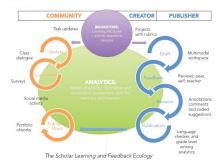
**Scholar** is a social knowledge platform that *transforms the patterns of interaction in learning* by putting students first, positioning them as knowledge producers instead of passive knowledge consumers. **Scholar** provides scaffolding to encourage making and sharing knowledge drawing from multiple sources rather than memorizing knowledge that has been presented to them.

**Scholar** also answers one of the most fundamental questions students and instructors have of their performance, "How am I doing?" Typical modes of assessment often answer this question either too late to matter or in a way that is not clear or comprehensive enough to meaningfully contribute to better performance.

A collaborative research and development project between Common Ground and the College of Education at the University of Illinois, **Scholar** contains a knowledge community space, a multimedia web writing space, a formative assessment environment that facilitates peer review, and a dashboard with aggregated machine and human formative and summative writing assessment data.

The following **Scholar** features are only available to Common Ground Knowledge Community members as part of their membership. Please email us at <code>support@cgscholar.com</code> if you would like the complimentary educator account that comes with participation in a Common Ground conference.

- Create projects for groups of students, involving draft, peer review, revision and publication.
- Publish student works to each student's personal portfolio space, accessible through the web for class discussion.
- · Create and distribute surveys.
- · Evaluate student work using a variety of measures in the assessment dashboard.



**Scholar** is a generation beyond learning management systems. It is what we term a *Digital Learning Platform*—it transforms learning by engaging students in powerfully horizontal "social knowledge" relationships. **For more information, visit: http://knowledge.cgscholar.com.** 

# Health, Wellness & Society Journal

Committed to investigating emerging trends and issues of concern in the fields of human health and wellness and their social interconnections and implications



Health, Wellnes and Society

# Indexing

Academic Search Alumni Edition (EBSCO) Academic Search Elite (EBSCO) Academic Search Premier (EBSCO) Academic Search Complete (EBSCO) Academic Search International (EBSCO) EBSCO Pharmacy Collection: India STM Source (EBSCO) The Australian Research Council (ERA)

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**Community Website:** healthandsociety.com

#### **Bookstore:**

ijw.cgpublisher.com

### **About**

The International Journal of Health, Wellness, and Society offers an interdisciplinary forum for the discussion of issues at the intersection of human physiology and social life conditions. It is a focal point for scholarly and practice-based discussion in a time of growing public and research awareness of the relations between health and social wellbeing. The concept of "health and wellness" impacts all members of society, whether at a personal level in the positive senses of life-satisfaction and exhilaration, or problematically, through the cost and availability of remedial healthcare. Contributions to the journal range from broad scientific, sociological, philosophical, and policy explorations to detailed studies of particular physiological and social dynamics.

As well as papers of a traditional scholarly type, this journal invites case studies that take the form of presentations of practice—including documentation of socially-engaged practices and exegeses analyzing the effects of those practices.

The International Journal of Health, Wellness, and Society is peerreviewed, supported by rigorous processes of criterion-referenced article ranking and qualitative commentary, ensuring that only intellectual work of the greatest substance and highest significance is published.

#### **Editor**



**Alan Ewert**, School of Public Health, Indiana University, Bloomington, USA

#### **Associate Editors**

Articles published in The International Journal of Health, Wellness, and Society are peer reviewed by scholars who are active members of the Health, Wellness and Society Research Network. Reviewers may be past or present conference delegates, fellow submitters to the journal, or scholars who have volunteered to review papers (and have been screened by Common Ground's editorial team). This engagement with the Research Network, as well as Common Ground's synergistic and criterion-based evaluation system, distinguishes the peer review process from journals that have a more top-down approach to refereeing. Reviewers are assigned to papers based on their academic interests and scholarly expertise. In recognition of the valuable feedback and publication recommendations that they provide, reviewers are acknowledged as Associate Editors in the volume that includes the paper(s) they reviewed. Thus, in addition to The International Journal of Health, Wellness, and Society's Editors and Advisory Board, the Associate Editors contribute significantly to the overall editorial quality and content of the journal.



# **Journal Submission Process and Timeline**

Below, please find step-by-step instructions on the journal article submission process:

- Submit a conference presentation proposal.
- Once your conference presentation proposal has been accepted, you may submit your article by clicking the "Add a Paper" button on the right side of your proposal page. You may upload your article anytime between the first and the final submission deadlines. (See dates below)
- 3. Once your article is received, it is verified against template and submission requirements. If your article satisfies these requirements, your identity and contact details are then removed, and the article is matched to two appropriate referees and sent for review. You can view the status of your article at any time by logging into your CGPublisher account at www. CGPublisher.com.
- 4. When both referee reports are uploaded, and after the referees' identities have been removed, you will be notified by email and provided with a link to view the reports.
- 5. If your article has been accepted, you will be asked to accept the Publishing Agreement and submit a final copy of your article. If your paper is accepted with revisions, you will be required to submit a change note with your final submission, explaining how you revised your article in light of the referees' comments. If your article is rejected, you may resubmit it once, with a detailed change note, for review by new referees.
- 6. Once we have received the final submission of your article, which was accepted or accepted with revisions, our Publishing Department will give your article a final review. This final review will verify that you have complied with the Chicago Manual of Style (16th edition), and will check any edits you have made while considering the feedback of your referees. After this review has been satisfactorily completed, your paper will be typeset and a proof will be sent to you for approval before publication.
- 7. Individual articles may be published "Web First" with a full citation. Full issues follow at regular, quarterly intervals. All issues are published 4 times per volume (except the annual review, which is published once per volume).

### **Submission Timeline**

You may submit your article for publication to the journal at any time throughout the year. The rolling submission deadlines are as follows:

- Submission Round 1 15 January
- Submission Round 2 15 April
- Submission Round 3 15 July
- · Submission Round 4 (final) 15 October

Note: If your article is submitted after the final deadline for the volume, it will be considered for the following year's volume. The sooner you submit, the sooner your article will begin the peer review process. Also, because we publish "Web First," early submission means that your article may be published with a full citation as soon as it is ready, even if that is before the full issue is published.



# **Hybrid Open Access**

All Common Ground Journals are Hybrid Open Access. Hybrid Open Access is an option increasingly offered by both university presses and well-known commercial publishers.

Hybrid Open Access means some articles are available only to subscribers, while others are made available at no charge to anyone searching the web. Authors pay an additional fee for the open access option. Authors may do this because open access is a requirement of their research-funding agency, or they may do this so non-subscribers can access their article for free.

Common Ground's open access charge is \$250 per article—a very reasonable price compared to our hybrid open access competitors and purely open access journals resourced with an author publication fee. Digital articles are normally only available through individual or institutional subscriptions or for purchase at \$5 per article. However, if you choose to make your article Open Access, this means anyone on the web may download it for free.

Paying subscribers still receive considerable benefits with access to all articles in the journal, from both current and past volumes, without any restrictions. However, making your paper available at no charge through Open Access increases its visibility, accessibility, potential readership, and citation counts. Open Access articles also generate higher citation counts.

# **Institutional Open Access**

Common Ground is proud to announce an exciting new model of scholarly publishing called Institutional Open Access.

Institutional Open Access allows faculty and graduate students to submit articles to Common Ground journals for unrestricted open access publication. These articles will be freely and publicly available to the whole world through our hybrid open access infrastructure. With Institutional Open Access, instead of the author paying a per-article open access fee, institutions pay a set annual fee that entitles their students and faculty to publish a given number of open access articles each year.

The rights to the articles remain with the subscribing institution. Both the author and the institution can also share the final typeset version of the article in any place they wish, including institutional repositories, personal websites, and privately or publicly accessible course materials. We support the highest Sherpa/Romeo access level—Green.

For more information on how to make your article Open Access, or information on Institutional Open Access, please contact us at support@commongroundpublishing.com.

## **International Award for Excellence**

The International Journal of Health, Wellness, and Society presents an annual International Award for Excellence for new research or thinking in the area of health and wellness. All articles submitted for publication in *The International Journal of Health, Wellness, and Society* are entered into consideration for this award. The review committee for the award is selected from the International Advisory Board for the journal and the annual Health, Wellness & Society Conference. The committee selects the winning article from the ten highest-ranked articles emerging from the review process and according to the selection criteria outlined in the reviewer guidelines. The remaining nine top papers will be featured on our website.

# Award Winner, Volume No. 5

Andrea Baumann, McMaster University, Hamilton, Canada Patricia Norman, McMaster University, Hamilton, Canada Dina Idriss-Wheeler, McMaster University, Hamilton, Canada Kaiyan Fu, McMaster University, Hamilton, Canada Paul Rizk, McMaster University, Hamilton, Canada

#### For the Article

"Employees Participating in Change: Empowerment Approach to Improving Staff Health, Safety and Wellness"

#### **Abstract**

This study focused on a participatory health and safety intervention implemented in a large urban long-term care center in Ontario, Canada. The Employees Participating in Change (EPIC) program is intended to reduce musculoskeletal disorders by providing staff with the tools and authority to make changes to enhance their work environment. The sample included employees from facility management, home support services, nursing, and food services. Process evaluation was used to determine the success of EPIC at improving staff health, safety, and wellness. Organizational safety climate, employee perception of risk, and awareness of safe work practices were examined upon implementation and six months post implementation. Through the program, staff identified and enacted solutions to hazards that had potential for long-term injuries if left unchanged. They indicated that EPIC increased their awareness of their role and involvement in safety and strengthened the vision of the organization. Facilitators to program implementation included: dedicated; knowledgeable, and committed staff and management; senior leadership support; strong communication; and a pre-existing safety climate. The study demonstrated that safety interventions should target high probability low severity hazards (i.e., repetitive bending, reaching, lifting, pushing, pulling motions) that have long-term consequences. Advancing employee health, safety, and wellness through comprehensive empowerment programs can help mitigate workplace hazards and enhance the safety climate to positively influence patient care outcomes.

