

# Seventh International Conference on Health, Wellness & Society

*New Directions in Health And Wellness*

5-6 OCTOBER 2017 | UNIVERSITY OF DENVER | DENVER, USA | [HEALTHANDSOCIETY.COM](http://HEALTHANDSOCIETY.COM)



# Seventh International Conference on Health, Wellness & Society

*“New Directions in Health And Wellness”*

5–6 October 2017 | University of Denver | Denver, USA



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**Seventh International Conference on Health, Wellness & Society**

[www.healthandsociety.com](http://www.healthandsociety.com)

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by Common Ground Research Networks

[www.cgnetworks.org](http://www.cgnetworks.org)

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Designed by Ebony Jackson



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Dear Health, Wellness & Society Delegates,

Welcome to Denver and to the Seventh 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. The conference has since been hosted at the University Center, Chicago, USA in 2012; at the Universidad Federal de São Paulo, São Paulo, Brazil in 2013; the University of British Columbia, Robson Square, Vancouver, Canada, in 2014; the Universidad de Alcalá, Madrid, Spain; and at the Catholic University of America, Washington D.C., USA in 2016. Next year, we are honored to hold the conference at Imperial College London, London, UK.

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 Research Networks. Founded in 1984, Common Ground Research Networks is committed to building new kinds of knowledge communities, innovative in their media and forward thinking in their messages. Common Ground Research Networks takes some of the pivotal challenges of our time and builds knowledge communities 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. Phillip Kalantzis-Cope  
Chief Social Scientist, Common Ground Research Networks



## Our Mission

Common Ground Research Networks 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 research network). 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, quarterly 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 research network 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, research network 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 research network 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

On the systematic study of human health

## 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
- Nutraceuticals 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 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 and child food insecurity
- 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

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, nutrition for health and wellness
- The food linkage to unwellness and obesity in affluent societies
- Family mealtime patterns, child feeding practices, and their effects on health



## 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, peer-led 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 a Reviewer.
- 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 research network 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.



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[@onhealthsociety](https://twitter.com/onhealthsociety)

[#ICHWS17](https://twitter.com/ICHWS17)

## 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.

## 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 a Reviewer. 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 quarterly, 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](mailto: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](https://www.facebook.com/HealthWellnessandSociety).



**Twitter:** Follow the research network [@onhealthsociety](https://twitter.com/onhealthsociety) and talk about the conference with [#ICHWS17](https://twitter.com/ICHWS17).



**YouTube Channel:** View online presentations or contribute your own at <http://cgnetworks.org/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
- **Andrea Brace**, Towson University, Towson, USA
- **Janet Currie**, University of Technology, Sydney, Australia
- **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).
3. 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

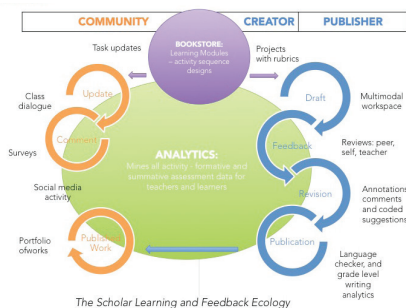
**Scholar** is a social knowledge platform that *transforms the patterns of interaction in learning by putting students first*, positioning them as knowledge producers instead of passive knowledge consumers. **Scholar** provides scaffolding to encourage making and sharing knowledge drawing from multiple 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 [support@cgscholar.com](mailto:support@cgscholar.com) 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*



## 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 peer-reviewed, 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.

## Indexing

Academic Search  
Alumni Edition (EBSCO)  
Academic Search Elite  
(EBSCO)  
Academic Search  
Premier (EBSCO)  
Academic Search  
Complete (EBSCO)  
Academic Search  
International (EBSCO)  
China National  
Knowledge  
Infrastructure (CNKI  
Scholar)  
EBSCO Pharmacy  
Collection: India  
STM Source (EBSCO)  
The Australian  
Research Council (ERA)

## DOI

10.18848/2156-8960/  
CGP

## Founded:

2011

## Publication

### Frequency:

Quarterly (March, June,  
September, December)

## ISSN:

2156-8960 (Print)  
2156-9053 (Online)

## Network Website:

[healthandsociety.com](http://healthandsociety.com)

## Bookstore:

[ijw.cgpublisher.com](http://ijw.cgpublisher.com)

## Editor



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

## Reviewers

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 Reviewers 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 Reviewers 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:

1. Submit a conference presentation proposal.
2. 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](http://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@cgnetworks.org](mailto:support@cgnetworks.org).



## 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 Winners, Volume No. 6

**Hilde Zitzelsberger**, Assistant Professor, University of Ontario Institute of Technology, Oshawa, Ontario  
**Jennifer Leo**, Director, Abilities Centre, Whitby, Ontario, Canada

## For the Article

“A Place for Everyone?: The Challenge of Promoting Community Inclusion at a Recreation Centre”

## Abstract

Inclusion involves individuals with and without disabilities interacting together in various aspects of community life. Inclusive participation has received significant attention in areas of physical activity and recreation in community settings. Although the positive health outcomes, such as improved quality of life, increased physical fitness, enhanced social relationships, and increased appreciation for diversity have been well documented, barriers to community-based inclusion still exist. Negative societal attitudes related to disability and physical activity may continue to pose challenges to promoting messages of health and participation. Employing a qualitative case study method, we explored meaning of inclusion among community and staff members of an inclusive community recreation facility in Ontario, Canada. Study findings revealed that inclusion is a highly complex phenomenon, particularly when multiple perspectives among people with and without disabilities are taken into account. Social change is a process that builds over time and examining responses to inclusion plays a pivotal role to determine how to best promote and encourage participation in community recreation for individuals with and without disabilities.

The Employees Participating in Change (EPIC) Program is a unique safety model because its focus is on employee empowerment and its role in helping to mitigate workplace hazards. With strong management buy-in and support, this model equips staff with the right tools, knowledge and authority to make changes that improve their work environment, reduce injuries, and enhance the safety climate.

At the NHSRU, we connect researchers, decision-makers, and key stakeholders in the practice setting across health care sectors and professional associations. We facilitate these connections to make sure policy and management decisions are guided by the most current and accurate information.

With EPIC, we continue to use research evidence related to employee health, safety and wellness to inform policy and practice relevant to communities across Ontario's healthcare organizations and 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.

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### 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.

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- <http://healthandsociety.com/journal/hybrid-open-access>
- Or contact us at [subscriptions@cgnetworks.org](mailto:subscriptions@cgnetworks.org)

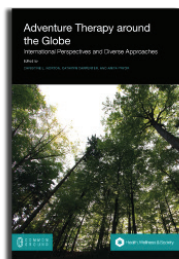
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Download the Library Recommendation form from our website to recommend that your institution subscribe to *The International Journal of Health, Wellness, and Society*: <http://cgnetworks.org/support/recommend-a-subscription-to-your-library>.

# **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@cgnetworks.org](mailto:books@cgnetworks.org). Please note the book imprint to which you are submitting in the subject line.



### **Call for Book Reviews**

Common Ground Research Networks 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@cgnetworks.org](mailto:books@cgnetworks.org) with:

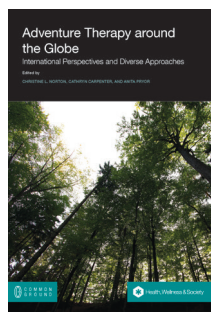
- A brief description of your professional credentials
- A list of your areas of interest and expertise
- A copy of your CV with current contact details

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.)



### **ISBN:**

978-1-61229-773-6

670 Pages

### **Network Website:**

[healthandsociety.com](http://healthandsociety.com)

### **Bookstore:**

[healthandsociety.cgpublisher.com/](http://healthandsociety.cgpublisher.com/)

*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.

### **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 – Universidad de Alcalá, Alcalá de Henares, Madrid, Spain
- 2016 - Catholic University of America, Washington D.C., USA

## 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:



De Montfort University,  
Leicester, UK (2011)



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



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



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

## Become a Partner

Common Ground Research Networks has a long history of meaningful and substantive partnerships with universities, research institutes, government bodies, and non-governmental organizations. Developing these partnerships is a pillar of our research network agenda. There are a number of ways you can partner with a Common Ground Research Network. Contact us at [support@healthandsociety.com](mailto:support@healthandsociety.com) to become a partner.



## 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 20 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 research network. 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 research network 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 research network.

### 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 research network 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, 5 October

8:00–9:00	Conference Registration Desk Open
9:00–9:30	Conference Opening—Phillip Kalantzis-Cope, Common Ground Research Networks, USA
9:30–10:00	Plenary Session—Bruno Sobral, Director, One Health Institute, Professor, Department of Microbiology, Immunology, and Pathology; CVMBS, Colorado State University, Fort Collins, CO, USA <i>“Leadership, Governance, and Partnerships for One Health”</i>
10:00–10:30	Garden Conversation
10:30–11:15	Talking Circles
11:15–12:30	Parallel Sessions
12:30–13:15	Lunch
13:15–13:45	Publishing Your Work with Common Ground Research Networks
13:45–15:00	Parallel Sessions
15:00–15:15	Coffee Break
15:15–16:55	Parallel Sessions
16:55–18:00	Conference Welcome Reception and Poster Session

## Friday, 6 October

8:00–9:00	Conference Registration Desk
9:00–9:20	Daily Update
9:20–9:50	Plenary Session—Mary Christenson, Associate Professor, Regis University of Physical Therapy, Denver, USA <i>“Facilitating Access to Health Promoting Activities in Rural Colorado: A Community-based Approach”</i>
9:50–10:20	Garden Conversation
10:20–11:35	Parallel Sessions
11:35–12:30	Lunch
12:30–13:15	Talking Circles
13:15–14:00	Parallel Sessions
14:00–14:15	Coffee Break
14:15–15:30	Parallel Sessions
15:30–15:40	Break
15:40–16:55	Parallel Sessions
16:55–17:25	Conference Closing and Award Ceremony





## Featured Sessions

Publishing Your Article or Book with Common Ground

**Thursday, 5 October | 13:15–13:45**

**Phillip Kalantzis-Cope**, Chief Social Scientist, Common Ground Research Networks

In this session the Chief Social Scientist of *The International Journal of Health, Wellness, and Society* and the Health, Wellness & Society Book Imprint will present an overview of Common Ground's publishing philosophy and practices. He will offer tips for turning conference papers into journal articles, present an overview of journal publishing procedures, introduce *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

Pre-Conference Tour: Rocky Mountain National Park

Join other conference delegates and plenary speakers on a private 8 hour guided tour of The Rocky Mountain National Park.

### Tour Description

The Rocky Mountain National Park is renowned for its scenery, peaks, alpine lakes wilderness, and wildlife including elk, deer, moose, black bear, eagles, and much more. Depending on weather drive up to the highest point at 12,183 feet!

Along the way you will pass historic towns and beautiful landscapes from Denver through Boulder, Lyons, Estes Park and then into the park. We will see Colorado's famous continental divide—rivers and streams west of the divide flow to the Pacific Ocean and east of the divide to the Gulf of Mexico.

We will enjoy a picnic lunch (or inside, depending on weather) and visit the Stanley Hotel, a beautiful historic building, famous for its inspiration of the book and movie, "The Shining."

