Eighth International Conference on
Health, Wellness & Society

Health and Wellness at the Speed of Life

20–21 SEPTEMBER 2018 | IMPERIAL COLLEGE LONDON | LONDON, UK | HEALTHANDSOCIETY.COM

VIII Congreso Internacional de
Salud, Bienestar y Sociedad

Salud y las presiones de la vida moderna

20–21 DE SEPTIEMBRE DE 2018 | IMPERIAL COLLEGE LONDON | LONDRES, REINO UNIDO | SALUDSOCIEDAD.COM
Eighth International Conference on

Health, Wellness & Society

“Health and Wellness at the Speed of Life”

20–21 September 2018 | Imperial College London | London, UK

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Dear Health, Wellness & Society Conference Delegates,

Welcome to London and the Eighth International Conference on Health, Wellness & Society. My Common Ground Research Networks colleagues and I are so pleased you have joined us for this year’s event.

Over the course of more than three decades, Common Ground has given voice to many thousands of creative and scholarly speakers and authors—people with things to say about the world and who are saying them to change the world.

We have a strong commitment to providing opportunities for such people to meet, share, and learn from each other. This conference brings together researchers, practitioners, and scholars from a wide range of disciplines who have a common interest in the themes and concerns of the Health, Wellness & Society Research Network. As a result, topics are broached from a variety of perspectives, interdisciplinary methods are applauded, and mutual respect and collaboration are encouraged. Through our meeting, we talk, learn, and gain inspiration.

While conference inspiration may fade with time, Common Ground offers a means for keeping inspiration alive through CG Scholar, an online environment for knowledge working and learning. CG Scholar provides a “help economy” where peers are credited for their mutual contributions in the Health, Wellness & Society Research Network. We encourage all conference participants to explore CG Scholar—an internet venue for intellectual interaction and imagination.

Common Ground has nurtured scholarly inspiration for more than three decades as an organization deeply engaged with the critical questions of our time. As a media innovator, we are creating the spaces and technical conditions in which, collectively, we can discuss the role of health and wellness.

I am grateful to all of you for sharing your work at this conference. Additionally, I thank my Health, Wellness & Society Research Network colleagues Rachael Arcario, Phillip Kalantzis-Cope, Kimberly Kendall, José Luis Ortega-Martín, Tatiana Portnova, and Helen Repp, who have helped organize and produce this meeting with great dedication and expertise.

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.

Best wishes,

Dr. Homer Stavely
Conference Host
Common Ground Research Networks
Heritage knowledge systems are characterized by vertical separations—of discipline, professional association, institution, and country. Common Ground Research Networks takes some of the pivotal challenges of our time and curates research networks which cut horizontally across legacy knowledge structures. Sustainability, diversity, learning, the future of humanities, the nature of interdisciplinarity, the place of the arts in society, technology’s connections with knowledge, the changing role of the university—these are deeply important questions of our time which require interdisciplinary thinking, global conversations, and cross-institutional intellectual collaborations.

Common Ground Research Networks are meeting places 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.

Common Ground Research Networks offer integrated programs of action: international conferences, scholarly journals, book imprints, and online dialogue spaces using our path-breaking social knowledge software, CGScholar.com.
Estimados delegados del Congreso Internacional de Salud, Bienestar y Sociedad:

Bienvenidos/as a Londres y al VIII Congreso Internacional de Salud, Bienestar y Sociedad. Mis colegas de Common Ground Research Networks y yo estamos encantados de que hayan decidido asistir al evento de este año.

A lo largo de más de tres décadas, Common Ground ha dado voz a miles de autores, creadores y académicos. Personas con ideas sobre el mundo y que las exponen para cambiarlo.

Tenemos el firme compromiso de proporcionar oportunidades para que estas personas se conozcan, compartan y aprendan mutuamente. Este congreso reúne a investigadores, profesionales y académicos de muy diversas disciplinas, quienes tienen intereses comunes por los temas de la Red de Investigación de Salud, Bienestar y Sociedad. Como resultado, los temas se tratan desde una gran variedad de perspectivas, se fomentan los métodos interdisciplinares y se anima a la colaboración y al respeto mutuo. En nuestros encuentros, hablamos, aprendemos y recibimos inspiración para el trabajo.

Dado que la inspiración recibida en el Congreso puede disminuir con el tiempo, Common Ground aporta un modo para mantenerla viva mediante CG Scholar, un entorno online para el trabajo, el conocimiento y el aprendizaje. CG Scholar proporciona una “economía de ayuda” donde los pares se acreditan por sus contribuciones mutuas en la Red de Investigación de Salud, Bienestar y Sociedad. Animamos a todos los participantes en el congreso a explorar CG Scholar, un punto de encuentro en internet para la interacción intelectual y para la imaginación.

Common Ground ha proporcionado inspiración académica durante más de tres décadas como organización profundamente concernida con las preguntas críticas de nuestro tiempo. Como innovadores en medios, estamos creando los espacios y condiciones técnicas en los que, colectivamente, podamos discutir el papel de salud y bienestar.

Agradezco sinceramente a todos que compartan su trabajo en este congreso. Además, estoy profundamente agradecido a mis colegas de la Red de Investigación de Salud, Bienestar y Sociedad Rachael Arcario, Phillip Kalantzis-Cope, Kimberly Kendall, José Luis Ortega-Martín, Tatiana Portnova y Helen Repp, quienes con gran dedicación y profesionalidad han ayudado a organizar y producir este encuentro.

Les deseamos lo mejor para este congreso y esperamos que sea una ocasión para el diálogo con colegas de todas partes del mundo.

Atentamente,

Dr. Homer Stavely
Conference Host
Common Ground Research Networks
Nuestra misión
Common Ground Research Networks tiene como objetivo animar a todas las personas a participar en la creación de conocimiento colaborativo y a compartir ese conocimiento con el mundo entero. A través de nuestros congresos académicos y revistas revisadas por pares, construimos Redes de Investigación y proporcionamos plataformas para interactuar a través de diversos canales.

Nuestro mensaje
Los sistemas de patrimonio del conocimiento se caracterizan por sus separaciones verticales: de disciplina, asociación profesional, institución y país. Common Ground Research Networks asume algunos de los retos fundamentales de nuestro tiempo y construye Redes de Investigación que cortan de manera transversal las estructuras de conocimiento existentes. La sostenibilidad, la diversidad, el aprendizaje, el futuro de las humanidades, la naturaleza de la interdisciplinariedad, el lugar de las artes en la sociedad, las conexiones de la tecnología con el conocimiento, el papel cambiante de la universidad, todas estas son preguntas profundamente importantes de nuestro tiempo que requieren un pensamiento interdisciplinar, debate global y colaboraciones intelectuales e interinstitucionales.

Common Ground es un lugar de encuentro para las personas, las ideas y el diálogo. Sin embargo, la fuerza de estas ideas no consiste en encontrar denominadores comunes. Al contrario, el poder y la resistencia de estas ideas es que se presentan y se examinan en un ámbito compartido donde tienen lugar las diferencias: diferencia de perspectiva, de experiencia, de conocimientos, de metodología, de orígenes geográficos o culturales o de afiliación institucional. Estos son los tipos de entornos académicos, vigorosos y solidarios, en los que se llevarán a cabo las deliberaciones más productivas sobre el futuro. Nos esforzamos en crear los lugares de imaginación e interacción intelectual que nuestro futuro merece.

Nuestros medios de comunicación
Common Ground Research Networks crea Redes de Investigación que se reúnen en congresos anuales. Entre congreso y congreso, los miembros de cada red también se mantienen en contacto durante el año mediante Redes de Investigación online, a través de procesos formales de publicación académica—revistas arbitradas mediante revisión por pares—, o a través de conversaciones informales en blogs. Los congresos fomentan el más amplio espectro de discursos posibles, animando a todos y a cada uno de los participantes a aportar sus conocimientos y perspectivas al debate común.
Health, Wellness & Society Research Network

Exploring the intersections of human physiology and the conditions of social life
Founded in 2011, 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, brought together by common concern in the fields of human health and wellness, and in particular, their social interconnections and implications.

Conference
The annual conference is built upon three key features: Internationalism, Interdisciplinarity, and Inclusiveness. Conference delegates include leaders in the field, as well as emerging artists and scholars, who travel to the conference from all corners of the globe 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.

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.

Publishing
The Research Network enables members to publish through two media. First, 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 our member based peer review process. The International Journal of Health, Wellness, and Society provides a framework for member based double-blind peer review, enabling authors to publish into an academic journal of the highest standard, but also to participate in the validation of knowledge that is produced by the research network. The second publication medium is through the book imprint, where we publishing cutting edge books in print and electronic formats.

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 network. As a member, 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 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.

Membership
As a Health, Wellness, & Society Research Network member you have access to a broad range of benefits, tools, and resources:
  • Digital subscription to the 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 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.
Themes

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
- Health promoting behaviors
- Health risk appraisals, screenings, and interventions
- The measurement of wellness
- 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
- Nutriceuticals and supplements for health
- Genome sciences, chronic disease prevention
- Personalized medicine
- The increasing role of psychological drugs
- The business of unwellness and the negative health industries
- Biomedical aging research
- Immunobiological research
- Epigenetics research
- Ancestry and health, traits, and diseases
- Regenerative medicine
- Biomedical occupational health and safety
**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 healthcare reform impacts
- Public health and disease prevention
- 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 safety's role in health and wellness
- The food industry and government (FDA) food policy
- Immunization programs and serum banking
- Global availability of vaccines, the supply chain and supply economics
- Racial, ethnic, gender, socio-economic, and rural disparities in healthcare
- Life balance, health, and wellness within community cultures
- The economics of health and wellness in society
- Poverty, health, and wellness
- Infant and child health
- Social determinations of health and wellness
- Health, wellness, and the effects of social exclusion
- The environment, quality of life, and wellness.
- Urbanization in developing countries: environmental health impacts
- WHO policies on world nutrition
- Child food insecurity

**Theme 4: Health Promotion and Education**
- Promotion of health, well being, and health literacy
- School physical education curriculum and its effects on health
- Wellness coaching and fitness for improved health
- Health education for non-literate populations
- Web-based health education
- Information technologies in healthcare
- Health and wellness in the workplace
- Health, life expectancy, and the cost of living longer
- New and emerging health and safety risks
- Occupational health and safety education and training
- Institutional influences on health and wellness
- Quality of life, spirituality, and wellness
- Nutrition for health and wellness
- The food linkage to unwellness
- Obesity in affluent societies
- Family mealtime patterns, child feeding practices, and their effects on health
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.
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, USA
- **James Marcum**, Baylor University, Waco, USA
- **David Peters**, University of Westminster, London, UK
- **Darlene Sredl**, University of Missouri, 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 Research Network 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
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.
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 Research Network 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 Research Network members as part of their membership. Please email us at 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.
Red de Investigación de Salud, Bienestar y Sociedad

Explorar las intersecciones de la fisiología humana y las condiciones de la vida social
La Red de Investigación de Salud, Bienestar y Sociedad es un foro para dialogar sobre las áreas de la salud y el bienestar humano, particularmente sobre sus interconexiones e implicaciones sociales. Los miembros se reúnen anualmente en el congreso para compartir experiencias o bien se mantienen en contacto por medio de la Revista Internacional de Salud, Bienestar y Sociedad que Common Ground publica en línea, lo que permite mantenerse al tanto de los resultados de las investigaciones sociales, gracias a las nuevas posibilidades que ofrecen los medios digitales.

**Congreso**

El congreso presenta ciertas características clave: es internacional, es interdisciplinario, es inclusivo y se basa en la interacción. Entre los participantes se encuentran pensadores relevantes en el campo de conocimiento de las ciencias sociales, así como investigadores emergentes que vienen desde diferentes lugares del mundo y que tienen la oportunidad de compartir, en las diversas sesiones del congreso, sus propias perspectivas de estudio, de conocer otras nuevas y de establecer contactos académicos que permitan un mayor desarrollo profesional.

**Publicaciones**

Al participar en el congreso, los miembros de la Red de Investigación de Salud, Bienestar y Sociedad tienen la posibilidad de publicar en la Revista Internacional de Salud, Bienestar y Sociedad, en cuyo proceso de edición se concibe la revisión por pares desde una perspectiva constructiva e integradora.

**Beneficios de la afiliación**

Como miembro de la Red de Investigación, tiene acceso a una amplia diversidad de herramientas y recursos para su propio trabajo:

- Suscripción digital a las revistas en español y en inglés de la Red durante un año.
- Suscripción digital a la librería durante un año.
- Publicación de un artículo al año (previa revisión por pares).
- Participación como revisor en el proceso de revisión por pares.
- Suscripción al boletín digital de la comunidad, con noticias de la Red de Investigación.
- Opción de añadir un video de presentación al canal de YouTube de la Red de Investigación.
- Acceso gratuito a la red social Scholar, incluyendo:
  - Perfil personal y portafolio de publicaciones.
  - Interacción y creación de comunidades académicas.
  - Facebook y Twitter opcional.
  - Uso complementario de la red en sus clases mediante la interacción con la comunidad Scholar, asistencia y asesoría en la revisión por pares y puesta en común de obras publicadas.
Tema 1: La fisiología, kinesiología y psicología de la salud en su contexto social

- Conceptos fundamentales de la salud
- Psicología de la salud
- Promoción de comportamientos saludables
- Medición de los riesgos de salud, pruebas de detección y las intervenciones
- Medición del bienestar
- Evaluación de los impactos a largo plazo de los programas de salud y bienestar
- Salud y bienestar con discapacidad
- Servicios de apoyo a la discapacidad y a la vida independiente
- Aptitud física, el envejecimiento y los efectos sobre la salud y el bienestar
- Programas de ejercicios relacionados con la salud
- Aptitud física y su papel en la salud mental
- Actividad física, la autoestima y el bienestar
- Salud, ejercicio y conceptos impulsados por los medios de comunicación en relación a la belleza
- Influencias de los medios sobre los comportamientos de riesgo de la salud

Tema 2: Las ciencias de la salud interdisciplinares

- Perspectivas transversales y profesionales: medicina, enfermería, farmacia, odontología, psicología, fisioterapia, dietética, trabajo social, consejería, ciencias del deporte
- Tecnologías sanitarias
- Papel de los trabajadores sociales a domicilio
- Integración de la medicina complementaria y alternativa en el sistema de salud
- Suplementos para la salud
- Ciencias del genoma y de la prevención de enfermedades crónicas
- Medicina personalizada
- Creciente papel de las drogas psicológicas
- Negocio de malestar y de las industrias de salud novivas
- Investigación biomédica del envejecimiento
- Investigación inmunobiológica y investigación epigenética
- Ascendencia y salud, rasgos y enfermedades
- Medicina regenerativa
- Salud ocupacional y seguridad biomédica
Temas

Sobre las responsabilidades de la comunidad para fomentar políticas y prácticas proactivas de salud y bienestar

Tema 3: Políticas y prácticas de salud pública
- Tecnologías de la salud pública y las comunicaciones
- Estrategias de innovación sostenibles en la salud pública
- Desarrollo de la salud pública global y la sostenibilidad
- El desarrollo profesional de la salud pública y impactos de la reforma sanitaria
- Prevención de la salud pública y las enfermedades
- Nuevos y emergentes riesgos de salud y seguridad pública
- Seguridad de la biotecnología y bioseguridad
- Infecciones adquiridas y los trabajadores de la salud
- Las amenazas ambientales para la salud y el bienestar
- Planificación de la salud ambiental en comunidad
- Papel de la salud y la seguridad en los centros de trabajo
- Industria de la alimentación, gobierno y política alimentaria
- Programas de inmunización
- Disponibilidad global de vacunas, cadena y economía del suministro
- Disparidades raciales, étnicas, de género, socio- económicas y rurales en la asistencia sanitaria
- Conciliación de la vida, la salud y el bienestar dentro de las culturas de la comunidad
- Economía de la salud y el bienestar en la sociedad
- Pobreza, salud y bienestar
- Infancia y salud infantil
- Determinaciones sociales en la salud y el bienestar
- Salud, bienestar y los efectos de la exclusión social
- Medio ambiente, calidad de vida y bienestar
- Urbanización en países en desarrollo: Impactos ambientales para la salud
- Políticas de la OMS sobre la nutrición mundial
- Inseguridad alimentaria infantil

Sobre a educación sanitaria formal e informal

Tema 4: Salud y educación
- Promoción del bienestar y la salud
- Educación en salud y educación en salud basada en la Web
- Educación física en los colegios y sus efectos sobre la salud
- Entrenamiento y ejercicio para mejorar la salud y el bienestar
- Educación en salud en poblaciones no alfabetizadas
- Tecnologías de la información en la asistencia sanitaria
- Salud y bienestar en el lugar de trabajo
- Salud, la esperanza y el coste de vida
- Nuevos y emergentes riesgos en salud y seguridad
- Educación en salud, seguridad y formación ocupacional
- Influencias institucionales sobre la salud y bienestar
- Calidad de vida, espiritualidad y bienestar
- Nutrición y salud
- Vinculación de alimentos a determinadas dolencias
- Obesidad en las sociedades opulentas
- Patrones de comidas en familia, prácticas de alimentación infantil y sus efectos sobre la salud
Lo fisiológico y lo psicológico
Las personas tienen a través de la salud el poder y el bienestar de abrazar todo el potencial de su vida.

La salud y el bienestar se centran en la responsabilidad de cada individuo de tomar las decisiones más convenientes para sí mismos, así como los enfoques proactivos y preventivos para la salud que sostienen los niveles óptimos de funcionamiento físico, emocional y social, viviendo un estilo de vida no destructivo, centrándose en un propósito saludable y positivo, y fomentando el bienestar general. La base de la salud y el bienestar debe ser una empresa socialmente accesible, culturalmente sensible y con una comprensión profesional de los problemas de salud más acuciantes, incluyendo el conocimiento de los riesgos y las medidas preventivas para hacer frente al cáncer, los problemas cardiovasculares, las enfermedades de transmisión sexual, la obesidad, la nutrición, la diabetes, la exposición a sustancias químicas, los accidentes y la violencia, por nombrar solo algunas de las amenazas reales y potenciales a la salud.

El bienestar es un proceso para llegar a ser conscientes y aprender a tomar decisiones saludables que conduzcan hacia una vida más larga y satisfactoria. Es el reconocimiento de las profundas interconexiones entre la fisiología de la salud y la psicología —física, espiritual y social— que son necesarias para que poder disfrutar de los niveles más elevados del funcionamiento humano.

Lo social y lo médico
Para algunos, una mejora en la salud puede surgir simplemente de tener la oportunidad de comer o de vivir en una vivienda digna que no esté abarrotada, y vivir en un ambiente libre de enfermedades que no esté contaminado con los químicos industriales tóxicos que puedan conducir el desarrollo económico hacia los que sean dependientes.

Aunque la salud y el bienestar constituyen una industria global en auge, todavía no hay avances suficientes de la educación de los ciudadanos del mundo en materia de nutrición y estilo de vida, sobre cómo evitar el estrés en el trabajo, cómo ser saludable y evitar enfermedades. Un medio ambiente limpio, un lugar de trabajo seguro, el acceso a los alimentos nutritivos no procesados, la vivienda y la asistencia sanitaria son las bases de una vida sana y el bienestar adecuado en cada una de las circunstancias socio-económicas.

Ciencias de la Salud Interdisciplinares
La investigación médica sumada a los nuevos medicamentos y vacunas, a una alimentación más nutritiva y a prácticas saludables, ayudará a proporcionar respuesta, pero ¿cuáles son las dependencias sociales que determinan el éxito o el fracaso de los programas e intervenciones médicas?

Ninguna de las grandes preguntas acerca de las relaciones entre la salud y la sociedad pueden ser abordadas desde la perspectiva de una sola disciplina. Por ejemplo, ¿cómo pueden las comunicaciones de salud, en particular utilizando los nuevos medios, crear un aula de educación para la salud global? ¿Cómo conseguirá acceso la población mundial a las vacunas para las enfermedades comunes? ¿Tendrán la salud y seguridad un desarrollo económico e industrial a nivel mundial? ¿La investigación sobre el envejecimiento nos proporcionará vidas más largas y más productivas o una mayor esperanza de vida no productiva? ¿Puede la medicina personal, cultural y genealógica ayudar a erradicar enfermedades?
Salud Pública

Cuando se logra la salud y el bienestar global, junto con el éxito surge una paradoja. Con la salud y un mundo más seguro y menos tóxico aumenta la esperanza de vida, desciende la mortalidad infantil, las poblaciones son más grandes —añadiendo una tensión adicional sobre las economías—, aumenta la atención médica per cápita, las viviendas, los alimentos, la producción de agua, y los programas de inmunización posibles para las nuevas pandemias.

Las sociedades en su conjunto, los gobiernos y las personas involucradas en la investigación médica interdisciplinar, la seguridad pública, la salud ambiental de la comunidad y la alfabetización tienen la obligación de unirse para resolver los problemas de hoy y, al mismo tiempo, para estudiar los problemas que vayan surgiendo a partir de aquellos que se han resuelto.

El Congreso Internacional de Salud, Bienestar y Sociedad y la Revista Internacional de Salud, Bienestar y Sociedad reúne a figuras relevantes de la investigación para reflexionar sobre los temas más importantes y significativos de Sanidad, Bienestar y la Sociedad actual. A partir de estos temas de debate, surge una misión global para el mañana.
La función principal del Comité Científico es supervisar la dirección intelectual de la Red de Investigación de Salud, Bienestar y Sociedad y examinar los temas principales siguiendo la evolución propia de la disciplina. Los miembros del comité están invitados a asistir al congreso anual y a aportar nuevas perspectivas sobre el desarrollo del congreso, incluyendo sugerencias para ponentes plenarios, temas especials y lugar de celebración. También animamos a los miembros del comité a enviar artículos para su posible publicación en la Revista Internacional de Salud, Bienestar y Sociedad.

La Red de Investigación de Salud, Bienestar y Sociedad agradece la colaboración y el apoyo continuo de los siguientes académicos y profesionales de categoría mundial:

- **Josefina González Beristain**, Universidad Veracruzana, México
- **Tatiana Andrea Sanhueza Morales**, Universidad de Concepción, Chile
- **Flor B. Fortuna Terrero**, Universidad de Valencia, España
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- **Nelson Simatovich**, Universidad de la República, Uruguay
- **Mario Alberto Vestfrid**, Fundación Argentina de Neurociencias y Ciencias Cognitivas, La Plata, Argentina
Una red social de conocimiento e información.

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- Desarrolle una nueva obra académica en nuestro innovador espacio de publicaciones.
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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.

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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.

Editor

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.
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Award Winners, Volume 7

Diane S. VanCleave, Assistant Professor, Department of Social Work, Indiana State University, Terre Haute, USA
Dianna Cooper-Bolinskey, Assistant Professor, Department of Social Work, Indiana State University, Terre Haute, USA
Dr. Renee Bauer, Assistant Professor, School of Nursing, Indiana State University, Terre Haute, USA
Dr. Jill Moore, Assistant Professor, Department of Advanced Practice Nursing, Indiana State University, Terre Haute, USA

For the Article

“A Descriptive Study Focusing on Mental Health Diagnoses, Locus of Control, Self-Efficacy and Chronic Health Conditions in Rural Women,” The International Journal of Health, Wellness, and Society, Volume 7, Issue 4

DOI: 10.18848/2156-8960/CGP/v07i04/59-70.

Abstract

The interactions between physical health conditions and mental health of rural women, as a matter of wellness, have not been well studied. The purpose of this descriptive study was to determine the relationship among physical health issues, positive self-report screens for depression and anxiety, locus of control, and other demographic factors. A secondary focus was to identify the primary locus of control among rural women and the percentage of women affected by mental health conditions. The convenience sample included fifty female patients between the ages of eighteen and sixty-four who received services from a Federally Qualified Health Center in a Midwestern United States community. Data collection included age, ethnicity, marital status, employment status, health-insurance status, household income, physical health conditions (arthritis, diabetes, female problems, heart disease, hypertension, obesity, pain, and substance abuse), body mass index, and scores on mental health screening instruments (Patient Health Questionnaire-9, State-Trait Anxiety Inventory, General Self Efficacy Scale, and Locus of Control). Data were analyzed using T-tests and correlations analysis to determine relationships between the named variables. Significant impact on wellness was found in all areas (physical health conditions, mental health conditions, locus of control, and demographic characteristics). Locus of control was primarily internal. Depression and/or anxiety symptoms were indicated in the majority of the participants.
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La Revista Internacional de Salud, Bienestar y Sociedad ofrece un espacio para el diálogo y la publicación de nuevos conocimientos desarrollados en el pasado sobre la salud, el bienestar y las humanidades médicas.
La Revista Internacional de Salud, Bienestar y Sociedad ofrece un espacio para el diálogo y la publicación de nuevos conocimientos desarrollados sobre tradiciones pasadas en el seno de la salud, el bienestar y las humanidades médicas, al tiempo que establecen un programa renovado para el futuro. Este campo de estudios ofrece aprendizaje, reflexión, acción así como un lugar de diálogo entre variadas epistemologías, perspectivas y áreas de conocimiento entre Humanidades, Ciencias Sociales y Medicina.

Editora


Revisores

Los artículos publicados en la Revista Internacional de Salud, Bienestar y Sociedad están sujetos a revisión por pares de expertos que son miembros activos de la Red de Investigación de Salud, Bienestar y Sociedad. Los revisores pueden ser ponentes de congresos pasados o presentes, participantes en la revista o expertos que se han ofrecido voluntarios para revisar los artículos (y han sido seleccionados por el equipo editorial de Common Ground). Esta implicación en la red de investigación, así como el sistema de evaluación de Common Ground, sinérgico y basado en criterios precisos, se distingue del proceso de revisión por pares de revistas que tienen una aproximación más jerárquica al sistema de evaluación. Los artículos se asignan a los revisores en conformidad con los intereses académicos y el campo en el que son expertos. Por su valiosa asistencia y recomendaciones para la publicación, se reconoce el papel de los revisores incluyéndolos en el volumen donde figuran los artículos de investigación que han revisado. Así, además del editor de la Revista Internacional de Aprendizaje y del Comité Científico, los revisores contribuyen significativamente a la calidad editorial y al contenido de la colección.
El proceso de publicación

Nuestros autores anteriores están sin duda familiarizados con el uso del sistema CGPublisher para el envío y seguimiento de los artículos para publicación. Después de quince años de servicio con formalidad, actualmente estamos en fase de reformas para darle a CGPublisher una jubilación merecida. Mientras afrontamos este cambio, algunos de los procesos habituales se verán afectados. Los autores seguirán recibiendo mensajes informando de cada fase del proceso de publicación y pueden contactar a soporte@cgespanol.org para cualquier pregunta o duda.