# **Research Network Membership and Personal Subscriptions**

As part of each conference registration, all conference participants (both virtual and in-person) have a one-year digital subscription to *The International Journal of Health, Wellness, and Society.* This complimentary personal subscription grants access to both the current volume of the collection as well as the entire backlist. The period of complimentary access begins at the time of registration and ends one year after the close of the conference. After that time, delegates may purchase a personal subscription.

To view articles, go to http://ijw.cgpublisher.com/. Select the "Login" option and provide a CGPublisher username and password. Then, select an article and download the PDF. For lost or forgotten login details, select "forgot your login" to request a new password.

# **Journal Subscriptions**

Common Ground offers print and digital subscriptions to all of its journals. Subscriptions are available to *The International Journal of Health, Wellness, and Society* and to custom suites based on a given institution's unique content needs. Subscription prices are based on a tiered scale that corresponds to the full-time enrollment (FTE) of the subscribing institution.

For more information, please visit:

- http://healthandsociety.com/journal/subscribe
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# **Library Recommendations**

Download the Library Recommendation form from our website to recommend that your institution subscribe to *The International Journal of Health, Wellness, and Society:* http://commongroundpublishing.com/support/recommend-a-subscription-to-your-library.

# Health, Wellness & Society Book Imprint

Aiming to set new standards in participatory knowledge creation and scholarly publication



# Health, Wellness & Society Book Imprint

### **Call for Books**

Common Ground is setting new standards of rigorous academic knowledge creation and scholarly publication. Unlike other publishers, we're not interested in the size of potential markets or competition from other books. We're only interested in the intellectual quality of the work. If your book is a brilliant contribution to a specialist area of knowledge that only serves a small intellectual community, we still want to publish it. If it is expansive and has a broad appeal, we want to publish it too, but only if it is of the highest intellectual quality.

We welcome proposals or completed manuscript submissions of:

- · Individually and jointly authored books
- · Edited collections addressing a clear, intellectually challenging theme
- · Collections of articles published in our journals
- Out-of-copyright books, including important books that have gone out of print and classics with new introductions

## **Book Proposal Guidelines**

Books should be between 30,000 and 150,000 words in length. They are published simultaneously in print and electronic formats and are available through Amazon and as Kindle editions. To publish a book, please send us a proposal including:

- Title
- · Author(s)/editor(s)
- · Draft back-cover blurb
- Author bio note(s)
- · Table of contents
- · Intended audience and significance of contribution
- · Sample chapters or complete manuscript
- · Manuscript submission date

Proposals can be submitted by email to books@commongroundpublishing.com. Please note the book imprint to which you are submitting in the subject line.

# **Call for Book Reviewers**

Common Ground Publishing is seeking distinguished peer reviewers to evaluate book manuscripts.

As part of our commitment to intellectual excellence and a rigorous review process, Common Ground sends book manuscripts that have received initial editorial approval to peer reviewers to further evaluate and provide constructive feedback. The comments and guidance that these reviewers supply is invaluable to our authors and an essential part of the publication process.

Common Ground recognizes the important role of reviewers by acknowledging book reviewers as members of the Editorial Review Board for a period of at least one year. The list of members of the Editorial Review Board will be posted on our website.

If you would like to review book manuscripts, please send an email to books@commongroundpublishing.com with:

- · A brief description of your professional credentials
- · A list of your areas of interest and expertise
- · A copy of your CV with current contact details

If we feel that you are qualified and we require refereeing for manuscripts within your purview, we will contact you.

# Adventure Therapy around the Globe: International Perspectives and Diverse Approaches



Christine L. Norton, Cathryn Carpenter, and Anita Pryor (eds.)

Adventure Therapy around the Globe is an important, peer-reviewed collection of papers pulled from the 5th and 6th International Adventure Therapy Conference proceedings. These papers present international perspectives and diverse approaches to adventure therapy theory, practice and research. Adventure therapy program models and interventions from around the world are presented here to help adventure therapy practitioners develop new ideas and approaches for helping participants find healing and enhance wellbeing in the natural world.

# **ISBN:** 978-1-61229-773-6 670 Pages

# **Community Website:** healthandsociety. com

# **Bookstore:** healthandsociety. capublisher.com/

### **Editor Bios:**

Christine Lynn Norton, PhD, LCSW is an associate professor of social work at Texas State University. She has been involved in the field of adventure therapy for over 20 years, as a practitioner, researcher and educator. Christine has served as the chair of the Therapeutic Adventure Professional Group, as a research scientist for the Outdoor Behavioral Healthcare Research Cooperative and as the U.S. representative to the Adventure Therapy International Committee (ATIC) since 2009. She is a wife and mother of three, and she believes deeply of the healing power of outdoor adventure.

Cathryn Carpenter has implemented outdoor experiential learning programs in educational and commercial settings over the last 30 years. She has been involved in the development and expansion of Bush Adventure Therapy within Australia and in the Adventure Therapy International Committee. Her current research interests focus on health and wellbeing through the design and evaluation of therapeutic and developmental programs and exploration of human connections to place. Whilst Cathryn is a senior lecturer developing a Youth Work curriculum at Victoria University; she is most alive when outdoors paddling, cross country skiing, walking, sketching or taking photographs.

Anita Pryor has been involved in the field of AT since 1996 as a practitioner, manager, trainer and researcher. She is co-chair of ATIC and an international representative of the Australian Association for Bush Adventure Therapy Inc. In 2009 Anita completed a PhD on Australian Outdoor Adventure Interventions, and is now a Director of Adventure Works Pty Ltd. Anita supports bush adventure therapy in Australia through the provision of programs and counselling, training and supervision, research and evaluation and innovative partnerships.

# Health, Wellness & Society Conference

Curating global interdisciplinary spaces, supporting professionally rewarding relationships

# **Conference History**

Founded in 2011, the International Conference on Health, Wellness & Society provides a forum to explore issues of concern in the fields of human health and wellness, and in particular their social interconnections and implications.

The International Conference on Health, Wellness & Society is built upon four key features: internationalism, interdisciplinarity, inclusiveness, and interaction. Conference delegates include leaders in the field as well as emerging scholars, who travel to the conference from all continents and represent a broad range of disciplines and perspectives. A variety of presentation options and session types offer delegates multiple opportunities to engage, to discuss key issues in the field, and to build relationships with scholars from other cultures and disciplines.

#### **Past Conferences**

- · 2011 University of California, Berkeley, Berkeley, USA
- · 2012 University Center, Chicago, USA
- 2013 Escola Paulista de Medicina, Universidade Federal de São Paulo, São Paulo, Brazil
- 2014 University British Columbia Robson Square, Vancouver, Canada
- · 2015 Unversidad de Alcalá, Alcalá de Henares, Madrid, Spain

# **Plenary Speaker Highlights**

The International Conference on Health, Wellness & Society has a rich history of featuring leading and emerging voices from the field, including:

- Renato D. Alarcon, Mayo Clinic College of Medicine, Rochester, USA (2013)
- · Carol Braunschweig, University of Michigan, Ann Arbor, USA (2012)
- Bechara Choucair, Chicago Department of Public Health, Chicago, USA (2012)
- Dante Gallian, University of São Paulo, São Paulo, Brazil (2014)
- · George Lambie, De Montfort University, Leicester, UK (2011)
- Linda Neuhauser, University of California, Berkeley, USA (2011)

#### **Past Partners**

Over the years, the International Conference on Health, Wellness & Society has had the pleasure of working with the following organizations:



School of Public Health, University of California, Berkeley, USA (2011)



De Montfort University, Leicester, UK (2011)



Federal University of São Paulo, São Paulo, Brazil (2013)



Western University of Health Sciences, Pomona, USA (2011)



# **Conference Principles and Features**

The structure of the conference is based on four core principles that pervade all aspects of the research network:

#### International

This conference travels around the world to provide opportunities for delegates to see and experience different countries and locations. But more importantly, the Health, Wellness, & Society Conference offers a tangible and meaningful opportunity to engage with scholars from a diversity of cultures and perspectives. This year, delegates from over 15 countries are in attendance, offering a unique and unparalleled opportunity to engage directly with colleagues from all corners of the globe.

### Interdisciplinary

Unlike association conferences attended by delegates with similar backgrounds and specialties, this conference brings together researchers, practitioners, and scholars from a wide range of disciplines who have a shared interest in the themes and concerns of this community. As a result, topics are broached from a variety of perspectives, interdisciplinary methods are applauded, and mutual respect and collaboration are encouraged.

#### **Inclusive**

Anyone whose scholarly work is sound and relevant is welcome to participate in this community and conference, regardless of discipline, culture, institution, or career path. Whether an emeritus professor, graduate student, researcher, teacher, policymaker, practitioner, or administrator, your work and your voice can contribute to the collective body of knowledge that is created and shared by this community.

#### Interactive

To take full advantage of the rich diversity of cultures, backgrounds, and perspectives represented at the conference, there must be ample opportunities to speak, listen, engage, and interact. A variety of session formats, from more to less structured, are offered throughout the conference to provide these opportunities.



# **Plenary**

Plenary speakers, chosen from among the world's leading thinkers, offer formal presentations on topics of broad interest to the community and conference delegation. One or more speakers are scheduled into a plenary session, most often the first session of the day. As a general rule, there are no questions or discussion during these sessions. Instead, plenary speakers answer questions and participate in informal, extended discussions during their Garden Conversation.