Conference Welcome Reception and Poster Session

**5 October, Thursday | Time: Directly following the last session of the day**

**University of Denver Driscoll Center | Cost: Complimentary to all conference delegate**

Common Ground Research Networks and the Health, Wellness & Society Conference will be hosting a welcome reception at the conference venue, the University of Denver, just after the last session of the first day. All delegates are welcome to attend and enjoy complimentary light refreshments as well as the Poster Session. This is an excellent opportunity to connect with and get to know your fellow international delegates while looking over the work of your colleagues.



## Mary Christenson

*"Facilitating Access to Health Promoting Activities in Rural Colorado: A Community-based Approach"*



Mary Christenson received her PhD in Health and Behavior Sciences in 2008 from the University of Colorado. As an Associate Professor at Regis University's School of Physical Therapy in Denver, Colorado, her current focus is on health and wellness, chronic disease management, and cardiovascular and pulmonary dysfunction. Clinically, she consults with patients affected by post-polio syndrome. Dr. Christenson's scholarly interests include strategies to enhance physical activity in individuals with arthritis, particularly in underserved areas, using principles of community-based research. Her community-based research projects as well as chronic disease management strategies have been presented at meetings such as the Annual Scientific Meeting of the American College of Rheumatology, the APTA Annual Conference and Exposition, APTA Combined Sections Meeting, and the International CARE IV conference in France.

## Bruno Sobral

*"Leadership, Governance, and Partnerships for One Health"*



Bruno Sobral is the Director of the One Health Institute and a Professor of Microbiology at Colorado State University. The One Health Institute focuses on how to foster and support interdisciplinary research teams working on issues of environment and health, foodscapes and health, and urbanization and health using systems thinking, community engagement, and human-centered design thinking. Dr. Sobral is currently guiding the Institute through strategic and programmatic planning processes, including stakeholder engagement, recruitment, research development, and communications infrastructure.

Dr. Sobral recently served as chief science officer for Alkol Biotech, a London-based feedstock research company that develops agricultural products for biofuels. He was an assistant vice president and head of Biosystem Informatics and Human Microbial Ecology at the Nestlé Institute of Health Sciences in Lausanne, Switzerland. Sobral also was the founding executive and scientific director for the Virginia Bioinformatics Institute at Virginia Tech, where he was a professor of plant pathology, physiology, and weed science. His research at the institute focused on symbiosis from a biological perspective; he has worked in infectious disease, computational biology, bioinformatics, and cyberinfrastructure.



## Charlotte Farewell



Charlotte is beginning her 4th year as a PhD candidate in the Department of Health and Behavioral Sciences at the University of Colorado Denver. Her dissertation research focuses on exploring the timing and duration of pre- and post-natal maternal stress and influences on development of early childhood obesity in New Zealand. She is using a mixed methods approach to understand risk and protective factors that are associated with stress and obesity. Charlotte has worked for six years as a program manager and evaluator. She currently works at the University of Colorado Anschutz as a Senior Professional Research Assistant on a community-based participatory research intervention targeted towards low-income families across Colorado to decrease early childhood obesity. She is also in the process of conducting a statewide formative evaluation to investigate Coloradans nutrition behaviors and views on celebrity marketing to inform a social media campaign to increase fruit and vegetable consumption. In her free time, Charlotte enjoys hiking and trail running, yoga, and traveling.

## Max Holdsworth



Max Holdsworth is a Masters student of Urban Affairs and Public Policy in the School of Public Policy and Administration at the University of Delaware. His degree focuses on Public Health, with an emphasis on preventive health, health promotion, and econometrics. He also researches comparative policy analysis. As part of this interest, in 2016 he received a Plastino Scholarship to study the preventive health policies of Britain's National Health Service. This is the first academic conference at which Max is presenting, and he is excited to share his research findings about the Soda Tax policy for obesity prevention.

## Andrian Lim



Andrian Liem is a PhD candidate at the School of Psychology, the University of Queensland, Australia, with a scholarship from the Indonesian Government (LPDP RI). Andrian's research interests include indigenous-cultural psychology, clinical-health psychology, gender and sexuality, drug-abuse, HIV-AIDS, and interfaith-dialogue. His current research is about complementary-alternative medicine (CAM) among clinical psychologists since CAM is a part of culture and heritage in Indonesia particularly and in Asia generally. Andrian is actively involved in social and humanitarian NGOs such as the Indonesia Planned Parenthood Association which focuses on health reproduction and gender equality. His e-mail address is [andrian.liem@uq.net.au](mailto:andrian.liem@uq.net.au).



### **Kailas K Moravkar**



Kailas K Moravkar is pursuing a Ph. D. (Tech) degree in Pharmaceutical Technology as UGC-SAP fellow under the guidance of Prof. Purnima D. Amin at the Institute of Chemical Technology, Mumbai. His research encompasses investigation different dry and continuous techniques to enhance the physiochemical properties of high dose API's, potent API's, vitamin and nutraceutical for formulation and development of different solid dosage form use for oral, topical, and cosmetic application During his Ph.D tenure, he has published ten research articles in peer reviewed journals and four Indian Patent. He has presented his research work in ISPE Europe - 2015 conference and won the first runner up prize. Additionally, he has assisted in articulating and executing several industry projects. He has done M. Tech in Pharmaceutical Biotechnology from renowned institute NIPER, Mohali, India and B. Pharm from Pune University, India.

### **Shanu Shukla**



Shanu Shukla is a Senior Research Fellow (University Grants Commission, Government of India) in Psychology at the Indian Institute of Technology Indore. Currently, she works at the Basic and Applied Cognition Lab at the University of Michigan, Ann Arbor, as a Fulbright-Nehru Doctoral fellow. Her research focuses on exploring the emotional processing differences among youth who differ in their media multitasking activity. Shukla has a Bachelor's (gold medalist) and Master's degree in Psychology along with a certificate degree in Guidance and Counseling. She is also a Rajasthan SET certified (Govt. of India). Her research advocates for designing intervention techniques to help individuals to cope up with emotions stemming from the use of technology.



# THURSDAY, 05 OCTOBER

THURSDAY, 05 OCTOBER	
8:00-9:00	CONFERENCE REGISTRATION DESK OPEN
9:00-9:30	CONFERENCE OPENING
9:30-10:00	<p><b>PLENARY SESSION- BRUNO SOBRAL, DIRECTOR, ONE HEALTH INSTITUTE, PROFESSOR, DEPARTMENT OF MICROBIOLOGY, IMMUNOLOGY, AND PATHOLOGY; CVMBS, COLORADO STATE UNIVERSITY, FORT COLLINS, CO, USA</b></p> <p>"Leadership, Governance and Partnerships for One Health"</p>
10:00-10:30	GARDEN CONVERSATION
10:30-11:15	TALKING CIRCLES
	<p>Room 1: The Physiology, Kinesiology, and Psychology of Wellness in its Social Context</p> <p>Room 2: Interdisciplinary Health Sciences</p> <p>Room 3: Public Health Policies and Practices</p> <p>Room 4: Health Promotion and Education</p> <p>Plenary Room: 2017 Special Focus: New Directions in Health And Wellness</p>
11:15-12:30	PARALLEL SESSIONS
<b>Room 1</b>	<p><b>Addressing Obesity</b></p> <p><b>Culturally-Responsive Health Education in the Pacific: Social Lessons Learned in American Samoa</b></p> <p>Dr. Deborah K. Zuercher, <i>University of Hawaii College of Education Institute of Teacher Education, University of Hawaii at Manoa, Honolulu, USA</i></p> <p><i>Overview:</i> University of Hawaii educators share culturally-responsive instructional strategies used to address obesity in the Pacific Islands as potential models for health education.</p> <p><i>Theme: Health Promotion and Education</i></p> <p><b>A Delaware Soda Tax: Attacking Obesity with Economic Policy</b></p> <p>Max Holdsworth, <i>School of Public Policy and Administration, University of Delaware, Newark, USA</i></p> <p><i>Overview:</i> This analysis examines the soda tax as a potential policy to address obesity in Delaware. Existing policies are reviewed and economic models are utilized to make policy recommendations.</p> <p><i>Theme: Public Health Policies and Practices</i></p> <p><b>Childhood Obesity, Technology, Exercise and Academic Habits among Urban and Suburban Students in Ohio</b></p> <p>Dr. Don Martin, <i>Youngstown State University, Youngstown, USA</i></p> <p>Dr. Magy Martin, <i>Walden University, Beaver, USA</i></p> <p><i>Overview:</i> The presenters interviewed approximately 600 children in both urban and suburban schools in Ohio in order to examine behavioral patterns related to obesity, exercise, food consumption, technology use, and academic study.</p> <p><i>Theme: Public Health Policies and Practices</i></p>

# THURSDAY, 05 OCTOBER

11:15-12:30	<b>PARALLEL SESSIONS</b>
<b>Room 2</b>	<p><b>Pain, Disability, and Aging</b></p> <p><b>Pain and Disability in Older Adults with Back Pain</b>  Dr. Amy Hammerich, <i>School of Physical Therapy, Regis University, Denver, USA</i>  Susan Driesbach, <i>Health and Behavioral Science, University of Colorado, Denver, USA</i>  Joshua Cleland, <i>Physical Therapy Program, Franklin Pierce University, Manchester, USA</i>  Susan Scherer, <i>Regis University, Denver, USA</i>  Debbi Main, <i>Department of Health and Behavioral Sciences, University of Colorado Denver, Denver, USA</i>  <i>Overview:</i> We identify factors related to pain and disability due to chronic low back pain in older adults.  <i>Theme:</i> <i>The Physiology, Kinesiology and Psychology of Wellness</i></p> <p><b>Pain Intensity, Functional Disability and Physical Activity among Elderly Individuals with Chronic Mechanical Low Back Pain</b>  Dr. Adesola Odole, <i>Physiotherapy Department, University of Ibadan, Ibadan, Nigeria</i>  Dr. Nse Odunaiya, <i>Physiotherapy, College of Medicine, University of Ibadan, Ibadan, Nigeria</i>  Samuel Adewale, <i>Physiotherapy, College of Medicine, University of Ibadan, Ibadan, Nigeria</i>  <i>Overview:</i> This study was designed to investigate the association among pain intensity, functional disability and physical activity of elderly individuals with low back pain in a Nigerian tertiary health institution.  <i>Theme:</i> <i>Health Promotion and Education</i></p>
<b>Room 3</b>	<p><b>Healing Pathways</b></p> <p><b>Music, Memory and Healing</b>  Dr. Roy Thurston, <i>Teacher Education, University of Mississippi, Oxford, USA</i>  Dr. Jim Paul, <i>Educational Research, University of Calgary, Calgary, Canada</i>  <i>Overview:</i> We discuss the use of music in the cognitive rehabilitation of individuals with traumatic brain injuries and how memory deficits may be overcome with music.  <i>Theme:</i> <i>Interdisciplinary Health Sciences</i></p> <p><b>The Healing Power of Philosophy: Heidegger, Communication, and Healthcare</b>  Dr. Casey Rentmeester, <i>General Education, Bellin College, Green Bay, USA</i>  <i>Overview:</i> The author examines communicative barriers between medical professionals and patients and then utilizes Martin Heidegger's phenomenology and hermeneutics to provide a model for medical professionals to engage in effective communication.  <i>Theme:</i> <i>Interdisciplinary Health Sciences</i></p> <p><b>Whole Person Resilience: A Conceptual Model to Support the Health and Well Being of Service Providers</b>  Dr. Amelia Derr, <i>Department of Anthropology, Sociology, and Social Work, Seattle University, Seattle, USA</i>  Susan Bourgerie, <i>Partners in Resilience, Minneapolis, USA</i>  <i>Overview:</i> Social/health service providers support the health of others through their work, yet face a high burnout rate. This paper presents a conceptual model that builds service worker health and capacity.  <i>Theme:</i> <i>Health Promotion and Education</i></p>



