Welcome to the Healthy Campus Summit

Thank you for coming to the second annual Healthy Campus Summit. The Summit provides a captivating day-long program to highlight the achievements and progress of the Healthy Campus Initiative (HCI). Our hope is that all attendees will leave with not only personally useful wellness-related information, but also be more informed about University resources, programs and projects underway to help make Binghamton University a healthier academic environment and workplace.

Each session at the Summit was selected because of its connectedness to a current or recent HCI project. By opening dialogue on culture change and fostering campus-wide collaborations in educational programming, research and healthy living, we are one step closer to meeting our goal of becoming the healthiest campus.

Thank you to all of the colleagues and friends that have worked on this year’s event. We appreciate your time and talent.

Best,

Johann Fiore-Conte,
assistant vice president, health and wellness

Look for the symbol. This denotes a current project or initiative of the HCI. Want to learn more or get involved? Go to bhealthy.binghamton.edu.
Healthy Campus Summit Schedule

**8 – 8:50 a.m.**

Old Union Hall

**Bridget McCane Saunders**, associate director health education

**Gina Baglieri**, healthy campus initiative graduate assistant

Our goal is to have an HC liaison in each of the over 150 departments at Binghamton University; we’re currently at 40%. Agents are champions for creating a culture of care and wellness on campus. Have fun, earn freebies and learn how you can make a difference in our community. **Applications are accepted year round and available at bhealthy.binghamton.edu**

**8:30 a.m. – 4 p.m.**

Tillman Lobby

Interested in getting involved in HCI? There are 15 subcommittees and internships focused on health and wellness topics. Connect your passion or experience with the HCI. [Go to bhealthy.binghamton.edu (Get Involved)](bhealthy.binghamton.edu)

**8:45 – 9 a.m.**

Mandela Room

**Healthy Campus Agent Welcome and Training**

Each of us can be powerful agents of change in creating a healthier campus! Healthy Campus Agents are volunteer students, faculty or staff who support the mission of the Healthy Campus Initiative by promoting and encouraging peers, co-workers and friends to consider healthier alternatives and assist with the marketing and publicity of campus-sponsored health and wellness programs. Agents also help to generate new ideas and programs for enhancing the culture and health of the campus environment. Our goal is to recruit an agent for every department and area of campus. Join us for a continental breakfast as we discuss the role of the agents, review strategies for starting your agent journey and examine campus resources available to help.

**Get to Know the Healthy Campus Initiative**

The HCI has been working diligently for the last three years in concert with other campus organizations on projects and programs to enhance the well-being of Binghamton University. Not sure what the projects are, or how they might boost your personal wellness? Check out the work of the HCI sub-committees to learn more and get involved.

**Summit Check-in**

Register for the Summit and get your free giveaway while supplies last!
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Speaker/Presenter</th>
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<tbody>
<tr>
<td>9 – 9:15 a.m.</td>
<td>Welcome Address</td>
<td>Mandela Room</td>
<td>Brian Rose, vice president for student affairs</td>
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<td>9:15 – 9:30 a.m.</td>
<td>President’s Remarks</td>
<td>Mandela Room</td>
<td>President Harvey Stenger</td>
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<td>Binghamton University’s Healthy Campus Initiative: B-Healthy: Choose well, Be well, originated with President Harvey Stenger’s strategic planning Creative Activities and Research Road Map Team and the concept of making “Binghamton University the healthiest campus.” A cross-divisional committee was convened through the Division of Student Affairs in 2012, with the aim of integrating student health and wellness into Binghamton University’s educational mission by developing policies and programs to enhance the academic environment.</td>
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<td>9:30 – 10:30 a.m.</td>
<td>The Evolving Landscape of Higher Education: Considerations for the Impact on Personal and Institutional Success</td>
<td>Mandela Room</td>
<td>Dr. Michael Finkelstein, MD Keynote</td>
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<td>Health-promoting universities and colleges infuse health into everyday operations, business practices and academic mandates. By doing so, they enhance the success of institutions, create campus cultures of compassion, well-being, equity and social justice; improve the health of the people who live, learn, work, play and love on our campuses; and strengthen the ecological, social and economic sustainability of our communities. The Okanagan Charter: An International Charter for Health Promoting Universities &amp; Colleges, 2015.</td>
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10 – 11 a.m.  
UU-111  
Bark 9 Therapy Dogs
Come pet a pooch! Studies show that interactions with animals can decrease stress in humans. Playing with or petting an animal can increase levels of the stress-reducing hormone oxytocin and decrease production of the stress hormone cortisol.