# **Garden Conversation**

Garden Conversations are informal, unstructured sessions that allow delegates a chance to meet plenary speakers and talk with them at length about the issues arising from their presentation. When the venue and weather allow, we try to arrange for a circle of chairs to be placed outdoors.



# **Talking Circles**

Held on the first day of the conference, Talking Circles offer an early opportunity to meet other delegates with similar interests and concerns. Delegates self-select into groups based on broad thematic areas and then engage in extended discussion about the issues and concerns they feel are of utmost importance to that segment of the community. Questions like "Who are we?", "What is our common ground?", "What are the current challenges facing society in this area?", "What challenges do we face in constructing knowledge and effecting meaningful change in this area?" may guide the conversation. When possible, a second Talking Circle is held on the final day of the conference, for the original group to reconvene and discuss changes in their perspectives and understandings as a result of the conference experience. Reports from the Talking Circles provide a framework for the delegates' final discussions during the Closing Session.



# **Themed Paper Presentations**

Paper presentations are grouped by general themes or topics into sessions comprised of three or four presentations followed by group discussion. Each presenter in the session makes a formal twenty-minute presentation of their work; Q&A and group discussion follow after all have presented. Session Chairs introduce the speakers, keep time on the presentations, and facilitate the discussion. Each presenter's formal, written paper will be available to participants if accepted to the journal.



# Colloquium

Colloquium sessions are organized by a group of colleagues who wish to present various dimensions of a project or perspectives on an issue. Four or five short formal presentations are followed by a moderator. A single article or multiple articles may be submitted to the journal based on the content of a colloquium session.





## **Focused Discussion**

For work that is best discussed or debated, rather than reported on through a formal presentation, these sessions provide a forum for an extended "roundtable" conversation between an author and a small group of interested colleagues. Several such discussions occur simultaneously in a specified area, with each author's table designated by a number corresponding to the title and topic listed in the program schedule. Summaries of the author's key ideas, or points of discussion, are used to stimulate and guide the discourse. A single article, based on the scholarly work and informed by the focused discussion as appropriate, may be submitted to the journal.



# **Workshop/Interactive Session**

Workshop sessions involve extensive interaction between presenters and participants around an idea or hands-on experience of a practice. These sessions may also take the form of a crafted panel, staged conversation, dialogue or debate—all involving substantial interaction with the audience. A single article (jointly authored, if appropriate) may be submitted to the journal based on a workshop session.



### **Poster Sessions**

Poster sessions present preliminary results of works in progress or projects that lend themselves to visual displays and representations. These sessions allow for engagement in informal discussions about the work with interested delegates throughout the session.



# **Virtual Lightning Talk**

Lightning talks are 5-minute "flash" video presentations. Authors present summaries or overviews of their work, describing the essential features (related to purpose, procedures, outcomes, or product). Like Paper Presentations, Lightning Talks are grouped according to topic or perspective into themed sessions. Authors are welcome to submit traditional "lecture style" videos or videos that use visual supports like PowerPoint. Final videos must be submitted at least one month prior to the conference start date. After the conference, videos are then presented on the community YouTube channel.



#### Virtual Poster

This format is ideal for presenting preliminary results of work in progress or for projects that lend themselves to visual displays and representations. Each poster should include a brief abstract of the purpose and procedures of the work. After acceptance, presenters are provided with a template, and Virtual Posters are submitted as a PDF or in PowerPoint. Final posters must be submitted at least one month prior to the conference start date. Full papers based on the virtual poster can also be submitted for consideration in the journal.



# Thursday, 20 October

8:00-9:00	Conference Registration Desk Open
9:00-9:30	Conference Opening—Bill Cope, Common Ground Publishing, USA
9:30-10:05	Plenary Session—Linda Kurti, Director, Economic and Social Advisory, Urbis, Australia "Health for All: The Impact of Universal Health Access on Population Health and Well-Being"
10:05-10:35	Garden Conversation & Coffee Break
10:35-11:20	Talking Circles
11:20-11:30	Transition
11:30-12:45	Parallel Sessions
12:45-13:45	Lunch
13:45-13:55	Transition
13:55-14:40	Parallel Sessions
14:40-14:55	Break
14:55-16:10	Parallel Sessions
16:10-17:10	Welcome Reception and Poster Session

# Friday, 21 October

9:15-9:30	Daily Update
9:30-9:50	Publishing Your Article or Book with Common Ground Publishing
9:50-10:00	Transition
10:00-10:35	Plenary Session—Bill Cope, Professor, College of Education, University of Illinois at Urbana-Champaign, Urbana-Champaign, USA "Assessing Critical Clinical Thinking"
10:35-11:05	Garden Conversation
11:05-12:20	Parallel Sessions
12:20-13:20	Lunch
13:20-15:00	Parallel Sessions
15:00-15:15	Break
15:15-16:30	Parallel Sessions
16:30-17:00	Conference Closing and Award Ceremony

# **Featured Session**

# Publishing Your Article or Book with Common Ground Publishing

Friday, 21 October | 9:30-9:50

Bill Cope, Director, Common Ground Publishing

**Description:** This session will present an overview of Common Ground's publishing philosophy and practices and of *The International Journal of Health, Wellness, and Society* and the Health, Wellness & Society book imprint. We will offer tips for turning conference papers into journal articles, present an overview of journal publishing procedures, introduce the *The International Journal of Health, Wellness, and Society*, and provide information on Common Ground's journal article submission process. Please feel free to bring questions—the second half of the session will be devoted to Q&A.

# **Special Events**

# Monuments by Moonlight Tour

Join other conference delegates as our tour guides takes us right to some of the nation's most popular monuments, giving delegates a chance to view the city in a different light. Stops include:

- · Iwo Jima Memorial
- · FDR Memorial
- · Lincoln Memorial
- · Vietnam Veteran's Memorial
- · Korean War Memorial
- · Martin Luther King, Jr. National Memorial

Along the way, you'll be transported back in time as you ride along the same streets the presidents have traveled and hear historical tales and anecdotes about the city's fascinating history.

This 2 1/2 hour Washington DC Monument Tour will depart from Union Station at 7:30pm.

#### **Tour Information**

Date: 19 October 2016, Wednesday

Time: 7:30pm

Duration: 2 1/2 hours Cost: US\$37.00

# Conference Welcome Reception

Common Ground Publishing and the International Conference on Health, Wellness & Society will be hosting a welcome reception at the Catholic University of America. The reception will be held directly following the last parallel session of the first day, Thursday, 20 October 2016, and will include the conference poster session. Join other conference delegates and plenary speakers for drinks, light hor d'oeuvres and a chance to converse over the conference posters.

We look forward to hosting you!



# **Bill Cope**

# Assessing Critical Clinical Thinking



Bill Cope is a Professor in the Department of Education Policy, Organization & Leadership, University of Illinois, Urbana-Champaign. He and Mary Kalantzis are also Directors of Common Ground Publishing, a not-for-profit organization developing and applying new publishing technologies. His research interests include theories and

practices of pedagogy, cultural and linguistic diversity, and new technologies of representation and communication. His and Kalantzis' recent research has focused on the development of digital writing and assessment technologies, with the support of a number of major grants from the US Department of Education, the Bill and Melinda Gates Foundation, and the National Science Foundation. The result has been the Scholar multimodal writing and assessment environment.

## Linda Kurti

# Health for All: The Impact of Universal Health Access on Population Health and Well-Being



Linda Kurti is one of Australia's leading organizational development and research specialists and serves as National Director of the Economic and Social Advisory practice for Urbis, an Australian professional services firm. With degrees from universities in the US, UK, and Australia, Linda has influenced health system development and

performance in Britain and Australia through strategic and advisory roles in non-government, academic, and private organizations. Linda first joined the British National Health Service during the extensive primary health care reforms of the early 1990s and has since worked across all levels of the health system to evaluate and advise on strategic and program performance. Linda's doctoral research examined the impact of government funding on non-profit, faith-based international development organizations, and she retains a research interest in global health and development. Other research interests include health equity and access, palliative and end of life care, and the social determinants of health. Linda is a Fellow of the Australasian College of Health Service Management and a member of the Australasian Evaluation Society.

## Padmore Amoah



Padmore is currently a PhD student (PhD in Social Policy) at Lingman University, Hong Kong. He holds an MPhil in Development Studies from Norwegian University of Science and Technology, Norway and a BSc in Development Planning from Kwame Nkrumah University of Science and Technology in Ghana. Padmore has a passion for

interdisciplinary research. His research interests include population health and health service research—especially regarding access to healthcare and health literacy among the general population and disadvantaged adolescents and youth; social capital; and sexuality and sexual health studies. He embraces both qualitative and quantitative research methods. He is currently exploring the tripartite relationship between social capital, access to healthcare, and health literacy among urban and rural adult residents in Ghana.

#### **Gurneet Bawa**



Gurneet Bawa, from Potomac MD, completed her Bachelor of Science at The Catholic University of America in 2012. Following graduation, she did research at both Uniformed Services University of the Health Sciences studying Cystic Fibrosis as well as at the NIH/NIMH in a fear and anxiety lab. She then completed her Master of Science

degree in the Biomedical Professions track at Lincoln Memorial University in Harrogate, TN in July 2016. In August 2016, Gurneet started medical school at the University of Bridgeport in CT, where she is currently pursuing her ND degree.