# THURSDAY, 05 OCTOBER

11:15-12:30	<b>PARALLEL SESSIONS</b>
<b>Room 4</b>	<p><b>Perceptions of Wellbeing</b></p> <p><b>Exploring Communities Attitudes towards People with Mental Illness</b>  Dr. Gihane Endrawes, <i>School of Nursing and Midwifery, Western Sydney University, Sydney, Australia</i>  <i>Overview:</i> Societal attitudes towards mental illness, the impact of stigma on people with mental illness and implications for policy makers, health care professionals and the community are highlighted in this paper.  <i>Theme: Health Promotion and Education</i></p> <p><b>Does Media multitasking Lead to Well Being or Ill Being?</b>  Shanu Shukla, <i>Department of Psychology, Indian Institute of Technology Indore, Indore, India</i>  Dr. Pritee Sharma, <i>Economics, Indian Institute of Technology Indore, Indore, India</i>  Dr. Sushanta Mishra, <i>Organizational Behavior and Human Resource Management, Indian Institute of Management Indore, Indore, India</i>  <i>Overview:</i> We analyze the emotional profiles of different group of media multitaskers and to understand whether the media multitasking behavior leads them to the state of well being or ill being.  <i>Theme: 2017 Special Focus - New Directions in Health And Wellness</i></p> <p><b>Students at the Intersection: A Case of Interdisciplinary Training and Research in Psychology, Kinesiology and Exercise Sciences, and Pharmaceutical Sciences</b>  Dr. Cheryl Ramos, <i>Department of Psychology, College of Arts &amp; Sciences, University of Hawaii Hilo, Hilo, USA</i>  Dr. Lincoln Gotshalk, <i>Department of Kinesiology &amp; Exercise Sciences, College of Arts &amp; Sciences, University of Hawaii Hilo, Hilo, USA</i>  Dr. Linda Connelly, <i>Department of Pharmaceutical Sciences, College of Pharmacy, University of Hawaii Hilo, Hilo, USA</i>  <i>Overview:</i> This paper describes an interdisciplinary research project that brought together faculty and students from Psychology, Kinesiology &amp; Exercise Sciences, and Pharmaceutical Sciences at a small university in a rural community.  <i>Theme: Interdisciplinary Health Sciences</i></p>
12:30-13:15	<b>LUNCH</b>
13:15-13:45	<b>PUBLISHING YOUR WORK WITH COMMON GROUND RESEARCH NETWORKS</b>

# THURSDAY, 05 OCTOBER

13:45-15:00	<b>PARALLEL SESSIONS</b>
<b>Room 1</b>	<p><b>Mental Health Intersections</b></p> <p><b>Interactions between Chronic Health Conditions, Mental Health Diagnosis, Locus of Control, and Other Life Factors in Rural Women</b>            Dr. Diane S. VanCleave, <i>Department Social Work, Indiana State University, Terre Haute, USA</i>            Dianna Cooper-Bolinsky, <i>Department of Social Work, Indiana State University, Terre Haute, USA</i>            Dr. Renee Bauer, <i>College of Nursing, Indiana State University, Terre Haute, USA</i>            Dr. Jill Moore, <i>College of Nursing, Indiana State University, Terre Haute, USA</i>  <i>Overview:</i> The descriptive study investigates and explains the connections between chronic health conditions, mental health factors, and specific demographics by analyzing aggregate data collected from women in a rural Midwestern community.  <i>Theme: Interdisciplinary Health Sciences</i></p> <p><b>Risk and Protective Factors in Adult-onset Drinking</b>            Tyrone Cheng, <i>Department of Social Work and Child Advocacy, Montclair State University, Montclair, USA</i>            Celia Lo, <i>Department of Sociology and Social work, Texas Woman's University, Denton, USA</i>  <i>Overview:</i> This study identified risk and protective factors involved when adult nondrinkers became drinkers or heavy drinkers. Results suggest promoting religiosity and rejuvenating poor neighborhoods and treatment for alcohol-related co-occurring disorders.  <i>Theme: Interdisciplinary Health Sciences</i></p> <p><b>The Uncivil World of Nursing!</b>            Dr. Cheryl Ann Green, <i>Southern Connecticut State University, New Haven, USA</i>  <i>Overview:</i> Workplace incivility remains a problem within the nursing profession. As nurse leaders, we must recognize and not ignore the complexity of cultures that have adapted incivility into the work environment.  <i>Theme: The Physiology, Kinesiology and Psychology of Wellness</i></p>
<b>Room 2</b>	<p><b>End-of-Life Challenges</b></p> <p><b>Widowhood and Depression in Rural China</b>            Dr. Zheng Wu, <i>Department of Sociology, University of Victoria, Victoria, Canada</i>            Jie Xu, <i>School of Public Policy and Administration, Xi'an Jiaotong University, Xi'an, China</i>            Dr. Shuzhuo Li, <i>School of Public Policy and Administration, Xi'an Jiaotong University, Xi'an, China</i>  <i>Overview:</i> Using prospective data collected in Anhui, China, this study compares the widowed to the married to examine whether the transition to widowhood associates with changes in depressive symptoms.  <i>Theme: Interdisciplinary Health Sciences</i></p> <p><b>Raising Awareness on the Psychological Affects Individuals Experience Living with Marfan Syndrome</b>            Stephanie Randazzo, <i>Clinical Psychology Department American Psychological Association, Argosy University, Alameda, USA</i>            Dr. Pauline Lytle, <i>Clinical Psychology at the American School of Professional Psychology, Argosy University, Alameda, USA</i>  <i>Overview:</i> Marfan Syndrome is a rare connective tissue disorder that could be fatal; limited research on the psychological stressors young adults face with the awareness of mortality has been conducted.  <i>Theme: Health Promotion and Education</i></p>



# THURSDAY, 05 OCTOBER

13:45-15:00	<b>PARALLEL SESSIONS</b>
<b>Room 3</b>	<p><b>Research for Change</b></p> <p><b>For Alzheimer's Sufferers There Is Hope in Research</b>  Prof. Samuel E. Moskowitz, <i>The Hebrew University of Jerusalem, Jerusalem, Israel</i>  <i>Overview:</i> Alzheimer's disease (AD) is a form of dementia. Images reveal tangled strands of protein tau and plaques with beta-amyloid. We shall discuss clinical trials that may prevent memory loss.  <i>Theme: Interdisciplinary Health Sciences</i></p> <p><b>The Impacts of Introducing Pictorial Warning Labels on Cigarette Packaging in Korea</b>  Eunjeong Kang, <i>Department of Health Administration and Management, Soonchunhyang University, Asan, South Korea</i>  <i>Overview:</i> The introduction of pictorial warning labels in Korea will reduce smoking prevalence and disease cases for 10 years but regular replacements of PWLs are needed for persistent impacts.  <i>Theme: Public Health Policies and Practices</i></p> <p><b>Exploring the Effectiveness of Teenage Pregnancy Prevention Strategies in North America</b>  Shelby Johnson, <i>Health Promotion, Dalhousie University, Halifax, Canada</i>  Dr. Matthew Numer, <i>School of Health and Human Performance, Dalhousie University, Halifax, Canada</i>  <i>Overview:</i> The purpose of the study is to explore the effectiveness of teenage pregnancy prevention strategies through an environmental scan.  <i>Theme: Health Promotion and Education</i></p>
<b>Room 4</b>	<p><b>Late Additions</b></p> <p><b>Participants' Perspectives of a Worksite Wellness Program Using an Outcome-based Contingency Approach</b>  Dr. David Bruno, <i>Department of Social Work, Valdosta State University, Valdosta, USA</i>  <i>Overview:</i> This study examined worksite wellness program. While 90% participants achieved goals (year 3) focus groups expressed much frustration.  <i>Theme: Health Promotion and Education</i></p> <p><b>Talking during Exercise Exploits Selective Advantages of Hominid Evolution</b>  Galen Morton, <i>UNM, Albuquerque, USA</i>  Dr. Martin Morton, <i>Albuquerque, USA</i>  <i>Overview:</i> The Talk Test (TT) consistently identifies a maximal "threshold" level of sustainable exercise intensity. We suspect the reasons for its efficacy are genetically embedded and due to natural selection.  <i>Theme: The Physiology, Kinesiology and Psychology of Wellness</i></p>
15:00-15:15	<b>COFFEE BREAK</b>

# THURSDAY, 05 OCTOBER

15:15-16:55	<b>PARALLEL SESSIONS</b>
<b>Room 1</b>	<p><b>College Wellness</b></p> <p><b>Getting Freshmen “Off and Running” to Success in College</b>  Patrick McGuire, <i>Teaching and Learning, University of Colorado Colorado Springs, Colorado Springs, USA</i>  Sarah Elsey, <i>Graduate School, University of Colorado Colorado Springs, Colorado Springs, USA</i>  Matt Barrett, <i>Freshmen Seminar Program, University of Colorado Colorado Springs, Colorado Springs, USA</i>  Sam Ruhala, <i>Geography and Environmental Studies, University of Colorado Colorado Springs, Colorado Springs, USA</i>  <i>Overview:</i> This paper describes an innovative undergraduate freshmen seminar course titled, Off and Running. Various health and wellness benefits associated with the required course activities are discussed.  <i>Theme:</i> <i>The Physiology, Kinesiology and Psychology of Wellness</i></p> <p><b>Spiritual Locus of Control, Information Avoidance, and Health Behaviors in Hispanic Female College Students</b>  Dr. Loranel Graham, <i>Professor of Psychology, Our Lady of the Lake University, San Antonio, USA</i>  <i>Overview:</i> This study examined the relationship between spiritual health locus of control, information avoidance, health behaviors, and well-being among a sample of college-aged Hispanic women.  <i>Theme:</i> <i>The Physiology, Kinesiology and Psychology of Wellness</i></p> <p><b>Collective Identity and Mental Health of Linguistic Minority University Students in Canada</b>  Dr. Annabel Levesque, <i>Faculty of Arts, Université de Saint-Boniface, Winnipeg, Canada</i>  Dr. Danielle de Moissac, <i>Winnipeg, Canada</i>  <i>Overview:</i> This study explored how French-speaking university students living in a minority setting define their collective identity and how their collective identity profiles are related to their mental health.  <i>Theme:</i> <i>The Physiology, Kinesiology and Psychology of Wellness</i></p> <p><b>Re-imagining Undergraduate Health and Social Care Education</b>  Dr. Martin King, <i>Department of Social Care and Social Work, Manchester Metropolitan University, Manchester, UK</i>  Prof. Alison Chambers, <i>Faculty of Health, Psychology and Social Care, MMU, Manchester, UK</i>  Laura Jackson, <i>Faculty of Health, Psychology and Social Care, MMU, Manchester, UK</i>  <i>Overview:</i> The Re-imagining project aims to explore change in respect of undergraduate health and social care education across health and social care professional groups in the UK.  <i>Theme:</i> <i>Interdisciplinary Health Sciences</i></p>
<b>Room 2</b>	<p><b>Workshops</b></p> <p><b>Whole Person Health and Well-Being without a Prescription</b>  Steve Peterson, <i>Arizona State University, Phoenix, USA</i>  <i>Overview:</i> Whole person health, wellness, and mindfulness provides a basic prescription for academic, interpersonal, social, mental and physiological well-being.  <i>Theme:</i> <i>Health Promotion and Education</i></p> <p><b>Increasing Parental Involvement in the Treatment of Mental Health Issues across the Lifespan: Lessons Learned from Emotion-Focused Family Therapy</b>  Dr. Adele Lafrance, <i>Department of Psychology, Laurentian University, Sudbury, Canada</i>  <i>Overview:</i> A paradigm shift is in progress regarding parental involvement in adolescent and adult mental health. This workshop will introduce the EFFT model, its evidence as well as lessons learned.  <i>Theme:</i> <i>2017 Special Focus - New Directions in Health And Wellness</i></p>