10:30 – 10:45 a.m.  
Mandela Room  
Stretch Break
Before the next session starts, stretch your legs and take a deep breath. Don’t forget to check out the Healthy Campus Initiative tables in Tillman Lobby.

A 2008 Vanderbilt University study of 6,300 people, published in the American Journal of Epidemiology, estimated that the average American spends 55 percent of waking time (7.7 hours) in sedentary behaviors like sitting. Medical experts now refer to long periods of inactivity and its negative consequences as “sitting disease.”

10:45 – 11:45 a.m.  
Mandela Room  
Dr. Michael Finkelstein, MD Workshop  
Healthier Teachers Make for Better Teachers
Professional demands on the lives of faculty often present a dilemma: how does one maintain the balance between personal and professional well-being? Clearly, the stress and strain of being productive in a competitive institutional landscape is not always easy to deal with. In the wake of this, teachers face tension between different aspect of their work, such as that between their research and time in the classroom, not to mention what goes on when they take it home. On the other side, we see serious trends in the well-being of students, and as an institution must begin to consider the important role faculty may provide. Perhaps it is the deepening of the student-teacher relationship that might provide the key to both.
Two Rivers Greenway

Did you know that the Greater Binghamton Area is home to a network of almost 10 miles of interconnected multi-use trails known as the Two Rivers Greenway? The system provides recreational access and multi-modal transportation opportunities, which help enable a healthy lifestyle. This presentation will define and discuss the benefits of greenway systems and the history and context of the Regional Two Rivers Greenway System. The presenters will highlight various sections of the Greenway with a focus on the development of the NYSDOT project to build a greenway parallel to NYS Route 434 from Pennsylvania Avenue to Murray Hill Rd. Other future sections of this system will also be discussed.

Employee Flu Vaccine Clinic with Rite Aid Pharmacy

Protect yourself from the flu by taking advantage of the EAP-sponsored flu vaccination clinics that are being offered on campus. Keeping employees healthy and productive can decrease healthcare costs and is important for business. Those infected by the flu virus are at risk for missed work days, loss of income and hospitalizations. Annual flu immunizations are the single best way to protect employees from getting or spreading the flu. Faculty, staff, graduate student employees, retirees and dependent family members are eligible to register for these clinics. Email eap@binghamton.edu or call 607-777-6655.

The Binghamton University Bike Share program offers free bike rentals to students and faculty! The program operates every day of the week from noon - 8 p.m. at the Information Desk in the UU-Tillman Lobby. Ride a bike on your way to class or meetings! Biking not your thing? Look for our designated B-Healthy parking spots, find a spot and get your steps in: http://bit.ly/BingBikeShare
**11:45 a.m.**

Old Union Hall

Collaboration between B-Healthy and Binghamton University Dining Services has resulted in the Plus1 initiative, offering wellness meals, under 150-calorie desserts and encouraging the addition of a fruit, veggie, whole grain and glass of water to your diet. Adding just one healthy option a day can help you maintain a healthy weight, decrease your chance of getting sick and improve your mental health. More information on Plus1 at bhealthy.binghamton.edu

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**Luncheon Check-in**

There are a limited number of tickets available to attend this educational cooking demo luncheon. The cost is $15 for faculty/staff/community member, $10 for students.

Information to purchase tickets for lunch can be found here: binghamton.edu/bhealthy/summit.html

The deadline for pre-sales is Friday, Oct. 27.

The fall menu includes a roasted root vegetable salad, maple apple roasted turkey breast, gluten-free lentil basmati rice pilaf, roasted brussel sprouts, braised vegetables and quinoa entrée, apple cranberry cobbler bars and beverages.

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**12:15 – 1:00 p.m.**

Old Union Hall

Executive Chef Kara Perez

**Cooking with Butternut Squash...**

**Seasonal, Healthy and Tasty**

Join us and learn how to add a pop of color to sweet and savory dishes throughout the season using butternut squash. We will discuss basic cooking techniques and tips while making a nutrient packed butternut squash soup.
noon – 1 p.m.
Mandela Room
Rachael Leonard, LMSW

Walking Meditation: a Concert of Mind and Body

Walking meditation is both simple and challenging. It’s simple in that it involves the intention of attending to the full experience of walking: all of the body moving through space, starting and stopping, changing directions, moving your physical form from place to place. The challenging element is “awareness-ing” what the mind is doing. Is it hurrying the body? Making it unaware of its movement, and whether it’s relaxed or carrying tension? Moving the body in unplanned ways? Join us for this time of compassionate exploration of both body and mind in walking meditation. Dress comfortably for movement. We plan to go outside and visit the labyrinth, but in the event of inclement weather we will stay inside.