# **Alain Victor Itangishaka**

Alain Victor Itangishaka is a masters student in Information Technology with a focus on user experience in Health Informatics at Tampere University of Technology in Tampere, Finland. His research work is more focused on health and technology. His current research explores how to design an interactive technology to support overweight people in losing weight by doing physical exercises. With a Bachelors degree in software engineering and Master Studies in Information Technology with a focus on UX and Health Information, he has gained knowledge on how technology can be used in medical fields. Alain is an analytical and focused systems professional specializing in database design and administration and systems analysis. He is trained in areas of EHR, EMR, CPOE, HIE, HL7 CDA, and use of Database Design.

### Reshma Prashad



Reshma Prashad is a PhD Candidate in the School of Health Policy and Management at York University in Toronto, Canada. She completed an Honors Bachelor of Health Studies Degree (majoring in Health Informatics) in 2009 at York University, followed by the completion of a Masters of Health Informatics Degree at the University of

Toronto in 2011. Reshma's doctoral work focuses on the use of digital health technologies to engage and empower patients to self-manage their chronic conditions and work closely with their care providers to ensure proactive management of their conditions to prevent avoidable complications. Additionally, she has a keen interest in how organizations can be designed to effectively support care providers in proactively managing their patients with chronic conditions. In addition to her academic background, Reshma has over ten years of professional Project Management experience in information systems implementations at various levels of the healthcare system in Canada. She leverages her professional experience in her doctoral work. Reshma also holds an Adjunct Faculty position at the Institute of Health Policy, Management, and Evaluation at the University of Toronto.

#### **Nabil Shaikh**



Nabil Shaikh is a senior at Princeton University, concentrating in Politics and pursuing certificates in Global Health Policy and Human Values. He was named a fellow of the Princeton University Global Health Scholars program during his junior year. This fellowship, sponsored by the Center for Health and Wellbeing, is awarded to the most

competitive global health senior thesis research proposals. His research focuses on access to palliative care in India, on which he conducted a study in Hyderabad during the summer of 2016. His other interests include cancer policy, medical ethics, epidemiology, and global health policy. He hopes to pursue graduate-level study in health policy and global public health.

#### **Yunwen Wang**



Yunwen Wang is a second year Master's student from Brian Lamb School of Communication, Purdue University. With a concentration in Health Communication, her research interests include individuals' health behaviors, especially the adoption and use of communication technology for health purposes, media effect, new media, and

health intervention through the communication theorem. Yunwen Wang is originally from Mainland China. She received her college education in University of Macau, Macau SAR, where she was exposed to a broad training in communication, media production, and journalism. She worked as a health intern journalist, a freelance audio producer, and a photographer; and is now working on her MS degree, after which she plans to further the study through a PhD program. Her thesis dissertation is about in health, fitness, and mobile application adoption.

#### **Elizabeth Watters**



Elizabeth Watters is a doctoral candidate in social work at Wilfrid Laurier University (WLU) in Kitchener, Ontario, Canada. She holds an MSW degree from WLU and BSc degree from York University, Ontario, and is a past and current recipient of the Ontario Graduate Scholarship from 2013-2017. Her proposed doctoral research will explore

the impact of precarious employment on the health of racialized immigrant women in Waterloo Region, Ontario.

	THURSDAT, 20 OCTOBER			
	THURSDAY, 20 OCTOBER			
8:00-9:00	CONFERENCE REGISTRATION DESK OPEN			
9:00-9:30	CONFERENCE OPENING, BILL COPE, COMMON GROUND PUBLISHING, USA			
9:30-10:05	PLENARY SESSION, LINDA KURTI, DIRECTOR, ECONOMIC AND SOCIAL ADVISORY, URBIS, AUSTRALIA, "HEALTH FOR ALL: THE IMPACT OF UNIVERSAL HEALTH ACCESS ON POPULATION HEALTH AND WELL-BEING"			
10:05-10:35	GARDEN CONVERATION & COFFEE BREAK			
10:35-11:20	TALKING CIRCLES			
	Room 1- Interdisciplinary Health Sciences Room 2- Public Health Policies and Practices Room 3- The Physiology, Kinesiology, and Psychology of Wellness Plenary Room- Health Promotion and Education			
11:20-11:30	TRANSITION BREAK			
11:30-12:45	PARALLEL SESSIONS			
Room 1	Room 1 Wellness Initiatives			
	Planning and Evaluating Organizational Wellness Initiatives: A Participatory Approach for Employee Involvement Dr. J. Jay Miller, College of Social Work, University of Kentucky, College of Social Work, University of Kentucky, Louisville, USA Overview: This study employed concept mapping to conceptualize and evaluate an organizational wellness initiative, from the perspective of administrators and employees, at a multi-state social service agency. Theme: Health Promotion and Education			
	Campaigning for Health: Tuberculosis Prevention through the Mass Media Dr. Lourdes M. Portus, College of Mass Communication, University of the Philippines, Quezon City, Philippines Dr. Arminda Santiago, College of Mass Communication, University of the Philippines, Quezon City, Philippines Overview: The study analyzes a television and a radio commercial on tuberculosis and their messages, and in the process, identifies factors for a successful health promotion campaign using the mass media. Theme: Health Promotion and Education School Wellness Teams: What Professions/Credentials are Represented? Dr. Lorri Kanauss, Dietetics, Fashion Merchandising, and Hospitality Department, Western Illinois			
	University, Macomb, USA Overview: I discuss professions/credentials represented on school wellness teams relative to initial requirements studied. Nineteen percent of schools lacked such teams.			

Theme: Public Health Policies and Practices



11:30-12:45 PARALLEL SESSIONS

#### Room 2 Integrated Care Stragegies

#### Personalized Integrated Cancer Management

Dr. Sreekumar Appukuttannair, *Integrated Wellness Medical Centre, Wellness Solutions, Cochin, India Overview:* I discuss advanced cancer patients where integration of conventional with nutritional and natural medicine promotes very good quality of life and longevity.

Theme: Interdisciplinary Health Sciences

#### Dantian Singing in Cantonese: A Theory about the Health Impact of Sound

Ralph Lorenz, School of Music, Kent State University, Kent, USA

George Ho, Vancouver, Canada

Overview: In this interdisciplinary study we present new material about why the combination of singing and Chi Kung practices provides significant health benefits, involving special manipulation of the Dantian (elixir field)

Theme: Interdisciplinary Health Sciences

## The Fitness and Health among Athletes of Universities in Relation to Their Body Profiles

Dr. Mukesh Agarwal, Department of Physical Education, Maharaja Agrasen College, University of Delhi, Delhi India

Overview: I examine the correlation among Body Mass Index and/or Fat percentage. Objectives were to assess the fitness of athletes and understand general pattern of BMI and fat percentage. Theme: Interdisciplinary Health Sciences

#### Room 3 Understanding Health and Wellness

## Activating Consumers: A Web-based Tool Moves Users to a More Integral Understanding of Health and Wellness

Ruthann Russo, Berkeley Research Group, Jersey CIty, USA

Overview: Integral theory and stages of change were embedded into a web-based wellness planning tool. After use, many participants' expanded their definition of and moved from pre-contemplation to contemplation regarding wellness.

Theme: The Physiology, Kinesiology and Psychology of Wellness

#### Simulated Nature Scenes and Healthcare Environments

Michelle Pearson, Department of Design, Texas Tech University, Lubbcok, USA

Kristi Gaines, Director of Interior and Environmental Design Graduate Programs, Texas Tech University, Lubbock, USA

Overview: The purpose of this research is to explore the role of simulated nature scenes on healthcare patients and their impact on physiological and psychological outcomes.

Theme: The Physiology, Kinesiology and Psychology of Wellness

#### Sleep Pattern Disturbance among Undergraduate Nursing Students and the Association with Their Academic Performance

Dr. Amal Khalil, Menoufyia University, Jeddah, Saudi Arabia

Overview: The current study was conducted to investigate the incidence of sleep disorders among nursing students, and its effect on their academic performance.

Theme: The Physiology, Kinesiology and Psychology of Wellness

12:45-13:45 LUNCH

13:45-13:55 TRANSITION BREAK

13:55-14:40 PARALLEL SESSIONS

#### Room 1 Focused Discussion 1

#### Preventing Suicide by Addressing Attachment

Dr. Julie Chodacki, Air Mobility Command, Office of the Surgeon General, United States Air Force, Belleville, USA

Overview: The style by which individuals connect to other individuals impacts their tendencies to ask for and accept help. I discuss how understanding attachment style may improve suicide prevention efforts. Theme: Interdisciplinary Health Sciences



	THURSDAY, 20 OCTOBER
13:55-14:40	PARALLEL SESSIONS
Room 2	Focussed Discussion 2
	Health Education for Non-literate Populations Dr. Kiran Arora, Administrator, University of Jalandhar, Jalandhar, India Overview: One is completely healthy when one's mind, body and soul are healthy and there is complete harmony among them. Theme: Health Promotion and Education
14:40-14:55	COFFEE BREAK
14:55-16:10	PARALLEL SESSIONS
Room 1	Pathways to Health
	Exploring the Healthy Eating and Physical Fitness Concepts Held by Pre-service Teachers Dr. Jon Aoki, Department of Natural Sciences, University of Houston-Downtown, Houston, USA Overview: This study explored the healthy eating and physical fitness concepts held by pre-service teachers. Schools are a means to foster health literacy and physical literacy in children and adolescents. Theme: Health Promotion and Education Getting to Another Level: Why Basketball Player Use Mindfulness Meditation Dr. Janet M. C. Burns, Department of Social Science, University of New Brunswick, Saint John, Canada
	Overview: I discuss the results from a modified ethnography on the use of mindfulness meditation by a small group of college, semi- and professional basketball players.  Theme: Health Promotion and Education
	Utilizing Dietetic Students to Provide Employee Wellness Programming in a University Setting Dr. Jeanine Mincher, Human Ecology Department, Youngstown State University, Youngstown, USA Carrie Clyde, Human Resources, Youngstown State University, Youngstown, USA Overview: Utilizing allied health students to provide employee health programming provides cost effective care, allows students to achieve competencies and promotes collaboration and service learning opportunities. Theme: Health Promotion and Education
Room 2	Integrated Adolescent Wellness
	Demonstrating the Electronic School Health Questionnaire within Four High Schools Dr. Stephanie Addeo Lynch, School of Nursing, New Mexico State University, Las Cruces, USA Overview: Adolescence is a time of social/emotional growth. With Electronic School Health Questionnaire and 2,500 students screened, I present data obtained as tool for prevention, intervention, planning, and ease of use.