# THURSDAY, 05 OCTOBER

15:15-16:55	<b>PARALLEL SESSIONS</b>
<b>Room 3</b>	<p><b>Workshops</b></p> <p><b>Operationalizing Collaborative Diagnosis: Inter-professional Care Expands the Ability to Address the Social Determinants of Health and Wellness</b>  Dr. Robert Pettignano, <i>Sedation Services, Administration, Pediatrics, Children's Healthcare of Atlanta, Atlanta, USA</i>  Sylvia B. Caley, <i>College of Law, Georgia State University, Atlanta, USA</i>  Dr. Terri McFadden, <i>Pediatrics, Emory University, Atlanta, USA</i>  Dr. Veda Johnson, <i>Pediatrics, Emory University, Atlanta, USA</i>  <i>Overview:</i> The session demonstrates how an inter-professional team increases access to primary care, improves health services delivery to the family and community, and improves overall health outcomes of high-risk pediatric patients.  <i>Theme:</i> Interdisciplinary Health Sciences</p> <p><b>Mindfulness and Embodied Engagement for Healing and Social Justice</b>  Dr. Dena Samuels, <i>Matrix Center for the Advancement of Social Equity &amp; Inclusion, University of Colorado, Denver, USA</i>  <i>Overview:</i> How can we use mindfulness practices, self-awareness, and embodied engagement to both heal ourselves and create a more culturally inclusive environment?  <i>Theme:</i> Public Health Policies and Practices</p>
<b>Room 4</b>	<p><b>Workshops</b></p> <p><b>Mindfulness Meditation for Beginners</b>  Shawna Martel, <i>Rising Lotus Meditation, Hay River, Canada</i>  <i>Overview:</i> Attendees will be taught what meditation is, a brief history, and the benefits of meditation along with the basic breathing technique. A guided meditation on Loving-Kindness will also be taught.  <i>Theme:</i> 2017 Special Focus - New Directions in Health And Wellness</p> <p><b>Somatics of Yoga: An Integrated Approach</b>  Gail Abrams, <i>Dance Department, Scripps College, Inner Evolution Yoga, Highland, USA</i>  <i>Overview:</i> This workshop will explore the practice of yoga in a more embodied way through application of various somatic techniques, resulting in wholistic, healthful integration of mind and body.  <i>Theme:</i> Health Promotion and Education</p>
16:55-17:10	<b>CONFERENCE WELCOME RECEPTION AND POSTER SESSION</b>

# THURSDAY, 05 OCTOBER

17:10-17:55	<b>PARALLEL SESSIONS</b>
<b>Room 1</b>	<p><b>Posters</b></p> <p><b>Design and Implementation of a Physical Activity Program in Early Childhood Centers</b>  Jaya Bhakta, <i>Program of Occupational Therapy, Washington University, USA</i>  Dr. Christine Berg, <i>Program in Occupational Therapy, Washington University, USA</i>  <i>Overview:</i> The Move2Learn Program is a volunteer program that promotes physical activity for infants and toddlers in early childhood centers in a resource-limited community.  <i>Theme: Health Promotion and Education</i></p> <p><b>Predicting Adult Overweight Status Based on Recalled Parental Feeding during Childhood</b>  Crystal Lederhos Smith, <i>College of Nursing, Washington State University, Spokane, USA</i>  <i>Overview:</i> Adult overweight status is predictable, based on a model that uses feeding styles and practices participants recalled their parents using when they were children.  <i>Theme: Health Promotion and Education</i></p> <p><b>The Biopsychosocial Implications of the Baby-Friendly Hospital Initiative with Postpartum Mothers and High-Risk Infants</b>  Peggy Huber, <i>Argosy University, Lafayette, USA</i>  Danielle Guyette, <i>Argosy University, Alameda, USA</i>  Pauline Lytle, <i>Argosy University, Alameda, USA</i>  <i>Overview:</i> A literature review of the Baby-Friendly Hospital Initiative will be conducted to examine the experiences of mother/infant dyads of high-risk infants and how to further support this parent-child process.  <i>Theme: 2017 Special Focus - New Directions in Health And Wellness</i></p> <p><b>The Efficacy of 3Bromopyruvate and SC-514 Combination in Prostate Cancer Treatment Co-delivered with PLGA Nanoparticle</b>  Toluleke Famuyiwa, <i>Research and Teaching/ Biological Sciences, Florida Atlantic University, Davie, USA</i>  <i>Overview:</i> 3 bromopyruvate(3BP) and SC-514 (anticancer drug) exert their anticancer effect through oxidative stress therapy. Polylactico glycolic acid nanoparticle is expected to enhance the potential synergistic effect of 3BP and SC-514.  <i>Theme: Interdisciplinary Health Sciences</i></p> <p><b>Prevalence of Low Back Pain in Various Health Care Professionals</b>  Srirangalakshmi Bhupathiraju, <i>Self employed, Physiotherapy, Belgaum, India</i>  Prof. Ravi Savadatti, <i>Department of Physiotherapy, SDM College of Physiotherapy, Dharwad, India</i>  <i>Overview:</i> We studied the prevalence rates of Low back pain (LBP) in various Health care professionals (HCP's) and compared these prevalence rates among the Health Care Professionals.  <i>Theme: Health Promotion and Education</i></p> <p><b>Reducing Infant Mortality in Ohio through Pathways Community HUB Model</b>  Angela Dawson, <i>Ohio Commission on Minority Health, Columbus, USA</i>  Dr. Joann Mawasha, <i>Wright State University, Dayton, USA</i>  Fatima Perkins, <i>Solon, USA</i>  Raghav Suri, <i>Dayton, USA</i>  Visobe Welch, <i>Lorain County Community College, Elyria, USA</i>  Dr. Manoj Sharma, <i>Jackson State University, Jackson, USA</i>  <i>Overview:</i> This paper presents the planning, implementation, and evaluation of the Pathways Community HUB Model in Ohio to address the persistent health disparities of infant mortality among African American pregnant women.  <i>Theme: Health Promotion and Education</i></p> <p><b>Promoting eHealth Literacy on Ageing in TCM in Light of Modern Medicine</b>  Prof. Liangyi Cui, <i>Department of Computer Science and Engineering, Shanghai Jiaotong University, Shanghai, China</i>  <i>Overview:</i> It is fruitful to promote e-Health literacy on geriatrics and gerontology in TCM in light of modern medicine with rapid developments in artificial intelligence and big data mining.  <i>Theme: Interdisciplinary Health Sciences</i></p>

# THURSDAY, 05 OCTOBER

17:10-17:55	<b>PARALLEL SESSIONS</b>
	<p><b>Predictors of Cognitive Function: Older Adults in India</b>  Josephine Ankrach, <i>Department of Public Health, Southern Connecticut State University, New Haven, USA</i>  <i>Overview:</i> The purpose of this study is to identify predictors of cognitive function, organized into four distinct categories: non-modifiable, behavioral, physiological, and environmental risk factors.  <i>Theme: Health Promotion and Education</i></p> <p><b>Active Video Games as a Behavioral Treatment for Children with ADHD in South Texas</b>  Armando J. Gorena, Jr., <i>University of Texas Rio Grande Valley, Edinburg, USA</i>  Romeo De Luna, <i>University of Texas Rio Grande Valley, Edinburg, USA</i>  Joel Garza, <i>University of Texas Rio Grande Valley, Edinburg, USA</i>  Dr. Lin Wang, <i>Department of Health &amp; Human Performance, University of Texas-Rio Grande Valley, Edinburg, USA</i>  <i>Overview:</i> Presenters will share their exploration of the possible role of a well-designed active video game curriculum for elementary school students diagnosed with ADHD in South Texas.  <i>Theme: The Physiology, Kinesiology and Psychology of Wellness</i></p> <p><b>The Impact of Story-based Video Back Injury Prevention Training on Worker Injury Prevention Motivation and Knowledge Retention</b>  Dr. M. Courtney Hughes, <i>Relias Institute, Chicago, USA</i>  Emaley McCulloch, <i>San Diego, USA</i>  Dr. Elise Valdes, <i>Tampa, USA</i>  <i>Overview:</i> We present preliminary findings from an RCT examining the impact of the media choice of back injury prevention training on retained knowledge and back injury prevention practices at 45-day follow-up.  <i>Theme: Health Promotion and Education</i></p> <p><b>Exploring the PQOL: Quality of Life Dimensions among Older Adults</b>  Dr. Kimberly Hurley, <i>Kinesiology - Physical Education, University of Northern Iowa, Cedar Falls, USA</i>  Dr. James Jones, <i>Office of the Associate Provost and Dean, University College, Ball State University, USA</i>  <i>Overview:</i> Subjective quality of life (QOL) perceptions emerge as strong indicators of overall wellness. Assessment of Perceived QOL is examined for factor structure and utility with older adults.  <i>Theme: The Physiology, Kinesiology and Psychology of Wellness</i></p> <p><b>Effects of Peer Support Group on Rates of Suicide Attempts, Suicidal Thoughts, and Incidences of Self-Harm for Sexual Minority High School Students</b>  Samantha Fleming, <i>School of Nursing, Old Dominion University, Norfolk, USA</i>  Rebecca O'Neill, <i>School of Nursing, Old Dominion University, Norfolk, USA</i>  Deja Dixon, <i>School of Nursing, Old Dominion University, Norfolk, USA</i>  Allyson Jett, <i>School of Nursing, Old Dominion University, Norfolk, USA</i>  Haley Mann, <i>School of Nursing, Old Dominion University, Norfolk, USA</i>  Ashlee Peters, <i>School of Nursing, Old Dominion University, Norfolk, USA</i>  <i>Overview:</i> I discuss an after-school peer support group for sexual minority youth. Intervention aims to decrease disproportionate rates of suicidal thoughts, attempts, and/or self-inflicted injuries in this LGBTQIA+ population.  <i>Theme: Health Promotion and Education</i></p> <p><b>The Perceptions of University of Guam Students towards Males in the Nursing Profession</b>  Verna Zafra-Kasala, <i>Division of English and Applied Linguistics, University of Guam, Mangilao, Guam</i>  <i>Overview:</i> This research examines the perceptions of University of Guam students towards males in nursing, which has long been a profession associated with and dominated by females.  <i>Theme: Interdisciplinary Health Sciences</i></p>