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Todos los envíos de artículos deben cumplir los requisitos para los artículos establecidos en nuestras Directrices para los Autores: http://cgespanol.org/support/directrices-para-los-autores. Antes de enviar el artículo, asegúrese de que cumple dichos requisitos y revise el artículo para acomodarlo a las normas. Los envíos que no cumplan los requisitos se devolverán al autor para su revisión.

Fase 2: Envío
Una vez que haya comprobado que su envío cumple los requisitos, visite nuestra página de Envío de Artículos: http://cgespanol.org/support/sepa-mas-sobre-el-proceso-de-publicacion-de-articulos.

Fase 3: Verificación del proceso
Cuando su artículo sea recibido, recibirá actualizaciones sobre su estatus. Durante esta fase, los envíos anteriores seguirán siendo gestionados por CGPublisher, mientras que los nuevos envíos se gestionarán internamente por el comité editorial. En cualquier caso, los autores continuarán recibiendo actualizaciones sobre el estatus de su artículo.
- Los usuarios de CGPublisher pueden ver el estatus de un artículo iniciando sesión en CGPublisher en www.cgpublisher.com y las actualizaciones se enviarán por email desde cgpublisher.com.
- Los autores de envíos recientes pueden comprobar el estatus de un artículo contactando con soporte@cgespanol.org

Fase 4: Envío inicial aceptado para Revisión por Pares
En primer lugar, se verifica que los artículos enviados cumplen los requisitos para los artículos establecidos en las Directrices para los Autores. Si el artículo cumple los requisitos, se eliminan la identidad y los datos de contacto con el propósito de proceder a la revisión por pares de doble ciego, enviándose a dos revisores. Durante este periodo, el mismo autor puede ser escogido como revisor de otros artículos. Puede ver más detalles sobre las normas y política de revisión por pares en nuestra página de Ética de Publicaciones en las secciones de Política de Revisión por Pares, Ética de Publicación y Declaración de Mala Praxis.

Fase 5: Decisión de la Revisión por Pares
Cuando está listo el informe, después de eliminar la identidad de los revisores, se le notificará por email y se le enviarán los informes de los revisores. Los artículos que hayan sido rechazados una vez en el proceso de revisión por pares tendrán una segunda oportunidad para ser revisados por dos nuevos revisores. Para proceder a esta segunda revisión, necesitará modificar el artículo conforme a los comentarios del informe de los primeros revisores. Los cambios deben ser detallados e indicados expresamente: http://cgespanol.org/support/descargas-y-guias-para-el-envio-final. Si un artículo no es aceptado en revisión por pares después de esta segunda oportunidad, no será tenido en cuenta para su publicación.
Fase 6: Confirmación de su calidad de miembro
Si su artículo ha sido aceptado o aceptado con revisiones, entrará en la fase de confirmación de su calidad de miembro. Es necesario que al menos un autor del artículo sea Miembro de una Red o esté inscrito en un congreso. Advierta que el pago de una inscripción para un congreso incluye la pertenencia como Miembro de una Red de Investigación, por lo que podrá saltarse esta fase.

Fase 7: Acuerdo de Publicación
A continuación se le pedirá que acepte el Acuerdo de Publicación. Si está interesado en un Acceso Abierto Híbrido, esta fase es el mejor momento para registrarlo como Publicación de Acceso Abierto: http://cgnetworks.org/journals/hybrid-open-access.

Fase 8: Prepare la entrega definitiva
Después de ser aceptado el acuerdo de publicación, tendrá treinta días para realizar cualquier revisión necesaria antes de la entrega definitiva de su artículo. Antes de enviar el artículo, asegúrese de que su entrega definitiva cumple con los requisitos para el envío final: http://cgespanol.org/support/descargas-y-guias-para-el-envio-final.

Esto incluye criterios como el empleo del Manual de Estilo de Chicago (décimoséptima edición), entre otros. Los artículos aceptados en revisión por pares requieren una nota especificando los cambios incluidos en la versión final. Los artículos que no cumplan con estos requisitos se devolverán para su corrección.

Fase 9: Revisión final (“Ready for Typesetting” en CGPublisher)
Una vez que hayamos recibido la entrega definitiva de su artículo, nuestro Departamento de Publicaciones le enviará el artículo para una última corrección, durante esta fase, los usuarios de CGPublisher podrán ver el estatus “Ready for Typesetting,” indicando que el entrega final está lista para su última corrección.

Fase 10: Revisión de Estilo y Revisión de Pruebas
A continuación, el artículo entrará en la fase de Revisión de Estilo. Durante esta fase, nuestro equipo editorial puede advertir erratas menores relacionadas con la citación, referencias, gramática, ortografía o formato. El autor será responsable de la corrección de estas erratas. Seguir cuidadosamente la guía de formato y de estilo de citación minimizará estas correcciones. Después de que se haya efectuado la Corrección de Estilo, se hará una prueba de imprenta para el autor.

Fase 11: Publicación del Artículo

Fechas de envío
Puede enviar su artículo para publicación en la revista en cualquier momento del año. Las fechas límite son las siguientes:
- Primera Fase de Envíos – 15 de marzo
- Segunda Fase de Envíos – 15 de septiembre

Nota: Si el artículo se envía después de la fecha límite, se tendrá en cuenta para su publicación en el siguiente volumen. Cuanto antes lo envíe, más rápidamente pasará a fase de revisión por pares. Además, puesto que publicamos web-first, un pronto envío permite que su artículo sea publicado con su referencia correspondiente tan pronto como esté listo, incluso antes de que el número de la revista se publique.
Acceso Abierto Híbrido
Todas las revistas de Common Ground tienen Acceso Abierto Híbrido. Esta es una opción cada vez más ofrecida tanto por las editoriales universitarias como por las comerciales.

El Acceso Abierto Híbrido significa que algunos artículos están disponibles sólo para suscriptores, mientras que otros están disponibles gratuitamente para cualquiera que busque en la web. Los autores pagan un precio adicional por la opción de acceso abierto. Los autores pueden optar por esta opción porque el acceso abierto sea un requisito de la institución que dota para la investigación o para que los no suscriptores puedan acceder gratuitamente a sus artículos, dotándolos de mayor visibilidad.

La tasa de acceso abierto de Common Ground es de 250$ por artículo, lo que es un precio muy razonable en comparación con otros accesos abiertos híbridos o con otras revistas de acceso abierto que también establecen tasa a los autores. Los artículos digitales normalmente están disponibles para las suscripciones individuales e institucionales y también mediante compra al precio de 5$ por artículo. Sin embargo, si elige hacer su artículo de acceso abierto, esto significa que cualquiera puede descargarlo gratuitamente.

Los suscriptores de pago reciben considerables beneficios accediendo a todos los artículos de la revista, de volumen actual y de los anteriores, sin ninguna restricción. No obstante, poner su trabajo en disponibilidad gratuita por acceso abierto incremente su visibilidad, su accesibilidad, sus lectores potenciales y sus porcentajes de citación.

Acceso Abierto Institucional
Common Ground anuncia un nuevo modelo de publicación académica llamado Acceso Abierto Institucional.

El Acceso Abierto Institucional permite a las facultades y a los estudiantes graduados enviar artículos a las revistas de Common Ground para su publicación sin restricciones en acceso abierto. Estos artículos estarán pública y gratuitamente disponibles al mundo entero mediante nuestra infraestructura de acceso abierto híbrido. Con el Acceso Abierto Institucional, en lugar de que el autor pague un precio por el acceso abierto de cada artículo, las instituciones pagan una tasa anual que habilita a sus estudiantes y facultades a otorgar un número determinado de artículo en acceso abierto cada año.

Los derechos sobre el artículo siguen perteneciendo a la institución suscriptora. Tanto el autor como la institución pueden compartir la versión final del artículo en cualquier lugar que deseen, incluyendo repositorios documentales institucionales, web personales y materiales para cursos privada o públicamente accesibles.

Para más información sobre cómo poner su artículo en Acceso Abierto, o para más información sobre el Acceso Abierto Institucional, contacte con nosotros en soporte@cgespanol.org.
**Servicio de Edición Completa**
Common Ground Research Networks se complace en ofrecer el servicio de edición a aquellos autores que quieran editar profesionalmente su trabajo. Los autores pueden solicitar los servicios de edición antes del envío de su artículo o después del proceso de arbitraje. En algunos casos, los expertos pueden recomendar la edición de un artículo como condición para su publicación. Los servicios que se ofrecen a continuación pueden ayudar a los autores durante la fase de revisión o antes del envío para publicación de su artículo. Para saber más sobre el proceso y los precios, póngase en contacto con nosotros en soporte@cgespanol.org

**Edición de Bibliografía**
Las revistas de Common Ground Research Networks requieren el uso de la decimoséptima edición del Manual de Estilo de Chicago para todos los artículos enviados. Con gusto anunciamos el servicio de conversión para los autores que hayan utilizado un estilo diferente para las referencias académicas en un artículo que deseen enviar para su posible publicación en una de nuestras publicaciones. Por un módico precio, convertimos sus citas para que sigan las pautas del Manual de Estilo de Chicago. Para saber más sobre el proceso y los precios, póngase en contacto con nosotros en soporte@cgespanol.org.

**Servicio de Traducción**
Common Ground Research Networks ofrece un servicio de traducción para aquellos autores que ya hayan pasado por la revisión por pares en una de nuestras revistas en español y quieran publicar sus trabajos en la correspondiente revista en inglés. Todas las traducciones son llevadas a cabo por traductores profesionales certificados con varios años de experiencia, alto nivel académico y excelentes habilidades de escritura. Para saber más sobre el proceso de traducción y los precios, póngase en contacto con nosotros en soporte@cgespanol.org.
Acerca de nuestro enfoque editorial

Desde hace 30 años, Common Ground Research Networks se ha comprometido con la creación de espacios para el encuentro entre personas e ideas. Con 13 Redes de Investigación en español y 24 redes en inglés, la misión de Common Ground es promover plataformas que reúnan a personas de diversos orígenes geográficos, institucionales y culturales en espacios donde académicos y profesionales puedan relacionarse en los distintos campos disciplinares de estudio. Cada Red de Investigación organiza un congreso académico anual de carácter internacional y se asocia con una revista académica —o colección de revistas— que funciona bajo el sistema de revisión por pares, así como con una serie de redes sociales en torno a un nuevo “espacio social de conocimiento”, que ha sido desarrollado por Common Ground: Scholar (http://cgscholar.com/).

Mediante los servicios editoriales, Common Ground tiene como objetivo fomentar los más altos estándares de excelencia intelectual. Somos muy críticos con las deficiencias que existen en el actual sistema de publicaciones académicas, incluidas las redes que restringen la visibilidad de los académicos e investigadores emergentes en los países en desarrollo, así como con los costos e ineficiencias asociados con la edición comercial tradicional.

Para combatir estas deficiencias, Common Ground ha desarrollado un modelo de publicación innovador. Cada una de las Redes de Investigación de Common Ground organiza un congreso académico anual cuya cuota de inscripción incluye la publicación de un artículo —si pasa el proceso de revisión por pares— en la revista asociada, sin un costo adicional. De este modo los autores pueden presentar una ponencia en el congreso científico de su área de investigación, incorporar las críticas constructivas que reciban de los asistentes y tras ello, enviar un artículo sólido para someterlo al proceso de revisión por pares, sin que el autor tenga que pagar una tasa adicional.

Al usar una parte de la cuota de inscripción para financiar los costes asociados a la producción y comercialización de las revistas, Common Ground es capaz de mantener bajos los precios de suscripción, facilitando así el acceso a todos nuestros contenidos. Los participantes del congreso pueden subir sus presentaciones al canal de YouTube de Common Ground. Además cuentan con una suscripción electrónica gratuita a la revista por el periodo de un año. Esta suscripción permite el acceso a todos los números de la revista en español, portugués e inglés. Además, cada artículo que publicamos está disponible de forma individual con una tarifa de descarga para los no abonados. Los autores disponen de la opción de publicar su artículo en acceso abierto para así poder llegar a una mayor audiencia y garantizar la difusión más amplia posible.

El riguroso proceso de revisión de Common Ground trata también de abordar algunos de los sesgos inherentes a los modelos tradicionales de las editoriales académicas. El conjunto de revisores está conformado autores que anteriormente han enviado artículos a la revista, así como también por académicos voluntarios cuyos currículos y experiencia académica han sido evaluados por el equipo editorial de Common Ground. Los artículos son asignados a revisores conforme a los intereses académicos y experiencia. Al tener voluntarios y a otros autores como posibles revisores, Common Ground evita los inconvenientes de someter los textos al juicio de un solo editor, lo que muchas veces limita la publicación académica. En cambio, Common Ground aprovecha el potencial de los participantes del congreso y de los autores de las revistas para evaluar los trabajos con un sistema de evaluación basado en criterios más democráticos e intelectualmente más riguroso que otros modelos tradicionales. Common Ground también valora la importante labor de los revisores, al reconocerlos como Revisores en los volúmenes a los que contribuyen.
Con la creación de un software asombrosamente innovador, Common Ground también ha comenzado a hacer frente a lo que considera como un cambio en las relaciones tecnológicas, económicas, geográficas, interdisciplinarias, sociales y de distribución y difusión del conocimiento. Desde hace más de diez años hemos estado construyendo una editorial mediada por las tecnologías web y las nuevas redes sociales, donde la gente pueda trabajar en estrecha colaboración para aprender, crear y compartir conocimiento. La última creación de este proyecto es un entorno social de conocimiento pionero llamado Scholar (http://cgscholar.com/), plataforma informática que provee un lugar donde los académicos pueden conectarse en red y dar visibilidad a sus investigaciones mediante una librería personal.

Les invitamos a que sean parte de estas redes mediante la creación de diálogo entre diferentes perspectivas, experiencias, áreas de conocimiento y metodologías, por las interacciones en el congreso, los debates online, o los artículos de la revista.
Health, Wellness & Society
Book Imprint

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

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Call for Book Reviewers

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 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.
Radical Leisure: How Mothers Gain Well-Being and Control through Participation in Exercise Classes

Janet Currie

‘Normal’ or ‘good’ mothers adhere as closely as possible to the ideology of motherhood. This involves a normative standard of a socially constructed role of someone who devotes her personal time, energy and resources to attending to the needs and welfare of her children and family. As part of the ethic of care surrounding motherhood, mothers don’t feel justified in taking time out from their daily routine. It is therefore not surprising that lack of leisure, lack of time to self and poor mental health are health issues commonly experienced by working mothers.

Using Foucault’s poststructuralist notions of the concepts of power, discourse and resistance, this book suggests that exercise classes taken at a mother’s leisure offer her an outlet to challenge some aspects of her subordination. In her book, Radical Leisure, Dr. Janet Currie documents the rich accounts provided by mothers who, by participating in exercise classes, resist to find a space of their own and take control over their own lifestyle.

In Radical Leisure, Janet explains how mothers engaging in exercise classes may gain mental wellbeing and ease stress levels. When mothers participate in exercise classes, they can also feel in greater control of their body shape, but may use the classes in an attempt to shape and discipline their bodies to look a certain way. Mothers can choose what the classes mean to them, liberating or constraining. However, the sense of freedom and stress relief mothers gain from exercise class participation is well worth the effort.

Author Bio:

With a background of over 30 years’ lecturing in University health and physical education, Dr. Janet L. Currie, PhD has also maintained leadership of community group fitness classes. Her research specialises in the promotion of social and emotional wellbeing including the perceived benefits of physical activity related to improvements in subjective wellness. Janet’s publications include groundbreaking research articles and books on mental health and wellness lifestyles.

Janet has gained unique hands–on experience contributing to government and NGO health policy development and health promotion research. The original creator and author of Stroll Your Way to Well–Being, the innovative and socially engaging Strollers Pramwalking groups designed for new mothers, Janet has also written Managing Motherhood—detailing strategies new mothers recommend for promoting subjective wellness. In her latest book, Radical Leisure, Janet delivers in–depth and rich accounts of the meaning of exercise class participation, through the perspectives of her participants.
Adventure Therapy around the Globe: International Perspectives and Diverse Approaches

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

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

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 in 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.
Book Order Form

This Order Form and Coupon Code grant the purchaser a special conference discount for 40% off the retail price of one Common Ground book in hardback or paperback format. A book copy can be purchased at this select rate one of two ways:

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Health, Wellness & Society Conference

Curating global interdisciplinary spaces, supporting professionally rewarding relationships

Congreso Internacional de Salud, Bienestar y Sociedad

Una variedad de tipos de ponencias ofrece a los participantes múltiples oportunidades para participar, hablar sobre los asuntos fundamentales del campo y crear relaciones con investigadores de otras culturas y disciplinas
About the Conference

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, USA
- 2012 – University Center, Chicago, USA
- 2013 – Escola Paulista de Medicina, Universidade Federal de São Paulo, São Paulo, Brazil
- 2014 – UBC Robson Square, Vancouver, Canada
- 2015 – Universidad de Alcalá, Alcalá de Henares, Madrid, Spain
- 2016 - Catholic University of America, USA
- 2017 - University of Denver, Denver, 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, Professor, Mayo Clinic College of Medicine, Rochester, USA (2013)
- Carol Braunschweig, Associate Head, Kinesiology and Nutrition, University of Illinois, Chicago, USA (2012)
- Bechara Choucair, Senior Vice President, Safety Net & Community Health, Trinity Health, USA (2012)
- Dante Gallian, Professor, University of São Paulo, São Paulo, Brazil (2014)
- Linda Kurti, National Director, Economic and Social Advisory, Urbis, Australia (2016)
- George Lambie, Professor, The University of Hong Kong, Pokfulam, Hong Kong (2011)
- Miguel A. Luengo-Oroz, Chief Scientist, UN Global Pulse, New York, USA (2015)
- Linda Neuhauser, Clinical Professor, 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)
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 24 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 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 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 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.
Principios y características del congreso
La estructura del congreso se basa en cuatro principios básicos que motivan todos los aspectos de la Red de Investigación:

**Internacional**
El congreso se celebra en diferentes lugares del mundo para proporcionar oportunidades de que los ponentes vean y experimenten diferentes países y ubicaciones. Pero, aún más importante, es el hecho de que ofrece una oportunidad tangible y significativa para tomar contacto con académicos de diversidad de culturas y perspectivas. Este año asistirán ponentes de 24 países, ofreciendo una oportunidad única y sin igual de tener trato directo con colegas de todos los rincones del mundo.

**Interdisciplinar**
A diferencia de congresos de asociaciones en los que asisten delegados con experiencia y especialidad similares, estos congresos reúnen a investigadores, profesionales y académicos de una amplia gama de disciplinas, que tienen en común su interés por los temas y la problemática propia de esta red. Como resultado, los temas se abordan desde una variedad de perspectivas, se estiman los métodos interdisciplinarios y se anima al respeto mutuo y la colaboración.

**Incluyente**
Son bienvenidos tanto a las redes como a los congresos todos aquellos cuyo trabajo académico sea sólido y competente, sin importar su disciplina, cultura, institución o carrera. Ya sea profesor emérito, estudiante graduado, investigador, docente, político, profesional o administrador, su trabajo y su voz pueden contribuir a la base colectiva de conocimiento que se crea y se comparte en estas redes.

**Interactivo**
Para aprovechar completamente la rica diversidad de culturas, antecedentes y perspectivas representadas en estos congresos, debe haber amplias oportunidades de hablar, escuchar, participar e interactuar. Para ello, se ofrece una variedad de formatos de sesión en el congreso, con diferentes tipos de estructuración.
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 commentary and/or group discussion. A single article or multiple articles may be submitted to the journal based on the content of a colloquium session.

Innovation Showcase
Researchers and innovators present products or research and development. All presentations should be grounded in presenters research experience. Promotional conversations are permissible, however, products or services may not be sold at the conference venue.
Focused Discussion
For work that is best discussed or debated, rather than reported on through a formal presentation, these sessions provide a forum for an extended “roundtable” conversation between an author and a small group of interested colleagues. Several such discussions occur simultaneously in a specified area, with each author’s table designated by a number corresponding to the title and topic listed in the program schedule. Summaries of the author’s key ideas, or points of discussion, are used to stimulate and guide the discourse. A single article, based on the scholarly work and informed by the focused discussion as appropriate, may be submitted to the journal.

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

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

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

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. 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.
Ponencias plenarias
Los ponentes plenarios, elegidos de entre los más destacados pensadores del mundo, ofrecen ponencias formales sobre temas de amplio interés para la Red de Investigación y los participantes del congreso. Por regla general, no hay preguntas ni debate durante estas sesiones. Los ponentes plenarios responden preguntas y participan en charlas informales y prolongadas durante sus charlas de jardín.

Charlas de jardín
Las charlas de jardín son sesiones informales no estructuradas que brindan a los delegados la oportunidad de reunirse con ponentes plenarios y conversar tranquilamente sobre temas derivados de su ponencia. Cuando el lugar y el clima lo permiten, tratamos de acomodar sillas en círculo en el exterior.

Mesas redondas
Celebradas el primer día del congreso, las mesas redondas son una de las primeras oportunidades para conocer a otros participantes con intereses y preocupaciones similares. Los participantes eligen los grupos que prefieren, según grandes áreas temáticas, y se sumergen en amplios debates sobre los temas y problemáticas del área correspondiente de la Red de Investigación. Quizá guíen la conversación preguntas como: “¿Quiénes somos?”, “¿Qué tenemos en común?”, “¿Qué retos enfrenta hoy la sociedad en esta materia?”, “¿Qué desafíos afrontamos para construir conocimiento y operar cambios significativos en este asunto?” Cuando es posible, el último día del congreso se lleva a cabo una segunda mesa redonda, para que el grupo original vuelva a reunirse y discuta los cambios en sus puntos de vista y opiniones a raíz de la experiencia del congreso. Los informes de las mesas redondas aportan a los participantes un marco de referencia para los últimos debates durante la sesión de clausura.

Ponencias temáticas
Las ponencias temáticas se agrupan por temas generales en sesiones compuestas por tres o cuatro ponencias, seguidas de un debate en grupo. Cada ponente de la sesión expone una ponencia formal de su trabajo, que dura 20 minutos. Una vez presentados todos, sigue una sesión de preguntas y respuestas, y una de debate en grupo. Los moderadores de la sesión presentan a los ponentes, controlan el tiempo de las ponencias y facilitan el debate.

Coloquios
Los coloquios son organizados por un grupo de investigadores que quiera presentar varias dimensiones de un proyecto o diversas perspectivas sobre un asunto. A cuatro o cinco ponencias formales breves les siguen comentarios, debates en grupo o ambos. Se puede presentar a la revista uno o varios artículos basados en el contenido de un coloquio.

Exposición de innovaciones
Los investigadores e innovadores presentan productos o investigación y desarrollo. Todas las presentaciones deben basarse en la experiencia investigadora de los ponentes. Están permitidas las charlas promocionales; sin embargo, no pueden venderse productos ni servicios en el lugar del congreso.
Discusiones enfocadas
Para un trabajo que se presta más a la discusión o el debate, estas sesiones proporcionan un foro de debate para una mesa redonda extendida entre un autor y un pequeño grupo de interesados. Varias discusiones tienen lugar simultáneamente en un área especificada, con cada mesa designada por un número correspondiente al título y tema, enumerado en el programa. Se usan resúmenes de las ideas principales del autor o de puntos de discusión para estimular y guiar el discurso. Se puede enviar a la revista un solo artículo basado en el trabajo académico e informado por la discusión enfocada.

Talleres
Los talleres implican una amplia interacción entre ponentes y participantes en torno a una idea o experiencia práctica en una disciplina aplicada. Estas sesiones también pueden adoptar formato de panel, conversación, diálogo o debate, todos ellos implican una considerable participación del público. En un taller puede enviarse un solo artículo para su publicación en la revista (de varios autores, si se considera oportuno).

Sesiones de pósteres
Las sesiones de pósteres presentan los resultados preliminares de una investigación o proyectos que se prestan más a proyecciones y representaciones visuales. Estas sesiones permiten participar en discusiones informales con los delegados interesados.

Ponencia virtual breve
La ponencia virtual breve es una presentación rápida en videos de 5 minutos. Los autores presentan resúmenes o perspectivas generales sobre su trabajo, describiendo las características principales (como propósito, procedimiento y resultado). De la misma manera que las ponencias de artículos, las ponencias breves se agrupan en sesiones temáticas de acuerdo con temas o perspectivas similares. Animamos a los autores a enviar videos en el tradicional estilo de conferencia o videos que empleen apoyo visual como PowerPoint. El vídeo final debe enviarse con un mes de antelación a la fecha de inicio del congreso. Después del congreso, los vídeos se subirán al canal de YouTube de la Red de Investigación. Los artículos completos basados en ponencias virtuales breves también se pueden enviar para el proceso de publicación en la revista.

Póster virtual
Este formato es ideal para presentar los resultados preliminares de un trabajo en desarrollo o proyectos que se presten más a proyecciones y representaciones visuales. Cada póster debe incluir un breve resumen del objetivo y procedimientos del trabajo. Después de aceptado, se les brinda una plantilla a los presentadores y los pósteres virtuales se envían como un PDF o un PowerPoint. Los pósteres finales se deben enviar al menos un mes antes de la fecha de inicio del congreso. Los artículos completos basados en un póster virtual también se pueden enviar para el proceso de publicación en la revista.
### Thursday, 20 September

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00–9:00</td>
<td>Conference Registration Desk Open</td>
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<tr>
<td>9:00–9:30</td>
<td>Conference Opening</td>
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<td>9:30–10:05</td>
<td>Plenary Session</td>
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<td>10:05–10:35</td>
<td>Garden Conversation</td>
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<tr>
<td>10:35–11:20</td>
<td>Talking Circles</td>
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<td>11:20–11:25</td>
<td>Transition Break</td>
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<td>11:25–13:05</td>
<td>Parallel Sessions</td>
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<td>13:05–14:15</td>
<td>Lunch and Publishing with Common Ground Research Networks</td>
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<td>14:15–15:30</td>
<td>Parallel Sessions</td>
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<tr>
<td>15:30–15:50</td>
<td>Coffee Break</td>
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<td>15:50–17:30</td>
<td>Parallel Sessions</td>
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### Friday, 21 September

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<th>Time</th>
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<tr>
<td>8:30–9:00</td>
<td>Conference Registration Desk Open</td>
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<td>9:00–9:20</td>
<td>Daily Update</td>
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<td>Plenary Session</td>
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<td>10:30–12:10</td>
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<td>Lunch</td>
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<td>Parallel Sessions</td>
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<td>13:45–14:00</td>
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<td>15:30–16:45</td>
<td>Parallel Sessions</td>
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<td>16:45–17:15</td>
<td>Conference Closing and Award Ceremony</td>
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### Jueves, 20 de septiembre

<table>
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<tr>
<th>Hora</th>
<th>Evento</th>
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<tbody>
<tr>
<td>8:00–9:00</td>
<td>Mesa de inscripción abierta</td>
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<tr>
<td>9:00–9:30</td>
<td>Inauguración del Congreso</td>
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<td>9:30–10:05</td>
<td>Sesión plenaria</td>
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<td>10:05–10:35</td>
<td>Charlas de jardín</td>
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<td>10:35–11:20</td>
<td>Mesas redondas</td>
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<td>Pausa</td>
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<td>11:25–13:05</td>
<td>Sesiones paralelas</td>
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<td>13:05–14:15</td>
<td>Almuerzo</td>
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<td>14:15–15:30</td>
<td>Sesiones paralelas</td>
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<td>15:30–15:50</td>
<td>Pausa para el café</td>
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<td>15:50–17:30</td>
<td>Sesiones paralelas</td>
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### Viernes, 21 de septiembre

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<tr>
<th>Hora</th>
<th>Evento</th>
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<tr>
<td>8:30–9:00</td>
<td>Mesa de inscripción abierta</td>
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<tr>
<td>9:00–9:20</td>
<td>Noticias del día</td>
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<tr>
<td>9:20–9:55</td>
<td>Sesión plenaria</td>
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<tr>
<td>9:55–10:25</td>
<td>Charlas de jardín</td>
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<td>10:25–10:30</td>
<td>Pausa</td>
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<td>15:15–15:30</td>
<td>Pausa para el café</td>
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<td>15:30–16:45</td>
<td>Sesiones paralelas</td>
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<tr>
<td>16:45–17:15</td>
<td>Clausura del Congreso y Entrega de premios</td>
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Special Events

**Pre-Conference Tour: Afternoon Tea Cruise on the Thames**

**Wednesday, 19 September 2018 | Boarding: 15:00 (3:00pm); Returns: 16:45 (4:45pm)**

**Meeting Location: Embankment Pier London | Cost: US$60.00**

Escape the hustle and bustle of London and board our Harmony vessel for a lazy afternoon on the Thames. You will enjoy a selection of sandwiches, pastries, and scones, as well as an assortment of delicious teas and a complimentary glass of champagne.