Theme: Health Promotion and Education

Adolescent Rural Health Services: Telemedicine Project ConnecXions
Dr. Conni DeBlieck, School of Nursing, New Mexico State University, Las Cruces, USA
Dr. Linda Summers, School of Nursing, New Mexico State University, Las Cruces, USA
Evangelina Ramirez, New Mexico State University School of Nursing, NMSU, Las Cruces, USA
Overview: Telemedicine is the use of telecommunication technology to support long distance clinical
health care. This program interlinks five school based health centers, a juvenile detention center with five
consultation sites.

Theme: Interdisciplinary Health Sciences

Institutional Support in Encouraging Sports and Physical Activity in Youth

Dr. Anek Goel, Department of Physical Education Deen Dayal Upadhyaya College, University of Delhi, New Delhi, India

Vaishali Kapoor, Department of Economics Deen Dayal Upadhyaya College, University of Delhi, New Delhi, India

Overview: The study focuses on the role of institutions in encouraging the promotion of sports and physical activity at higher education level.

Theme: Public Health Policies and Practices



14:55-16:10 PARALLEL SESSIONS

#### Room 3 Issues in Health Administration

#### The Role of Local Culture in Hospital Leadership in West Sumatra, Indonesia

Rima Semiarty, Fakultas Kedokteran, Universitas Andalas, Padang, Indonesia

Dr. Rebecca Fanany, School of Humanities and Social Sciences, Deakin University, Burwood, Australia Overview: Under regional autonomy, local culture plays an increasingly important role in healthcare management in Indonesia. This paper discusses three case studies of this issue in regional hospitals in West Sumatra

Theme: Public Health Policies and Practices

#### A Model of Leadership in Regional Hospitals in West Sumatera Based on Minangkabau Culture: Sociocultural value influences on healthcare quality and management

Rima Semiarty, Faculty of Medicine, Andalas University, Padang, Indonesia

Dr Hardisman Dasman, Faculty of Medicine, Andalas University, Padang, Indonesia

Dr. Rebecca Fanany, School of Humanities and Social Sciences, Deakin University, Burwood, Australia Prof Nursyirwan Effendi, Faculty of Social and Political Sciences, Andalas University, Padang, Indonesia Overview: This paper explores a model of leadership that combines modern principles with those in the Minangkabau culture, specifically in West Sumatera hospitals based on original research in the region. Theme: Public Health Policies and Practices

## Perceived Quality in Emergency Services Provided by Health Institutions: A Case Study

Alejandro Valencia Arias, Decanatura de Administración de Empresas, Institución Universitaria Escolme, Medellín, Colombia

Edwin Hernández Arboleda, Medellin, Colombia

Alejandra Botero-Zapata, Medellin, Colombia

Jonathan Bermudez-Hernandez, Medellin, Colombia

Lemy Bran Piedrahita, Medellin, Colombia

Overview: The purpose of this research is to examine the emergency service users' satisfaction in health institutions. Empathy, responsibility, reliability, security, and infrastructure aspects were evaluated. Theme: Interdisciplinary Health Sciences

16:10-16:15 POSTERS AND WELCOME RECEPTION

16:15-17:00 PARALLEL SESSIONS

#### Room 1 Posters

## Access to Palliative and End-of-Life Care in Hyderabad, India: Exploring Gaps and Solutions in Global Health Policy

Nabil Shaikh, Center for Health and Wellbeing, Princeton University, Princeton, USA

Overview: This poster presents a look at the status of end-of-life and palliative care in Hyderabad, India, with a presentation of results of extensive field work on the topic.

Theme: Public Health Policies and Practices

## Assessing Osteoporosis Related Knowledge and Perceptions in Younger Populations

Dr. Martha A. Bass, University of Mississippi, Oxford, USA

Dr. Vinayak K. Nahar, Lincoln Memorial University, Harrogate, USA

Dr. M. Allison Ford, University of Mississippi, Oxford, USA

Dr. Manoj Sharma, Behavioral & Environmental Health, Jackson State University, Jackson, USA

Dr. Mohmad Shakil Shaikh, Clinical Documentation Specialist, La Palma Intercommunity Hospital, La Palma, USA

Overview: This study explored osteoporosis-related knowledge and perceptions among individuals 35 to 50 years old, using the health belief model.

Theme: Public Health Policies and Practices

## The Mental Health of College Student Subgroups in the US: Emerging Stressors and Depression

Lalatendu Acharya, Purdue University, West Lafayette, USA

Lan Jin, Graduate Public Health Program Department of Consumer Science, Purdue University, West Lafayette, USA

Bart Collins, Purdue University, West lafayette, USA

Overview: The study compares depression in subgroups, identifies eight most important stressors, examines their relationship with depression in different student groups, and verify the gender and domestic status differences in stress.

Theme: Public Health Policies and Practices

#### A Healthcare Safety Net for Unmarried Single Pregnant Women in Seoul, Korea

Moon Kyu Seo, Public Health Medical Service, Seoul National University Boramae Medical Center, Seoul, Korea, Seoul, South Korea

 $Sunghee\ Bae, Public\ Health\ Medical\ Service, Seoul\ National\ University, Seoul, South\ Korea$ 

Prof. Jin Yong Lee, Seoul National University, Seoul, South Korea

Overview: After establishing the healthcare safety net for unwed pregnancy women, we have found out that this model has provided accessible and helpful healthcare service for them throughout some cases. Theme: Public Health Policies and Practices

#### Demystifying the Diagnosis and Treatment of Marfan Syndrome for Children: Development of a Bibliotherapy Tool

Stephanie Randazzo, Clinical Psychology Department American Psychological Assosication, American School of Professional Psychology, Argosy University of San Fransisco, Alameda, USA

Peggy Huber, Clinical Psy.D Department, American School of Professional Psychology at Argosy University of San Fransisco, Alameda, USA

Pauline Lytle, Clinical Psy.D department, American School of Professional Psychology at Argosy University of San Fransisco, Alameda, USA

Overview: Based on a review of the literature, this poster will provide recommendations for developing a bibliotherapy tool for providing psychoeducation for children with Marfan Syndrome, a rare connective tissue disorder.

Theme: Health Promotion and Education

16:15-17:00 PARALLEL SESSIONS

## Researching Stress and Coping across the Lifespan in Developmental Senior Seminars

Dr. Laurette Morris, Psychology Department, State University of New York, College at Old Westbury, Old Westbury, USA

Overview: This poster will present rationale, methodological options, sample results, conclusions, and recommendations for developmental psychology senior seminar projects examining stress and coping in participants ranging from children to older adults.

Theme: The Physiology, Kinesiology and Psychology of Wellness

#### Indian Women's Health: A Development Perspective

Dr. Pramod C. Sharma, Department of Physical Education, University of Delhi, India

Dr. Ajit Kumar, ASPESS, Amity University, India

Overview: The paper discusses various factors to be addressed by the Indian society for creating women empowerment which is a matter of great concern for development of the country.

Theme: Health Promotion and Education

#### Variability of Food Access in American Indian Reservation Border Towns

Dr. Teresa Sharp, Community Health Education College of Natural and Health Sciences, Colorado School of Public Health at the University of Northern Colorado, Greeley, USA

Dr. Elizabeth Gilbert, Community Health Education College of Natural and Health Sciences, Colorado School of Public Health at the University of Northern Colorado, Greeley, USA

Margaret J. Gutilla, Community and Behavioral Health, Colorado School of Public Health, Aurora, USA Jennifer Goldsmith, Department of Geography and Environmental Sciences, University of Colorado Denver, Denver, USA

Dr. Deborah Thomas, Department of Geography and Environmental Sciences, University of Colorado Denver, Denver, USA

Overview: We use GIS to illustrate variability of food access in American Indian Reservation Border Towns and how this variability can impact health equity and health outcomes for American Indian populations.

Theme: Public Health Policies and Practices

#### Skin Cancer Risk and Preventative Behaviors among Attendees of a Free Skin Cancer Screening

Dr. Vinayak K. Nahar, Lincoln Memorial University, Harrogate, USA

Dr. Manoj Sharma, Behavioral & Environmental Health, Jackson State University, Jackson, USA Dr. Stephanie K. Jacks, Department of Dermatology, University of Mississippi Medical Center, Jackson,

Dr. Robert T. Brodell, Department of Dermatology, University of Mississippi Medical Center, Jackson,

Dr. Azeddine Atfi, University of Mississippi Cancer Institute, University of Mississippi Medical Center, Jackson, USA

Dr. Roy J. Duhé, University of Mississippi Cancer Institute, University of Mississippi Medical Center, Jackson. USA

Dr. M. Allison Ford, University of Mississippi, Oxford, USA

Christopher R. Aloia, University of Mississippi, Oxford, USA

Gurneet Bawa, Lincoln Memorial University, USA

Overview: We assessed sun protection behaviors among attendees of a free skin cancer screening program. Results indicated that about 43% stayed in shade, 23.8% used sunscreen, and 8.7% wore sunprotective clothing.