# THURSDAY, 05 OCTOBER

17:10-17:55	<b>PARALLEL SESSIONS</b>
	<p><b>Aging, Hearing Loss, and Loneliness: The Buffering Effect of Friends and Family</b>  Dr. Jennifer Pearce-Morris, <i>Department of Humanities, Social Sciences &amp; Education, Raritan Valley Community College, Branchburg, USA</i>  <i>Overview:</i> Hearing loss among elders is often associated with loneliness. This study finds that support from friends, spouses, and relatives can help reduce hearing-impaired loneliness. Support from friends is especially important.  <i>Theme: The Physiology, Kinesiology and Psychology of Wellness</i></p> <p><b>Formal Training and Education on Foster Child Abuse in Newly Hired Nurses</b>  Andrea Jefferson, <i>Nursing Honors Student, Old Dominion School of Nursing, Old Dominion University, Norfolk, USA</i>  <i>Overview:</i> I discuss the awareness amongst newly hired nursing professionals through implementation of a formal training program in the successful identification and reporting of victims of child abuse.  <i>Theme: 2017 Special Focus - New Directions in Health And Wellness</i></p> <p><b>What They Say Isn't Always What They Believe</b>  Dr. Jon Aoki, <i>Department of Natural Sciences, University of Houston, Houston, USA</i>  <i>Overview:</i> Adopting a new lifestyle habit or breaking an old one is difficult. Thus, a paradigm shift in dietary guidance, if necessitated, may take time to occur.  <i>Theme: Health Promotion and Education</i></p> <p><b>Formulation of Biofilm/biostrips for Oral and Topical Elution of Nutraceutical/ Pharmaceuticals</b>  Kailas Moravkar, <i>Pharmaceutical Science and Technology, Institute of Chemical Technology, Mumbai, India</i>  Prof. Purnima Amin, <i>Department of Pharmaceutical Science and Technology, Institute of Chemical Technology, Mumbai, India</i>  <i>Overview:</i> The present invention relates to the continuous manufacturing of water soluble polymers based biofilms/biostrips for oral, sublingual and topical elution of Nutraceutical/ Pharmaceuticals using twin-screw hot melt extrusion process.  <i>Theme: 2017 Special Focus - New Directions in Health And Wellness</i></p>



# THURSDAY, 05 OCTOBER

17:10-17:55

## PARALLEL SESSIONS

### Room 2 Virtual Posters

#### **Hidden Deficits: The Developmental Outcomes of Children Born Prematurely**

Dr. Roxanne Bélanger, *Bachelor's and Master's Program in Health Sciences, Laurentian University - Université Laurentienne, Sudbury, Canada*

**Overview:** Children born preterm are at risk for a range of neurobehavioural impairments. This study aimed to measure preterm children's fine motor, gross motor, receptive and expressive language development.

*Theme: Health Promotion and Education*

#### **Personal Wellbeing, Depression and Alcohol Use among College Students Receiving Services from a Student Health Center**

Dr. Molly Ranney, *School of Social Work, California State University, Long Beach, USA*

Dr. Christine B. Kleinpeter, *School of Social Work, California State University, Long Beach, USA*

**Overview:** This paper describes the Personal Wellbeing Index, Public Health Questionnaire-9, and the Alcohol Use Disorders Identification Test scores of 35 community college students who received mental health services.

*Theme: Health Promotion and Education*

#### **The Relationship between Stress Levels and Timely Graduation of Community College Students Receiving Medical or Mental Health Care**

Dr. Christine B. Kleinpeter, *School of Social Work, California State University, Long Beach, Long Beach, USA*

Dr. Marilyn Potts, *School of Social Work, California State University, Long Beach, CA, Long Beach, USA*

Dr. Molly Ranney, *School of Social Work, California State University, Long Beach, Long Beach, USA*

**Overview:** This study compares the stress levels of 35 students who received mental health services, 36 students who received medical services, and a comparison group of 42 students.

*Theme: Health Promotion and Education*

#### **STDs among Transgender College Students in the United States: The Role of Experienced Discrimination**

Dr. Todd Sabato, *College of Education and Human Development School of Medicine and Health Sciences, University of North Dakota, Grand Forks, USA*

**Overview:** Analysis of American College Health Association data indicate that experienced discrimination is a significant risk factor for STDs among transgender college students, reinforcing the need for stigma reduction/discrimination prevention efforts.

*Theme: Health Promotion and Education*

#### **Housing and Health in Korea: Focusing on Age Difference**

Soyeon Kim, *School of Social Work, Seoul National University, Seoul, South Korea*

**Overview:** The purpose of this study is to examine how housing (and its related features) affects health of elderly and non-elderly population in Korea.

*Theme: Interdisciplinary Health Sciences*

#### **The Importance of Yoga in the Treatment of Asthma**

Vimala Charitha Lingam, *Behavioral & Environmental Health, Jackson State University, Jackson, USA*

Shinjita Ghosh, *Jackson State University, Jackson, USA*

Anjali Chandra, *Department of Psychiatry, Harvard college, Cambridge, USA*

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

**Overview:** The idea of the study is to provide information for evidence based practice and education to health care professionals and help them realize the importance of yoga as alternative therapy.

*Theme: Health Promotion and Education*

#### **Chinese Cultural Influence on Stress Coping**

Dr. Dan Zhang, *Counseling Department, Vancouver Community College, Vancouver, Canada*

**Overview:** The concern for how cultural influence on stress and coping as well as well-being of Chinese will be presented and discussed.

*Theme: The Physiology, Kinesiology and Psychology of Wellness*



# FRIDAY, 06 OCTOBER

FRIDAY, 06 OCTOBER	
8:00-9:00	<b>CONFERENCE REGISTRATION DESK</b>
9:00-9:20	<b>DAILY UPDATE</b>
9:20-9:50	<b>PLENARY SESSION - MARY CHRISTENSON, ASSOCIATE PROFESSOR, REGIS UNIVERSITY SCHOOL OF PHYSICAL THERAPY, DENVER, USA</b>
	Facilitating Access to Health Promoting Activities in Rural Colorado: A Community-based Approach
9:50-10:20	<b>GARDEN CONVERSATION</b>
10:20-11:35	<b>PARALLEL SESSIONS</b>
<b>Room 1</b>	<p><b>Psychosocial Impacts</b></p> <p><b>The Relationship between Selflessness and Physical Activity Participation</b>  Dr. Kyle Busing, <i>Department of Exercise Science and Sports Management, Schreiner University, Kerrville, USA</i>  <i>Overview:</i> Previous research has indicated that selflessness is related to health behaviors. This study evaluated the relationship between selflessness and physical activity participation.  <i>Theme: The Physiology, Kinesiology and Psychology of Wellness</i></p> <p><b>The Psychosocial Impact of Mastectomies on Body Image among Breast Cancer Survivors</b>  Ellen Joseph, <i>Morgridge College of Education Department of Counseling Psychology, University of Denver, Denver, USA</i>  Megan Beranek, <i>Morgridge College of Education Department of Counseling Psychology, University of Denver, Denver, USA</i>  <i>Overview:</i> Recent research surrounding breast cancer survivors focuses on the psychosocial impact of mastectomies on women. This comprehensive literature review focuses specifically on female body image after receiving a mastectomy.  <i>Theme: The Physiology, Kinesiology and Psychology of Wellness</i></p> <p><b>Self-Perceived Quality of Life Improvements with Aerobic Conditioning in Individuals with Spinal Cord Injury</b>  Marie Vazquez Morgan, <i>Department of Rehabilitation Sciences Program in Physical Therapy, Louisiana State University Health Sciences Center, Shreveport, USA</i>  <i>Overview:</i> I assess possible improvement in self-perceived quality of life in individuals with a chronic spinal cord injury, through the use of a Functional Electrical Stimulation bike to perform aerobic exercise.  <i>Theme: The Physiology, Kinesiology and Psychology of Wellness</i></p>



# FRIDAY, 06 OCTOBER

10:20-11:35	<b>PARALLEL SESSIONS</b>
<b>Room 2</b>	<p><b>Sexual Health</b></p> <p><b>Sexuality and Cannabis: How Are They Connected?</b>  Dr. Jordan Tishler, <i>Health Wellness Private Practice, Harvard, Cambridge, USA</i>  <i>Overview:</i> Sexuality is a fundamental part of the lifecycle for most people, and difficulties can lead to loss of self-esteem, depression, anxiety, and interpersonal strife. Can Cannabis help with said difficulties?  <i>Theme: 2017 Special Focus - New Directions in Health And Wellness</i></p> <p><b>Development of the Adolescent Sexual and Reproductive Well-Being Scale for Fiji Islands</b>  Michelle O'Connor, <i>School of Public Health and Community Medicine, University of New South Wales, Sydney, Australia</i>  Dr. Husna Razee, <i>School of Public Health and Community Medicine, UNSW, Sydney, Australia</i>  Dr. Patrick Rawstorne, <i>School of Public Health and Community Medicine, UNSW, Sydney, Australia</i>  <i>Overview:</i> Based on qualitative findings and well-being theory, we offer an instrument to measure adolescent sexual and reproductive well-being in Fiji.  <i>Theme: Public Health Policies and Practices</i></p> <p><b>HIV/AIDS and the Public Health Paradox: A Post-structural Discourse Analysis of the Impact of HIV Messaging on Gay Men in Nova Scotia</b>  Dr. Matthew Numer, <i>School of Health and Human Performance, Dalhousie University, Halifax, Canada</i>  <i>Overview:</i> This paper explores some of the ways in which public health discourse impacts HIV and sexual health practices among gay men.  <i>Theme: Health Promotion and Education</i></p>
<b>Room 3</b>	<p><b>Wellness Outreach</b></p> <p><b>Infusing Mindfulness Practice to an Already Existing Health Outreach Programs</b>  Dhruti Patel, <i>Department of Agriculture and Natural Resources, University of Maryland Extension, Salisbury, USA</i>  <i>Overview:</i> This paper presents a comprehensive program model and recommendations on ways to administer mindfulness practice in the existing community health/ wellness outreach programs.  <i>Theme: 2017 Special Focus - New Directions in Health And Wellness</i></p> <p><b>Facilitating Access to Health Promoting Activities in Rural Colorado: A Community-based Approach</b>  Dr. Mary Christenson, <i>Rueckert-Hartman College for Health Professions School of Physical Therapy, Regis University, Denver, USA</i>  <i>Overview:</i> Health disparities in rural areas can exist due to lack of access to health promoting resources. This project describes collaboration with communities to develop and sustain a health promoting modality.  <i>Theme: Public Health Policies and Practices</i></p> <p><b>The Role of Government in Public Health in India</b>  Bhavjot Kaur, <i>Punjabi University, Patiala, India</i>  <i>Overview:</i> Public Health in India includes the demographical transition, environmental changes, epidemiological transition and social determinants of health.  <i>Theme: Public Health Policies and Practices</i></p>
<b>Room 4</b>	<b>Late Additions</b>
11:35-12:30	<b>LUNCH</b>
12:30-13:15	<b>TALKING CIRCLES</b>
	<p>Room 1: The Physiology, Kinesiology, and Psychology of Wellness in its Social Context</p> <p>Room 2: Interdisciplinary Health Sciences</p> <p>Room 3: Public Health Policies and Practices</p> <p>Room 4: Health Promotion and Education</p> <p>Plenary Room: 2017 Special Focus: New Directions in Health And Wellness</p>