Our two vessels take you past the Houses of Parliament, the London Eye, St. Paul’s Cathedral, and the Tower of London amongst other famous landmarks. These striking sights are complemented by the calming music from our very talented solo pianist.

Transportation is not provided to the cruise dock but participants will be given instructions on where to meet the Conference Team who will be there to check in participants.

**Conference Welcome Reception - The Britannia**

**Thursday, 20 September | Time: 19:30 (7:30pm) | Cost: Complimentary to all conference delegates**

**Location:**
The Britannia
W8 6UX
Allen St
Kensington, London
UK

Common Ground Research Networks and the Health, Wellness & Society Conference will be hosting a Welcome Reception at The Britannia in Kensington. The reception will be held the first conference evening on **Thursday, 20 September**. The conference concludes at 5:30pm that day and the reception will begin at 7:30pm, giving conference participants time to go back to their accommodation. The Britannia is about a 20 minute walk from the conference venue and is located in Kensington.

Please join us and other conference delegates and plenary speakers for drinks, light hor d’oeuvres, and a chance to converse.

We look forward to hosting you!
Tour Precongreso: Crucero Por el Río Támesis

Miércoles, 19 de septiembre de 2018 | Embarque: 15:00 (3:00pm); Regreso: 16:45 (1:45pm)
Lugar de encuentro: Embankment Pier London | Precio: US$60.00

Escape del ajetreo y bullicio de Londres a bordo del barco Harmonia para una tarde de ocio en el Támesis. Disfrutará de una amplia selección de sandwiches, pastas y bollería, así como de un surtido de deliciosos tés y una copa de champán.

Nuestros dos barcos le llevarán por las Casas del Parlamento, el London Eye, la Catedral de San Pablo y la Torre de Londres entre otros grandes hitos. Estas vistas espectaculares se complementan con la música tranquila de nuestro virtuoso pianista.

No se incluye el transporte hasta el muelle, pero se dará instrucciones a los participantes para encontrarse con el Comité Organizador del Congreso.

Recepción de bienvenida - The Britannia

Jueves 20 de septiembre | Hora: 19:30 (7:30pm) | Precio: Sin coste para todos los participantes del Congreso

Lugar:
The Britannia
W8 6UX
Allen St
Kensington, Londres
Reino Unido

Common Ground Research Networks y el Congreso de Salud, Bienestar y Sociedad celebran una recepción de bienvenida en The Britannia en Kensington. La recepción se celebrará en la primera tarde del congreso, jueves 20 de septiembre. El congreso terminará dicho día a las 17:30, y la recepción comenzará a las 19:30, dando tiempo a los asistentes al congreso a volver a su alojamiento. The Britannia está en Kensington, a 20 minutos caminando desde la sede del congreso.

Únase a nosotros, a los plenarios y a los ponentes del congreso para disfrutar de bebidas, aperitivos y una buena ocasión para conversar.

Esperamos su asistencia.
José Muros

“Association between Healthy Lifestyles and Quality of Life Related with Health in Schoolchildren”

José J. Muros is a lecturer at the University of Granada, Spain. He received his PhD in Nutrition, Physical Activity, and Health in 2013 from the University of Granada. He worked as a post-doctoral researcher at the University of Nottingham (United Kingdom) in the Division of Child Health, Obstetrics and Gynaecology. His current focus is on health, nutrition, physical activity, and quality of life in children. Dr. Muros’ scholarly interests include strategies to enhance physical activity and quality of life related with health and Mediterranean diet habits in school children. He has published over 20 papers in the last two years and he received the 17th John M Kinney Award for Pediatric Nutrition in 2017 as well as the 2018 SENPE award for the best young researcher in the field of clinical nutrition and metabolism.

Louise Dalingwater

“Setting the Pace: Internationalization of Health Care Services in a Critical Perspective”

Louise Dalingwater is Associate Professor of British Studies at Université Sorbonne Nouvelle in Paris. Her current research focuses on trade in services, health, and wellbeing in the United Kingdom. Recent publications include two books on the UK service economy (Les Services britanniques au 21e siècle: une etude interdisciplinaire, Presses universitaire de Nancy, 2015) a forthcoming monograph on health services, and several book chapters including “Transatlantic Services Trade and Investment: Dynamics of and Challenges to the Special Relationship” (Palgrave Macmillan) and “Shifting governance: TTIP and the public services debate” in a co-authored volume Understanding Mega Trade Deals: The Political and Economic Governance of New Cross-Regionalism (Routledge, 2017) edited with J.B. Velut, V. Boullet & V. Peyronel. She has also authored articles in academic journals including in Outre Terre and The International Journal of Health, Wellness and Society.
Sally Hemming

Sally Hemming is a doctoral researcher at Loughborough University. She is a graduate of Leicester and Westminster University, with 18 years’ human resources experience specializing in employee relations, health, and wellbeing. Sally is currently taking a career break from Ernst & Young to lead a health strategy project for the FCA (Financial Conduct Authority) and to complete her PhD. Her research examines the self-management support needs of working people affected by chronic, long-term health conditions via four interrelated studies including a cross-sectional employee online survey, a longitudinal 10-week diary study, and an employer semi-structured and employee narrative interview study.

Jinoh Park

Jinoh Park has specialized in design strategy in the built environment throughout his academic and practices careers. He was awarded a bachelor’s of science in interior design from Hanyang University, Korea in 2007, an MBA from Seoul School of Integrated Sciences & Technology, Korea, and an EMBA from Aalto University, Finland in 2014. In 2016, he began his PhD in Design at North Carolina State University, USA. His research focuses on incorporating economic feasibility with occupant satisfaction in the built environment. His research aims to align the often disjointed concerns regarding the satisfaction of residents’ health and wellness in retirement communities with development business concerns of return on investments.

Yu Yuehui

Ms. Yu Yuehui (Yuna) is a PhD candidate in the Department of Social Work and Social Administration at the University of Hong Kong. She has a multi-disciplinary educational background in economics, sociology, social policy, and law. Her current research interest is social policy in development context, with a special focus on poverty issues. She is now helping to run an ongoing longitudinal mental health project in Chengdu, China. She aims to explore and unravel mental disability as a result of household poverty using data collected in Chengdu Mental Health Project, which extends more than 20 years.

Dawit Rumicha

Dawit Rumicha received two Bachelors of Science degrees from Florida Atlantic University (FAU) in biological sciences and in neuroscience/behavior with an honors thesis on breast cancer immunotherapy. He is currently a master of public health candidate concentrating in social and behavioral sciences at the University of Florida. Previously, Dawit served two years as FAU’s Director of Multicultural Programming and as Chair of the Multicultural Assembly. His strategic planning and efforts with his team lead to an average increase in active student participation of over 200%. Under his guidance, the program earned the Boca Raton Campus Program of the Year Award. Dawit also served as a teaching assistant for organic chemistry and college physics for a total of 6 semesters working with over 1,200 students in this time frame. He has presented at the Seventh International Conference for Religion & Spirituality in Society and the Seventeenth International Conference on Diversity in Organizations, Communities & Nations.
Brittany Henry

Brittany Henry is a recent graduate from Florida Atlantic University (FAU) where she completed her degree in biological sciences (BS) with honors distinction. Brittany has served as a peer mentor and teaching assistant for the National Science Foundation (NSF) LEARN Program and co-director of pre-medical affairs of the American Medical Student Association at FAU. She is a current student at the University of Florida and is pursuing her master's degree in public health with a concentration in social and behavioral sciences. Her research interests include neurobiology of disease and health promotion.

S M Yasir Arafat

S. M. Yasir Arafat holds MBBS, MBA, MPH. Currently he is enrolled as MD Phase B Resident, Department of Psychiatry at Bangabandhu Sheikh Mujib Medical University. He is also affiliated as Adjunct Faculty at MPH Program, ASA University Bangladesh & School of Public Health, Independent University, Bangladesh. He is an early career member of IASP and selected as special interest group member in prevention of intentional poisoning group. He intends to focus on epidemiology of suicide in Bangladesh.

Niyati Gulia

Niyati Gulia is a PhD student at Panjab University, Chandigarh, India. She works as a junior research fellow under the University Grants Commission, India. Her research focuses on the evaluation of The National Health Mission and its key component Accredited Social Health Activist (ASHA). ASHA play a vital role in strengthening maternal and child health in India. Niyati has a post graduate degree in social work and a graduate degree in arts from Panjab University, Chandigarh, India. Niyati worked as an assistant professor in Chandigarh University, India for a year. Apart from this, Niyati is also an animal lover and activist and works relentlessly for their welfare.

Muhammad Majeed

Dr. Muhammad Majeed is a currently a Research Fellow at Stanford University. He graduated with honors from the University of Health Sciences, Pakistan and has served as a physician in remote areas of Pakistan. Along with a research interests in Bioinformatics and Novel Therapeutics, Dr. Majeed is also interested in studying the impact of social and cultural measures in the management of a disease. His research focus is on promoting a healthy life and mitigating the effect of disease conditions employing concepts of neural plasticity. He is currently working on a surveillance program for Peripheral Arterial Disease mainly caused by smoking and a project on neuronal networks in preventing chronic wounds.

Sonal Mobar Roy

Dr. Sonal Mobar Roy is an Assistant Professor at the Center for Post Graduate Studies and Distance Education at the National Institute of Rural Development and Panchayati Raj, Hyderabad, India. Dr. Roy did her master's in Social Anthropology from Lucknow University and doctorate in Sociology from the Department of Humanities and Social Sciences, Indian Institute of Technology Kanpur, one of the premier institutes in India. Her doctoral study focused on stigma related to TB and HIV in Ladakh region of India, and the fieldwork was sponsored by Parkes Foundation, UK. Her research interests include Sociology of Health and Education, Culture and Tribal Studies, Rural Development, and Ethnography. She is a member of international editorial boards and has been involved in teaching and research at her institute. She has national and international publications to her name and strives to bridge the gap between theory and practice through her writings and research. She can be reached at smobar2@gmail.com.
Cristina Cruz Carvajal
Miembro del Sistema Nacional de Investigadores de CONACYT, Nivel C. Es doctora en Sociología por la Benemérita Universidad Autónoma de Puebla, con la tesis titulada Redes rurales y urbanas. *Un estudio de su dinámica en el circuito migratorio Puebla-Nueva York*. Es maestra en Historia, con la tesis *Entre lo regional, lo vernáculo y lo romántico… Los caminos de la identificación musical en el México posrevolucionario*. Licenciada en Historia por la misma universidad con la tesis *Atisbos de Modernidad: Participación Pública y Política de las Mujeres en el Movimiento Maderista*. Ha sido autora de diversos artículos, participante en varios proyectos de investigación y eventos relacionados a Historia Cultural e Historia de México siglo XX, así como a Estudios Migratorios las cuales son sus líneas de investigación. Actualmente se desempeña como profesora en la Licenciatura en Relaciones Internacionales de la BUAP.

Yuliana Patty Vilela Alemán

Raúl Ignacio Flores Cartes
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<td>09:00-09:30</td>
<td>Conference Opening / Inauguración del Congreso - Dr. Homer Stavely, Common Ground Research Networks, USA</td>
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<td>09:30-10:05</td>
<td>Plenary Session / Sesión plenaria - Dr. Louise Dalingwater, Associate Professor of British Politics and Economic Policy, Sorbonne Nouvelle University, France</td>
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<td>10:05-10:35</td>
<td>Garden Conversation / Charlas de Jardín</td>
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<td>10:35-11:20</td>
<td>Talking Circles / Mesas redondas</td>
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<td>11:20-11:25</td>
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"Setting the Pace: Internationalization of Health Care Services in a Critical Perspective"

Louise Dalingwater is Associate Professor of British Studies at Université Sorbonne Nouvelle in Paris. Her current research focuses on trade in services, health and wellbeing in the United Kingdom. Recent publications include two books on the UK service economy (Les Services britanniques au 21e siècle: une etude interdisciplinaire, Presses universitaire de Nancy, 2015) a forthcoming monograph on health services, and several book chapters including “Transatlantic Services Trade and Investment: Dynamics of and Challenges to the Special Relationship” (Palgrave Macmillan) and “Shifting governance: TTIP and the public services debate” in a co-authored volume Understanding Mega Trade Deals: The Political and Economic Governance of New Cross-Regionalism (Routledge, 2017) edited with J.B. Velut, V. Boulet & V. Peyronel. She has also authored articles in academic journals including in Outre Terre and The International Journal of Health, Wellness and Society.
PARALLEL SESSIONS

Room 1 Policies and Practices for Healthcare

**Work Attendance Behaviour and Related Productivity Expenses of Hong Kong Public Hospital Nurses**

Ms Nga-Man Juliana Lui, University of Hong Kong, Hong Kong
Janice Johnston, University of Hong Kong, Hong Kong

In face of increasing hospital utilization and manpower shortage, many healthcare workers have reported to attend work due to sickness and non-sickness events, known as presenteeism behaviour. This study aims at identifying modifiable work and personal exposures that affect nurses work attendance decision-making in face of fluctuating hospital utilization rates (flu surges) and obtaining presenteeism-associated productivity costs amongst nurses (biggest healthcare occupational group). The 3-wave prospective study invited full-time Hong Kong public hospital nurses (n=4703) at 3 highly utilized acute-care hospitals. Each participant was asked to complete a pre-validated survey 3 times. Productivity costing was carried out using human capital method. 88% of nurses have reported to work at least once while sick during last year. Study results will aid managers and government in future human-resources policy making to maintain a sustainable healthcare workforce without compromising quality of care in face of restricting budgets.

**Understanding Motivation and Workplace Engagement among Caregivers in Aged Residential Care, New Zealand**

Jenny Prentice, Team Leader, Te Awakairangi Health Care Network, New Zealand

In New Zealand the aged residential care workforce is poorly paid and has a high turnover of staff, yet cares for a very vulnerable population. Understanding motivational factors in this workforce has the potential to improve quality of care for residents and caregiver workplace satisfaction. This research aims to explore how caregivers can be encouraged to be engaged in providing care for frail older people. This is a Participatory Action Research (PAR) design based on Lewin’s four-step cycle of plan, act, observe and reflect. The study involved staff from a 41 bed aged care facility providing rest home and hospital level care in rural NZ. Caregivers co-designed the action plan which was implemented in the facility. Verbatim transcripts from a design and evaluation meetings were analysed using thematic analysis tools and resulted in a model which describes caregiver workplace engagement. Preliminary findings indicate that if the three factors and the three overlapping experiences identified in the model are evident in the workplace then caregivers are engaged in their work. This model provides greater understanding for aged care facilities wanting to address issues of workforce development, retention of staff and quality of care.

**Trending Health-related Amenities in Multi-Family Communities**

Xi Wang, Research Assistant, Design, North Carolina State University, Raleigh, United States

The rapidly expanding of the multifamily housing market, as well as rental households with different age groups, diverse cultural and ethnic backgrounds are creating niche markets with various housing needs and lifestyle preferences. This growing trend is also driving demand for a vast array of amenities to support healthy community development. As health and well-being rapidly emerge as important areas of opportunity for the real estate industry, many private multifamily developers recognized this trend and responded with a series of new health-related amenities. However, they are still in the early stage to involve health strategies in new projects, and often lack of well-defined descriptions of health and wellness in their amenity design. Understanding what drives healthy amenity trends in renter’s new home choosing tendencies, therefore, is necessary to help the developers preparing for the changes going forward and compete in the industry. This research seeks to explore the trending health-related amenities built in multifamily communities and build the evidence for how they influence people on their health and wellness. The findings of this study will help the private multifamily developers to identify the growing trend of health-related amenity demand across multi-generational renters, and enhance housing site to accommodate with high utilized amenities. This study is also expected to include rigorous empirical research evidence to help multifamily developers on new amenities investment in future housing projects, in order to appeal the renters to an advanced way of life and bring the best return on the investment.
**PARALLEL SESSIONS**

**Room 2**

**Salud mental**

**Factores predictores de la salud mental en estudiantes universitarios de tres regiones del Perú**
Yuliana Patty Vilela Alemán, Profesora, Lima, Pontificia Universidad Católica del Perú, Lima, Perú
Mónica Cassaretto Bardales, Profesora, Pontificia Universidad Católica del Perú, Perú

Debido a que los estudiantes universitarios son jóvenes en su mayoría, perciben de manera más favorable su salud. En efecto, los estudios indican que este grupo etario califica su salud como “buena” o “muy buena”. Sin embargo, las investigaciones han identificado ciertos problemas de índole mental (tales como depresión, ansiedad o problemas alimenticios, entre otros). Los jóvenes representan un grupo importante en la sociedad, puesto que quienes asumirán en un futuro el liderazgo del país. Por ello, se considera imprescindible dedicar esfuerzos al estudio de su salud. El objetivo de la presente investigación es analizar las variables que predicen la salud mental en un grupo de 1237 estudiantes de tres provincias importantes del Perú: Piura, Lima y Arequipa. Se realizó un análisis de regresión lineal múltiple que indicó que ser hombre, adaptarse a las demandas de la vida universitaria y tener una adecuada organización del sueño favorece la salud mental. En cambio, el estrés académico y el uso de la estrategia de regulación emocional de rumiación perjudican la salud mental de este grupo de estudiantes peruanos. Estos hallazgos brindan evidencia clara y contundente sobre la necesidad de enfocar estrategias y acciones que cuiden y promuevan la salud mental en este colectivo, las cuales deben ser asumidas por las autoridades de las instituciones de educación superior.

**Promoción y educación de la salud**

**Taller para cuidadores primarios de pacientes con esquizofrenia: Programa CUIDARME**
Eréndira Estrella Vázquez Vargas, Profesor de tiempo completo titular C, Facultad de Psicología, Universidad Autónoma de Yucatán, Mérida, Yucatán, México
Silvia Anaissa Estrella Leal, Universidad Autónoma de Yucatán, Yucatán, México

La esquizofrenia es un trastorno mental grave que afecta a más de 21 millones de personas en el mundo. Causa mayor dependencia en quien lo padece y suele requerir de una persona que se haga cargo del paciente y procure su bienestar. Esta persona, que suele ser familiar cercano y dedica gran parte de su tiempo a cuidarlo sin recibir retribución económica, se define como cuidador primario. Ser cuidador primario tiene implicaciones en varias áreas de la vida: económica, familiar, social y laboral. Los cuidadores primarios de pacientes con esquizofrenia suelen estar sometidos a altos niveles de carga, producto de las demandas de su rol de cuidador. Se observa en esta población altos niveles de depresión y riesgo suicida. Se creó un programa de intervención para disminuir los niveles de sobrecarga y depresión de los cuidadores primarios de pacientes con esquizofrenia a través de la impartición del Programa CUIDARME, de corte psicoeducativo dirigido a cuidadores primarios. Constó de 16 sesiones de dos horas cada una. El tipo de estudio fue pre experimental de prueba/posprueba con un solo grupo y enfoque mixto con diseño anidado o incrustado concurrente de modelo dominante (DIAC). Obtuvieron información de la esquizofrenia, adquirieron habilidades para desempeñar su rol, disminuyendo así los niveles de sobrecarga y riesgos del cuidador. En la segunda medición se encontró disminución en los niveles de sobrecarga y depresión. Observándose mejoría en la salud del cuidador, el sentido de pertenencia grupal brindó herramientas para desempeñar de manera más adaptativa su rol de cuidador.

**Promoción y educación de la salud**
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<td>Room 3</td>
<td><strong>Shifting Perspectives</strong></td>
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<td><strong>Anti-Vaccination Movements: A Morphogenetic Perspective</strong></td>
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<td></td>
<td>Tomasz Burzynski, Assistant Professor, Institute of English Cultures and Literatures, University of Silesia in Katowice, Sosnowiec, Poland</td>
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<td>The paper assumes a broader sociological perspective in order to reflect upon contemporary anti-vaccination movements as collective agents employed in the elaboration and perpetuation of structures and systems typical of (bio)medicalized societies. Typically, anti-vaccination movements are perceived in overtly axio-normative terms as vehicles of public distrust vested in the modern system of biomedicine. This paper wishes to expand the aforementioned conceptualization by placing anti-vaccination movements in a more sociologically diversified field of considerations, which involves referring to ideal, normative, interactive and opportunity structures (the INIO model of social structure). In this essentially morphogenetic context, anti-vaccination movements could be perceived as both consequences of modernization tendencies implicit in the system of biomedicine and agents that subvert values, norms and institutions (e.g. patient empowerment, self-tracking practices, alternative medicine) in-built in the system of (bio)medicalization characterizing contemporary societies.</td>
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<td><strong>The Wellbeing Orchestra</strong></td>
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<td>Robert Vincs, Head of Jazz and Improvisation, The University of Melbourne, Melbourne, Australia</td>
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<td>This paper will report on an initiative undertaken at the University of Melbourne Jazz and Improvisation Department that has established “The Wellbeing Orchestra.” Utilising meditation, focused listening, Tibetan singing bowls and bells, the Wellbeing Orchestra is intended to offer simple techniques for reducing anxiety in a communal and creative environment. Offered across the university as an elective subject and the business community as a team building experience, this paper will identify various issues that have arisen in establishing this ensemble, identify significant journal entries from students and make an assessment of the extent to which this simple idea can be transformational.</td>
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<td><strong>JEST DO IT: Stress Management through Humor</strong></td>
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<td>Ronald Dolon, Professor, Ball State University, Muncie, Indiana, United States</td>
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<td>The use of humor is a way to promote mental and physical health. Hans Selye, a noted expert on stress, has written that a person’s interpretation of stress is not dependent only on the external event, but is also affected by that person’s perception and meaning of the event. Humor is a matter of perspective and perception. Humor has been viewed as a way of looking at a situation from a different point of view, diffusing a crisis and providing an opportunity for increased insight. A sense of humor is a powerful stress coping behavior. Humor can enrich our lives, help psychologically, and stir us physically. Research indicates that how we deal with stress influences our lives and relationships to health. Stress has been connected to heart disease, chronic fatigue and low self-esteem. Humor produces the opposite psychological response to stress. With stress, you have a rapid pulse, muscles are tight, and blood pressure is up. After laughing, all these signs are down. Research out of the Department of Clinical Immunology at Loma Linda University School of Medicine suggests that laughter stimulates the immune system offsetting the effects of stress. Humor is a stress reliever that requires no prescription and has no side effects. Understanding factors which foster humor will provide an approach to creating humor.</td>
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**PARALLEL SESSIONS**

**Room 4**

**Prevention and Longevity**

Brie Borog (Sessional Instructor - Interfaculty Option in Aging, University of Manitoba, Winnipeg, Canada) and Leander Mitchell, University of Queensland, Brisbane, Australia

**Brief Memory Training Program for Older Adults**

Leander Mitchell, University of Queensland, Brisbane, Australia

TTIYM has been designed in response to older adult’s concerns about memory efficiency and the potential deterioration to dementia. TTIYM brings together several fields of psychology aiming to create and validate a memory training program that is effective, generalizable, and inexpensive enough to be offered in the community. The two main themes behind the program are simple and generalizable memory strategies (self-testing and spaced-retrieval) and building participant’s memory self-efficacy. These two themes are not only in what is taught to the participant’s but also in the structure of the program. The program itself requires two three-hour sessions (a week apart) followed by regular reminders to use the strategies for the four weeks following the second session. This study measures the effectiveness and generalizability of the training by using tasks, which apart from one, are not covered in the training program. The exception is only spoken about and not practised in the program. The task themselves include name–face, text learning, and place learning because of their ecological validity. As the training focuses on strategies that only require cognition, if successful, the program can be modified to suit cognitively healthy older adults that have other health issues such as blindness.

**Educational Program for Older Adults as a Source of Health Promotion**

Barbara Borges, Sessional Instructor - Interfaculty Option in Aging, University of Manitoba, Winnipeg, Canada

Advances in medicine, new technologies, as well as social and economic development have increased longevity, but longevity is not everything; we must think about the importance of living longer with a good quality of life. Their health and well-being in the community and society will have more of an impact as time goes by for all generations. The challenge is to consider how to increase the quality of life, years and independence for an individual and to combat ageism. This ethnographic study explored how older adults in Canada and Brazil perceive education that has been designed specifically for them and how they understand it to be linked to healthy living and well-being. The purpose of this study was to: learn more about and be better able to describe the overall impact of education in the lives of older adults; to better understand what older adults imagine the future potential impact of education is for them, including the concepts of healthy living and well-being; and to delineate recommendations for curriculum development, as well as broader institutional and policy-related strategies, in order to expand and develop the state of education for older adults with the focus on healthy living and well-being.