Theme: Health Promotion and Education

## From Traditional Foot Therapy to Current Barefoot Running for Mentally Healthy Aging

Prof. Liangyi Cui, Department of Computer Science and Engineering, Shanghai Jiaotong University, Shanghai, China

Overview: This paper discusses the key ideas behind traditional foot therapy and current barefoot running for mentally healthy aging as well as an experiment based on them.

Theme: Interdisciplinary Health Sciences



16:15-17:00 PARALLEL SESSIONS

## Using the Theory of Planned Behavior to Predict Initiation and Duration of Breastfeeding of WIC Mothers in Mississippi

Brieah Hudson, School of Public Health Behavioral Ĥealth Promotion and Education, Jackson State University, Jackson, USA

Dr. Manoj Sharma, Behavioral & Environmental Health, Jackson State University, Jackson, USA Dr. Mohammad Shahbazi, School of Public Health, Jackson State University, Jackson, USA Overview: WIC mothers breastfeeding rates are low. To determine attitudes of mothers related to initiation, duration, the Theory of Planned behavior was used in this study and found to be effective.

## Examining the Residential Environment of Elderly Rental Apartments to Reduce Earthquake Human Casualties

Tomoko Shigaki, Institute of Elderly Housing Sciences, Osaka city, Japan

Overview: The elderly were unable to continue living at home due to a lack of providers of elderly and care support and earthquake damage to their houses.

Theme: Health Promotion and Education

Theme: Health Promotion and Education

#### Tanning Bed Use among Collegiate Athletes in the Southeastern United States

Dr. Vinavak K. Nahar, Lincoln Memorial University, Harrogate, USA

Dr. Manoj Sharma, Behavioral & Environmental Health, Jackson State University, Jackson, USA

 $\label{lem:decomposition} \mbox{Dr. Stephanie K. Jacks}, \mbox{Department of Dermatology, University of Mississippi Medical Center, Jackson, USA$ 

Dr. Robert T. Brodell, Department of Dermatology, University of Mississippi Medical Center, Jackson, USA

Dr. Hannah P. Catalano, Public Health Studies, University of North Carolina, Wilmington, USA

Taylor B. Grigsby, Lincoln Memorial University, Harrogate, USA Dr. M. Allison Ford, University of Mississippi, Oxford, USA

Dr. Martha A. Bass, University of Mississippi, Oxford, USA

Overview: We assessed factors associated with tanning bed use among college athletes in the Southeastern, US. Tanning bed use was significantly associated with gender, ethnicity, skin type, and sunscreen use

Theme: Health Promotion and Education

#### **Current Outcome Measures for School Health Policy Interventions**

Cassondra Strawser, Department of Professional Studies in Education, Indiana, USA

Dr. David Wachob, Department of Kinesiology, Health, and Sport Science, Indiana University of Pennsylvania, Indiana, USA

Overview: This study reviewed school-based nutrition and physical activity interventions to establish the effectiveness of federal wellness policies. Few studies resulted in significant changes to anthropometric measures or behavior changes.

Theme: Health Promotion and Education

16:15-17:00 PARALLEL SESSIONS

#### Room 2 Virtual Posters

## All-Girls' Therapeutic Boarding Schools: Haven or Hell for Troubled Adolescent Girls?

James A. Marcum, Deaprtment of Philosophy, Baylor University, Waco, USA

Margaret M. Marcum, University of Redlands, Redlands, USA

Overview: In this project, the claims of all-girls' therapeutic boarding schools—that they have the solution for troubled adolescent girls—are critically examined, through an analysis of the revived Ophelia

Theme: Health Promotion and Education

#### Perceived Social and Spiritual Benefits Attained from Music Festival Attendance

Noah Little, McMaster University, Hamilton, Canada

Dr. Birgitta Burger, Department of Music, Finnish Centre for Interdisciplinary Music Research, Jyväskylä, Finland

Overview: The study was an investigation into the lived experiences of music festival attendees. The primary goal was to understand the perceived benefits of attending, in domains of social-wellbeing and spirituality.

Theme: Interdisciplinary Health Sciences

## Independent Living through Universal Accessibility: A Goal for the Disability Community

Dr. Ander Ibarloza Arrizabalaga, Financial Economy Department, University of the Basque Country, Bilbao, Spain

Overview: The number of individuals with disabilities is steadily increasing. One of the significant aspects in relation to the social cohesion of this group is nowadays the universal accessibility. Theme: Public Health Policies and Practices

#### Tobacco Use in Children and Adolescents

Nidhi Sharma, Department Of Physical Education, Mount Litera Zee School, Patiala, India Gurnam Kaur, Department Of Physical Education, Punjabi University, Patiala, India Overview: Tobacco use in children and adolescents is reaching pandemic levels. The World Bank has reported that nearly 82,000–99,000 children and adolescents all over the world begin smoking every day. Theme: Health Promotion and Education

FRIDAY, 21 OCTOBER		
9:15-9:30	DAILY UPDATE	
9:30-9:50	PUBLISHING YOUR ARTICLE OR BOOK WITH COMMON GROUND	
9:50-10:00	TRANSITION BREAK	
10:00-10:35	PLENARY SESSION - BILL COPE, PROFESSOR, COLLEGE OF EDUCATION, UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN, USA "ASSESSING CRITICAL CLINICAL THINKING"	
10:35-11:05	GARDEN CONVERSATION & COFFEE BREAK	
11:05-12:20	PARALLEL SESSIONS	
	Late Additions	
Room	Trends of Stillbirth Rate in Taiwan: An Eight Year Population Based Study Dr. Li-Lan Chuang, Department of Nursing, Chang Gung University of Science and Technology, Taoyuan, Taiwan Chi-Chen Sun, Nursing Department, Cheng Hsin General Hospital, Taipei, Taiwan Overview: We examine the trend of stillbirth rates using a nationwide population-based study in Taiwan. Theme: Public Health Policies and Practices	
Room 1	Changing Initiatives	
	Embracing Digital Health Technologies to Optimize Patient Engagement and Empowerment Reshma Prashad, School of Health Policy and Management, York University, Toronto, Canada Overview: This paper will discuss digital health technologies (patient portals and mobile applications)that can be used to engage and empower patients. The health and financial benefits will be discussed. Theme: Interdisciplinary Health Sciences Changing the Game: The Continuous Adaptation of Resilient Lone Mothers	
	Elizabeth Watters, Faculty of Social Work, Wilfrid Laurier University, Kitchener, Canada Dr. Kate Bezanson, Department of Sociology, Brock University, St. Catharines, Canada Dr. Lea Caragata, Wilfrid Laurier University, Kitchener, Canada Overview: This study challenges the current conceptualization of resilience in the lives of low-income lone mothers who are at increased risk of poor physical and mental health, poverty, and hardship. Theme: Public Health Policies and Practices	
	Comparison of Single-Payer and Non Single-Payer Health Care Systems Dr. Jia Yu, Department of Economics, Christopher Newport University, Newport News, USA Yi Zhang, Discover Financial Services, Phoenix, USA Overview: We are trying to locate an efficiency healthcare system with lower administration costs for the US government using a non-parametric analysis methodology. Theme: Public Health Policies and Practices	

11:05-12:20 PARALLEL SESSIONS

#### Room 2 The Physicality of Health

#### Obesity and Risk of Developing Rheumatoid Arthritis among Women

Bing Lu, Rheumatology, Brigham and Women's Hospital and Harvard Medical School, Boston, USA Overview: In two large cohorts, the risks of RA were elevated among overweight and obese women, particularly among young or middle aged women.

Theme: Public Health Policies and Practices

## An Interactive Design Interface to Motivate Obese and Overweight People to Lose Weight by Doing Physical Activity

Alain Victor Itangishaka, Human Technology Interaction, Tampere University of Technology, Tampere, Finland

Overview: Physical inactivity is one of the main causes of gaining excessive weight. This study presents a technological solution that can facilitage behavior change for overweight and obese people.

Theme: The Physiology, Kinesiology and Psychology of Wellness

#### The Case of Collaborative Kinesiology: Advancing Physical Activity and Health Research

Dr. Jacob Bustad, Towson University, Towson, USA

Dr. Jaime DeLuca, Kinesiology Department, Towson University, Towson, USA

Christian Donis, Towson University, Towson, USA

Matthew DeRiggi, Towson University, Towson, USA

Overview: This paper discusses a model for an integrated kinesiology-based research approach to studying pressing public health, wellness, and social issues.

Theme: The Physiology, Kinesiology and Psychology of Wellness

#### Room 3 The Roles of Health Care Providers

## Knowledge of the Community in Relation to the Services Provided by the Community Health Workers

Jose Braz Chidassicua, Research Unit in Health System (UISS) in the Ministry of Health and LIESP (Interdisciplinary Laboratory for Social Studies in Public Health), Ministry of Health/National Institute of Health, Maputo. Mozambiaue

Overview: I discuss community awareness of Integrated Community Case Management services.