# FRIDAY, 06 OCTOBER

13:15-14:00	<b>PARALLEL SESSIONS</b>
<b>Ballroom</b>	<p><b>Focussed Discussions</b></p> <p><b>Pharmacology and Fitness: Diabetic Pharmacology and the Exercise Community</b>            Ciara Delgado, <i>Private Personal Trainer, Huntersville, USA</i>            Dr. Gregory Gasior, <i>Sound Medical Advice, LLC, Charlotte, USA</i>  <i>Overview:</i> Many times within the health and fitness community, pharmacology is overlooked. With respects to diabetes, pharmacological knowledge is pertinent for the success of diabetic client progress.  <i>Theme: 2017 Special Focus - New Directions in Health And Wellness</i></p> <p><b>Interdisciplinary Student Learning: Perspectives Gained from Outreach in Underserved Communities in the Amazon Region of Peru</b>            Catrina Schwartz, <i>College of Pharmacy, Washington State University, Spokane, USA</i>            Sandy Carollo, <i>College of Nursing (Yakima), Washington State University, Yakima, USA</i>            Debbie Brinker, <i>College of Nursing, Washington State University, Spokane, USA</i>            Laura Hahn, <i>College of Nursing, Washington State University, Yakima, USA</i>            Crystal Lederhos Smith, <i>College of Nursing, Washington State University, Spokane, USA</i>  <i>Overview:</i> Providing healthcare outreach abroad in underserved communities provides a unique experience for interprofessional collaboration. Development of community and population-based approaches are equally important to improve health and health equity.  <i>Theme: Public Health Policies and Practices</i></p> <p><b>Addressing Opioid Misuse and Abuse through Interdisciplinary Intervention</b>            Dr. Marta Brooks, <i>School of Pharmacy, Regis University, Denver, USA</i>            Dr. Suzanne Holm, <i>Creighton-Regis Occupational Therapy Program School of Physical Therapy, Regis University, Denver, USA</i>            Dr. Shelene Thomas, <i>School of Physical Therapy, Regis University, Denver, USA</i>            Dr. Amy Rich, <i>School of Physical Therapy, Regis University, Denver, USA</i>  <i>Overview:</i> To describe the development of an interdisciplinary panel aimed at sharing the magnitude of opioid misuse and abuse to graduate healthcare students, the discussion will focus on potential next steps.  <i>Theme: Interdisciplinary Health Sciences</i></p> <p><b>Can You Keep Up? Mature Adults Reflect on What Keeps Them Active and Healthy</b>            Prof. Barbekka Hurr, <i>Biological Sciences Division of Natural Sciences and Mathematics, University of Denver, Denver, USA</i>  <i>Overview:</i> In this focused discussion, a panel of mature adults discuss the factors that keep them active and healthy, why it matters to them, and why it should matter to everyone.  <i>Theme: Health Promotion and Education</i></p> <p><b>Sudden Sensorineural Hearing Loss and Singing</b>            Dr. Christine Isley-Farmer, <i>School of Music, Middle Tennessee State University, Murfreesboro, USA</i>  <i>Overview:</i> News of unilateral hearing loss (SSNHL) can be devastating. To a singer facing possible life/career ramifications, a diagnosis of SSNHL led to the application of kinesthesia to hearing perception.  <i>Theme: Health Promotion and Education</i></p> <p><b>The Utilization of Organizational Influence: An Approach to the Engagement of People Who Inject Drugs</b>            Dayna L. DeHerrera, <i>Community Health Education, Colorado School of Public Health at the University of Northern Colorado, Greeley, USA</i>            Devin E. Miller, <i>University of Colorado Denver, USA</i>            Dr. Teresa Sharp, <i>Community Health Education College of Natural and Health Sciences, Colorado School of Public Health at the University of Northern Colorado, Greeley, USA</i>            Dr. Elizabeth Gilbert, <i>Community Health, Colorado School of Public Health at the University of Colorado, Greeley, USA</i>  <i>Overview:</i> We discuss the ways in which organizations can facilitate harm reduction and engagement of people who inject drugs using a modified socio-ecological model.  <i>Theme: Public Health Policies and Practices</i></p>



# FRIDAY, 06 OCTOBER

13:15-14:00	<b>PARALLEL SESSIONS</b>
	<p><b>Using Resiliency and Self Care to Prevent Compassion Fatigue</b>  Dr. Stephanie Hicks-Pass, <i>Social Work Department, Austin Peay State University, Clarksville, USA</i>  <i>Overview:</i> Resiliency and self care are essential for people in the helping professions to prevent compassion fatigue. Learn about how to improve your own resiliency factors to prevent compassion fatigue.  <i>Theme: 2017 Special Focus - New Directions in Health And Wellness</i></p>
<b>Room 1</b>	<p><b>Virtual Lightning Talks</b></p> <p><b>Evaluation of a Dalcroze Eurhythmics Based Intervention on the Quality of Life of Older Adults</b>  Elda Nelly Treviño, <i>Universidad Autónoma de Nuevo León, Monterrey, Mexico</i>  Dr. Javier Álvarez-Bermúdez, <i>Universidad Autónoma de Nuevo León, Monterrey, Mexico</i>  <i>Overview:</i> From a positive psychology standpoint, effects of an intervention based on Dalcroze Eurhythmics were evaluated on the quality of life of older adults in physical, cognitive, emotional, and social domains.  <i>Theme: Health Promotion and Education</i></p> <p><b>Living Anatomy</b>  Phillip Carl Silverman, <i>Exercise Science Department, Weltec, Petone, New Zealand</i>  Malcolm Doidge, <i>Creative Technology, New Zealand</i>  <i>Overview:</i> Functional anatomy is required for many allied health providers, this paper focuses on new technologies that focus on the functional aspect that is often lost in a biomedical dissection approach.  <i>Theme: 2017 Special Focus - New Directions in Health And Wellness</i></p>
<b>Room 2</b>	<p><b>Workshop</b></p> <p><b>Universal Mind in Action: The Power of Mind and Body Unification</b>  Dr. Jonathan Doner, <i>Vanderbilt University, Keswick, USA</i>  <i>Overview:</i> Participants will find that, despite its historical links to esoteric metaphysics, universal mind can be objectively experienced through a practice called shin shin toitsu, meaning mind and body unification.  <i>Theme: 2017 Special Focus - New Directions in Health And Wellness</i></p>
<b>Room 3</b>	<p><b>Innovation Showcase</b></p> <p><b>The Compassion Conundrum: Holding on to Heart, Meaning and Service</b>  Dr. Laurie Fonken, <i>College of Veterinary Medicine and Biomedical Sciences, Colorado State University, Fort Collins, USA</i>  <i>Overview:</i> I explore challenges inherent in the commitment and dedication of health care professionals. Through interactive self reflective exercises reconnect to the heart and meaning of your work in service.  <i>Theme: Health Promotion and Education</i></p>
14:00-14:15	<b>COFFEE BREAK</b>



# FRIDAY, 06 OCTOBER

14:15-15:30	<b>PARALLEL SESSIONS</b>
<b>Room 1</b>	<p><b>Information, Communication, and Health</b></p> <p><b>Increasing Adherence to Medical Advice with Culturally Competent Scripts: Spanish Speaking Type 2 Diabetes Patients</b>  Juan Velazquez, <i>Department of Undergraduate Psychology, Alliant International University, San Diego, USA</i>  Dr. Daniel M. Blumberg, <i>Department of Undergraduate Psychology, Alliant International University, San Diego, USA</i>  <i>Overview:</i> The paper focuses on converting standard medical advice for Hispanic Type 2 diabetes patients into culturally competent instructions, which have a much greater likelihood of obtaining patient compliance.  <i>Theme: Health Promotion and Education</i></p> <p><b>The Dialogue between Indigenous Youth and Physicians: An Analysis of Young Indigenous Women with HPV</b>  Prof. Maria Beldi de Alcantara, <i>Pathology Department at Medical School, University of Sao Paulo, Sao Paulo, Brazil</i>  <i>Overview:</i> This paper aims to present an interdisciplinary analysis of the perception of the women indigenous youth about their HPV disease and the dialogue with the physician.  <i>Theme: 2017 Special Focus - New Directions in Health And Wellness</i></p> <p><b>Meaningful Use of Computers in Dementia Care: Potential Therapeutic and Preventative Roles</b>  Jimmy Liapis, <i>Wantirna Health Eastern Health, Melbourne, Australia, Eastern Health, Melbourne, Australia</i>  <i>Overview:</i> Systematic review to explore the preventative and therapeutic benefits of meaningful computer usage in people at risk of, or living with, dementia.  <i>Theme: 2017 Special Focus - New Directions in Health And Wellness</i></p>
<b>Room 2</b>	<p><b>Managing and Mediating Stress</b></p> <p><b>Takotsubo Cardiomyopathy: A Cardio-protective Benefit of Evolution</b>  Galen Morton, <i>UNM, Albuquerque, USA</i>  <i>Overview:</i> Takotsubo Cardiomyopathy (Broken-heart Syndrome) occurs from emotional or physical stress and is an evolutionary response to high levels of epinephrine and is characteristically reversible left ventricle systolic dysfunction.  <i>Theme: Interdisciplinary Health Sciences</i></p> <p><b>Patterns of Academic Burnout, Emotional Distress and Coping in Physical Therapy Students</b>  Dr. Karen Mueller, <i>Department of Physical Therapy and Athletic Training, Northern Arizona University, Flagstaff, USA</i>  Petra Williams, <i>Department of Physical Therapy and Athletic Training, Northern Arizona University, Flagstaff, USA</i>  Linda Denney, <i>Northern Arizona University, Phoenix, USA</i>  <i>Overview:</i> This study explored the patterns of burnout, emotional stress and coping strategies among 163 doctoral physical therapy students in the first or second academic years of their educational program.  <i>Theme: Health Promotion and Education</i></p> <p><b>Simple Movement Utilized to Attenuate the Stress Response</b>  Shaun Stearns, <i>Trauma, Health and Hazards Center Psychology Department, University of Colorado at Colorado Springs, Colorado Springs, USA</i>  <i>Overview:</i> The current paper will highlight findings demonstrating how simple hand movements generate a decrease in sympathetic activity, attenuates one's sympathetic response and require minimal training.  <i>Theme: 2017 Special Focus - New Directions in Health And Wellness</i></p>