**Promoting Nutrition and Oral Health in Grandparent Care: Reflections from Parents and Grandparents**

Lauren Carpenter, University of Melbourne, Melbourne, Australia

Grandparent care is the most common type of informal childcare used for preschool aged children. Despite this, little is known about the influence of this care environment on health behaviours. This study aimed to describe influences that grandparent care environments have on children’s oral health and nutrition from the perspective of grandparents and parents; identify health promotion opportunities in the grandparent care environment. Eleven semi-structured interviews were conducted with eight grandparents and five parents. Grandparents cared for their preschool aged grandchildren for at least five hours each week. Analyses were informed by the socio-ecological model of health, family systems theory and guided by grounded theory. Oral health emerged as a less emotive topic and primarily a parental responsibility compared nutrition. Past experiences, communication and mutual respect emerged as key influences on children’s nutrition and oral health. Grandparents drew on their own experiences and were conscious of the influence that their actions had on both their grandchild and the child’s parents. Parents were conscious of balancing their child’s nutritional needs whilst not denying grandparents the opportunity to play the traditional role of “treat giver.” Discussion Open communication and mutual respect between families contributes to an optimal environment for promoting young children’s health. Opportunities exist to implement simple oral health promotion strategies in the grandparent care environment, however implementing nutrition promotion strategies would prove more complex with a need to identify key aspects of the care environment before implementation.

**From Medical Gaze to Smart Wearables: Exploring the Trends in Health Monitoring under Post-modernism**

Sonal Mohar Roy, Assistant Professor, Centre for Post Graduate Studies and DE, National Institute of Rural Development and PR, Hyderabad, Andhra Pradesh, India

The society today is riddled with a colossal number of health and wellness concerns. Despite the progress in social and economic aspects, the world is fraught with the exigencies at large. The paradigm shift that took place under the Millennium Development Goals to the Sustainable Development Goals has clearly earmarked the issues related to health, wellness and sanitation and helped in drawing attention of the policy-makers. With the changing demographics and disease epidemiologies, the world is faltering in parameters of mortality rates due to rise in various communicable and non-communicable diseases, that could be prevented if timely monitoring and reporting had been done. Through the review of literature, it is implicit that the technological interventions have the duo potential to improve the quality, safety and efficiency of healthcare and allied domains. In this paper, the author draws a tangential framework, beginning from Michele Foucault’s “medical gaze” to the current trend of “smart wearables,” to monitor one’s health indicators and discusses the underpinnings of the above mentioned paradigm shift that has occurred with passing time, under the theoretical framework of post-modernism. One of the aims of health policies have been prevention of diseases and promotion of good health through cross-sectoral action and access to technologies to provide universal access to healthcare. Timely monitoring leads to “preventive approach” of treatment rather than “curative approach,” resulting in less medical expenditures. The paper suggests that monitoring has advanced significantly with technological interventions playing an active role, resulting in better health statistics.
### PARALLEL SESSIONS

#### Room 5

**Gender Disparities**

**Impact of Information, Communication and Technology on Elderly Women Health Care Status in Lucknow, India**

Drsaswatee Rath, Labour Enforcement Officer, Labour Department, Ministry of Labour and Employment, Kanpur, India

The elderly women in Lucknow (India) have been excluded from the health care facility compared to men due to contextual disadvantages such as widow, socio-economic disparity, cultural settings, religious bias, castest discrimination and patriarchal domination. It has observed that the majorities of the illiterate elder females were lives in the city have deprived of basic rights. They get less privilege to assess the health information in public domain compared to literate women. The health information, communication and technology (HICT) has given a new hope of accessibility and the accessibility of health care information. Technology has given a new hope of accessibility and healthcare information. Both literate and illiterate women are taking the help of digital technology but literate benefits directly and illiterate takes the help of younger generation. The elderly women of Lucknow are pro-technology. They search for health information through digital device such as mobile phone, computer. The impact of National urban Health Mission (NRHM) policy and its Mobile health unite (MHU) has improved the health status of elderly women. It has promotes the health information technology (HIT). Health policy for elderly women should be focused on pro-women, pro-technology and affordability. This paper tries to find out the impact of technology on elderly women in form of health care facility and accessibility through digital technology.

**Interdisciplinary Health Sciences**

**Impact of BIO Girls Participation on Health-related Quality of Life and Self-esteem**

Anita M. Gust, Assistant Professor, Math, Science, and Technology, University of Minnesota - Crookston, Moorhead, MN, United States

Low self-esteem is problematic for many adolescent girls, yet may be improved through interventions and programs involving mentorship and/or physical activity. Outcomes of a program for girls age 7-12, titled BIO (Beautiful Inside and Out) Girls, involving mentorship, physical activity, and Christian-based lessons was evaluated. Utilizing a pretest/post-test study design, researchers administered questionnaires (KINDL-R: Revised questionnaire to assess Health-Related Quality of Life in children and adolescents) during pre- and post-program sessions to each girl participant (n=169) and a parent (n=159) across eight site locations. Paired sample statistical analysis revealed significant improvements on survey scores from pre- to post- program for girls' total survey score (M=3.12, SD=.46, M=4.03, SD=.50), t(168)=-16.14, p<0.001; physical well-being (M=2.73, SD=.87, M=4.02, SD=.63), t(168)=-15.85, p<0.001), emotional well-being (M=2.73, SD=.87, M=4.27, SD=.59), t(168)=-18.64, p<0.001), family life (M=3.44, SD=.44, M=4.20, SD=.67), t(168)=-12.11, p<0.001), and school life (M=3.13, SD=.60, M=3.92, SD=.50), t(168)=-10.26, p<0.001.

Results of the parent surveys revealed significant improvements on total survey score, (M=3.05, SD=.22, M=4.15, SD=.46), t(158)=-28.83, p<0.001, physical well-being (M=2.42, SD=.44, M=4.16, SD=.58), t(158)=-28.59, p<0.001, emotional well-being (M=2.41, SD=.42, M=4.40, SD=.53), t(158)=-33.50, p<0.001, self-esteem (M=3.64, SD=.52, M=3.94, SD=.55), t(158)=-6.41, p<0.001, family life (M=3.34, SD=.29, M=4.02, SD=.62), t=-11.99, p<0.001, and school life (M=2.96, SD=.41, M=4.24, SD=.70), t=-20.50, p<0.001. Repeated measures ANOVA revealed no main effects for age or site location on survey or sub-scale scores. Participation in a curriculum-based physical activity program resulted in positive improvements in quality of life and overall well-being for young girls.

**Health Promotion and Education**

**Lunch / Almuerzo**
### Challenges in Weight Loss

**Effect of Personality on Weight Loss Behaviors: A Retrospective Study among College Students**

Gloria McNamara, City University of New York, New York, New York, United States

This research explored the relationship between weight loss strategies and personality traits among college students. The research participants had successfully sustained at least a 10 pound weight loss over the past 3 years. Utilizing the Howard & McArthur Survey, participants identified the weight loss strategies they used. Following this step, participants completed the Myers-Briggs Personality Inventory Test. Pearson correlation analyses was conducted on the matched data sets. The findings reveal that 4 weight loss strategies were correlated with significance to specific personality traits. From this study, it may be inferred that persons with leadership personalities may be more inclined to count fat grams (r=.36, p<.05), use herbal products (r=.33, p<.05), and try fat scrubbing devices (r=.4, p<.05). Conversely, it may be inferred that it is unlikely that persons with personality traits of conscientiousness would consider planning more non-eating social events as a weight loss strategy (r=-.4, p<.05). An implication of this study is that dimensions of wellness may be found when exploring the interaction of mind, body and health behaviors. Excess body weight has been found to contribute to heart disease, cancer, type 2 diabetes and hypertension; it also affects 1 in 3 adults in the United States. Perhaps tailoring weight loss strategies according to an individual's personality may facilitate successful weight loss and enable healthful behaviors. More research is needed in this area to explore whether personality is a mediating factor.

**Weight Fluctuations Associated with Commonly Prescribed Weight Loss Interventions: Is the Weight Loss Worth It?**

Amy Miller, Associate Professor of Kinesiology, California Baptist University, Riverside, California, United States

Weight fluctuation, which has been associated with increased systemic inflammation, is a frequent byproduct of common weight loss interventions. This study examined the effects of three different weight-loss interventions on weight fluctuation over a two year time span. A retrospective chart review of was used to examine 426 members with a BMI between 25.0 and 39.99 kg/m2. Methods. Measured weight was gathered every 6 months starting at baseline from members who met with a preventive medicine physician and attended behavior change classes and/or were prescribed appetite suppressants. Root mean square errors (RMSE) were calculated for each individual and analyses were performed using an ANCOVA while controlling for starting weight. Results. Greater fluctuation was seen in individuals with a higher starting weight. Health professionals should be cautious when recommending weight loss for individuals with a high BMI. Current weight loss strategies should shift to include a focus on weight loss maintenance.

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**PARALLEL SESSIONS**

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Indicadores de bienestar y parentalidad

Félix Cova, Profesor Titular, Departamento de Psicología, Universidad de Concepción, Concepción, Chile

Una preocupación central es si, hoy en día, la parentalidad pudiera estar siendo una experiencia vivida con fuertes elementos negativos, como estrés, culpa y sentimientos de agobio debido a las nuevas exigencias en que ésta se desarrolla y a las características de las sociedades contemporáneas. Ello explicaría la existencia de una "brecha" de bienestar entre padres y no padres que se ha observado en diversos estudios. En base al análisis de dos encuestas públicas nacionales, se analizará la existencia de esa brecha en la sociedad chilena. Ambos estudios corresponden a muestras nacionales representativas, con 1200 y 200000 casos, respectivamente. La primera de ellas es más completa, con indicadores diversos de bienestar y salud mental. La segunda considera solo la satisfacción con la vida. En ambos casos, es posible comparar madres y padres con quienes no lo son, controlando diversas variables sociodemográficas, y hacer comparaciones en los diversos indicadores entre quienes son madres y padres y quienes no lo son. Resultados preliminares indican resultados más nítidos en relación a los efectos negativos, más dominantes en quienes son madres o padres, y se analizarán factores sociodemográficos vinculados con estas diferencias. El interés del estudio es aportar a la discusión internacional acerca de las brechas de bienestar en parentalidad, de modo de aportar a la discusión de políticas públicas que favorezcan el ejercicio de la parentalidad en el contexto social actual.

Tema destacado 2018: Salud y las presiones de la vida moderna

Promociones de la participación activa paterna en el nacimiento: Investigación acción en intervención antenatal

Claudia Uribe Torres, Académico, Enfermera Matrona, MCs, PhD, Salud de las Mujer, Escuela de Enfermería, Pontificia Universidad Católica de Chile, Santiago, Chile

La iniciativas actuales del cuidado han recuperado el nacimiento centrado en necesidades de la madre/hijo(a); sin embargo, hoy se debe integrar/ involucrar al padre. Se implementa intervención educativa de promoción de participación paterna y vinculación padre-hijo(a) en el nacimiento, mediante diseño cualitativo en dos etapas. La primera correspondió a una intervención educativa participativa a doce padres-varones/parejas-gestantes, sustentada en Investigación-Acción(IA). La fase exploratoria IA levantó las necesidades educativas paternas con técnicas de grupos-focales y la fase de intervención (tres/cuatro sesiones) abordó la participación/rol paterno en el nacimiento. La segunda etapa del estudio recogió la experiencia-paterna-vivida (enfoque fenomenológico), con entrevistas abiertas en profundidad(EAP). Los temas generativos de la fase exploratoria de la IA, fueron la base para implementar las sesiones educativas: “Atento para poder sentirlo desde el embarazo”, “El parto, un mundo desconocido”, “Quiero sentir a mi hijo(a) en el nacimiento”, “Cómo tomar/cargar a mi hijo(a)”, “Cómo cuidar/criar a mi hijo(a) desde el principio”, “El lugar que pertenece al padre”. La experiencia vivida del nacimiento, recogida por medio de EAP, fue resumida en cuatro grandes categorías: “Junto a ella y para ella”: la vivencia del acompañamiento/contención de la madre. “Cara a cara”: el encuentro con su hijo(a). “Momento clave de conexión”: el primer contacto físico padre-hijo(a)”. “Efecto del primer contacto padre-hijo(a) en la crianza”: el cuidado paterno durante los primeros días. Los padres preparados así, pueden alcanzar su lugar en el nacimiento. La ayuda/soporte para su pareja, y principalmente vivir experiencia de padre en el primer encuentro son indicadores diversos de bienestar y salud mental. La segunda considera solo la satisfacción con la vida. En ambos casos, es posible comparar madres y padres con quienes no lo son, controlando diversas variables sociodemográficas, y hacer comparaciones en los diversos indicadores entre quienes son madres y padres y quienes no lo son. Resultados preliminares indican resultados más nítidos en relación a los efectos negativos, más dominantes en quienes son madres o padres, y se analizarán factores sociodemográficos vinculados con estas diferencias. El interés del estudio es aportar a la discusión internacional acerca de las brechas de bienestar en parentalidad, de modo de aportar a la discusión de políticas públicas que favorezcan el ejercicio de la parentalidad en el contexto social actual.

Tema destacado 2018: Salud y las presiones de la vida moderna

Estrategias para promover ideas saludables sobre el cuerpo de los estudiantes en instituciones de Educación Pública

Gina Paola Torres Sarmiento, Docente planta, Programa de Fisioterapia/ Facultad de Enfermería y Rehabilitación, Universidad de la Sabana, Bogotá, Cundinamarca, Colombia

En los ambientes escolares se desconoce e invalida el cuerpo de los sujetos, ya que se concibe el aprendizaje desde una perspectiva cognitiva que solo reconoce la mente y descontextualiza la experiencia. Por su parte, los profesionales de la salud que trabajan en estos ambientes escolares, traen en su formación la idea del cuerpo físico que enferma, desconociendo la importancia de los aspectos emocionales y cognitivos que conforman la experiencia corporal de los sujetos en el proceso de aprendizaje. De esta manera, muchos enfoques se centran en identificar patologías que son estadísticamente significativas en este grupo poblacional, como las enfermedades crónicas no transmISIBLES, y otras derivadas de los hábitos no saludables, como el mala alimentación y la inactividad física. Los contextos en los que se desarrollan los escolares ponen en evidencia la influencia de determinantes sociales de la salud que no afectan solo el cuerpo físico, sino que se relacionan también con aspectos emocionales, cognitivos y sociales en los entornos educativos. Este proyecto se desarrolla en la Institución educativa Fagua, Colombia, Municipio de Chía, junto con los estudiantes de Fisioterapia de VI semestre de la Universidad de La Sabana, apoyados por el equipo psicosocial del colegio, profesores, directivas y padres de familia, logran desarrollar proyectos para el fomento de hábitos de vida saludables, reconociendo la importancia de identificar el cuerpo del estudiante como elemento significativo donde confluyen ideas, emociones y comportamientos que promueven la salud integral y apoyan experiencias significativas de aprendizaje centradas en el buen trato y la comunicación.

Promoción y educación de la salud

Promoción de la participación activa paterna en el nacimiento: Intervención educativa de promoción de participación paterna y vinculación padre-hijo(a) en el nacimiento

Claudia Uribe Torres, Académico, Enfermera Matrona, MCs, PhD, Salud de las Mujer, Escuela de Enfermería, Pontificia Universidad Católica de Chile, Santiago, Chile

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<th>Room 3</th>
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| Well-being and Leisure Walking Groups in the UK: Understanding the Socio-environmental Influences  
Marta Anna Zurawik, University of Bolton, Bolton, United Kingdom  
Walking is the most popular form of physical activity in the United Kingdom that prolongs life expectancy and increases the physical and mental health. The collective and aesthetical experiences of leisure walking provide an opportunity for promoting walking as a therapeutic recreation that benefits well-being. However, there is limited research that evaluates the state of mental well-being of the walkers in the United Kingdom. In particular, there is a lack of empirical knowledge regarding socio-environmental influences on participation in Nordic walking and their implications for mental well-being. Thus, the purpose of this article is to measure mental well-being of the British ramblers and Nordic walkers, and identify various influences that contribute towards well-being. The project was part of a larger, mixed-method 3-year cross-sectional study. Leisure walking groups in the United Kingdom were approached between November 2013 and August 2014. Data gathered from a total of 220 British Nordic walking practitioners and 282 ramblers who completed online questionnaire. Participants answered questions about motives, importance of social and physical environment. WEMWBS was used to assess mental well-being. This study advocates that group leisure walking benefits well-being and provides an opportunity for promoting walking as a therapeutic recreation. |

The Physiology, Kinesiology and Psychology of Wellness |

Radical Leisure or Simple Healthy Pleasure?: The Efficacy of Exercise Classes for Mothers' Stress Management  
Janet Currie, Senior Lecturer, Health & Physical Education, University of Technology Sydney, Broadway, NSW, Australia  
It is not surprising that lack of leisure, lack of time to self and poor mental health are health issues commonly experienced by working mothers. This paper examines the perceived stress–relieving benefits a group of mothers state they gained from involvement in a 3–month exercise class program. To validate its efficacy, consistency of findings were also examined through the triangulated quantitative method of measuring acute pre– and post–changes (or pre– and post–60 minutes interval for the exercise group and non-exercising control) in the level of state anxiety (i.e. how you feel "right now"), via the Spielberger et al. (1983) State Anxiety Inventory (STAI). All but 2 of the exercising women overwhelmingly agreed that class participation decreased their stress levels, explained by them as being due to the break away from normal stressors, and the classes forming a "release valve" for tensions. These subjective findings compared positively with the mean STAI changes, revealed to be significant at the .05 level of confidence (one tailed t-test). The findings of this study illustrate how mothers engaging in exercise classes may gain mental wellbeing and ease stress levels, with the resulting sense of freedom making it well worth the effort. |
**Thursday, 20 September**

**14:15-15:30**  
**PARALLEL SESSIONS**

### Room 4  
**Lifestyle Change**

#### Strategic Moments: Identifying Opportunities to Engage Clients in Attending Cardiac Rehabilitation and Maintaining Lifestyle Change

**Susan Marilyn Fletcher, Monash University, Melbourne, Australia**

There has been extensive investigation of attendance rates at cardiac rehabilitation (CR) but little attention to client reasoning around attendance. This study explored participants’ decision-making drivers for attendance or non-attendance at CR programs available in rural Victoria, Australia. All new patients referred to the CR programs at either the local hospital or community health service over a 6-month period were invited to participate and were interviewed before, after, and at 6 months post CR. Content analysis was used to identify and group common themes that emerged from the semi-structured interviews. Eighty-four of the 114 patients referred agreed to participate in the study. Multiple barriers or facilitators affected the decisions of all clients. Facilitators identified included: invitation and information about participation in CR; a person centered approach to CR provision and provision of on-going support. Significant decision-making points identified were: following the cardiac event; before and after hospital-based CR; before and after community-based CR, and at six months post the cardiac event. This study provided the opportunity to hear participants’ voices describing their decisions around CR attendance after a cardiac event. They highlighted the complexity of issues confronting them and suggested improvements to optimise their attendance and to maintain lifestyle changes.

**Health Promotion and Education**

#### Increasing Physical Activity and Social Inclusion for People with High and Complex Support Needs and Disabilities through LIFE: Local Inclusive Fitness For Everyone

**Eli Ristevski, Senior Lecturer, Department of Rural Health, Monash University, Melbourne, Australia**  
**Carole Broxham, CEO, Community Services, Moe Life Skills Community Centre, Moe, Victoria, Australia**

Low levels of physical activity have been consistently demonstrated for people with profound or severe disabilities. Daily activities often focus on health needs or communication difficulties resulting in people missing out on vital physical and recreational activities. The LIFE program aims to increase physical activity, promote health and well-being and social inclusion for people with high and complex support needs and disabilities through participation in physical activity with members of the community. A 16 week Pilates program was undertaken with clients from a community-based disability education and training service as well as members of the community. Support workers assisted clients as necessary. Participants joined for refreshments and discussion after each session. Semi-structured interviews and an adapted interview tool for people with limited communication were used to collect data. Thematic analysis was undertaken. All participants had a positive experience in the program with an overarching feeling of inclusion and purpose. Clients noticed overall change in their physical and emotional wellbeing. Community participants felt a sense of increased social purpose. All participants welcomed the diverse range of people and abilities in the class and felt it was an opportunity to make meaningful social connections.

**The Physiology, Kinesiology and Psychology of Wellness, Health Promotion and Education**

#### Occupational Health Promotion : Customized Designs Using Cardiovascular Diseases as an Example

**Thomas Klein, Managing Director, Munich, Firmovo Gesundheitsförderung, Germany**  
**Renate Oberhoffer, Full Professor, Chair of Preventive pediatric TUM Department of Sport and Health Sciences, Germany**

The goal of the study was to show that an individual occupational health concept decreases the risk of heart attacks especially for high risk subjects. Therefore, a sample of 140 employees was divided into subgroups with respect to their individual 10 – year risk of suffering a heart attack. This risk will be calculated with the PROCAM Score, which is one of the three most common scores in this regard. The PROCAM Score was prospectively determined in three different risk groups, between 2015-2018 (Low Risk Group n=40, Medium Risk Group n=24, High Risk Group n=26). All employees were individually guided by life style recommendations. Randomized control groups without any interventions were build. Descriptive statistical methods as well as one and two sample-tests were used for data analyses. The first results confirm the hypotheses of a decreasing PROCAM Score in the highest risk group during the course of the study. The results of the ongoing data acquisition will be presented. Currently, the public health approach represents the gold standard for preventive measures. However, due to its lack of specificity, this approach frequently neglects the individual needs of employees, potentially leading to an ineffective health promotion. Our individual approach has the potential to overcome these drawbacks.

**Health Promotion and Education**
Challenges to Wellness for Women

Growing Epidemic of Opioid Use in Punjab, India
Lee Stevens, Louisiana State University, Shreveport, Louisiana, United States
Harsimran Kaur, Louisiana State University, Shreveport, Louisiana, United States
Astik Joshi, Louisiana State University, Shreveport, Louisiana, United States

The epidemic of substance abuse in females has assumed alarming dimensions in Punjab, India. Drug use in women follows a more rapid downhill course, with rapid progression through the stages of dependence and with more associated psychological and physical morbidity. As the numbers of female drug users continue to rise, studies attempt to understand gender specific etiological factors, phenomenology, course and outcome, and issues related to treatment with the aim to develop more effective treatment programs. Here, we discuss about a case of a 24 year old female from Punjab, India with alcohol and opioid use disorder. This article highlights about the problems faced by the women substance abusers in Indian society and the need to conduct scientific and systematic researches taking into consideration all the factors related to women substance abuse and its relevant issues, including preferences, physical, mental and emotional outcomes of opioid abuse, personality characteristics of females with substance abuse and its complications, and their medical treatment and outcomes along with follow up studies.

Interdisciplinary Health Sciences, Public Health Policies and Practices, 2018 Special Focus: Health and Wellness at the Speed of Life

Women's Health, Pediatric Care, and Education
Darcy Hostetter-Lewis, California State University, Chico, California, United States

The findings used for clinic resulted from an extensive literature review, the examination of international health status statistics and the compilation of anecdotal evidence from those with a personal understanding of the health care needs in the Ozu Abam region. Following the analysis of the data it was concluded that there is a great need for improved access to healthcare for the residents of this rural area of Nigeria. Furthermore, all levels of research indicated that the areas of greatest need were women’s health, pediatric care, and diabetes care and education. The clinic implementation team utilized the findings and developed plans to construct a facility focused on providing care for patients with needs in these specialty areas. The team’s evidence based understanding of the specific healthcare needs in the region will be used to guide recruitment of providers from each specialty when forming teams to travel to the clinic. In addition, the clinic will serve to provide nursing students from Northern California with the opportunity to become cognizant of global healthcare issues as it will provide a facility where students will be able to travel in order to provide much needed care while becoming more aware of disparities of healthcare throughout the globe.

Interdisciplinary Health Sciences
PARALLEL SESSIONS

Room 1

Mind, Body, and Spirit

**Mindful Breathing: A Metacognitive Strategy for Self Regulation in Medical Students**
Donald D. Matthews, Learning Specialist and Lecturer, Touro University, Vallejo, California, United States

There is growing body of research promoting mindfulness practices as interventions for self regulation (Kabat-Zinn, 1990; Corcoran, et al., 2010; Farb et al., 2010; Siegel, 2007) and to support anxiety related conditions in university students (Regehr et al., 2013; Hoffmann et al., 2010). Graduate students, particularly those enrolled in medical education demonstrate high levels of anxiety and situational stress related to academic performance and time management. Mindfulness practices like meditation can reduce situational stress (Baer, 2003) and teach the ability to sustain attention and engage in non-judgmental acceptance of the present experience (Kabat-Zinn, 1990; Elbert & Sedelmeier, 2012). Mindful Breathing is a combination of the mindfulness practices of being present, refraining from judgment and demonstrating self compassion with deep (diaphragmatic) breathing. Medical students were taught deep breathing techniques including naming in and out breaths, counting breaths, or using a short mantra during inhalation/exhalation. State mindfulness characteristics (being present, awareness of breath, non-engagement with thoughts, ideas) were instructed to enhance attention and increase emotional regulation. Mindful Breathing as a metacognitive strategy supported emotional regulation by reducing emotional reactivity while refocusing attention. This session will discuss the practice of Mindful Breathing, a self regulation strategy taught to medical students at Touro University California.

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

**Thought and Method in the Psychology of Yoga**
Gidi Irgan, Monash University, Melbourne, United States

Yoga is mostly associated with wellbeing in terms of its physical aspect, but less with its psychological one. By reconsidering Patañjali’s authoritative yoga text, this paper explores what yoga offers in terms of concrete psychological methods and their therapeutic effects and relevance for contemporary yoga practitioners. Although spiritual insight in yoga and its practice is very effective, it does not automatically grant the yogi a high standard of moral conduct or emotional maturity, as they may still be challenged by issues such as sexuality, relationships or money. These challenges can arise because the raw potential energy of unresolved subliminal imprints can be acted out when triggered by particular circumstances. Those subliminal imprints (sa skaras) are self-perceptions and beliefs that reside in the depths of our memories, and comprise emotions, sensations and thoughts that are etched in our minds as a result of past events. This process prompts the need to re-evaluate yoga’s psychological methods. This paper examines a specific Western psychological method, demonstrating its capacity to resolve subliminal imprints or habitual tendencies, particularly compulsive addictive ones. This method informs and complements yoga, allowing us to move towards a fresh understanding of yoga’s psychological aspect as an essential component of wellbeing.