Theme: Health Promotion and Education

## Predicting Weight Management Advice Behavior Using Social Cognitive Theory among Psychiatry Professionals

Dr. Chidi Chima, Community Psychiatry Rawnsley Building Oxford Road, Manchester United Kingdom M13 9WL, Walden University, Manchester, UK

 $\hbox{Dr. Manoj Sharma, School of Public Health, Jackson State University \& Walden University, Jackson, USA$ 

Dr. Patricia Risica, College of Health Sciences, Brown University and Walden University, Providence,

Overview: The study is using social cognitive theory constructs to predict the ability of psychiatry professionals to effectively advice their patients on how to prevent or manage excessive weight gain. Theme: Health Promotion and Education

## A Content Analysis on Sina Weibo, China-based Microblogs, about the HPV Vaccine

Yunwen Wang, Brian Lamb School of Communication, Purdue University, West Lafayette, USA Liang Tian, Department of Communication, Michigan State University, East Lansing, USA Overview: This content analysis of microblogs delineates the picture of public opinions, online discussion, and health promotion of the HPV vaccine in China from January 2010 through June 2014. Theme: Health Promotion and Education

12:20-13:20 LUNCH

13:20-15:00	PARALLEL SESSIONS
	Psychological Impacts on Welness
	Social Media Use as a Predictor of Personality Julia Levitan, University of Guelph, Guelph, Canada Overview: This study seeks to determine whether a link exists between social media use and personality, and the implications for wellness. Theme: The Physiology, Kinesiology and Psychology of Wellness
	Examining Body Related Decisions of University Students: The Impact of Media and Self-esteem
	Anst. Prof. Elif Esiyok Sonmez, Public Relations and Advertising Department, Atilim University, Ankara, Turkey
	Eda Turanci, Public Relations and Publicity, Gazi University, Ankara, Turkey Overview: This study investigated the impact of media and self-esteem on university students' body related decisions such as doing physical exercise, going on a diet or trying to look like celebrities. Theme: The Physiology, Kinesiology and Psychology of Wellness
	Factor Structure of the Kessler Psychological Distress Scale among Emerging Adults
	Dr. Melissa Bessaha, SUNY Stony Brook University, School of Social Welfare, Stony Brook, USA Overview: Confirmatory factor analysis was used to assess the factor structure of the 6-item version of the Kessler Psychological Distress Scale (K6) among a national sample of emerging adults aged 18-29. Theme: The Physiology, Kinesiology and Psychology of Wellness
	The Experiences of UK Very Tall Young Adults in Relation to Managing Everyday Life and Well Being
	Julie Booth, Health and Life Sciences, Coventry University, Coventry, UK Overview: With heights above the 97th percentile, participants within the study discuss managing their diversity of height within every day life. In addition, aspects related to well being are shared. Theme: The Physiology, Kinesiology and Psychology of Wellness

13:20-15:00 PARALLEL SESSIONS

#### Room 2 Virtual Lightning Talk

## Around the World in Half a Day: The Impact of a Global Health Immersion Activity on Baccalaureate Nursing Students

Dr. Ginny Langham, School of Nursing, Auburn University Montgomery, Montgomery, USA Overview: I discuss a transformational simulation activity that promotes application of population concepts including poverty, hunger, and environmental health. The impact and its perceived value among nursing students will be presented.

Theme: Public Health Policies and Practices

## Tai Chi's Potential for Improving Health Outcome Measures in Informal Caregivers

Andi Céline Martin, Faculty of Kinesiology and Health Studies, University of Regina, Regina, Canada Overview: Research suggests that informal caregivers experience poor physical health and well-being. This brief review will highlight the potential beneficial effects of Tai Chi on health outcome measures of informal caregivers.

Theme: Health Promotion and Education

#### The Use of Emotional Intelligence and Its Tools in the Practice of Medicine

Luis Guillermo Jimenez, Medical Department, Seguros la Venezolana y Vida, Caracas, Venezuela Overview: The study, practice and development of medicine involves a major effort intellectually and emotionally when dealing with patients.

Theme: Health Promotion and Education

## Using Heart Rate Variability to Detect Agitation De-escalation in an Individualised Music Intervention

Dr. Kristine Newman, Daphne Cockwell School of Nursing, Ryerson University, Toronto, Canada Dr. Belkacem Chikhaoui, University Health Network, Toronto, Canada

Dr. Alex Mihailidis, University of Toronto, Toronto, Canada

Overview: Music may de-escalate agitation, but it can be difficult to detect changes in agitation visually. Heart rate variability can measure agitation and indicate emotional response to music.

Theme: The Physiology, Kinesiology and Psychology of Wellness

## Maternity Care During Natural Disaster or Humanitarian Emergency Settings in Pakistan

Humaira Maheen, School of Health and Social Development, Deakin University, Melbourne, Australia Prof. Elizabeth Hoban, School of Health and Social Development, Deakin University, Melbourne, Australia

Prof. Catherine Bennett, School of Health and Social Development, Deakin University, Melbourne,

Overview: The study proposes an affordable, culturally sensitive and reliable maternity care model to be used during natural disaster or humanitarian emergency setting for the rural Pakistan.

Theme: Public Health Policies and Practices

#### Room 3 Tools for Health Education

#### The Usage and Efficacy of an Online Adaptive Quizzing Remediation System

Dr. Elizabeth Gail Kuchler, School of Nursing Nursing Assistant Professor, New Mexico State University, Las Cruces. USA

Overview: The AQRS is an online, adaptive quizzing system designed to provide students an environment to practice and learn content which is tailored to their estimated ability level.

Theme: Health Promotion and Education

#### Yoga as a Tool for Health Promotion and Education

Anil Kumar, Navyug School, New Delhi Municipal Corporation, Navyug School Educational Society, New Delhi, India

Overview: Yoga has its health benefits which helps to improve overall personality of a man. Yogic practice helps to educate different aspects of the body and mind.

Theme: Health Promotion and Education

15:00-15:15 COFFEE BREAK

15:15-16:30 PARALLEL SESSIONS

#### Room 1 Risk, Retention and Public Health

## The Impact of Conservative Areas on Risk Communication: The Case of Selective Reduction

Dr. David W. Britt, Clinical Research, Fetal Medicine Foundation of America, New York, USA Shelby Von-Voris Schoenborn, Mother-to-One, Tampa, USA

Sneiby von-voris Schoenborn, Mother-to-One, Tampa, US Sanaa Jamil, Karolinska Institute, Stockholm, Sweden

Juliana Gebb, Division of Fetal Medicine and OBGYN Ultrasound, Montefiore Medical Center, Bronx, USA

Dr. Mark I. Evans, Comprehensive Genetics, Mt. Sinai School of Medicine, New York, USA

Mara Rosner, OBGYN Dept, Division of Maternal and Fetal Medicine, NYU Medical Center, New York, USA

Overview: Conservative areas distort the transmission of risk information in cases involving potential selective reduction as a pregnancy-management strategy.

Theme: Public Health Policies and Practices

#### Office-based Buprenorphine Treatment: Identifying Factors That Promote Retention in Opioid Dependent Patients

Dr. Shelly Noe, School of Nursing, New Mexico State University, Las Cruces, USA

Overview: I discuss results of retrospective cross sectional study and survival analysis conducted to identify predictive factors of treatment retention for individual's receiving buprenorphine therapy in a community-based public health clinic.

Theme: Public Health Policies and Practices

## School-based Mosquito Abundance Model: A Public Health Approach to Protect Children from Threats of Dengue in the Philippines

Dr. Lilian De Las Llagas, College of Public Health, University of the Philippines, Manila, Philippines Myra Mistica, College of Public Health, University of the Philippines, Pasig City, Philippines Dr. Antonio Ligsay, Clinical Research and Department of Pharmacology, St. Luke's College of Medicine, Ouezon Citu, Philippines

Overview: The School-based Mosquito Abundance Model (SMAM) offers a predictive model based on actual data estimating the mosquito density in schools without having to do active vector surveillance. Theme: Public Health Policies and Practices

#### Room 2 Health Literacy

#### Health Literacy and Type 2 Diabetes: Literacy Practices in Context

Megan Hughes, English, Prairie State College, Chicago, USA

Overview: This paper will present the findings from a case study of literacy practices in a diabetes education center. Activity Systems Analysis was used as a methodology and will be explored. Theme: Health Promotion and Education

## Overcoming Negative Expectations: Medical Narrative Re-writing in Early Intervention and Disabilities Work

Dr. Robin Lynn Treptow, Infant and Early Childhood Development Doctorate in the School of Educational Leadership for Change, Fielding Graduate University, Santa Barbara, USA Overview: Parents of young children with (or at risk for) disabilities face hope mixed with loss. Medical narrative re-writing may change the story told about the diagnosis and its impact. Theme: Health Promotion and Education

## Social Capital and General Health Literacy: A Contextual and Gender Perspective Padmore Adusei Amoah, Department of Sociology and Social Policy, Lingnan University, Tuen Mun, Hona Kona

Overview: This paper assesses the relationship between social capital and health literacy among rural and urban residents and from the perspective of the gender theses.