# FRIDAY, 06 OCTOBER

14:15-15:30	<b>PARALLEL SESSIONS</b>
<b>Room 3</b>	<p><b>Pharachology, Impacts and Alternatives</b></p> <p><b>Knowledgeability and Educational Needs of Complementary-Alternative Medicine among Indonesian Clinical Psychologists: A Preliminary Report</b>  Andrian Liem, <i>School of Psychology, University of Queensland, Brisbane, Australia</i>  <i>Overview:</i> This is a report of knowledgeability and educational needs of complementary-alternative medicine among Indonesian clinical psychologists. Results showed the lack of CAM knowledge correlated with strong needs for CAM education.  <i>Theme: Interdisciplinary Health Sciences</i></p> <p><b>The Immune Responses to Immunizations in Adults with Down Syndrome</b>  Dr. Stephanie James, <i>School of Pharmacy, Regis University, Denver, USA</i>  Cassandra Hanna, <i>School of Pharmacy, Regis University, Denver, USA</i>  Jake Brockmeyer, <i>School of Pharmacy, Regis University, Denver, USA</i>  <i>Overview:</i> Respiratory infection is leading cause of morbidity and mortality in adults with Down syndrome(DS.) The effectiveness of immunizations in adults with DS will be described and current data presented.  <i>Theme: Interdisciplinary Health Sciences</i></p>
<b>Room 4</b>	<p><b>Dietary Intersections</b></p> <p><b>Food Attitude, Eating Style, and Body Mass Index</b>  Li Ge, <i>Purdue University, West Lafayette, USA</i>  Barbara Almanza, <i>Purdue University, West Lafayette, USA</i>  Hugo Tang, <i>Purdue University, West Lafayette, USA</i>  Carl Behnke, <i>Purdue University, West Lafayette, USA</i>  Richard Ghiselli, <i>Purdue University, West Lafayette, USA</i>  <i>Overview:</i> This study tests the association between intuitive eating and a quality-oriented food attitude, and the mediation effect of a quality-oriented food attitude on the relationship between intuitive eating and BMI.  <i>Theme: 2017 Special Focus - New Directions in Health And Wellness</i></p> <p><b>Maternal Stress and Early Childhood Obesity: Exploring Critical Periods of Development in a New Zealand Context</b>  Charlotte Farewell, <i>Colorado School of Public Health Health and Behavioral Sciences Department, The University of Colorado Denver, Aurora, USA</i>  <i>Overview:</i> Maternal stress early in life may be associated with development of early childhood BMI which is an important biological outcome due to associations with adult obesity and chronic disease.  <i>Theme: 2017 Special Focus - New Directions in Health And Wellness</i></p>
15:30-15:40	<b>BREAK</b>

# FRIDAY, 06 OCTOBER

15:40-16:55	<b>PARALLEL SESSIONS</b>
<b>Room 1</b>	<p><b>Professional Wellbeing</b></p> <p><b>How the Lawyer Wellbeing Crisis Thwarts Social Progress</b>  Dr. Debra Austin, <i>Sturm College of Law, University of Denver, Denver, USA</i>  <i>Overview:</i> Lawyers drive social progress, but they are incapacitated and ineffective due to their training. Social progress and the creation of a more equitable society may depend on improving lawyer wellbeing.  <i>Theme: Health Promotion and Education</i></p> <p><b>Can Practicing Mindfulness Improve Lawyer Decision-Making, Ethics, and Leadership?</b>  Prof. Peter Huang, <i>Law School, University of Colorado Boulder, Boulder, USA</i>  <i>Overview:</i> Many interdisciplinary and multidisciplinary research studies find practicing mindfulness improves the health and wellness of many people in society. Can practicing mindfulness improve the decision-making, ethics, and leadership of lawyers?  <i>Theme: 2017 Special Focus - New Directions in Health And Wellness</i></p> <p><b>Influences on Early Career Teachers to Promote Health and Engage with Health and Wellbeing Education</b>  Dr. Jenny Byrne, <i>Education, The University of Southampton, Southampton, UK</i>  Willeke Rietdijk, <i>Southampton Education School, University of Southampton, Southampton, UK</i>  Dr. Karen Pickett, <i>Southampton Health Technology Assessments Centre (SHTAC), University of Southampton, Southampton, UK</i>  <i>Overview:</i> This paper explores the myriad influences including school culture, ethos and environment that may affect early career teachers' willingness to promote health and engage in teaching health and wellbeing education.  <i>Theme: Health Promotion and Education</i></p>
<b>Room 2</b>	<p><b>The Roles of Nutrition and Food</b></p> <p><b>Perceptions and Barriers to Healthy Food Access in a Rural Southwest Community</b>  Dr. Teresa Sharp, <i>Community Health Education College of Natural and Health Sciences, University of Northern Colorado, Greeley, USA</i>  Stephanie Goris, <i>Community Health College of Natural and Health Sciences, University of Northern Colorado, Greeley, USA</i>  Dr. Elizabeth Gilbert, <i>Community Health Education College of Natural and Health Sciences, University of Northern Colorado, Greeley, USA</i>  Danya Carroll, <i>Community Outreach and Patient Empowerment, Gallup, USA</i>  Grace Turner, <i>Community Health Education, University of Northern Colorado, Greeley, USA</i>  <i>Overview:</i> Focus groups were conducted with residents in a southwest American Indian border town. Responses identified perceptions and barriers to food access and resources that detrimentally impact their community's health.  <i>Theme: Health Promotion and Education</i></p> <p><b>The Fitness Levels, BMI, Lifestyle Habits, and Environmental Factors between Three Different Public and Private Elementary Schools in the Denver Metro Area</b>  Dr. Ira Gorman, <i>School of Physical Therapy Rueckert-Hartman College for Health Professions, Regis University, Denver, USA</i>  <i>Overview:</i> This study looks at differences in physical fitness and BMI among schools in the Denver Metropolitan area, of different SES of students and whether the school is public or private.  <i>Theme: Health Promotion and Education</i></p>





# FRIDAY, 06 OCTOBER

15:40-16:55	<b>PARALLEL SESSIONS</b>
<b>Room 3</b>	<p><b>Sustainable Innovations</b></p> <p><b>Linking Health and Social Care in England: The Case of Continuing Healthcare</b>  Dr. Louise Dalingwater, <i>English Department, Sorbonne Nouvelle University, Paris, France</i>  <i>Overview:</i> Health policy in England is currently directed towards joining up medical and social care. Continuing Healthcare aims to achieve this goal but provision of care remains fragmented.  <i>Theme: Public Health Policies and Practices</i></p> <p><b>Process Evaluation of an Oral Health Literacy Curriculum: Digital Design Feedback from Three Different Target Audiences</b>  Prof. James Coyle, <i>Interactive Media Studies Program Department of Marketing, Miami University, Oxford, USA</i>  Dr. Valerie Ubbes, <i>Education, Health, and Society, Miami University, Oxford, USA</i>  <i>Overview:</i> We evaluated a curriculum prototype for improving oral health literacy using eye tracking and written feedback. Two phases of usability testing were performed on three different target audiences.  <i>Theme: Health Promotion and Education</i></p> <p><b>Utilizing a Palliative Care Approach to Enhance Quality of Life and Wellness in Frail Older Adults</b>  Ashley Czerkas, <i>Laurentian University, Sudbury, Canada</i>  <i>Overview:</i> This paper provides an overview of frailty and its various treatment options and highlights the benefits of palliative care as a way of enhancing overall wellness and quality of life.  <i>Theme: Health Promotion and Education</i></p>
<b>Room 4</b>	<p><b>Risk Assessment</b></p> <p><b>Reflexivity in Health Communication: Critical Analysis of the Lethal Tobacco Ideology</b>  Paul Lagergren M.A., <i>Humanities Division Speech/Communication Department, American River College, Sacramento, USA</i>  <i>Overview:</i> I analyze the discourse surrounding smoking, "the largest preventable cause of death globally," reveals universal exclusion of the potentially mitigating science, resistance to which is remedied by advances in neuroplasticity.  <i>Theme: The Physiology, Kinesiology and Psychology of Wellness</i></p> <p><b>Using Biomarkers for Measuring Stress in High Risk Activities</b>  Dr. Alan W. Ewert, <i>Department of Environmental Health Indiana University, Indiana University, Bloomington, USA</i>  <i>Overview:</i> This paper describes recent work measuring levels of stress during a high risk activity (rappelling). This study utilized a series of measurements while the participant was engaged in the rappel.  <i>Theme: The Physiology, Kinesiology and Psychology of Wellness</i></p> <p><b>Marijuana Consumption and Access among College Students in the United States</b>  David Ruggeri, <i>Department of Health Sciences, University of Missouri- Columbia, Columbia, USA</i>  Julie Buckner, <i>Louisiana State University, Baton Rouge, USA</i>  Arielle Selya, <i>University of North Dakota, Grand Forks, USA</i>  <i>Overview:</i> Marijuana consumption by college students has increased over that past 30 years. This study examines the rate of marijuana consumption among traditional college students in states with varying marijuana laws.  <i>Theme: Health Promotion and Education</i></p>
16:55-17:25	<b>CONFERENCE CLOSING AND AWARD CEREMONY</b>



<b>Gail Abrams</b>	Inner Evolution Yoga	USA
<b>Josephine Ankrah</b>	Southern Connecticut State University	USA
<b>Jon Aoki</b>	University of Houston-Downtown	USA
<b>Debra Austin</b>	University of Denver	USA
<b>Megan Beranek</b>	University of Denver	USA
<b>Jaya Bhakta</b>	Washington University in St. Louis	USA
<b>Marta Brooks</b>	Regis University	USA
<b>David Bruno</b>	Valdosta State University	USA
<b>Kyle Busing</b>	Schreiner University	USA
<b>Jenny Byrne</b>	The University of Southampton	UK
<b>Roxanne Bélanger</b>	Laurentian University - Université Laurentienne	Canada
<b>Sylvia B. Caley</b>	Georgia State College of Law	USA
<b>Sandy Carollo</b>	Washington State University	USA
<b>Pattie Carr</b>	Central Montana Medical Center	USA
<b>Anjali Chandra</b>	Harvard College	USA
<b>Tyrone Cheng</b>	Montclair State University	USA
<b>Mary Christenson</b>	Regis University	USA
<b>James Coyle</b>	Miami University	USA
<b>Liangyi Cui</b>	Shanghai Jiaotong University	China
<b>Ashley Czerkas</b>	Laurentian University	Canada
<b>Louise Dalingwater</b>	Sorbonne Nouvelle University	France
<b>Romeo De Luna</b>	The University of Texas Rio Grande Valley	USA
<b>Dayna L. DeHerrera</b>	University of Northern Colorado	USA
<b>Amelia Derr</b>	Seattle University	USA
<b>Jonathan Doner</b>	DP/DS	USA
<b>Gihane Endrawes</b>	Western Sydney University	Australia
<b>Alan W. Ewert</b>	Indiana University	USA
<b>Toluleke Famuyiwa</b>	Florida Atlantic University	USA
<b>Charlotte Farewell</b>	The University of Colorado Denver	USA
<b>Samantha Fleming</b>	Old Dominion University	USA
<b>Laurie Fonken</b>	Colorado State University	USA
<b>Joel Garza</b>	The University of Texas Rio Grande Valley	USA
<b>Li Ge</b>	Purdue University	USA
<b>Armando J. Gorena, Jr.</b>	The University of Texas Rio Grande Valley	USA
<b>Ira Gorman</b>	Regis University	USA
<b>Loranel Graham</b>	Our Lady of the Lake University	USA
<b>Cheryl Ann Green</b>	Southern Connecticut State University	USA
<b>Andrea Groth</b>	Anthem	USA
<b>Danielle Guyette</b>	Argosy University, San Francisco Bay Area	USA
<b>Laura Hahn</b>	Washington State University	USA
<b>Amy Hammerich</b>	Regis University	USA
<b>Stephanie Hicks-Pass</b>	Austin Peay State University	USA