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

**Vipassana: Truth Based Meditation Unfolding Causal Genesis Being Wellness Peace**
Pardeep Kumar, Associate Professor, Department of Behavioral Science, Indira Gandhi Institute of Physical Education & Sports Sciences, University of Delhi, India

Remu Chhikara, Indira Gandhi Institute of Physical Education & Sports Sciences, University of Delhi, India

Prashant Chhikara, Indira Gandhi Institute of Physical Education & Sports Sciences, University of Delhi, India

Mainly there are two aspect of the life of any species or human- physical body and mind. The sensations reflect in behavior vocally or physical behavior in term of reaction to those specific type of sensation. For pleasant sensation we, crave- wish to have more and for unpleasant react as aversion or to hate try to get rid-off that sensation, depend upon type of action/reaction on sensation- wholesome /unwholesome. The unpleasant sensation elevate the emotions of aversion, hate, jealousy and negative thoughts causes some bio-chemical secretion and reaction negatively to mixing in blood stream, which causes health and wellness hazards. 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. A body, iii. ‘Metta bhavana’ refer to love and compassion to all living things. If one practice as per the original technique can eradicate all his/her defilements from roots from depth of the mind, not only this life but all the past life, live healthy, harmonious and peaceful life and can become liberated Enlighten person, no more suffering and miseries. Each individual make the family and society, if more and more person practice Vipassana can lead to harmonious, healthy and peaceful society and world.

**Health Promotion and Education**

**The Effects of an Integrated Body-Mind-Spirit Approach Group Programme on Stroke Survivors: Singapore Context**
Hsiew Ling Lena Lye, Senior Medical Social Worker, Community Rehabilitation Programme, Rehab Services, Tan Tock Seng Hospital, Singapore

This is a preliminary evaluation on the effectiveness of an integrated body-mind-spirit approach group programme in improving the well being of stroke survivors (SS). The onset of a stroke is a traumatic experience. Many SS reported emotional maladjustment and poor interpersonal relationships, which affect their motivation in therapy and lead to poor recovery. Therefore, it is paramount to help SS to manage emotions, build resiliency and develop transformation growth. The programme adopts the combination of eastern philosophical health practices with western group psycho-therapeutic techniques. With Singapore’s Asian population, this approach attempts to contextualize activities according to the local culture so as to facilitate participants to explore their inner self (i.e. their emotional coping stances, world views, and mindsets) and learning ways to manage their emotions. Programme comprised of 6 weekly sessions (2.5 hours/ session/ week) for a group of 8-12 participants. The programme was run for 3 groups (mixture of SS and caregivers), total of 28 subjects, over different time periods. 3 pre/ post self reported questionnaires and a post programme self reported evaluation form were administered. Paired t-tests are used to analyse the pre/post results. Result show improvement in the well being, self efficacy and mood levels of the subjects. Using the body-mind-spirit framework, healthcare practitioners can potentially engage SS better while facilitating the important process of exploration and change for SS to manage better in their emotions and interpersonal relationships.

**The Physiology, Kinesiology and Psychology of Wellness**
Zonas con dolor en el cuidador informal de adulto mayor dismovilizado
Paula Marchant, Profesor Auxiliar, Universidad de Valparaíso, Valparaíso, Chile
La población está envejeciendo y con ello ha aumentado el número de adultos mayores que presentan discapacidad y/o dismovilidad producto de patologías degenerativas. Con esto aparece la figura del cuidador informal (CI) quien, sin ser remunerado, entrega cuidados a estos adultos mayores afrontando a su vez una gran carga física. El objetivo de esta investigación es describir la presencia de sintomatología dolorosa en el cuidador informal (CI) de un adulto mayor en situación de dismovilidad. Para ello se ha empleado una metodología de estudio descriptivo, transversal y retrospectiva en una muestra de 30 CI de adulto mayor de un programa de pacientes dismovilizados a quienes se les aplicó el cuestionario Nórdico estandarizado para la población chilena, con el propósito de determinar la cantidad de zonas corporales dolorosas que presentan. Los resultados arrojan que un 96,67% de los CI ha presentado dolor en alguna zona corporal durante los últimos doce meses, destacando las zonas de cuello, espalda baja y rodillas. Esto conlleva que el cuidado de pacientes en situación de dismovilidad es una tarea que implica una gran carga física, generando dolor en una o más zonas corporales. La implementación de intervenciones terapéuticas y de educación puede beneficiar a los CI y también al paciente a su cuidado.

La fisiología, kinesiología y psicología del bienestar en su contexto social
Los deportistas no conocen su tipo de pie y su tipo de pisada: Implicaciones en la incidencia de lesiones
Celso Sánchez, Magíster / Profesor Asistente, Facultad de Ciencias Médicas, Universidad de Santiago de Chile, Santiago, Chile
El correcto comportamiento mecánico del arco plantar longitudinal medial (APLM) y de la articulación subtalar (AST) permite la prono-supinación del pie, adaptación al terreno y adecuada distribución del peso corporal, disminuyendo la probabilidad de sufrir lesiones. Actualmente, es comercializado calzado especializado, pero se desconoce si el consumidor maneja información que le permita decidir la compra del producto más adecuado a su condición. El objetivo de este estudio fue describir el conocimiento que un grupo de deportistas tiene acerca de su tipología de pie y del tipo de pisada. Se entrevistó a 168 deportistas seleccionados universitarios de 12 disciplinas de ambos sexos (peso corporal 71,1 ± 13,23 kg; estatura 1,71 ± 0,09 m; IMC 24,2 ± 3,27 kg·m-2) y se les consultó si sabían qué tipo de pie y qué tipo de pisada tenían. Luego se evaluó APLM mediante fotopodoscopia y arch index (AI) y pronó supinación de AST a través del ángulo tibio calcáneo (ATC). El 68,5% de los sujetos reportó que no sabía su tipo de pie y el 19,6% se equivocó en su percepción al contrastarlo con el resultado del AI. El 88,5% de los sujetos indicó no saber el tipo de pisada que tenía y el 6,1% se equivocó en su percepción al contrastarlo con resultados del ATC. Como conclusión, el 88,1% de los sujetos no saben si tienen pie plano, normal o cavo, y el 94,6% no saben si tienen pisada pronada, supinada o normal, lo cual puede impactar en la salud de los deportistas.
Social Support in the Association between Death Anxiety and Psychological Distress among Nurses
Maya Kagan, Ariel University, Ariel, Israel

Based on the stress-buffering model, the current study sought to examine the moderating role of perceived social support in the association between death anxiety and psychological distress among nurses. Selected variables found in previous studies to correlate with psychological distress served in the current study as covariates to control for their relationship with psychological distress: gender, years of professional experience, self-rated health, self-efficacy, and self-defined burnout. Structured questionnaires were administered to a sample of 795 professionally active nurses in Israel of whom 80.4% were women. The mean age of the respondents in the total sample was 38.11 (SD=11.12). Higher levels of death anxiety were found to be associated with higher levels of psychological distress only among nurses with lower levels of perceived social support (β=0.08, p <.001), yet no association was found between these variables (p>.05) among nurses with higher levels of perceived social support. In contrast to studies that found no empirical proof of stress-buffering model, the current findings support the stress buffering hypothesis. Perceived social support can serve as a stress buffering mechanism. Therefore, it is important to improve support mechanisms at the workplace and to promote informational and educational efforts in order to increase the awareness of professional managers, the nurses themselves, and their family to the issue of support. Yet, the stress-buffering model should not be treated as a universal model, rather it must be considered in the particular methodological context in which it is examined.

Wellness Antecedents and Outcomes of Meaningful Work among Secondary School Teachers
Elmari. Fouche, North-West University, Potchefstroom, North-West Province, South Africa

The aim of this study was to investigate antecedents and outcomes of meaningful work among school teachers. Meaningful work have a profound effect on quality of work-life and wellness levels of teachers. Meaningful work underpins people’s motivation and affects their well-being and job satisfaction. Furthermore, it is a significant pathway to healthy and authentic organisations. However, a research gap exists regarding the effects of different antecedents and outcomes of meaningful work. A cross-sectional survey was used with a convenience sample of 513 teachers. The Work-Life Questionnaire, Revised Job Diagnostic Survey, Coworker Relations Scale, Work and Meaning Inventory, Personal Resources Scale, Work Engagement Scale, Turnover Intention Scale and a measure of self-rated performance were administered. A calling orientation, job design and co-worker relations were associated with meaningful work. A low calling orientation and poor co-worker relationships predicted burnout. A calling orientation, a well-designed job, good co-worker relationships and meaningful work predicted work engagement. Job design was moderately associated with self-ratings of performance. The absence of a calling orientation predicted teachers’ intention to leave the organisation. Educational managers should consider implementing interventions to affect teachers’ calling orientation (through job crafting), perceptions of the nature of their jobs (by allowing autonomy) and co-worker relations (through teambuilding) to promote perceptions of meaningful work. Promoting perceptions of meaningful work might contribute to lower burnout, higher work engagement, better self-ratings of performance and retention of teachers.

Interactive Impact of Anxiety and Mental Skills Training on Sports Performance of National Level Indian Athletes
Pardeep Kumar, Associate Professor, Department of Behavioral Science, Indira Gandhi Institute of Physical Education & Sports Sciences, University of Delhi, India

A total of thirty eight (38) athletes of International and National level were selected to measure the correlation between variables of Ottawa Mental Skills-Assessment Tools (version 3) with one weak difference and the relationship between Competitive State Anxiety Inventory-2D and Ottawa Mental Skills Assessment Tools (version 3) with the help of Pearson’s Correlation. The responses given by athletes on mental skills questionnaire in Hindi and English language, which assessed 48 questions based on foundation skills, psychosomatic skills and cognitive skills. In other hand the responses of athletes on mental skills and competitive anxiety questionnaire in Hindi and English language assessed cognitive anxiety, somatic anxiety and self-confidence. According to the results and finding of this study, it is recommended that coaches must use mental skills during training for their athlete’s performance which helpful for the athlete’s to facilitate the performance and reduce the anxiety level during competition and create a positive approach’s for their goal attainment. This study revealed that Mental Skills are helpful to established positive approaches in athletes in relations to their performance. The statistical analysis uses define the Reliability of Ottawa Mental Skills Assessment Tool -3 skills and relationship between OMSAT-3 and CSAI-2D on Indian athletes. The Pearson’s Correlation method used with Test-Retest on athletes which measures significant relationship between 3 skills of mental skill tool and Person’s Product Moment Correlation also used on Indian athlete’s performance which measures the significant relationship between mental skills and competitive anxiety.

Promoting the Psychological Health and Emotional Wellness of Racialized Black Men in the United States
Allen Lipscomb, Assistant Professor, Social Work, California State University Northridge, Northridge, CA, United States

This paper is designed to provide an overview to scholars, professionals and other health and wellness providers in learning how to recognize and promote the psychological and emotional wellness among racialized Black men in the United States. Specifically, this paper will examine the role of trauma, race and gender on the psyche. In addition, effective ways to assist Black men in their healing process will be addressed. The paper will also focus on practice elements and techniques for providing wellness psychological support to Black men with emphasis on mind, body and soul. The goal of the paper is to teach, inform and inspire others to provide culturally appropriate clinical services to Black men who have experienced traumatic losses.

The Physiology, Kinesiology and Psychology of Wellness
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Thursday, 20 September

15:50-17:30  PARALLEL SESSIONS

Room 4  Community Health Initiatives

Community Perspectives on Sustainable Urban Neighborhoods for Active Living in a Metropolitan City
Seunghyun Yoo, Associate Professor, Graduate School of Public Health, Seoul National University, Seoul, Seoul, South Korea

Active living is promoted for health in all ages and public health efforts pay attention to facilitators and barriers influencing active living. Neighborhood-level qualitative studies are advantageous to explore community characteristics specific to their active living. This study compiled and organized multiple neighborhood studies to identify community characteristics associated with active urban living in a metropolitan city. We reviewed five community studies (over 200 participants) conducted in Seoul, Korea, since 2011 that employed multiple qualitative methods to explore community attributes conducive to active living. Data collection methods applied included photoVoice, photo elicitation interviewing, walk-along interviewing, walking tours, mapping, and focus groups. Thematic analysis results of five communities studies were compiled and organized. Overall, perceived environmental characteristics were influential on active living, particularly in terms of perceived walkability and perceived usability of urban resources beyond the actual availability of resources. Urban community lifestyle in Seoul was characterized by high-rise apartment housing, public transportation, and compact design with close proximity to community amenities. Communities were experiencing issues of sharing space and resources in dense urban neighborhoods among residents in different life stages. Urban planning that lacked incorporating the outlook for demographic and life course changes could lead to community concerns about and conflicts with sharing space and resources for active living. Attitudes towards and experience of being engaged in community organization and urban governance varied. Building interdisciplinary approaches and intersectoral collaboration with communities are pivotal for developing sustainable urban neighborhoods for active living.

Health Promotion and Education

Intergenerational LGBT Practice: Building Bridges to Wellness
Justine McGovern, City University of New York, Bronx, New York, United States
Porsha Hall, City University of New York, Bronx, New York, United States
Lisa Sloan, City University of New York, Bronx, New York, United States

This paper reports on an intergenerational project with LGBTQ participants from a Social Work practice perspective. The workshop consisted of five two-hour sessions during which participants engaged in small-group discussions and activities to explore how they envisioned their futures with the goal of promoting wellness, social support and community safety for all residents. Bringing together participants of different age groups to explore future planning, the intergenerational workshop provided an opportunity for participants to create sustaining social bonds across generations, which contribute to improved global wellness among members of socially excluded communities, such as LGBTQ-identified persons of all ages. Social connectedness across the lifespan has been shown to improve individual and community wellness by reducing social isolation and enhancing social engagement. Further, by including an advocacy component reaching helping professionals and community residents, the project raised awareness about LGBTQ realities, which contributes to reducing age and sexual orientation related biases among service providers and community members. The project therefore has implications not only for participants, but also for service provision to diverse clients and community safety for vulnerable persons. Further, the project contributed to reducing knowledge gaps by producing new scholarship and identifying areas in need of future inquiry.

Interdisciplinary Health Sciences

Exploring the Relationship between Opportunities for Healthier Activities in Multifamily Housing and Actual Occupant Use for Health
Jinho Park, North Carolina State University, Raleigh, North Carolina, United States
Xi Wang, Research Assistant, Design, North Carolina State University, Raleigh, United States
Aaron Hipps, Associate Professor of Community Health and Sustainability, North Carolina State University, United States
Traci Rider, North Carolina State University, Raleigh, North Carolina, United States

As the increase of public interest in health and wellness, industries have put health concepts into their businesses to attract people. In the multifamily housing industry, developers have offered opportunities for healthier activities and building healthier lifestyles through the whole development process. To support the developers by designing healthier activities with references, there are institutes for health and wellbeing International WELL Building Institute, The Fitwell System, and The Living Future Institute. In this situation, this research evaluates the outlook of all five communities studies (over 200 participants) conducted in Seoul, Korea, since 2011 that employed multiple qualitative methods to explore community attributes conducive to active living. Data collection methods applied included photoVoice, photo elicitation interviewing, walk-along interviewing, walking tours, mapping, and focus groups. Thematic analysis results of five communities studies were compiled and organized. Overall, perceived environmental characteristics were influential on active living, particularly in terms of perceived walkability and perceived usability of urban resources beyond the actual availability of resources. Urban community lifestyle in Seoul was characterized by high-rise apartment housing, public transportation, and compact design with close proximity to community amenities. Communities were experiencing issues of sharing space and resources in dense urban neighborhoods among residents in different life stages. Urban planning that lacked incorporating the outlook for demographic and life course changes could lead to community concerns about and conflicts with sharing space and resources for active living. Attitudes towards and experience of being engaged in community organization and urban governance varied. Building interdisciplinary approaches and intersectoral collaboration with communities are pivotal for developing sustainable urban neighborhoods for active living.

Interdisciplinary Health Sciences
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<th>Time</th>
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<tr>
<td>15:50-17:30</td>
<td>PARALLEL SESSIONS</td>
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<td><strong>Stakeholder Engagement in Health Policy and Service Delivery: An Empirical Study on Clinical and Health Networks</strong>&lt;br&gt;Ana Rita Sequeira, Murdoch University, Perth, Australia&lt;br&gt;Chronic complex diseases, population ageing and the rise of healthcare expenditure are wicket challenges that stress the need for reform in the health services provision. The coordination and integration of care alongside with a patient-centred care are amply present in the health policy discourse but often overlooked in health service management and delivery. Stakeholders’ engagement and consumers’ committees are strategies meant to convene with these complexities by integrating a diverse range of experiences, but how representative are their views, and how influential they can be in health provision reform? This paper draws on a qualitative research conducted among various Clinical and Health Networks, devoted to policy development in the Western Australian Department of Health. It looked into the stakeholder engagement strategies and a distinct level of participation by its members. The study concluded the effectiveness of the Networks policy outcomes is influenced by the quality and extent of engagement processes with key stakeholders; especially decision makers and service providers responsible for the implementation of policy, clinicians, and the ultimate users of services (consumers and carers). Effective stakeholder engagement leads to greater &quot;buy-in&quot; from consumers, carers, clinicians and others parties involved in health service delivery. It enables access to expertise and knowledge during policy development processes. Stakeholder disinterest in externally determined priorities can lead to a low level of involvement, collaboration, dissemination, and implementation. The authors suggest recommendations to improve stakeholders’ engagement and policy effectiveness.</td>
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<td>08:30-09:00</td>
<td>Conference Registration Desk Open / Mesa de Inscripción abierta</td>
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<td>09:00-09:20</td>
<td>Daily Update / Noticias del día</td>
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<td>09:20-09:55</td>
<td>Plenary Session / Sesión plenaria - Dr. José Muros Lecturer, University of Granada, Spain</td>
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<td>&quot;Association Between Healthy Lifestyles and Quality of Life Related with Health in Schoolchildren&quot;</td>
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<td>José J. Muros is a lecturer at the University of Granada (Spain). He received his PhD in Nutrition, Physical Activity and Health in 2013 from the University of Granada. He worked as a post-doctoral researcher at the University of Nottingham (United Kingdom) in the Division of Child Health, Obstetrics and Gynaecology. His current focus is on health, nutrition, physical activity, and quality of life in children. Dr. Muros' scholarly interests include strategies to enhance physical activity and quality of life related with health and Mediterranean diet habits in school children. He has published over 20 papers in the last two years and he received the 17th John M Kinney Award for Pediatric Nutrition in 2017 as well as the 2018 SENPE award for the best young researcher in the field of clinical nutrition and metabolism.</td>
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<td>09:55-10:25</td>
<td>Garden Conversation / Charlas de jardín</td>
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<td>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.</td>
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<td>Las charlas de jardín son sesiones informales no estructuradas que permiten reunirse con ponentes plenarios y conversar tranquilamente sobre temas derivados de su ponencia. Cuando el lugar y el clima lo permiten, se realizan en el exterior.</td>
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<td>10:25-10:30</td>
<td>Transition Break / Pausa</td>
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<td>Session Area</td>
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| 10:30-12:10| PARALLEL SESSIONS                   | **Room 1**                                                                                       | **Innovation Showcase**                                                                                       | Holistic Approach to Health and Wellbeing: Exploring the Toivo Model | Hilary Bryant, Toivo by Advocacy Unlimited, United States  
Deron Drumm, Toivo by Advocacy Unlimited, United States  
Join members of the Toivo team to learn the ways in which they have successfully integrated holistic practices into the current system of mental health care. Toivo is a peer-run nonprofit initiative funded to bring mindfulness-based practices to individuals struggling with mental health and addiction issues. The team offers classes like yoga, meditation, tai chi/qigong, sound healing and laughter yoga in psychiatric hospitals, addiction rehab facilities, homeless shelters, prisons, senior centers and schools. Participants can expect to learn about the impacts of stress, how these practices have been impactful in the lives of the presenters and will have the opportunity to experience some of these practices first hand.  
**Health Promotion and Education**                                                                                       | Health Impact Bonds: Innovative Financing Helping Better Health | Frido Kraanen, Principal Director Societal Impact, CSR, PGGM, Zeist, Utrecht, Netherlands  
Multiple obvious health improving solutions are not realizing their potential because health systems do not reward them properly or the need for investing in one silo results in a benefit in another silo. Especially preventive activities is difficult, because health reimbursement is focused on "repair." The system of social impact bonds can also help improve health outcomes. Frido Kraanen, principal director Societal impact of PGGM, will show not only theory of introducing a third party and performance reimbursement when the effect is measured, but also practice in The Netherlands. A modern health system should incentivise prevention.  
**Public Health Policies and Practices**                                                                                       | Mapping a Positive Path Leading to a Happy, Peaceful and Free Life | Evelyn Leng, Founder, Life & Business Strategist, Evelyn Leng Academy, Perai, Penang, Malaysia  
As today’s world is full of work, personal and social pressures, most of humans in this world live with anxiety, nervousness, fear, other mental health problems, are unhappy, no peaceful and with no freedom in life. This world needs more positive energy to balance up the negative energy. Evelyn Leng Academy was founded to serve people, and by utilizing a theoretical analysis assists clients to plan and change their life in order to have a Happy, Peaceful and Freedom Life by creating more positive energy and educating their hearts. Based on Spiritual studies (Christianity, Buddhism, Judaism, Islamic), academic studies and numerous motivational books like Dale Carnegie, Og Madino, Robert Kiyosaki, Business Management guru and 30 years of life experiences. Evelyn found that in life if we have love and money, life will be like a Paradise every day. For instance, if we have a work (job / business) that we love, be with the people that we love, and enough money to live, she believes life will be fantastic and awesome. As we do not know when our last day in life, will be, we should just live in the moment, enjoy being here now, at this moment. Let’s enjoy life together and do everything in Love.  
**Health Promotion and Education**                                                                                       |
PARALLEL SESSIONS

Áreas de salud, centros y laboratorios

Centro de testeo de enfermedades de transmisión sexual en una institución universitaria: Asesoramiento y mejora de la accesibilidad diagnóstica

Laura Andrea Delaplace, Profesora, Facultad de Ciencias Exactas, Universidad Nacional de La Plata, Argentina

Rosana Toro

El asesoramiento y las pruebas voluntarias para enfermedades de transmisión sexual desempeñan un papel importante en el cuidado de salud de la población. Desde el año 2014, la Universidad Nacional de La Plata ha tomado la iniciativa de formar un equipo interdisciplinario conformado por bioquímicos, estudiantes de la carrera de bioquímica, trabajadores sociales, psicólogos y médicos para brindar asesoramiento en la prevención de infecciones de transmisión sexual y ofrecer el test de VIH, hepatitis víricas y sífilis. En todo este proceso se asegura un abordaje integral de los temas de prevención y se asegura, en los casos necesarios, la incorporación de las personas al Sistema de Salud Municipal, Provincial o Nacional.

Los objetivos del estudio son evaluar la implementación de ese programa educativo y de detección de VIH, hepatitis B, hepatitis C y sífilis; estudiar las características epidemiológicas de la población que concurre a un Centro de Asesoramiento, Prevención y Testeo para VIH, Hepatitis y Sífilis; analizar la seroprevalencia de dichas enfermedades y evaluar posibles estrategias para mejorar la accesibilidad y diagnóstico de infecciones de transmisión sexual.

Políticas y prácticas de salud pública, Promoción y educación de la salud

Planificación estratégica para la mejora de la bioseguridad en laboratorios clínicos públicos de la provincia de Buenos Aires, Argentina

Cecilia Chiiodi, Servicio de laboratorio, Hospital Alejandro Korn, Ministerio de Salud, Buenos Aires, Argentina
Laura Andrea Delaplace, Profesora, Facultad de Ciencias Exactas, Universidad Nacional de La Plata, Buenos Aires, Argentina
Dra. Yesica Allegretti, -, Hospital Alejandro Korn, Ministerio de Salud, Buenos Aires, Argentina

Este proyecto surge de la necesidad de modificar la realidad que se observa en los servicios de laboratorio pertenecientes a hospitales públicos de la provincia de Buenos Aires. Dichas problemáticas analizadas mediante la tabla de priorización de problemas identifica a la bioseguridad como el principal tema a modificar, por su alta trascendencia y factibilidad de solución. En Argentina desde el año 1972 se encuentra vigente la Ley 19587 de Higiene y seguridad en el trabajo por la cual se rigen los laboratorios públicos, tomando como referencia la última edición del manual de bioseguridad editado por la OMS en 1983 y actualizado al 2016. Objetivo general: mejorar la bioseguridad en base a una cultura del cuidado de la salud. Específicamente: relevar su estado situacional; capacitar al personal expuesto en base a la normativa vigente; comprometer al personal con el fin de minimizar la exposición al riesgo; estandarizar los procesos y procedimientos a través de la planificación estratégica. Implicancias: es pretensión de esta planificación ayudar en el proceso de formulación de políticas públicas y la toma de decisiones; ser soporte del sistema formativo y fuente de referencia para procedimiento, estandarización y elaboración de un manual de bioseguridad replicable para el resto de los laboratorios del sistema de salud público de la Argentina.

Políticas y prácticas de salud pública

Población indígena, rural y dispersa en el modelo integral de atención de salud en Colombia

Prof. Jovana Alexandra Ocampo Cañas, Profesor, Universidad de los Andes, Colombia
Andres Mauricio Garcia Sierra, Research Asisstant , Facultad de Medicina, Universidad de los Andes, Bogota, Cundinamarca, Colombia

Vichada se encuentra en la esquina sureste del país y ocupa más de 100,000 km², si bien solo contiene el 0,15% de la población, la mayoría de los habitantes son indígenas y no hablan el idioma oficial. La población está dispersa en zonas rurales a las que no se puede acceder por carretera y la mayoría carece de acueductos. Por esta razón, se propone un Modelo de Atención Integral de Salud para el resto del país que a menudo es disfuncional en estos territorios. Adicionalmente, las estadísticas suficientes para entender la situación de salud de esta población no están disponibles. El propósito del presente trabajo es adaptar el modelo existente con la participación de las comunidades, teniendo en cuenta la interculturalidad (lo que implica la interacción equitativa entre grupos culturalmente diferentes) y la igualdad de género, o la igualdad de derechos, responsabilidades y oportunidades de las personas. Se realizó un estudio cualitativo con herramientas de investigación acción-participación para la adaptación del modelo en territorios dispersos. Como resultado se apreció que la implementación del modelo de atención primaria y una red integral de servicios son elementos clave del modelo. El fortalecimiento de los sistemas de información es un componente principal ya que permite la definición de perfiles epidemiológicos, costos de atención y prioridades en los servicios. La meta es que estas consideraciones y ajustes mejoren y hagan más equitativo el acceso a la atención médica para las poblaciones dispersas, indígenas y rurales.

Políticas y prácticas de salud pública

Efectos de las tecnologías de la información y de la comunicación en la salud de los trabajadores

Víctor Juri Sabag, Profesor derecho del trabajo, Derecho del Trabajo, Universidad de Chile, Santiago, Chile

La utilización de las nuevas tecnologías ha creado nuevos agentes que producen enfermedades profesionales de índoles psicológicas y físicas. Cuando el trabajador usa en forma inadecuada la tecnología o no es capaz de afrontar sus exigencias, pueden originarse nuevos riesgos psicosociales en el trabajo como, por ejemplo, el tecnoestrés. El presente trabajo analizará los efectos de nuevas tecnologías en el ámbito laboral, sin perjuicio de las variadas ventajas del uso laboral adecuado de estas tecnologías para evitar o disminuir los efectos nocivos en la salud física y mental del trabajador.