Theme: Health Promotion and Education



15:15-16:30	PARALLEL SESSIONS				
Room 3	Late Additions				
	Secondary Traumatic Stress Levels among Humanitarians of Foreign Medical Teams: Nepal Earthquake 2015				
	Dr. Anurag Mishra, Department of Surgery, Maulana Azad Medical College, New Delhi, India Dr. Ravikant Singh, Doctors For You, Mumbai, India				
	Overview: Humanitarian aid workers who work in unfavourable high stress conditions, experience tremendous mental fatigue and are impacted by Secondary Traumatic Stress (STS) as they work with those directly affected.				
	Theme: The Physiology, Kinesiology and Psychology of Wellness				
16:30-17:00	SPECIAL EVENT - CLOSING & AWARD CEREMONY				

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Martha	A. Bass	University of Mississippi	USA
Abdulkarim Abdulmohsen	Aalqahtani	University of New Haven	USA
Mukesh	Agarwal	University of Delhi	India
Padmore Adusei	Amoah	Lingnan University	Hong Kong
Jon	Aoki	University of Houston-Downtown	USA
Sreekumar	Appukuttannair	Wellness Solutions	India
Esther	Archibong	University of Calabar	Nigeria
Kiran	Arora	College affiliated to University	India
Gurneet	Bawa	Lincoln Memorial University	USA
Melissa	Bessaha	State University of New York at Stony Brook	USA
Julie	Booth	Coventry University	UK
David W.	Britt	Fetal Medicine Foundation of America	USA
Janet M. C.	Burns	University of New Brunswick	Canada
Chidi	Chima	Walden University	UK
Julie	Chodacki	United States Air Force	USA
Li-Lan	Chuang	Chang Gung University of Science and	Taiwan
		Technology	
Bill	Cope	University of Illinois Urbana-Champaign	USA
Liangyi	Cui	Shanghai Jiaotong University	China
Lilian	De Las Llagas	University of the Philippines	Philippines
Conni	DeBlieck	New Mexico State University	USA
Jaime	DeLuca	Towson University	USA
Mercy Bassey	Efiong	College of Health Technology Calabar	Nigeria
Elif	Esiyok Sonmez	Atilim University	Turkey
Glory	Eteng	University of Calabar	Nigeria
Anek	Goel	University of Delhi	India
George	Но	Dr. George Ho, Chiropractor	Canada
Peggy	Huber	Argosy University- San Fransisco Bay Area	USA
Brieah	Hudson	Jackson State University	USA
Megan	Hughes	Prairie State College	USA
Ander	Ibarloza Arrizabalaga	University of the Basque Country	Spain
Luis Guillermo	Jimenez	Seguros La Venezolana y Vida	Venezuela
Lan	Jin	Purdue University	USA
Vinayak	K. Nahar	Lincoln Memorial University	USA
Lorri	Kanauss	Western Illinois University	USA
Amal	Khalil	Menoufyia University	Saudi Arabia
Jennifer	Koncul	Fallon Benefits Group	USA
Elizabeth Gail	Kuchler	New Mexico State University	USA
Anil	Kumar	Navyug School Educational Society, NDMC	India
Linda	Kurti	Urbis	Australia
Ginny	Langham	Auburn University Montgomery	USA
Jin Yong	Lee	Seoul National University Boramae Medical Center	South Korea
Julia	Levitan	University of Guelph	Canada
Antonio	Ligsay	St. Luke's College of Medicine	Philippines
Noah	Little	McMaster University	Canada
		•	



Ralph	Lorenz	Kent State University	USA
Bing	Lu	Brigham and Women's Hospital and	USA
		Harvard Medical School	
Stephanie Addeo	Lynch	New Mexico State University	USA
Humaira	Maheen	Deakin University	Australia
James A.	Marcum	Baylor University	USA
Andi Céline	Martin	University of Regina	Canada
Jeanine	Mincher	Youngstown State University	USA
Anurag	Mishra	Maulana Azad Medical College	India
Myra	Mistica	University of the Philippines	Philippines
Laurette	Morris	State University of New York College at	USA
		Old Westbury	
Dee	Mukherjee	Georgetown University Law School	USA
Kristine	Newman	Ryerson University	Canada
Shelly	Noe	New Mexico State University	USA
Michelle	Pearson	Texas Tech University	USA
Lourdes M.	Portus	University of the Philippines	Philippines
Reshma	Prashad	York University	Canada
Stephanie	Randazzo	Argosy University-San Francisco Bay Area	USA
Ruthann	Russo	Berkeley Research Group	USA
Arminda	Santiago	University of the Philippines	Philippines
Rima	Semiarty	Andalas University	Indonesia
Moon Kyu	Seo	Seoul National University Boramae	South Korea
		Medical Center	
Nabil	Shaikh	Princeton University	USA
Nidhi	Sharma	Mount Litera Zee School	India
Pramod C.	Sharma	University of Delhi	India
Teresa	Sharp	University of Northern Colorado	USA
Tomoko	Shigaki	Institute of Elderly Housing Sciences	Japan
Linda	Summers	New Mexico State University	USA
Edward	Thomas	Kaiser Permanente	USA
Gabriel	Umeh	Enugu State University Teaching Hospital	Nigeria
Chukwuemeka			
Esien C.	Uzoh	University of Calabar	Nigeria
Alejandro	Valencia Arias	Institución Universitaria Escolme	Colombia
Ekaterina	Vlasova	MedStar Health	USA
David	Wachob	Indiana University of Pennsylvania	USA
Yunwen	Wang	Purdue University	USA
Elizabeth	Watters	Wilfrid Laurier University	Canada
Jia	Yu	Christopher Newport University	USA



## COMMONGROUND | Conference Calendar 2016–2017



#### Spaces & Flows: Seventh International Conference on Urban & ExtraUrban Studies

University of Pennsylvania Philadelphia, USA | **10–11 November 2016** www.spacesandflows.com/2016-conference



#### Thirteenth International Conference on Environmental, Cultural, Economic & Social Sustainability

Greater Rio de Janeiro, Brazil | **19–21 January 2017** www.onsustainability.com/2017-conference



## Eleventh International Conference on Design Principles & Practices

Institute without Boundaries at George Brown College Toronto, Canada | **2–4 March 2017** www.designprinciplesandpractices.com/2017-conference



## Second International Conference on Tourism & Leisure Studies

UBC Robson Square
Vancouver, Canada | **6-7 April 2017**www.tourismandleisurestudies.com/2017-conference



## Seventh International Conference on Religion & Spirituality in Society

Imperial College London London, UK | **17–18 April 2017** www.religioninsociety.com/2017-conference



#### Seventeenth International Conference on Knowledge, Culture, and Change in Organizations

Charles Darwin University
Darwin, Australia | 20–21 April 2017
www.organization-studies.com/2017-conference



## Ninth International Conference on Climate Change: Impacts & Responses

Anglia Ruskin University Cambridge, UK | 21–22 April 2017 www.on-climate.com/2017-conference



## **Seventh International Conference** on The Constructed Environment

International Cultural Centre Krakow, Poland | **25–26 May 2017** www.constructedenvironment.com/2017-conference



#### Thirteenth International Conference on Technology, Knowledge & Society

University of Toronto Toronto, Canada | **26–27 May 2017** www.techandsoc.com/2017-conference



#### Tenth International Conference on e-Learning & Innovative Pedagogies

University of Toronto Toronto, Canada | **27 May 2017** www.ubi-learn.com/2017-conference



#### **Tenth Global Studies Conference**

National University of Singapore Singapore | **8–9 June 2017** www.onglobalization.com/2017-conference



## Twelfth International Conference on The Arts in Society

Pantheon-Sorbonne University Paris, France | **14–16 June 2017** www.artsinsociety.com/2017-conference



## Fifteenth International Conference on New Directions in the Humanities

Imperial College London London, UK | **5–7 July 2017** www.thehumanities.com/2017-conference





## COMMON GROUND | Conference Calendar 2016–2017



#### Fifteenth International Conference on Books, Publishing & Libraries

Imperial College London London, UK | 7 **July 2017** www.booksandpublishing.com/2017-conference



## Eighth International Conference on Sport & Society

Imperial College London London, UK | **10–11 July 2017** www.sportandsociety.com/2017-conference



## Twenty-fourth International Conference on Learning

University of Hawaii at Manoa Honolulu, USA | **19–21 July 2017** www.thelearner.com/2017-conference



## Twelfth International Conference on Interdisciplinary Social Sciences

International Conference Center Hiroshima, Japan | **26–28 July 2017** www.thesocialsciences.com/2017-conference



#### Seventeenth International Conference on Diversity in Organizations, Communities & Nations

University of Toronto – Chestnut Conference Centre Toronto, Canada | **26–28 July 2017** www.ondiversity.com/2017-conference



## Tenth International Conference on the Inclusive Museum

University of Manchester Manchester, UK | **15–17 September 2017** www.onmuseums.com/2017-conference



## Seventh International Conference on Health, Wellness & Society

University of Denver Denver, USA | **5–6 October 2017** www.healthandsociety.com/2017-conference



#### Spaces & Flows: Eighth International Conference on Urban and ExtraUrban Studies

University of Hull Hull, UK | 12–13 October 2017 www.spacesandflows.com/2017-conference



## Seventh International Conference on Food Studies

Roma Tre University Rome, Italy | **26–27 October 2017** www.food-studies.com/2017-conference



## Eighth International Conference on The Image

Venice International University
Venice, Italy | 31 October–1 November 2017
www.ontheimage.com/2017-conference



#### Aging & Society: Seventh Interdisciplinary Conference

University of California at Berkeley Berkeley, USA | 3–4 November 2017 www.agingandsociety.com/2017-conference



## Second International Conference on Communication & Media Studies

UBC Robson Square
Vancouver, Canada | **16–17 November 2017**www.oncommunicationmedia.com/2017-conference





## 5–6 October 2017

University of Denver Denver, USA

Seventh International Conference on

# Health, Wellness & Society

Founded in 2011, the International Conference on Health, Wellness & Society provides a forum to explore issues of concern in the fields of human health and wellness, and in particular their social interconnections and implications.

We invite proposals for paper presentations, workshops/interactive sessions posters/exhibits, colloquia, virtual posters, or virtual lightning talks.

### 2017 Special Focus

New Directions in Health And Wellness

#### **Returning Member Registration**

We are pleased to offer a Returning Member Registration Discount to delegates who have attended the Health, Wellness & Society Conference in the past. Returning community members receive a discount off the full conference registration rate.

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