<b>Max Holdsworth</b>	University of Delaware	USA
<b>Peter Huang</b>	University of Colorado Boulder	USA
<b>Peggy Huber</b>	Argosy University, San Francisco Bay Area	USA
<b>Shirlene Hudyma</b>	Laurentian University	Canada
<b>M. Courtney Hughes</b>	Relias Institute	USA
<b>Kimberly Hurley</b>	University of Northern Iowa	USA
<b>Barbekka Hurtt</b>	University of Denver	USA
<b>Christine Isley-Farmer</b>	Middle Tennessee State University	USA
<b>Laura Jackson</b>	Manchester Metropolitan University	UK
<b>Stephanie James</b>	Regis University	USA
<b>Andrea Jefferson</b>	Old Dominion University	USA
<b>Ellen Joseph</b>	University of Denver	USA
<b>Eunjeong Kang</b>	Soonchunhyang University	South Korea
<b>Bhavjot Kaur</b>	Punjabi University	India
<b>Soyeon Kim</b>	Seoul National University	South Korea
<b>Martin King</b>	Manchester Metropolitan University	UK
<b>Adele Lafrance</b>	Laurentian University	Canada
<b>Paul Lagergren M.A.</b>	American River College	USA
<b>Margarita Rosa Larios Solórzano</b>	Universidad Metropolitana	Colombia
<b>Dalton Larrinaga</b>	University of Denver	USA
<b>Crystal Lederhos Smith</b>	Washington State University	USA
<b>Annabel Levesque</b>	Université de Saint-Boniface	Canada
<b>Jimmy Liapis</b>	Eastern Health	Australia
<b>Andrian Liem</b>	University of Queensland	Australia
<b>Celia Lo</b>	Texas Woman's University	USA
<b>Yessenia Manotas</b>	Universidad Metropolitana	Colombia
<b>Shawna Martel</b>	Rising Lotus Meditation	Canada
<b>Don Martin</b>	Youngstown State University	USA
<b>Joann Mawasha</b>	Wright State University	USA
<b>Patrick McGuire</b>	University of Colorado Colorado Springs	USA
<b>Jessie-Lee McIsaac</b>	Dalhousie University	Canada
<b>Devin E. Miller</b>	University of Colorado	USA
<b>Alida Moonen</b>	Independent Scholar	USA
<b>Kailas Moravkar</b>	Institute of Chemical Technology	India
<b>Galen Morton</b>	University of New Mexico	USA
<b>Martin Morton</b>	Independent Scholar	USA
<b>Samuel E. Moskowitz</b>	The Hebrew University of Jerusalem	Israel
<b>Michelle Nielson</b>	American Heart Association	USA
<b>Matthew Numer</b>	Dalhousie University	Canada
<b>Michelle O'Connor</b>	University of New South Wales	Australia
<b>Adesola Odole</b>	University of Ibadan	Nigeria



<b>Rebecca O'Neill</b>	Old Dominion University	USA
<b>Dhruti Patel</b>	University of Maryland Extension	USA
<b>Jennifer Pearce-Morris</b>	Raritan Valley Community College	USA
<b>Steve Peterson</b>	Grand Canyon University, Arizona State University	USA
<b>Robert Pettignano</b>	Children's Healthcare of Atlanta/Emory University	USA
<b>Catherine Prochnau</b>	MacEwan University	Canada
<b>Cheryl Ramos</b>	University of Hawaii Hilo	USA
<b>Stephanie Randazzo</b>	Argosy University-San Francisco Bay Area	USA
<b>Molly Ranney</b>	California State University, Long Beach	USA
<b>Casey Rentmeester</b>	Bellin College	USA
<b>Willeke Rietdijk</b>	University of Southampton	UK
<b>Mayleen Rivera</b>	Policy Research Associates	USA
<b>David Ruggeri</b>	University of Missouri- Columbia	USA
<b>Sam Ruhala</b>	University of Colorado Colorado Springs	USA
<b>Todd Sabato</b>	University of North Dakota	USA
<b>Dena Samuels</b>	University of Colorado - Colorado Springs	USA
<b>Catrina Schwartz</b>	Washington State University	USA
<b>Teresa Sharp</b>	University of Northern Colorado	USA
<b>Shanu Shukla</b>	Indian Institute of Technology Indore	India
<b>Phillip Carl Silverman</b>	Weltec	New Zealand
<b>Shaun Stearns</b>	University of Colorado at Colorado Springs	USA
<b>Jordan Tishler</b>	Harvard	USA
<b>Elda Nelly Treviño</b>	Universidad Autónoma de Nuevo León	Mexico
<b>Valerie Ubbes</b>	Miami University	USA
<b>Diane S. VanCleave</b>	Indiana State University	USA
<b>Marie Vazquez Morgan</b>	Louisiana State University Health Sciences Center	USA
<b>Petra Williams</b>	Northern Arizona University	USA
<b>Zheng Wu</b>	University of Victoria	Canada
<b>Verna Zafra-Kasala</b>	University of Guam	USA
<b>Dan Zhang</b>	Vancouver Community College	Canada
<b>Deborah K. Zuercher</b>	University of Hawaii at Manoa	USA

























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

University of Hull  
Hull, UK | **12–13 October 2017**  
[spacesandflows.com/2017-conference](http://spacesandflows.com/2017-conference)



**Seventh International Conference on Food Studies**

Roma Tre University  
Rome, Italy | **26–27 October 2017**  
[food-studies.com/2017-conference](http://food-studies.com/2017-conference)



**Eighth International Conference on The Image**

Venice International University  
Venice, Italy | **31 Oct.–1 November 2017**  
[ontheimage.com/2017-conference](http://ontheimage.com/2017-conference)



**Aging & Society: Seventh Interdisciplinary Conference**

University of California at Berkeley  
Berkeley, USA | **3–4 November 2017**  
[agingandsociety.com/2017-conference](http://agingandsociety.com/2017-conference)



**Second International Conference on Communication & Media Studies**

UBC Robson Square  
Vancouver, Canada | **16–17 November 2017**  
[oncommunicationmedia.com/2017-conference](http://oncommunicationmedia.com/2017-conference)



**Fourteenth International Conference on Environmental, Cultural, Economic & Social Sustainability**

The Cairns Institute,  
James Cook University  
Cairns, Australia | **17–19 January 2018**  
[onsustainability.com/2018-conference](http://onsustainability.com/2018-conference)



**Fourteenth International Conference on Technology, Knowledge & Society**

St John's University, Manhattan Campus  
New York, USA | **1–2 March 2018**  
[techandsoc.com/2018-conference](http://techandsoc.com/2018-conference)



**Eleventh International Conference on e-Learning & Innovative Pedagogies**

St John's University, Manhattan Campus  
New York, USA | **2–3 March 2018**  
[ubi-learn.com/2018-conference](http://ubi-learn.com/2018-conference)



**Twelfth International Conference on Design Principles & Practices**

Elisava Barcelona School of Design and Engineering  
Barcelona, Spain | **5–7 March 2018**  
[designprinciplesandpractices.com/2018-conference](http://designprinciplesandpractices.com/2018-conference)



**Eighteenth International Conference on Knowledge, Culture, and Change in Organizations**

University of Konstanz  
Konstanz, Germany | **15–16 March 2018**  
[organization-studies.com/2018-conference](http://organization-studies.com/2018-conference)



**Eighth International Conference on Religion & Spirituality in Society**

University of California at Berkeley  
Berkeley, USA | **17–18 April 2018**  
[religioninsociety.com/2018-conference](http://religioninsociety.com/2018-conference)



**Tenth International Conference on Climate Change: Impacts & Responses**

University of California at Berkeley  
Berkeley, USA | **20–21 April 2018**  
[on-climate.com/2018-conference](http://on-climate.com/2018-conference)



**Third International Conference on Tourism & Leisure Studies**

Hotel Melia Salinas  
Canary Islands, Spain | **17–18 May 2018**  
[tourismandleisurestudies.com/2018-conference](http://tourismandleisurestudies.com/2018-conference)



**Eighth International Conference on The Constructed Environment**

Wayne State University  
Detroit, USA | **24–25 May 2018**  
[constructedenvironment.com/2018-conference](http://constructedenvironment.com/2018-conference)



**Eighteenth International Conference on Diversity in Organizations, Communities & Nations**

University of Texas at Austin  
Austin, USA | **6–8 June 2018**  
[ondiversity.com/2018-conference](http://ondiversity.com/2018-conference)



**Twenty-fifth International Conference on Learning**

University of Athens  
Athens, Greece | **21–23 June 2018**  
[thelearner.com/2018-conference](http://thelearner.com/2018-conference)



**Thirteenth International Conference on The Arts in Society**

Emily Carr University of Art + Design  
Vancouver, Canada | **27–29 June 2018**  
[artsinsociety.com/2018-conference](http://artsinsociety.com/2018-conference)



**Sixteenth International Conference on New Directions in the Humanities**

University of Pennsylvania  
Philadelphia, USA | **5–7 July 2018**  
[thehumanities.com/2018-conference](http://thehumanities.com/2018-conference)



**Sixteenth International Conference on Books, Publishing & Libraries**

University of Pennsylvania  
Philadelphia, USA | **7 July 2018**  
[booksandpublishing.com/2018-conference](http://booksandpublishing.com/2018-conference)



**Ninth International Conference on Sport & Society**

Florida International University  
Miami, USA | **19–20 July 2018**  
[sportandsociety.com/2018-conference](http://sportandsociety.com/2018-conference)



**Thirteenth International Conference on Interdisciplinary Social Sciences**

University of Granada  
Granada, Spain | **25–27 July 2018**  
[thesocialsciences.com/2018-conference](http://thesocialsciences.com/2018-conference)



**Eleventh Global Studies Conference**

University of Granada  
Granada, Spain | **29–30 July 2018**  
[onglobalization.com/2018-conference](http://onglobalization.com/2018-conference)



**Eleventh International Conference on The Inclusive Museum**

University of Granada  
Granada, Spain | **6–8 September 2018**  
[onmuseums.com/2018-conference](http://onmuseums.com/2018-conference)



**Aging & Society: Eighth Interdisciplinary Conference**

Toyo University  
Tokyo, Japan | **18–19 September 2018**  
[agingandsociety.com/2018-conference](http://agingandsociety.com/2018-conference)



**Eighth International Conference on Health, Wellness & Society**

Imperial College London  
London, UK | **20–21 September 2018**  
[healthandsociety.com/2018-conference](http://healthandsociety.com/2018-conference)



**Third International Conference on Communication & Media Studies**

University of California at Berkeley  
Berkeley, USA | **18–19 October 2018**  
[oncommunicationmedia.com/2018-conference](http://oncommunicationmedia.com/2018-conference)



**Eighth International Conference on Food Studies**

University of British Columbia,  
Robson Square  
Vancouver, Canada | **25–26 October 2018**  
[food-studies.com/2018-conference](http://food-studies.com/2018-conference)



**Spaces & Flows: Ninth International Conference on Urban and ExtraUrban Studies**

Marsilius Kolleg, Heidelberg University  
Heidelberg, Germany | **25–26 October 2018**  
[spacesandflows.com/2018-conference](http://spacesandflows.com/2018-conference)



**Ninth International Conference on The Image**

Hong Kong Baptist University  
Hong Kong SAR | **3–4 November 2018**  
[ontheimage.com/2018-conference](http://ontheimage.com/2018-conference)



20–21  
September  
2018

Imperial College  
London

London, UK

# Eighth 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.

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.

We invite proposals for paper presentations, workshops/interactive sessions, posters/exhibits, colloquia, or innovation showcases.

## 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 research network members receive a discount off the full conference registration rate.

[healthandsociety.com/2018-conference](http://healthandsociety.com/2018-conference)  
[healthandsociety.com/2018-conference/call-for-papers](http://healthandsociety.com/2018-conference/call-for-papers)  
[healthandsociety.com/2018-conference/registration](http://healthandsociety.com/2018-conference/registration)