Tema destacado 2018: Salud y las presiones de la vida moderna
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<tr>
<th>Time</th>
<th>PARALLEL SESSIONS</th>
<th>Workshops</th>
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<tr>
<td>10:30-12:10</td>
<td>Higher Education Dynamic Shifts and Health Promotion</td>
<td>Higher Education Dynamic Shifts and Health Promotion</td>
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<td><strong>Workshops</strong></td>
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<td>Higher Education Dynamic Shifts and Health Promotion</td>
<td>Dawit Rumicha, University of Florida, Gainesville, Florida, United States</td>
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<td>Nima Madani, University of Florida, Gainesville, Florida, United States</td>
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<td>Deirdre Love, University of Florida, Gainesville, Florida, United States</td>
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<td>Cirilo Lora, University of Florida, Gainesville, Florida, United States</td>
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<td>Nima Madani, University of Florida, Gainesville, Florida, United States</td>
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<td>The session will foster conversations on effective higher education</td>
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<td>practices geared towards increasing student education on health</td>
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<td>promotion practices. Using our research we will take a deeper look at</td>
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<td>the relationship between student health and factors in a higher</td>
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<td>education setting such as:</td>
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<td>scholarship, research expansion, creative expression, academic instruction,</td>
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<td></td>
<td>and civic engagement. The goal outcome of this session is to have</td>
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<td>participants obtain the tools necessary in being able to utilize</td>
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<td>techniques to bring burgeoning growth in their student’s success. This</td>
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<td>will be mainly attained through thoroughly analyzing participants</td>
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<td>ambitions of fostering an inclusive environment in their academic setting.</td>
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<td>Following these proceedings participants will be brought together in an</td>
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<td>open forum on effective and non-effective practice based techniques in</td>
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<td>comprehensively bringing about student driven success.</td>
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<td>Specifically, we will be visiting James Kouzes and Barry Posner, Five</td>
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<td>Practices of Exemplary Leadership® Model to address how this can be</td>
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<td>applicable to student development and education on public health.</td>
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<td>Furthermore, we will be focusing our scope on the Healthy Campus 2020</td>
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<td>initiative viewing practices that are based heavily in evidence supported</td>
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<td>theory but are also innovative and student centered. We will also engage</td>
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<td>in interactive activities in putting attendees in scenarios where they</td>
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<td>will be tasked to use problem based learning strategies in increasing</td>
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<td>student engagement and success in health promotion. Participants will</td>
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<td>also be brought into an activity to describe their current literature</td>
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<td>based methods of health promotion delivery by utilizing active group</td>
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<td>collaboration. Participants will gather in small groups of about 5 to</td>
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<td>discuss each of the practices and how it applies to their goals and set</td>
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<td>health promotion standards. The target audiences of this session will be</td>
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<td>university officials, university students, university faculty, and</td>
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<td>professionals in the field of public health along with health promotion.</td>
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<td>Public Health Policies and Practices, Health Promotion and Education, 2018</td>
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<td>Special Focus: Health and Wellness at the Speed of Life</td>
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<td>Yoga and Ayurveda for the College Student: A Holistic</td>
<td>Yoga and Ayurveda for the College Student: A Holistic Approach to</td>
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<td>Approach to Sustainable Health</td>
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<td>Evan Marsh, Loyola Marymount University, Los Angeles, California, United</td>
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<td>This workshop, developed at Loyola Marymount University in Los Angeles,</td>
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<td>encourages participants to take an active role in their health through</td>
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<td>the teachings of Yoga and Ayurveda. Over the course of the workshop,</td>
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<td>students will create a home practice specific to their individual needs.</td>
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<td>This holistic approach is informed by the Pancamaya model which defines</td>
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<td>the “self” through five interconnected layers: body, breath, mind,</td>
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<td>wisdom, and our truest self. Participants of this workshop will be guided</td>
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<td>through each layer by exploring yoga postures, breathing techniques,</td>
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<td>and meditation exercises. Each participant will receive an Ayurvedic</td>
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<td>self-assessment form that gives insight in to their personal constitution</td>
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<td>and current state of health. Utilizing this information, participants</td>
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<td>will make adjustments to the exercises that coincide with their specific</td>
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<td>imbalances. For instance, if their breath is shallow and their mind is</td>
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<td>racing practicing equal part breathing can restore balance and focus. As</td>
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<td>awareness of the “self” builds, the impetus to change often increases</td>
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<td>drastically; therefore, setting attainable goals will be an essential</td>
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<td>focus in the process of self-transformation.</td>
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**Health Promotion and Education**
### PARALLEL SESSIONS

**Room 4 Colloquium**

**Pedagogical Methods to Interprofessional Education**

Jenny Tjahjono, Associate Professor/Associate Dean for Community Partnerships and Access to Care, College of Dental Medicine, Western University of Health Sciences, Pomona, CA, United States

Bertha Olivia Alarcon, Associate Professor/Coordinator of Diversity and Inclusion, College of Dental Medicine, Western University of Health Sciences, Pomona, CA, United States

Paul Simeteys, Assistant Professor, Dental, Western University of Health Sciences College of Dental Medicine, Pomona, United States

Anne Doan Van, Assistant Professor/Clinical Managing Partner, Comprehensive Dental Clinic, Western University of Health Sciences College of Dental Medicine, Pomona, California, United States

Elizabeth Andrews, Western University of Health Sciences, Pomona, California, United States

Interprofessional Education and Collaborative Care Curricula at WesternU College of Dental Medicine – Jenny Sun Tjahjono, DMD: The World Health Organization advocates the use of Interprofessional Education (IPE) to improve quality of patient care and health outcomes. Interprofessional collaborative care increases efficiency, decreases cost of healthcare, and minimizes medical errors. Western University of Health Sciences (WesternU) adopted this philosophy by incorporating IPE as a core curriculum for all students in nine graduate colleges. WesternU College of Dental Medicine has further advanced the IPE curriculum by developing innovative teaching methods and implementing interprofessional collaborative care. Standardized Patient Simulation and Collaboration with College of Graduate Nursing – Elizabeth Andrews, DDS, MS Dental students interact with students from various healthcare professions in both face-to-face and asynchronous small-group case discussions and exercises along with peer-to-peer and standardized patient simulations. Patient Triage and Collaboration with College of Pharmacy – Paul Simeteys. In clinical settings, dental students triage medically complex patients with pharmacists in order to reduce polypharmacy, avoid adverse drug interactions, and reinforce patient compliance with their medications. Multidisciplinary Care for Pediatric and Geriatric Patients – Anne Doan Van, DDS: Through collaboration with Pomona Valley Hospital Medical Center, dental students and physicians work side-by-side serving oral surgery patients, pediatric patients in the community, and geriatric patients in Skilled Nursing Facilities. Case-based Simulation and Collaboration with College of Allied Health Professions – Bertha Alarcon, DDS: Physician assistant students participate in role playing and case discussions with dental faculty and students to further enhance their communication skills.

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**Public Health Policies and Practices**

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**Friday, 21 September**
1 - RAICES para la Paz en Comunidades Contaminadas: Riesgo Infantil en Sitios Contaminados (RISC)
Fernando Díaz Barriga, Coordinador, Centro de Innovación Social para la Paz, Universidad Autónoma de San Luis Potosí, San Luis Potosí, México La violencia criminal en México está causada por la violencia estructural (pobreza persistente), la violencia aspiracional (precariedad laboral) y la violencia ambiental (amenazas químicas, físicas y biológicas). Todo lo anterior ocasiona exclusión, desigualdad y agravios sociales. En este contexto, se requiere la reconstrucción del tejido social para lo cual se requiere un elemento de cohesión. Nuestro grupo ha seleccionado a la salud como este elemento por tratarse de una prioridad colectiva. Pero, basados en aspectos de derechos humanos, susceptibilidad y plasticidad neuronal, seleccionamos como población vulnerable a los niños y niñas. Además, nuestro enfoque de intervención inicia a partir de la atención a la violencia ambiental (generación de capital ambiental) y a partir de ahí trabajamos sobre la violencia aspiracional con plantamientos para los trabajadores informales y sobre la violencia estructural con programas de salud basada en comunidad, derechos humanos y seguridad alimentaria. Nuestras Rutas Académicas para Insertar Comunidades en la Equidad Social (RAICES), las desarrollamos en pueblos originarios, comunidades contaminadas y barrios urbanos invisibles. Se presentarán los datos de los resultados obtenidos.

2 - Exploring Tai Ji for Well Being in Education Communities
Tze-yue Gigi Hu, US Collegiate Taiji Federation, Sunnyvale, California, United States
It focuses on my founding initiative of introducing Tai Ji for Wellbeing to K-12 and other educational communities. The concept of Tai Ji stresses the healing functions and effects of “movement in meditation” in an all-rounded way with specific engagement of the spirit, mind and body during the exercise process. As the programme is meant to be educational and informative, part of the workshop includes theoretical and cultural explanations of the philosophy of Tai Ji. For example the yin-yang principle and aspects of Daoist philosophy are presented during the workshop highlighting the artistic, philosophical and physical dimensions of Tai Ji as a life-guiding foundation. This poster will share with the audience my exploratory experience of providing such initiative Tai Ji workshops to various educational communities in Northern California, other parts of the US and Asia as well. The approach and findings of this project will be shown. Through the poster presentation, I hope to generate interest of Tai Ji for Wellbeing as another wellness practice and inter-cultural subject to offer in enhancing the healthy holistic education lives of students of all ages including mature adults and fostering their harmonious connections to both the social and natural facets of the environment.

3 - Positivity and Stress-related Growth Following Life Events
Hasida Ben-Zur, Associate Professor (emeritus), School of Social Work, University of Haifa, Haifa, Israel
The aim of the study was two-fold: To assess the extent to which positivity ratio (positive affect divided by negative affect) and stress-related growth (SRG) following stressful life events are associated with perceived health status and economic situation, and with psychosocial resources of optimism, control and social support; To test a model in which health status and economic situation contribute to psychosocial resources which, in turn, affect positivity and SRG. Method: A secondary analysis of the data of 355 participants (56.3% women; Mean age = 39.72, SD = 11.75, Range = 22 - 77) was conducted. They completed questionnaires assessing positive and negative affect and SRG in relation to a relatively recent life event (1 – 24 months) such as illness, divorce, car accident, etc. They also completed questionnaires assessing demographic variables, perceived health status and economic situation (one item each), and social desirability, and dispositional optimism, sense of mastery and social support. Pearson correlation analysis showed psychosocial resources to be positively associated with health status and economic situation and with positivity ratio. Health status and economic situation were not associated with either positivity ratio or SRG. Using Structural Equation Modeling (SEM), the model with the best fit indices was the one in which optimism, mastery and social support were related mainly to health status; mastery and social support contributed to positivity ratio. Other alternative models had lower fit indices. Perceived health status and to some extent, economic situation, are important resources which affect psychosocial resources. Mastery and social support are the resources that independently contribute to overall well-being following stressful life events.

4 - Does Watching Television Affect Pain Perception?
Sarah Buck, Chicago State University, Chicago, Illinois, United States
Does Watching Television Affect Pain Perception?
Sarah Buck, Chicago State University, Chicago, Illinois, United States
Engaging activities that distract attention from pain is one of the most commonly used and highly endorsed strategies for controlling pain. We surveyed 248 subjects between the ages of 20-80 with 10 questions assessing hours per day spent watching television, hours of sleep, presence or absence of pain, and/or chronic pain, and if their pain and mood changed during or once they had finished watching television. The majority of the subjects were between 40 and 70 years of age and 82% mentioned chronic pain. The average hours of television watched increased at one hour per decade. The majority watched television until 10PM and participants older than 40 slept an average of fewer than 6 hours a day. The majority of subjects (83%) mentioned no change in their pain or mood while watching TV. Interestingly, younger participants mentioned that their mood got worse and the only group that had an improvement in their mood were people over age 70. In conclusion, although we were not able to find any significant difference, the trends we saw in the geriatric group would warrant further research geared to this population.

Virtual Poster - Caring for Those Who Care: The Centre for Addiction and Mental Health Wellness Centre
Ashley Wood-Suszko, Wellness Coordinator, Centre for Addiction and Mental Health, Toronto, ON, Canada
Virtual Poster - Caring for Those Who Care: The Centre for Addiction and Mental Health Wellness Centre
Ashley Wood-Suszko, Wellness Coordinator, Centre for Addiction and Mental Health, Toronto, ON, Canada
The Centre for Addiction and Mental Health (CAMH) is Canada’s largest mental health and addiction teaching hospital and a world leading research centre in this field. CAMH combines clinical care, research, education, policy development and health promotion to help transform the lives of people affected by mental illness and addiction. CAMH is fully affiliated with the University of Toronto, and is a Pan American Health Organization/World Health Organization Collaborating Centre. Employment Works! is a CAMH Human Resources recruitment and retention initiative targeting to recruit people with lived experience of mental health and/or addiction challenges, into vacant CAMH positions. This initiative was created in order for CAMH to “walk the talk”, demonstrating to other employers that people do recover from poor mental health and that most can return to work in a dignified and productive manner. The CAMH Wellness Centre opened its doors to all staff, physicians, volunteers and students in May 2017. This space was designed for members to focus on their health and well-being, while also supporting and sustaining this practice. The team at the Wellness Centre encourages everyone to view their health holistically and repeatedly refers to seven elements that contribute to overall well-being: environmental, mental and emotional, financial, spiritual, occupational, social and physical. Our goal is to optimize our physical space and offer programs and workshops that elevate staff awareness and knowledge regarding their own well-being.

Poster Session
Sunnyvale, California, United States
Friday, 21 September
PARALLEL SESSIONS

Friday, 21 September

13:00-13:45

5 - Developing a Web-based Environmental Nutrition Graduate Program at an Urban University in the United States
Sally Hemming, Technical lead, Talent, Financial Conduct Authority, London, United Kingdom

Five million people in England have a long-term health condition (LHC) including musculoskeletal (MSK) and mental health disorders (i.e. stress, depression and anxiety). A majority of LHCs are acquired at working age yet employment rates of those with an LHC are persistently low. Having quality employment is vital for the health and wellbeing of people, keeping people healthy and productive at work for longer is important. Whilst research has focused on issues around workers with LHCs, little research has examined contextual factors of work, dynamics of workplace relationships, mechanisms of support and its influence on employees’ self-management activities. We identify the workplace self-management support needs of employees with an LHC, and workplace dynamics that empower people to manage their LHC in work. It is hypothesised that poor psychosocial working conditions will be related to low patient activation, and higher risks of poor self-management at work. The research adopts a purposeful sampling approach recruiting employed, working participants with a minimum of one diagnosed LHC. The research is made up of four studies including: an employee survey utilising the Patient Activation Measure (PAM®) and UK Health and Safety Executive Management Standards Indicator Tool (MSIT); a longitudinal employee 10-week diary study and; an employer semi-structured and employee narrative interview study. Seven hundred participants took part in study 1, 44% (n=306) report at least one diagnosed LHC. Mental health (n=108) and musculoskeletal (n=83) disorders are most prevalent in the group. Findings to date and a study summary will be presented.

6 - The Effect of Health Psychology Courses on Mindfulness, Mental Health, and Physical Health
Rhiannon Star

Health education seeks to increase students’ awareness and knowledge regarding various aspects of health and university courses in Health Psychology may be one important avenue for promoting health education. Previous research has shown that students in a Health Psychology course reported a reduction in drug use and related behavioral symptoms (Miley, 2001). A limitation of this study, however, is that participants were at-risk students who elected to complete the course in lieu of punitive sanctions for on-campus alcohol violations. We conducted a quasi-experimental study with students who elected to complete the course as part of their regular academic program. The control group consisted of students enrolled in a Research Methods class. Specifically, we examined whether completing a 10-week Health Psychology course increases perceived overall mental health, physical health, mindfulness, and health self-efficacy, as well as decreased perceived stress. Preliminary analyses revealed that Health Psychology students tended to score lower on mental health, in comparison to the control group, suggesting that students who are experiencing greater challenges may be more inclined to take Health Psychology classes. Analyses showed a significant correlation between mindfulness and mental and physical health among Health Psychology students. Implications for health education and teaching of Health Psychology are discussed.

7 - The Self-management Support Needs of People with Long-term Health Conditions at Work
Katerina Mallias, - , - , Youngstown State University, Campbell, Ohio, United States

A workshop (Hurt Pounds) for social workers/therapists (n=64) was held at Youngstown State University in June 2017. Hurt Pounds includes the emotional weight that we carry which may affect our interactions with others. It was important to determine whether the caregivers themselves were affected by these phenomena. A survey regarding wellness practices (including family meals), self-care behaviors and emotional characteristics was distributed. Analysis of variance was conducted to determine the relationships between family meal participation and healthy behaviors. Results indicate that this group was not at risk of an eating disorder (n=3, 5%) and that family meal participation was high (n=78%). However, family meal participation did not predict forgiveness, self-compassion, BMI body appreciation, acceptance or action. Research indicates that family meal participation promotes health and well-being (Skeer & Ballard, 2013, Larson 2008) as does social support (Lytle, 2017).
**Friday, 21 September**

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| **13:00-13:45** | **PARALLEL SESSIONS**  
| **Room 1 & Room 2** | Virtual Poster - Measuring Change in HIV Screening Behavior Using Multi-theory Model of Health Behavior Change  
Jessenia Jessenia Zayas-Rios, Juan Bautista School of Medicine, Caguas, Puerto Rico  
Amar Amar Kanekar, University of Arkansas, Little Rock, Arkansas, United States  
Vinayak Nahar, Lincoln Memorial University, Harrogate, Tennessee, United States  
Manoj Sharma, Jackson State University, Jackson, MS, United States  
Luma Akil, Jackson State University, Jackson, Mississippi, United States  
HIV/AIDS is a significant public health problem in United States and globally. It is estimated that about 1.1 million people are living with HIV. Early diagnosis through HIV screening is an important secondary prevention measure. Since 2006, Centers for Disease Control and Prevention (CDC) has recommended routine HIV screening in medical settings. However, recent surveys in US show that about 54% people have ever received an HIV screening and only 22% of have taken an HIV test in the past year. It is in this context, that the purpose of this study was to develop and validate an instrument based on the novel multi-theory model (MTM) of health behavior change that could measure changes in HIV screening behavior in Puerto Rican college students who are a high risk group. A 44-item instrument measuring the constructs of participatory dialogue in which advantages outweigh disadvantages, behavioral confidence, and changes in physical environment for initiating HIV screening behavior and the constructs of emotional transformation, practice for change and changes in social environment was developed and validated. The study presents the instrument and its process of establishing face, content construct validity and internal consistency reliability. The instrument is invaluable for interventional research.  
**Health Promotion and Education**  
**8 - Evaluating Emergency Services in the Service-added Older Adults Housing in Osaka City Japan: A Case Study**  
Tomoko Shigaki, Institute of Elderly Housing Sciences, Osaka City, Osaka Prefecture, Japan  
Hiromasa Yamamoto, Associate Professor, Osaka City University, Japan  
Michio Miyano, Professor, Osaka City University, Osaka, Japan  
The number of transportation to the hospital transported according to ambulance service record by the Service-added Older Adults housing in Osaka City 60 years or older increases to 10,137 from 3,866 in 2016 from 2009 and increases to approximately 2 times with 48.8 from 120.2 by the a population of 10,000 bit 60 years or older. Staffs and family grasp the tendency of a state, the symptom in the normal and discover it early in the emergency, and it is demanded that they cope. It is evaluated the daily emergency services of internal and external causes taken to hospital at Service-added older adults housing in Osaka using the emergency records from 2012 to 2017, 23 transportations with consideration to time of day, place of occurrence and ages, nursing care level, the presence of the crisis of the dementia, and actual condition before and after transported to the hospital following 3 aspects were obtained: Internal diseases occupied 69.6%: Cardiovascular system heart trouble, cerebrophy, respiratory pneumonia, whole body symptom and sign et al. On the other hand, external diseases occupied 30.4%: Injury, blow, fracture, etc. A person with slight illness occupied half, and the transportation with more than of severer symptom to need emergency transportation was originally less than 40%. After a discharge, the ratio that a need of nursing care degree raised and the ratio of the service use increased was over 40% and it was double the person of non-emergency transportations ever.  
**Interdisciplinary Health Sciences**  
**9 - High-Risk Sex, Health and Social Risks, and Opportunities for Intervention among Young Adult Multidrug-Using Women of Color**  
Mance E. Buttram, Nova Southeastern University, Davie, Florida, United States  
Steven P. Kurtz, Nova Southeastern University, Davie, Florida, United States  
Data are drawn from women of color (N=132) completing baseline assessments that included measures of drug use, sexual behavior, and health and social risks. Participants were ages 18-39 and reported recent (past 90-day) drug use. High-risk sex was defined as condomless vaginal/anal intercourse in the context of a non-monogamous relationship or with a non-primary partner. Mean age was 24. Women were Hispanic (77%), Black (18%), and mixed race/ethnicity (5%); 61% reported high-risk sex. Women reporting high-risk sex were more likely to report substance dependence (p<.039), lifetime physical and/or sexual victimization (p=.020), and condomless group sex (p=.010), compared to others. There were no differences in protective factors of social support or satisfaction with family/friend relationships. However, compared to other women, those reporting high-risk sex were less satisfied with goal achievement (p=.001), coping with problems (p=.007), and free time (p=.033). High-risk sex is associated with several risk factors as well as dissatisfaction in areas of goal achievement, coping, and free time. Empowerment-based interventions which address these areas have been efficacious in reducing HIV risk behaviors among other populations and will likely benefit women of color as well.  
**Public Health Policies and Practices**  

10 - Measurement Based Care in Mental Health: Implementation in the US Veterans Health Administration
Rona Margaret Relova, Department of Veteran Affairs, United States
Measurement Based Care (MBC) in Mental Health is a U.S. Veterans Health Administration initiative that aims to improve health outcomes by facilitating shared decision-making and tailored treatments. Previous barriers in implementing MBC include clinician reluctance and lack of patient involvement. Mirah, a MBC technology, is a novel software platform that tracks symptoms and measures treatment progress in real time. This ongoing study evaluates the use of Mirah to alert clinicians to acute concerns, chronic problems, and strengths/assets as reported by patients. By distilling data into actionable insights shared during sessions, both clinicians and patients become actively involved in treatment planning. Quantitative data collected include assessments completed each session by patients and metadata on implementation (measure completion and feedback viewed). Pre- and post-project surveys capture clinicians’ attitudes and perspectives towards MBC. Documented observations throughout implementation will provide an additional data source that will be discussed with focus groups at the study’s conclusion. Currently, 12 clinicians and 26 patients are enrolled in this study. A growing body of research testifies to the potential merits of MBC and its effectiveness in improving mental health outcomes. Clinician and patient buy-in is critical to successful implementation of MBC in practice settings. Understanding MBC capabilities can lead to widespread acceptance of the tool and better integration in clinical workflow. Providing a best-practice model that underscores how MBC can enable accurate triage of symptoms through theory-based principles, encourage interactive data-driven goal-setting, and promote customized therapies may promote clinician-patient engagement.

Virtual Poster - Application of a Model of Culturally Congruent Client Education to Support Person Centered Care
Pamella Stoeckel, Professor, Loretto Heights School of Nursing, Regis University, Denver, CO, United States
Culturally congruent client education involves providing meaningful and useful education for clients by incorporating diverse ways of knowing from the viewpoint of various cultural groups. It is a harmonious approach to working with clients that shows sensitivity and respect for individual differences and willingness to collaborate with them to meet their health education needs. After this presentation the participant will be able to: Identify the need for culturally congruent client education to support person centered care, identify the major components that make up the culturally congruent client education model and will discuss strategies for effectively incorporating the model into inter-professional person centered care.

11 - Shaping a Walkable City for Health Promotion
Dongha Kim, Seoul National University, Seoul, South Korea
Car-oriented city development accelerated the pace of life, resulting in side effects related to health. In 2012, the Seoul Metropolitan Government announced a master plan for walkable city in order to create a healthy environment. However, the prevalence of walking in Seoul is declining. To improve understanding of urban walking in Seoul, we applied a systems thinking approach where a Casual Loop Diagram (CLD) of systems dynamics was constructed based on qualitative study results, literature review and expert discussions. The CLD included three reinforcing loops and four balancing loops. Reinforcing loops consisted of: social pressure to use public transportation to decrease air pollution and traffic congestion; online information widely available about good places to walk; and installation of pedestrian-only street to increase safety. Balancing loops included: suburbanization caused by rising real estate prices that induces automobile use; reduced frequency of going out with increased online services; opposition of local businesses to pedestrian-only streets for the fear of losing customers with automobiles; and community safety concerns with pedestrian-only streets that may reduce accessibility of firefighting vehicles. Urban walking is influenced by complicated causal relationships among urban features including transportation, housing, environment, safety, and economy that create socio-cultural contexts of a city. The development and implementation of policies for a walkable city require multi-sectoral cooperation to solve the cyclic causal structure. Evaluation areas for policy effects should also be diversified accordingly.

Public Health Policies and Practices

12 - Promoting Quality Health Education and Health Care Delivery by Using Measurement Feedback System
Jaime Montes Gutierrez, Department of Veteran Affairs, United States
The increased presence of technology in healthcare has led to a virtuous cycle of data-driven insights and improved care; however, mental health has yet to figure out how to make measurement based care (MBC) work at scale. The VA Palo Alto Health Care System (VAPAHCS) is partnering with Mirah to improve active utilization of MBC as integrated into daily clinical workflow and telemental health programs. Mirah’s MBC tool, a Measurement Feedback System, is built to make insights readily accessible to all stakeholders: patients, clinicians, and clinical leadership. The system tracks treatment progress and process, medication adherence, and strengths. Methodology: The study uses a software platform that tracks symptoms and measures treatment progress. Participating patients complete behavioral health assessments online prior to each clinical session. The system provides feedback reports that drive clinical decision-making for each patient. All clinical data are interpreted in comprehensive graphical reports in real-time for the clinician and patient to review together. Results: Currently, 12 clinicians and 26 patients are enrolled in this ongoing pilot study. Implications: Completing symptom-rating scales empowers patients by helping them to more fully understand their disorder and the fluctuation in their symptom severity over time. Furthermore, the use of symptom-rating scales helps patients communicate to clinicians what is and is not working in their current treatment regimen, thus facilitating changes to their treatment plan. This fosters a sense of shared decision-making, thereby improving the quality of mental healthcare delivery, and serves as the basis for true evidence-based practice.