Binghamton has joined the JED Campus Program, which is designed to help colleges and universities enhance emotional well-being and mental health promotion efforts, reduce substance abuse and prevent suicide among their students.

A meditation labyrinth was recently installed by the Health and Wellness Community in Old Digman. Walking a labyrinth can calm your mind and clarify your thoughts. Spend a few minutes in active contemplation.

Check out all our wellness resources at bhealthy.binghamton.edu

Mandela Room
Rachael Leonard, LMSW

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Check out all our wellness resources at bhealthy.binghamton.edu
1:15 – 2:15 p.m.  
Mandela Room  
Dan Lerner, Keynote

For many students, the college experience has shifted from four years of thriving to a harrowing journey merely to survive. Rates of depression and anxiety among students are skyrocketing, expectations and competition are more intense than ever, and with online distractions and social media providing entirely new obstacles, today’s campus is markedly different from that of yesterday.

Featuring highlights from Daniel Lerner’s popular NYU class “The Science of Happiness” (the largest non-101 at the university), this talk will help students make the best of these crucial four years, both inside and outside of the classroom (and offers parents key tips to helping this happen, as well). Fast-paced, engaging, interactive and immediately applicable, Lerner shares with audiences how to cultivate greater optimism, resilience, willpower and better relationships. He also reveals the science behind why positive thinking can lead to better grades; a more satisfying social experience; better levels of performance on the stage, field and in the classroom; and even higher post-grad salaries.

Touching on key aspects of the post-secondary experience – roommates, dating, diet, work, exercise, sleep, study habits, grit and passion – this talk will help students and parents understand the habits that can get today’s co-eds out of the mode of merely ‘surviving,’ and into that of ‘thriving’ – in both college and beyond. This is the talk graduates wish they could have heard while still in school. With the science of positivity, Lerner is changing the way students see school for good.
2:15 – 2:30 p.m. Stretch Break
Mandela Room

Before the next session starts, stretch your legs and take a deep breath. Don’t forget to check out the Healthy Campus Initiative tables in Tillman Lobby.

2:30 – 3:30 p.m. Taking Action: Tools for Becoming Positively Successful
Dan Lerner, Workshop

Following up “Thriving in College,” this interactive session will explore how to apply the concepts presented in the keynote address. Topics will include thriving in a more complex way and the relationships between success and happiness, engagement and well-being.
2:30 – 3:30 p.m.
Old Union Hall

**Nannette Cowen**, MS, APRN-BC, FNP, clinical assistant professor, DSON

**Jenna Moore**, MS, CSCS, assistant director, fitness and wellness, Campus Recreation

**Kathleen Shinko**, PsyD, senior counselor

**The Science of Walking**

Famous figures throughout time from Hippocrates to Thomas Jefferson have sounded the benefits of walking. What is it about walking that makes it the preferred physical activity of adults and one of the most beneficial activities we can participate in daily? Join our expert panel as they discuss the science behind walking. Topics will touch upon physiological benefits, walking’s role in chronic disease management and the positive impact on mental health and brain function. A seemingly simple activity can have profound impacts on personal health, job performance and workplace happiness, as well as our environment.

Binghamton earned silver-level certification last year for the American College of Sports Medicine’s Exercise is Medicine On Campus program. EIM-OC encourages the campus community to work together to improve the health and well-being of campus by:

- Making movement a part of the daily campus culture
- Assessing physical activity at every student health visit
- Providing students the tools necessary to strengthen healthy physical activity habits that can last a lifetime
- Connecting university healthcare providers with a health fitness specialist to provide exercise prescription referrals

According to the Anxiety and Depression Association of America (ADAA), some studies show that regular exercise works as well as medication for some symptoms of anxiety and depression, although not for everyone.
3:30 – 4:30 p.m.
Mandela Room
Johann Fiore-Conte, assistant vice president for health and wellness

B-Healthy is award winning!

- 2015 SUNY Outstanding Student Affairs Program in the category of Student Health, Wellness, Counseling and related.
- Binghamton University has been named one of the Top 25 Healthiest Colleges for the past two years.

Closing Remarks and Evaluation

Thank you for participating in the second annual Healthy Campus Summit. Your feedback and ideas are important to keep us moving in a positive direction. Be sure to complete evaluations for each session/speaker you attended. Additionally, a general summit evaluation will be emailed to attendees after the event.