Health Promotion and Education
13 - Body Composition of Elementary School Children: A Cross-Cultural Comparison between the United States and Japan
Hikaru Murata, Metoki, Ferris State University, Big Rapids, Michigan, United States

The purpose of this pilot study is to compare elementary school children’s (1st grade to 5th grade) body compositions and daily caloric expenditures and intake during the school year in the United States and Japan. More specifically, the investigation will be focused on their height and weight, the quantity and quality of physical education classes, physical activity during recess, extra-curricula activities, and school lunch during the regular school year in the United States and Japan. The elementary school children’s height and weight will be measured by the primary investigator or an existing data in the schools may be referred. Also, the quality and quantity of physical education, activities during recess, and after school programs or extra-curricula activities, their school lunch will be monitored and analyzed by the primary investigator. The qualitative analysis will be used to compare the United States and Japanese elementary school children’s body compositions. Also the qualitative analysis will be used to identify the possible factors that affect their body compositions such as caloric expenditures and consumptions.

Health Promotion and Education

14 - Sleep and Risk of Cardiovascular Disease in the Native Hawaiian Population
Allyson Gilles, University of Hawaii, West Oahu, Hawaii, United States

Whereas sleep as a science has been studied for over a century in sleep laboratories, the prevalence and severity of sleep disorders in certain geographic regions have remained relatively unknown. A recent national survey of health-related risk behaviors, chronic health conditions, and use of preventive services (CDC, 2016) revealed that Native Hawaiians/Pacific Islanders reported the lowest prevalence rate of healthy sleep duration (56.1%) of all races/ethnicities and geographic locations surveyed (Lui et al., 2016). Adults who sleep fewer than seven hours a night are at an increased risk for obesity, diabetes, high blood pressure, coronary heart disease, stroke, frequent mental distress, all-cause mortality (Granden et al., 2014; Lui et al., 2013; Gallicchio et al., 2009), as well as cognitive performance tasks, including motor vehicle operation, medical errors, and work productivity loss (Institute of Medicine of the National Academies, 2006). Statistical analyses of large scale behavioral datasets reveal that Native Hawaiians exhibit an increased rate of sleep disorders, as well as cardiovascular disease risk factors when compared to individuals from other geographic regions. Bidirectional correlates of culture, genetics, education, diet/obesity, and health beliefs will be used to explain this alarming trajectory of poor health outcomes for this newly studied population.

Interdisciplinary Health Sciences, Public Health Policies and Practices

15 - The Role of Dispositional Mindfulness and the Conformity to Masculine Norms on the Suicide Ideation of Males
Vicky Vazquez, Health Disparities Research Fellow, Public Health-Health Promotion & Disease Prevention, Florida International University, Miami, Florida, United States

Past studies have focused on evaluating how the practice of mindfulness affects an individual’s psychological health outcomes such as depression, anxiety, and suicide without the consideration of gender specific social norms. The aim of this cross-sectional study is to evaluate the simultaneous role dispositional mindfulness and the conformity to masculinity has on the suicide ideation of males over the age of 18. A sample of 120 men will be recruited from the Miami-Dade County area. Participants will be recruited via convenience sampling from local organizations, health clinics, and college-campus. These participants will complete a questionnaire that will incorporate questions from the MAAS, Mindfulness Attention Awareness Scale that assesses dispositional mindfulness, the CMNI-46, Conformity to Masculinity Scale that assesses masculine gender role conformity, and the BSSI, Beck Scale for Suicide Ideation that evaluates the presence of suicide ideation and its severity. Internal consistency of the questionnaire will be assessed using Cronbach’s alpha. A Pearson correlation coefficient of 0.07 or greater will be used to measure the strength between dispositional mindfulness and the conformity to masculinity to suicide ideation of the males. Expected results will show a positive correlation between dispositional mindfulness and the conformity to masculinity and suicide ideation of all men via a t-test where p value of 0.05 or less will signify statistical significance of the data. The collection of data from this study will be essential in bringing awareness and improving men’s health outcomes.

Health Promotion and Education

Virtual Poster - Impact of Service Provider Stigma on HIV+ Asian American Men Who Have Sex with Men
Soma Sen, San Jose State University, San Jose, California, United States

Despite the fact that HIV/AIDS (H/A) incidence rates among Asian American (AA) communities, particularly among men who have sex with men (MSM), have increased dramatically over the last ten years (CDC, 2016), the testing rates in this population continues to be low. Low testing rates have been connected lack of H/A knowledge, cultural beliefs around sexuality, and HIV related stigma. However, there is a paucity of research exploring service providers’ level stigma and its impact on HIV+ AA MSM. This study addresses this gap in research. Utilizing qualitative research design and theoretical frameworks on stigma, in depth data was gathered from 20 service providers in the San Francisco Bay Area, California who work with HIV+ AA MSM. Findings suggest that service provider stigma towards AA MSM exists in all human services settings across the study area, and that such stigma is a result of ingrained personal beliefs which are impacted by broader societal perceptions. Data suggest that such stigma is increased by limited work experience, lack of H/A knowledge and training, skewed personal perceptions of the AA MSM community, and broader societal stigma. Based on the finding we suggest practice implications at the micro, meso, and macro levels.

Health Promotion and Education

Virtual Poster - Addressing the Behavioral Health Needs of Men through a Gender Sensitive Practice Model
Glenn Stone, Professor and Chair, Social Work, Ball State University, Muncie, Indiana, United States

There has been increasing attention to the behavioral health issues of men over the past 20 years. Research over that period has shown that men are at greater risk for certain problems and poorer outcomes due to their gender. For example, men commit suicide at four times the rate as women. This situation is probably worsened by the fact that more than half of men with behavioral health issues receive neither formal nor informal treatment. Some speculate that this may be in part the responsibility of a care system that does not adequately reach out to men in a manner in which they can accept and receive help. The purpose of this presentation will be to address gender-sensitive practice and develop interventions that men present to help them in the field. Suggestions for overcoming various challenges will also be presented.
PARALLEL SESSIONS

16 - When More Nutrition Information Leads to Less Healthy Eating Decisions
Myla Bui, Loyola Marymount University, United States
Andrea Tangari, Loyola Marymount University, United States
Kelly Haws, Loyola Marymount University, United States
Peggy Liu, Loyola Marymount University, United States

This research investigates how provision of calories per serving information on serving size labels affects snack consumption quantity. This is particularly timely because of increasing public policy and food manufacturer interest in the effects of prominent presentation of nutrition information on consumer packaged foods (e.g., front-of-package labels; U.S. Food and Drug Administration (FDA) 2017) and because the FDA is mandating increases in the typically small stated serving sizes for many consumer packaged foods. Consistent with these issues of concern to both the FDA and food manufacturers, we focus on a deeper understanding of how consumers process and use two important pieces of information that can be presented on the fronts of packaged foods: serving size and calories per serving information. We specifically focus on changes in the quantity of food consumed based on varying the serving size and calorie information. Drawing from expectancy-disconfirmation theory, this research shows that providing calories per serving information can ironically create unintended consequences for perceptually unhealthy snacks, with consumers eating more. The authors find that this effect arises when calorie expectations are higher than the calories per serving level on a serving size label, which often occurs with current serving size labels as the stated serving size is lower than amounts typically consumed in one sitting. The authors offer managerial, public policy, and consumer welfare implications for the findings of this research.

Public Health Policies and Practices

Virtual Poster: El uso de la tecnología en la promoción de actitudes hacia la salud preventiva: Un proyecto piloto en México
Lisa Kathleen Schalla, Executive Director, Direction, Fundación Punta de Mita, Bahía de Banderas, Nayarit, México

Como respuesta a los retos que se presentan en la promoción de la salud preventiva, se formó una alianza multi-sectorial e internacional para examinar las actitudes de los padres de familia y el valor de la aplicación de tecnología a nivel comunitario. En el proyecto piloto "La Salud en Tus Manos", invitamos a 40 familias de bajos recursos y con niños comprendidos entre edades de cuatro meses a seis años en tres comunidades semi-rurales del oeste de Nayarit, México, a utilizar tres modos de la tecnología para prepararlos para sus consultas de niño sano: una herramienta en línea, mensajes de WhatsApp y mensajes de Messenger. Resultados preliminares indican que, aunque el conocimiento de la tecnología sea muy limitado, los padres ponen valor al acceso de información de estas maneras y tienen actitudes positivas sobre su papel en el cuidado de la salud de sus niños. La capacitación, aceptación y participación de líderes comunitarios y médicos son esenciales para la implementación exitosa de la tecnología, así como la participación de todos los sectores.

Políticas y prácticas de salud pública
Health and Fitness Status of Australian Paramedics: A Cause for Concern
Jayden Hunter, Lecturer, School of Exercise Science, Sport and Health, Charles Sturt University, Bathurst, New South Wales, Australia
Paramedics are among the most frequently injured health professionals in Australia, performing duties that require awkward and heavy manual handling tasks interspersed with periods of sedentary behaviour throughout a shift. However, few data are available on health and fitness profiles or how to monitor and facilitate paramedic fitness levels to reduce occupational injury risk. A group of regional Australian paramedics (n=140; 78 male; mean±SD 37.6±10.2 years; BMI 28.5±5.5 kg/m²) underwent health and fitness assessment. Measures included resting blood pressure (BP; Omron HEM-7322, Japan), body composition (body fat % by bioelectrical impedance; Inner Scan V, Tanita, Japan), upper, lower and core-body muscular strength (maximum push-ups (modified for females), single-leg (SL) wall squat (total of left and right; sec) and prone plank hold; sec) and flexibility (sit and reach; cm). Outcomes were compared between sex using multivariate ANOVA and against ACSM norms. Males had higher mean BP vs. females (p<0.001); 136 (95% CI 133-139)/86 (84-89) mmHg vs. 122 (118-126)/80 (77-83) mmHg (both pre-hypertensive); less body fat (p<0.001); 25.6 (95% CI 21.6-25.9) % (poor) vs. 35.0 (32.6-37.3) % (very poor); greater upper body strength (p<0.05; push-ups): 23 (20-25) (very good) vs. 18 (14-21) (good); similar lower body strength (SL wall squat): 35.2 (29.9-40.9) sec vs. 29.0 (22.2-35.7) sec (both below average); similar core strength (plank hold): 88.0 (77.6-98.4) sec (average) vs. 74.0 (61.6-86.5) sec (below average); and less flexibility (p<0.01; sit and reach): 20.4 (17.9-22.9) cm (poor) vs. 27.4 (24.4-30.4) cm (fair). Insufficient core and lower body strength and flexibility coupled with demanding manual handling tasks may increase the risk of work-related musculoskeletal injuries in paramedics. High body fat and pre-hypertensive BP levels suggest increased cardiometabolic disease risk in this population.

The Physiology, Kinesiology and Psychology of Wellness
Plug into Nature: Wellness, Nature and Technology in the Digital Age
Melanie Martin, James Cook University, Cairns, Australia
Nature deficit disorder refers to a wide range of behavioral problems, including anxiety, distraction, depression, resulting from spending little or no time outside in natural environments. Researchers today acknowledge that our nervous systems are built to resonate with set points derived from the natural world. Studies about the effects of nature on brains come from a convergence of ideas and events: the growing rate of obesity, depression and anxiety (even in affluent communities and despite more medication), and the growing recognition of the role of the environment on genes. Scientists suggest that nature has specific restorative effects on the nervous system, which can become depleted with overuse. High levels of engagement with technology and multitasking place demands on attention to switch amongst tasks, and inhibit irrelevant actions. This conference paper, made following a literature based research methodology, offers a critical analysis of studies supporting the notion of nature deficit disorder and the benefits of nature in a digital context. It reflects on the effects of technology on our well-being and how nature can help us establish a healthy relationship with digital technology.

Interdisciplinary Health Sciences
Key Factors in Health Management: Investigation of Web-Based Health Education and Health Confidence
Barbara Arnoldussen, International Technological University, San Jose, California, United States
Health Interview Survey (CHIS) were analyzed to better understand those concepts. Gender, age, education, and lack of activity limitations were strongly associated with web-based education use in the general US population and in California residents. In both sets of data, the rate of searching for online health information was higher in women, younger people, more educated people, those not having an activity limitation and in excellent/good health, as opposed to fair/poor health. In California residents, case studies of asthmatics, diabetics, and people with heart disease showed that health confidence levels were correlated with a lack of physical activity limitations and excellent/good health, instead of fair/poor health. For specific chronic illnesses, more men than women reported higher levels of health confidence. No previous studies have compared the health confidence levels of people with specific chronic diseases, or explored obstacles to health confidence in those same populations. The findings about health confidence and implications for health education were shared with a group of subject matter experts. They confirmed the usefulness of this research contribution.

Health Promotion and Education
Teaching Mental Health and Obesity Prevention Classes to Children in Community Settings
Laura Nabor, Professor, School of Human Services; Health Education Program, University of Cincinnati, United States
This virtual lightning talk will present ideas for health professionals interested in providing health education regarding mental health prevention classes in stress management, emotional expression and problem solving as well as obesity prevention lessons in children's programs. Programming will focus on curriculum and program evaluation ideas for primary school-age children. Ideas for activities to promote child social and emotional development and websites with educational material will be reviewed. In addition, insights for teaching health classes to promote healthy eating and physical activity will be shared and evidence-based programs will be highlighted. Health professionals will learn valuable information about teaching young children. Ideas for evaluation will be shared. Health professionals participating in this lightning talk will learn about educational tools to promote health knowledge and behavior change for young children and creative ideas for evaluation, such as having children develop commercials for peers to share their new knowledge. Further research in the field should focus on transmitting health knowledge to parents and ideas for accomplishing this will be reviewed. Health professionals will be able to gain valuable information about promoting young children's mental health and health from this virtual lightning talk.

Health Promotion and Education

Room 3 continues on next page
**PARALLEL SESSIONS**

### Room 3 continued

#### Virtual Lightning Talks Continued

**The Effects of Joint Sports Injuries on College Students**

Dr. Ezzeldin R. Aly, Associate Professor, HPER, Florida A&M University, Tallahassee, Florida, United States

The findings will determine the injury prevention program each athlete receives. After evaluating the patient’s pre-evaluation and post discharge performance, we will see much healthier athletes as a result of proper nutrition, training, and the use of proper body mechanics with therapeutic exercises. The goal is to obtain the most efficient regime that will keep the athletes healthier and stronger throughout their sports tenure. Colligate athletes from various campus sports will be evaluated and prescribed injury prevention programs to decrease the likelihood of mutual joint injury. 25 subjects, matched for age, sex, activity level, and sport specificity, will be selected randomly to a control or injury prevention training group. All subjects will receive the same standard during the initial evaluation to determine problematic joint areas. The initial physical therapy & injury prevention evaluation will consist of passive and active range of motion assessment of the shoulder, ankle, knee, and elbow using an electronic goniometer. All subjects will conduct a manual muscle testing of all joints supporting muscles, to check for weakness. There will be documentation of the clinicians examining the athlete’s posture from an anterior view, lateral view, and posterior view. In addition, all athletes will be evaluated with an overhead squat test. This test is used to determine overactive and/or underactive anatomy at the shoulder, ankle, knee, and elbow. All findings will be documented in the athlete undisclosed chart for further research to determine the best injury prevention program for the athlete.

The Physiology, Kinesiology and Psychology of Wellness

The findings will be documented in the athlete undisclosed chart for further research to determine the best injury prevention program for the athlete.

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**Ponencias virtuales en español**

**Barreras y facilitadores de la comunicación en la consulta médica: Implicaciones para la formación y la práctica clínica**

Beatriz Vallina Acha, Universidad de Valencia, Valencia, España

La comunicación es efectiva siempre de acuerdo a sus objetivos. En una consulta médica, depende de la información obtenida de y por el paciente, la adherencia al tratamiento y el cambio comportamental, entre otros. Hay diversos grupos de difícil acceso, como migrantes o personas con patologías altamente estigmatizadas, que presentan retos específicos en atención primaria, cuyo abordaje responde a la necesidad de interdisciplinariedad en atención a la salud pública y comunitaria. El propósito es esclarecer qué barreras existen dentro de la consulta médica, qué factores contribuyen a mejorar la comunicación paciente-clínico y qué necesidades, en consecuencia, existen en lo referido a la formación y en la práctica clínica. Esta ponencia virtual corresponde a una parte del marco teórico de una tesis doctoral. Se realizó una búsqueda bibliográfica que arrojó 3580 artículos eliminando duplicados. Las revisiones sistemáticas y metaestudios fueron extraídos, agrupados por temas y filtrados por relevancia. En total, 48 artículos, 1 tesis y 4 capítulos de libro pasan al marco teórico. En los temas “decisiones conjuntas” y “comunicación en la consulta”, se clasiificaron 9 artículos. Como resultados, los factores que condicionan la comunicación pueden ser sistémicos (recursos del sistema sanitario, universalidad de los servicios de salud, autoritarismo médico y no-adecuación cultural, culturas organizacionales, etc.), individuales, sean intrínsecos (personalidad, habilidades de afrontamiento, condiciones de salud o motivación) o extrínsecos (tiempo disponible, determinantes sociales de la salud, clase social, etnicidad, género, etc.). El valor de esta investigación es su capacidad para informar la práctica en atención primaria con poblaciones socialmente vulnerables.

Tema destacado 2018: Salud y las presiones de la vida moderna

**Compromiso sociofamiliar orientado a la atención de adultos mayores en fase de dependencia de cuidados especialmente para la disminución de complicaciones**

Cristhian Andres Paredes-Riera, Docente, Médico, Centro de Estudios Tecnológico Espíritu Santo, Guayaquil, Guayas, Ecuador

Los adultos mayores son de gran importancia para la sociedad. Grupeto etario de alta vulnerabilidad, presentan diversas limitaciones psicosomáticas, existencia de extrema morbilidad y enfermedades concomitantes, con mayor frecuencia, de diabetes, hipertensión arterial y secuelas de eventos cerebrovasculares, ocasionantes de dependencia, cuidados especiales, prioritaría atención familiar y social. El compromiso socio-familiar de involucrarse en los cuidados especiales de pacientes con úlceras decúbito, depende directamente de la responsabilidad de familiares del adulto mayor, en concordancia con las políticas gubernamentales, y no sólo del personal sanitario que valora y asiste en los tratamientos especializados, garantizados en los tratados internacionales y la constitución tributando al Sumak Kawsay (Buen Vivir). Los procedimientos incueners aumentan la morbi-mortalidad de cualquier paciente, focalizando en la población geriátrica el riesgo de complicaciones metabólicas que generan derivaciones al área quirúrgica o el deceso en las unidades de cuidados intensivos, promoviendo directa y culposamente la responsabilidad legal al personal médico como consecuencia de la carencia de educación en atención y cuidado de los familiares.
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<td>13:00-13:45</td>
<td><strong>Focused Discussion</strong></td>
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1. **Bright "IDEA": An Interprofessional Collaboration in Diabetes Education**
   - Elizabeth Swann, Director of Best Practices in Education, Nova Southeastern University, Fort Lauderdale, Florida, United States
   - Nova Southeastern University has developed an interprofessional education and practice initiative designed to prepare emerging health care professionals to participate on interprofessional teams while helping community members prevent and manage diabetes. Consistent with best practices, the Interprofessional Diabetes Education and Awareness (IDEA) Initiative partners with 17 corporate, municipal, non-profit, and academic communities designed to promote diabetes prevention and management through community workshops for children and adults most prone to diabetes. Currently in its fifth year, this collaborative interprofessional diabetes education project includes a variety of relevant topics such as disease overview, nutrition, pharmacy and exercise. 60-70 health professions students and 12 faculty from 10 academic programs provide diabetes education workshops in south Florida and has served nearly 2,500 community members.

2. **Cultural Factors in the Promotion of Exercise For African American Women**
   - Sarah Buck, Chicago State University, Chicago, Illinois, United States
   - Although obesity crosses demographic lines, there is a disproportionate prevalence in African American communities. Research has shown that despite the level of overweight/obesity in the African American female population, they report lower rates of exercise than White American women. African American females report lower levels of body dissatisfaction compared to their White counterparts, and a wider range of body shapes (including those with higher BMI’s) are acceptable in African American females. Coupled with these issues is the significant promotion of exercise for appearance rather than health in the United States. The purpose of this discussion is to provide an overview of data related to prevalence of disease and exercise habits in African American women; provide a research-based background, including preliminary studies, related to African American women, body ideals, and body satisfaction; discuss cultural factors that may lead to a lack of exercise motivation in African American women; and, provide suggested future research areas. The significance of this work is an understanding of cultural sensitivity as it relates to exercise promotion, of challenges faced by African American women in relation to exercise, and to provide tips on how to promote exercise for health rather than appearance in the African American community.

3. **Change Your Thoughts, Change Your Life!**
   - Lisa Cybaniak, Motivational Speaker, Success Coach, Founder, Life, like you mean it!, United Kingdom
   - I delve into an introspective look at what drives people to do what they do, to make the decisions they make. I then guide them to choose motivating factors that will better serve them, so they can create the life they truly deserve. This is an intensive 45 minute focused discussion which will challenge the participants to take a hard look at what their goals are, if they serve their higher good, and how to set new, more favourable habits in their place. Participants learn about their mindset and how to shift into a healthy, self-reflective, positive mindset that will serve them in having positive relationships, to handle difficulties in life in stride, and gain the confidence needed to have the courage to step outside their comfort zone to build the life they truly deserve.

4. **Food and Consumer Decision-Making**
   - Joanna Sax, E. Donald Shapiro Professor of Law, Law, California Western School of Law, San Diego, CA, United States
   - In the United States, consumers appear to be drawn to dietary supplements and resistant to genetically engineered food, colloquially known as GMOs. Both supplements and GMOs are regulated as food by the Food and Drug Administration (FDA). The FDA mostly only has the authority to remove a supplement from the marketplace based on adverse event reporting. Conversely, the FDA has an extensive pre-market regulatory review for many GMOs. The science of many supplements is unknown, making this a potentially unsafe or non-nutritious food source. Conversely, the scientific community has formed a consensus that GMOs are as safe as conventional food. In other words, the consumers have opinions of these two types of food that are not in line with expert analysis of risk. This paper will discuss an empirical study analyzing consumer perceptions of health, safety and the environment as it relates to our food supply and provide important insight for regulatory policy.
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| 13:00-13:45 | **PARALLEL SESSIONS**  
**Room 5**  
**Workshop**  
**Alexander Technique as a Pathway to Healthy Choices**  
Harvey Thurmer, Associate Professor, Music, Miami University, Oxford, Ohio, United States  
F.M. Alexander (1869-1955), developer of the Alexander Technique, introduced an educational method to recognize and re-direct habitual movement patterns that mitigate against health and well being. The technique has become well established in training programs for performing artists and is now finding its way into the consciousness of healthcare professionals, athletes, and really all professions. The proposed workshop will begin with group activities common to all, (picking something up from the floor, getting up out of a chair) and progress to more complex movements to illustrate the indivisible nature of the mind-body connection. Since all movement is the result of thinking, what we think, is what we get.  
*The Physiology, Kinesiology and Psychology of Wellness*  
  
13:45-14:00 | **Break** |
Four Methods of Assessing Body Fat in 60 Seconds or Less in Young, Middle Age, and Older Healthy Adults

Rafael Moskowitz, Research Professor and Emeritus Professor of Applied Mathematics, Research Professor, Hebrew University of Jerusalem

A mathematical model may reveal the efficacy of a given therapy employed in the treatment of disease. We shall discuss advantages over experimental trials conducted in the laboratory. No ethical issue arises in violation of animal rights. Cost of solution is usually far less than experimental approaches. There is greater and simpler coverage of variables whose evaluations influence analysis and results. Analytical data acquired complement the imaging information inferred from Doppler optical coherence tomography. As an example, we refer to glaucoma, an eye disease that damages the optic nerve. Fluid delivers tissue nutrients and flows through a trabecular meshwork. Cellular debris within the meshwork blocks free movement. Accompanying faulty drainage, intraocular pressure rises and the elevated level is transmitted to the lamina cribrosa where axons of glia cells pass to form the optic nerve. Mass conservation equation and three momentum equations are sufficient to determine four unknown functions of aqueous humor pressure and three components of velocity subject to boundary and initial conditions. Separation of the blocks free movement. Accompanying faulty drainage, intraocular pressure rises and the elevated level is transmitted to the lamina cribrosa where axons of glia cells pass to form the optic nerve. Mass conservation equation and three momentum equations are sufficient to determine four unknown functions of aqueous humor pressure and three components of velocity subject to boundary and initial conditions. Separation of the boundary layer occurs within the blocked meshwork. Moving turbulent mixtures are formed. Doppler and tonometry data furnish parameters of the model. Measure of efficacy is then determined by the relationship between pressure and velocity. A mathematical model can reveal efficacy of a given therapy employed in the treatment of disease. We shall discuss advantages over experimental trials conducted in the laboratory. No ethical issue arises in violation of animal rights. Cost of solution is usually far less than experimental approaches. There is greater and simpler coverage of variables whose evaluations influence analysis and results. Analytical data acquired complement the imaging information inferred from Doppler optical coherence tomography. As an example, we refer to glaucoma, an eye disease that damages the optic nerve. Fluid delivers tissue nutrients and flows through a trabecular meshwork. Cellular debris within the meshwork blocks free movement. Accompanying faulty drainage, intraocular pressure rises and the elevated level is transmitted to the lamina cribrosa where axons of glia cells pass to form the optic nerve. Mass conservation equation and three momentum equations are sufficient to determine four unknown functions of aqueous humor pressure and three components of velocity subject to boundary and initial conditions. Separation of the boundary layer occurs within the blocked meshwork. Moving turbulent mixtures are formed. Doppler and tonometry data furnish parameters of the model. Measure of efficacy is then determined by the relationship between pressure and velocity. A mathematical model can reveal efficacy of a given therapy employed in the treatment of disease. We shall discuss advantages over experimental trials conducted in the laboratory. No ethical issue arises in violation of animal rights. Cost of solution is usually far less than experimental approaches. There is greater and simpler coverage of variables whose evaluations influence analysis and results.
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<td>14:00-15:15</td>
<td><strong>PARALLEL SESSIONS</strong></td>
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<td><strong>Room 2</strong></td>
<td>Políticas públicas</td>
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<td>Implementación de un programa en salud bucal desde la perspectiva intersectorial: Percepciones y proposiciones desde el territorio</td>
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<td>Raúl Flores, Profesor Asistente, Prevención y Salud Pública Odontológica, Universidad de Concepción, Concepción, Chile</td>
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<td>En Chile, desde el año 2014 existe un programa nacional de salud bucal dirigido a preescolares (Sembrando Sonrisas) que se realiza al interior de los jardines infantiles y pone su énfasis en la promoción y prevención de la salud bucal. Para lograr su correcta implementación en el territorio, es indispensable la coordinación y trabajo intersectorial en los diferentes niveles de la escala jerárquica político-técnica. Esta investigación cualitativa, mediante la metodología de teoría fundamentada, busca conocer la percepción de los actores, tanto territoriales como diseñadores de la política a nivel regional, en el sector de la salud y educación, generando análisis por categorías, identificando nodos críticos e indagando posibles propuestas de mejora para la implementación del programa.</td>
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<td><strong>Políticas y prácticas de salud pública</strong></td>
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<td>Abordaje y manejo de la estrategia Plan - Presupuesto Integrado por medio de una herramienta basada en tecnologías de información en los servicios de salud de Costa Rica</td>
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<td>Jeison Calvo Rojas, Planificador Regional, Dirección Regional de Servicios de Salud Central Sur, Caja Costarricense del Seguro Social, San José, Costa Rica</td>
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<td>En Costa Rica, el Ministerio de Salud Pública, amparado en sus funciones establecidas por la Ley General de Salud traza políticas sectoriales para atender problemas de salud pública de interés nacional. La Caja Costarricense de Seguro Social (CCSS) tiene a su cargo la administración del Seguro de Salud y el Seguro de Pensiones y se nutre de los siguientes ingresos: cuota tripartita de asegurados, patronos y del Estado. La Constitución Política de Costa Rica declara el derecho a la salud como un derecho fundamental de los costarricenses y define su financiamiento. Los países que invierten más en atención primaria, tienen menores gastos y mejores niveles de salud poblacional, así como una mayor satisfacción de los usuarios. Sin embargo, actualmente en Costa Rica el gasto gubernamental en salud por habitante, pasó de casi 81 mil colones (200 USD anuales) por año en el 2004, a 287 mil colones anuales en el 2013 (580 USD por año), que muestra un fuerte incremento en el gasto, pero no así en la producción. La situación pone en relieve la necesidad de innovar en las formas de gestión y evaluación de los servicios de salud que promuevan una sana mejoría en las acciones en salud. Bajo esta premisa la Dirección Regional de Servicios de Salud Central Sur de la CCSS ha desarrollado un proceso de creación de herramientas gerenciales apoyadas en tecnología que permitan el desarrollo y la consolidación de la gestión en sus unidades adscritas.</td>
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<td>15:15-15:30</td>
<td><strong>Pausa para el café</strong></td>
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**Ciencias interdisciplinares de la salud**

**Cuentos que nutren la Agenda 2030: Educación para la salud y el desarrollo sostenible a través de la literatura**

Maria Botella Martínez

La sociedad está inmersa en una realidad de pobreza y falta de recursos que afecta a un gran número de familias. Estas se encuentran obligadas a renunciar a necesidades básicas cotidianas como la alimentación, y esto afecta de manera muy directa a los más jóvenes. Ante una situación como ésta, tendemos a pensar en países lejanos, probablemente localizados en el hemisferio sur. Sin embargo, las protagonistas pueden ser personas de nuestro mismo entorno, y así lo quieren hacer notar los Objetivos de Desarrollo Sostenible de las Naciones Unidas en su agenda prevista para el 2030. Sus consecuencias derivan en una situación de pobreza infantil cada vez más presente en nuestra sociedad y reflejada en el día a día de muchos escolares que llegan a verse obligados a renunciar a alguna de las ingestas diarias recomendadas. Por ello, este trabajo busca dar a conocer estas situaciones cada vez más recurrentes. Muchos de estos casos, en contra de lo que solamente asocian a la malnutrición, pueden derivar en obesidad. Esto es debido a la ingesta de alimentos con un elevado aporte energético y de comida rápida, como consecuencia de la pobreza en la que se encuentran muchas familias. Para aliviar esta situación propondremos la realización de unos cuentos que buscan concienciar a los escolares de la importancia que tiene interactuar, así como la importancia de realizar actividades de educación para la salud. **Promoción y educación de la salud**

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**15:15-15:30**

**Pausa para el café**
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| 14:00-15:15 | **PARALLEL SESSIONS**  
Person-centered Client Care  
*Why Do Caregivers Continue to Regularly Attend Caregiver Support Group Sessions after the Deaths of Their Loved Ones?*  
Michael Cheang, University of Hawaii, Manoa, United States  
Maria Raiza Morales, Coordinator, Family Caregiver Support Group, Project Dana, Honolulu, HI, United States  
Rose Nakamura, University of Hawaii, Manoa, United States  
Much research has been published regarding the value of bereavement support groups, but little is known about how caregiver support groups may provide valuable, continuing support for those caregivers who are in bereavement. This paper documents the phenomenon of caregivers who continue to regularly attend caregiver support sessions even though their loved ones have passed away and despite the availability of bereavement support groups. This qualitative study explored the reasons why caregivers in bereavement continue to attend the caregivers support group sessions, sometimes years beyond the death of their loved one. Data from the survey and personal interviews suggest the caregivers fall along a continuum of three categories of caregivers—the independent lifelong learner, the sociable, and the bonded. In the midst of a rapidly aging population, the caregivers have become elders themselves, and the need to compassionately care for the elderly caregiver is more crucial than ever before. While bereavement support services offered by hospices can be very helpful for the bereaved, findings from this “Caregiver Graduate” study yield some surprising insights and important reasons why the caregivers who are now the bereaved continue to regularly come to the support group sessions. | Public Health Policies and Practices |
| 15:15-15:30 | **Coffee Break / Pausa para el café** | |
Room 1 Points of Departure

**Complementary and Alternative Medicine Use in Children for Acute Respiratory Tract Infection**

Sandra Lucas, PhD Candidate, Health Sciences, University of South Australia, Adelaide, South Australia, Australia
Anna Phillips, Lecturer, University of South Australia

The use of complementary and alternative medicine (CAM) use is increasing globally. One area where CAM is routinely used in children is acute respiratory tract infections (ARTI), where CAM is used in 1 in 2 children. Despite this, there is limited information why parents use CAM in their children, and the factors that influence a parent’s decision to use CAM for the management of ARTI in children. This research aimed to address this knowledge gap.

Method

Using qualitative descriptive approach, this research, conducted in Greater Melbourne, Australia, recruited parents of children who had used CAM for treating ARTI in their children. Parents’ perspectives were captured using individual semi-structured interviews, which were then transcribed verbatim. Several strategies to improve trustworthiness were implemented. Results

There were twenty-four parents (all female; age 26-54) interviewed. The finding from this research showed a breadth of different remedies utilised as well as the complex processes underpinning parents’ decision to use CAM. Parents commonly tried to utilise both CAM practitioners and mainstream medicine. While use of mainstream medicine were used to rule out any sinister pathology, CAM was then used as a frontline option, with food as medicine (e.g. soups), due to concerns regarding the negative aspects of pharmaceutical use. Parents utilised a diverse range of sources during their decision-making process including friends, families and internet but not with traditional sources of research evidence. Conclusion

Parents’ decision to use CAM for treating ARTI amongst children is influenced by a complex range of factors.

**Public Health Policies and Practices**

**Multidrug Resistant Tuberculosis in Prisons of Post-Soviet Countries**

Maxwell Drozin, Adjunct Professor of Public Health, Public Health, Stetson University, DeLand, FL, United States

A systematic literature review was performed to investigate the occurrence of multidrug-resistant tuberculosis (MDR TB) in prisons located in countries formerly part of the Soviet Union. A systematic search of published studies reporting MDR TB occurrence in prisons located in former Soviet countries was conducted by probing PubMed and Cumulative Index Nursing and Allied Health Literature for articles that met predetermined inclusion criteria. Seventeen studies were identified for systematic review. Studies were conducted in six different countries. Overall, prevalence of MDR TB among prisoners varied greatly between studies. Our findings suggest a high prevalence of MDR TB in prisons of Post-Soviet states with percentages as high as 16 times more than the worldwide prevalence estimated by the WHO in 2014. All studies suggested a high prevalence of MDR TB in prison populations in Post-Soviet states.

**Public Health Policies and Practices**
### Paralelo: Salud y grupos humanos

#### Entre la medicina tradicional y los nuevos conocimientos en torno a las enfermedades padecidas en migrantes poblanos en Nueva York

**Cristina Cruz Carvajal, Profesora-Investigadora, Facultad de Derecho y Ciencias Sociales, Benemérita Universidad Autónoma de Puebla, Puebla, México**

En la presente ponencia se aborda la forma en la que los migrantes poblanos que han permanecido en Nueva York han establecido estrategias en torno al cuidado de su salud, para permanecer de la mejor manera y el mayor tiempo posible en la unión americana. Se muestra cómo es que llevan a cabo conocimientos adquiridos en sus comunidades de origen en torno al uso de medicina tradicional, ya que saben que el cuidado de la salud en Estados Unidos es muy caro. De ahí que, sobre todo las mujeres migrantes se desenvuelvan no sólo en eso, sino en nuevos conocimientos adquiridos, aplicándolos con quienes las rodean, así como a su retorno. El presente trabajo se realizó con observación participante desde 2007 a 2012 y en 2015.

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#### Desarrollo de una guía de atención fisioterapéutica para bebés prematuros de 0 a 12 meses como experiencia de práctica formativa

**Lina Grimaldos, Profesora, Universidad de La Sabana, Bogotá, Distrito Capital, Colombia**

Durante la formación de los fisioterapeutas en la Universidad de La Sabana, los estudiantes deben cursar las prácticas de formación Integral. El objetivo es que el estudiante tenga una aproximación real del ejercicio de la profesión para facilitarle la relación entre la teoría, las realidades del país y su participación como actor clave en la salud. Una de las estrategias utilizadas en el proceso de formación es el desarrollo de proyectos, la cual los lleva a actuar como investigadores del mundo en que viven. Por esto, un grupo de fisioterapeutas en formación vio la necesidad de apoyar en la mejora de la prestación, por medio de una guía de atención para la población de bebés prematuros de 0 a 12 meses de edad, a quienes asisten a “Plan Canguro de Consulta Externa” en un hospital público de Bogotá D.C. Contó con tres fases: Fase I) Búsqueda de literatura existente sobre intervención fisioterapéutica en niños prematuros de 0 a 12 meses de edad y planteamiento de componentes de la guía de atención fisioterapéutica basada en la evidencia, de acuerdo con los lineamientos del Plan Canguro Consulta Externa de un hospital público de la ciudad de Bogotá D.C. Fase II) Se socializó la guía solicitando la opinión de expertos quienes evaluaron la calidad de la guía de atención fisioterapéutica. Fase III) Se realizaron ajustes de acuerdo con la evaluación por expertos y se realiza entrega y socialización con la institución para su posterior adaptación en “Plan Canguro de Consulta Externa” del hospital.

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#### El sobrepeso y la obesidad en edad escolar: Estudio y variaciones del IMC en una población de Educación Secundaria durante un curso escolar

**Juan Pablo Fernández Abuín, Profesor, Franciscoanos de Lugo, Colegio PP. Plurilingue, Galicia, España**

En el comienzo del siglo XXI, los informes que referencian el incremento del problema de obesidad son alarmantes. Según la Organización Mundial de la Salud (OMS), entre 1980 y 2014, la prevalencia mundial de obesidad (índice de masa corporal IMC ≥30) casi se ha duplicado. Aunque parece que esta tendencia en los países desarrollados tiende a estabilizarse, no sucede así en los que se encuentran en vías de desarrollo. En España, igual que ocurre en otros países de su entorno, la prevalencia de obesidad aumenta en la población adulta, y lo que es peor, también lo hace en la población infantil y juvenil. Este crecimiento lleva implícito un incremento de las comorbilidades asociadas: diabetes mellitus tipo 2, hipertensión arterial, hiperlipidemias o enfermedades cardiovasculares, con el consiguiente aumento de los costos sanitarios y económicos. Es por ello, que la OMS ha considerado a la obesidad como “una epidemia del siglo XXI” y encabeza junto a instituciones y sociedades científicas una llamada internacional para luchar contra el sobrepeso y la obesidad. El presente trabajo pretende analizar y examinar las variaciones existentes del IMC en una población escolar de la provincia de Lugo durante un curso académico, estableciendo el riesgo de sobrepeso y conociendo así la dimensión epidemiológica de la obesidad infantil/juvenil en esta zona, comparándola con otros estudios realizados para esas edades.

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### Clausura del Congreso y entrega de premios
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**Impacts on Sexual Health**

**Burden of Misconception in Sexual Health Care Setting: A Cross-Sectional Investigation among the Patients Attending a Psychiatric Sex Clinic of Bangladesh**

S. M. Yasir Arafat, Bangabandhu Sheikh Mujib Medical University, Dhaka, Bangladesh
Srijony Ahmed, Bangabandhu Sheikh Mujib Medical University, Dhaka, Bangladesh

Bangladesh is a country in South Asia with about 160 million people and achieved health related Millennium Development Goals (MDG) significantly. But sexual health is still an untapped issue with predominant myths and misconception. We aimed to look into the proportions of patients attending sexual health care services due to misconceptions. The descriptive, cross-sectional study was conducted among 110 patients attending Psychiatric Sex Clinic (PSC) of Bangabandhu Sheikh Mujib Medical University. Respondents were included in the study with convenient sampling from November 2016 to March 2017. Data were collected through face-to-face interview with semi-structured preformed, pretested questionnaire and analyzed by SPSS software 16.0 version. Results: Most of the patients (93%) were male, 60% were married, 62% were urban inhabitant, 42% were under grade 10, and 33% were service holder. Total 55% of the patients had misconceptions and 29% visited only for misconception; 14% had Premature Ejaculation; and 12% had desire disorder. 32% of the patients had psychiatric disorders and among them depression was most common, 13%. Positive openness in sexual health and appropriate strategy should be taken to improve the quality of sexual life as well as reduce the misconception in the people of Bangladesh.

**Public Health Policies and Practices**

**The Influence of Physical Assault and Cyber-bullying on Risky Sexual Behaviour among Students in Durban, South Africa**

Firoza Haffejee, Associate Professor, Basic Medical Sciences, Durban University of Technology, Durban, KwaZulu- Natal, South Africa
Rosalie Corona, Virginia Commonwealth University, United States

Sexual violence increases the risk for HIV infection. Social media can be used to communicate false or embarrassing information about another person. Such cyber-bullying can have adverse psychosocial outcomes. To date there are no reports of the effect of cyber-bullying on risky sexual behaviour. This study explored the relationship of physical assault and cyber-bullying on risky sexual behaviour among South African university students. A quantitative, cross-sectional study was conducted. Demographic characteristics and data on sexual history was obtained. Physical violence and cyber-bullying were measured on a 5-point Likert scale. RESULTS The mean age of participants (n=441) was 22.7±4.3 years, of which 52.4% (n=231) were female. The mean number of current sexual partners was 1.4 ± 1.47 (range: 0-13). Only 28.5% reported using a condom at every sexual intercourse during the last three months. At least one form of physical assault from an intimate partner was endorsed by 50.6% of study respondents. Experience of at least one form of cyber-bullying was reported by 76% of respondents. Consistent condom usage was lower in those who were previously assaulted by an intimate partner (p=0.016) and by those who experienced any form of cyber-bullying from an intimate partner (p=0.020). The number of sexual partners was not influenced by physical assault (p=0.06) nor by cyber-bullying (p=0.083). No gender differences were observed for any of the variables (p>0.05). Experiences of both physical violence and cyber-bullying by an intimate partner increases risky sexual behaviour by decreasing condom usage.

**Health Promotion and Education**
**Friday, 21 September**

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<td><strong>Evolutions in Wellness</strong></td>
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<td>Creating Office Athletes: Employee Exercise Program at UCLA</td>
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<td>Elisa Terry, FitWell Director, Recreation, UCLA, Los Angeles, CA, United States</td>
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<td>Kelly Shedd, FITWELL Assistant Program Director, Recreation, UCLA, Los Angeles, California, United States</td>
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<td>An intensive 12 week behavior change program, paid for by the university and offered free to faculty and staff at UCLA. Employees shift from being generally sedentary to physically fit through progressive strength and conditioning 3 days a week for the duration of the course. Research conducted on data collected demonstrated significant results in not only improved levels of fitness, but also benefits on overall mental health of participants, on often under represented area of potential cost savings in worksite wellness programming. Additionally, over the course of 6 years and over 2,500 participants, significant cost savings for the university have been shown.</td>
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<td>The Power of Stories to Promote Physical Activity: Evaluating the Quality and Utility of a Video Narrative Tool</td>
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<td>Emily Hunt, PhD Student, School of Sport, Exercise and Health Sciences, Loughborough University, Loughborough, United Kingdom</td>
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<td>Narrative health interventions utilise personal stories from the target population to motivate others to change behaviour. Narratives are potentially a useful tool for promoting physical activity (PA), yet current findings are equivocal, and more research evidence is needed. The current research aimed to develop and evaluate a video narrative tool as a means of promoting PA in people with arthritis. This study was conducted in two stages; narrative development and, patient and healthcare professional evaluation. Stage 1 involved initial life-story interviews with 20 people with arthritis that informed the narrative content; 2 participants were then invited back to participate in a storytelling workshop and filming sessions to develop videos about their exercise stories. Stage 2 involved evaluating the video narratives using focus groups with arthritis patients and healthcare professionals. Participants responded to questions about narrative quality (e.g. authenticity, relatability, persuasiveness) and practical utility (e.g. use in healthcare settings). Preliminary findings suggest participants perceived the video narratives to deliver a clear health message within an authentic story. Participants stated the videos portrayed “real people, in real settings, telling a real story” and perceived the videos could be useful to “nudge” patients to adopt PA. Yet, there were tensions regarding the utility of narratives to change PA without integrating traditional cognitive behaviour change approaches. Video narratives could be used as an adjunct to existing exercise programmes to motivate patients. Future research should investigate the effectiveness of these video narratives as an intervention to change PA behaviour.</td>
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<td>California Polytechnic State University Mindfulness Project: The Impact of a Mindfulness Application on Wellbeing</td>
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<td>Genie Kim, California Polytechnic State University, San Luis Obsipo, California, United States</td>
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<td>Carole Schaffer, California Polytechnic State University, San Luis Obsipo, California, United States</td>
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<td>A literature review of the impact of mindfulness meditation reveals there are multiple positive outcomes associated with daily meditation; findings reference a reduction in the experience of anxiety, depression and stress, for example. Utilizing a mindfulness meditation application that guides users through the meditation process that can be easily accessed by a mobile device could provide additional resources/strategies for mitigating emotional challenges experienced by students, staff and faculty at a large, public undergraduate university. Hoping to identify and implement impactful and cost effective wellness strategies, student, staff and faculty volunteers were asked to participate in a study during which participants were asked to utilize a guided meditation application for ten minutes a day for five (5) weeks. Study participants will be asked to complete a Maslach Burnout Inventory before using the meditation application and at the conclusion of the study. Based upon previous research findings, a reduction in the self-report of the experience of burnout will be reported by study participants. Should this hypotheses be confirmed, the widespread use of an easily accessed and affordable application could be deployed across campus to enhance wellbeing.</td>
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<p>| 16:45-17:15| <strong>Conference Closing and Award Ceremony / Clausura del Congreso y entrega de premios</strong> |</p>
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<td>Beatriz Vallina Acha</td>
<td>Universidad de Valencia</td>
<td>España</td>
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<td>Vicky Vazquez</td>
<td>Florida International University</td>
<td>United States</td>
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<td>Eréndira Estrella Vázquez Vargas</td>
<td>Universidad Autónoma de Yucatán</td>
<td>México</td>
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<td>Yuliana Patty Vilea Alemán</td>
<td>Pontificia Universidad Católica del Perú</td>
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<td>Mohan Vinjamuri</td>
<td>City University of New York</td>
<td>United States</td>
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<td>Ashley Wood-Suszko</td>
<td>Centre for Addiction and Mental Health</td>
<td>Canada</td>
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<td>Seunghyun Yoo</td>
<td>Seoul National University</td>
<td>South Korea</td>
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<td>Jessenia Zayas-Rios</td>
<td>Juan Bautista School of Medicine</td>
<td>Puerto Rico</td>
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<td>Marta Anna Zurawik</td>
<td>University of Bolton</td>
<td>United Kingdom</td>
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Third International Conference on Communication & Media Studies
University of California at Berkeley
Berkeley, USA | 18–19 October 2018
oncommunicationmedia.com/2018-conference

Ill Congreso Internacional de Estudios sobre Medios de Comunicación
Universidad de California
Berkeley, EEUU | 18–19 de octubre de 2018
medios-comunicacion.com/congreso-2018

Eighth International Conference on Food Studies
University of British Columbia - Robson Square
Vancouver, Canada | 25–26 October 2018
food-studies.com/2018-conference

VIII Congreso Internacional sobre Estudios Nutricionales y Alimentación
Universidad de Columbia Británica, Robson Square
Vancouver, Canadá | 25–26 de octubre de 2018
estudiosnutricionales.com/congreso-2018

Spaces & Flows: Ninth International Conference on Urban and ExtraUrban Studies
Marsilius Kolleg, Heidelberg University
Heidelberg, Germany | 25–26 October 2018
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

IX Congreso Internacional sobre la Imagen
Universidad Baptista de Hong Kong
RAE de Hong Kong | 3–4 de noviembre de 2018
sobrelaimagen.com/congreso-2018

Fifteenth International Conference on Environmental, Cultural, Economic & Social Sustainability
UBC Robson Square
Vancouver, Canada | 17–19 January 2019
onsustainability.com/2019-conference

Nineteenth International Conference on Knowledge, Culture, and Change in Organizations
UBC Robson Square
Vancouver, Canada | 21–22 February 2019
organization-studies.com/2019-conference

XIX Congreso Internacional de Conocimiento, Cultura y Cambio en Organizaciones
Universidad de Columbia Británica, Robson Square
Vancouver, Canadá | 21–22 de febrero de 2019
la-organizacion.com/congreso-2019

Thirteenth International Conference on Design Principles & Practices
Saint Petersbug State University
Saint Petersburg, Russia | 1–3 March 2019
designprinciplesandpractices.com/2019-conference

XIII Congreso Internacional sobre Principios y Prácticas del Diseño
Universidad Estatal de San Petersburgo
San Petersburgo, Rusia | 1–3 de marzo de 2019
el-diseno.com/congreso-2019

Fifteenth International Conference on Technology, Knowledge, and Society
ELISAVA Barcelona School of Design and Engineering
Barcelona, Spain | 11–12 March 2019
techandsoc.com/2019-conference
XV Congreso Internacional de Tecnología, Conocimiento y Sociedad
Elisava Escuela Universitaria de Diseño e Ingeniería de Barcelona
Barcelona, España | 11–12 de marzo de 2019
tecno-soc.com/congreso-2019

Eleventh International Conference on Climate Change: Impacts & Responses
Pryzbyla Center,
The Catholic University of America
Washington, D.C., USA | 16–17 April 2019
on-climate.com/2019-conference

Ninth International Conference on Religion & Spirituality in Society
University of Granada
Granada, Spain | 25–26 April 2019
religioninsociety.com/2019-conference

IX Congreso Internacional sobre Religión y Espiritualidad en la Sociedad
Universidad de Granada
Granada, España | 25–26 de abril de 2019
la-religion.com/ congreso-2019

Twelfth International Conference on e-Learning & Innovative Pedagogies
Hotel Grand Chancellor Hobart
Hobart, Australia | 2–3 May 2019
ubi-learn.com/2019-conference

Fourth International Conference on Tourism & Leisure Studies
Florida International University
Miami, USA | 16–17 May 2019
tourismandleisurestudies.com/2019-conference

Ninth International Conference on The Constructed Environment
Centro Cultural Vila Flor
Guimarães, Portugal | 23–24 May 2019
constructedenvironment.com/2019-conference

Nineteenth International Conference on Diversity in Organizations, Communities & Nations
University of Patras
Patras, Greece | 5–7 June 2019
ondiversity.com/2019-conference

Fourteenth International Conference on the Arts in Society
Polytechnic Institute of Lisbon
Lisbon, Portugal | 19–21 June 2019
artsinsociety.com/2019-conference

Tenth International Conference on Sport & Society
Ryerson University
Toronto, Canada | 20–21 June 2019
sportandsociety.com/2019-conference

Twelfth Global Studies Conference
Jagiellonian University
Kraków, Poland | 27–28 June 2019
onglobalization.com/2019-conference

Seventeenth International Conference on New Directions in the Humanities
University of Granada
Granada, Spain | 3–5 July 2019
thehumanities.com/2019-conference

XVII Congreso Internacional sobre Nuevas Tendencias en Humanidades
Universidad de Granada
Granada, España | 3–5 de julio de 2019
las-humanidades.com/congreso-2019
Seventeenth International Conference on Books, Publishing & Libraries
University of Granada
Granada, Spain | 5 July 2019
booksandpublishing.com/2019-conference

Fourteenth International Conference on Interdisciplinary Social Sciences
Universidad Autónoma Metropolitana
Mexico City, Mexico | 10–12 July 2019
thesocialsciences.com/2019-conference

XIV Congreso Internacional de Ciencias Sociales Interdisciplinares
Universidad Autónoma Metropolitana Unidad Xochimilco
Ciudad de México, México | 10–12 de julio de 2019
interdisciplinasocial.com/congreso-2019

Twenty-sixth International Conference on Learning
Queen’s University Belfast
Belfast, UK | 24–26 July 2019
thelearner.com/2019-conference

XXVI Congreso Internacional sobre Aprendizaje
Universidad de Queen
Belfast, Reino Unido | 24–26 de julio de 2019
sobreaprendizaje.com/congreso-2019

Aging & Social Change: Ninth Interdisciplinary Conference
University of Vienna
Vienna, Austria | 16–17 September 2019
agingandsociety.com/2019-conference

Ninth International Conference on Health, Wellness & Society
University of California at Berkeley
Berkeley, USA | 19–20 September 2019
healthandsociety.com/2019-conference

IX Congreso Internacional de Salud, Bienestar y Sociedad
Universidad de California, Berkeley
Estados Unidos | 19–20 de septiembre de 2019
saludsociedad.com/congreso-2019

Fourth International Conference on Communication & Media Studies
University of Bonn
Bonn, Germany | 26–28 September 2019
oncommunicationmedia.com/2019-conference

IV Congreso Internacional de Estudios sobre Medios de Comunicación
Universidad de Bonn
Bonn, Alemania | 26–28 de septiembre de 2019
medios-comunicacion.com/congreso-2019

Ninth International Conference on Food Studies
National Kaohsiung University of Hospitality and Tourism
Kaohsiung City, Taiwan | 24–25 October 2019
food-studies.com/2019-conference

Sixteenth International Conference on Environmental, Cultural, Economic & Social Sustainability
Pontifical Catholic University of Chile
Santiago, Chile | 29–31 January 2020
onsustainability.com/2019-conference

XVI Congreso Internacional sobre Sostenibilidad Medioambiental, Cultural, Económica y Social
Pontificia Universidad Católica de Chile
Santiago, Chile | 29–31 de enero de 2020
lasostenibilidad.com/congreso-2020
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