



University of Pittsburgh



2017-2018
A YEAR IN REVIEW

TABLE OF CONTENTS

INTRODUCTION	3
COMMITTEE MEMBERS	4
EVENTS SUMMARY, HIGHLIGHTS	5
PHYSICAL HEALTH	5 - 8
EMOTIONAL HEALTH	8 - 9
INTELLECTUAL HEALTH	9 - 10
OCCUPATIONAL HEALTH	10
ENVIRONMENTAL HEALTH	11
SOCIAL HEALTH	11 - 12
HOLISTIC HEALTH	12 - 14
SUSTAINABILITY	15
ACKNOWLEDGEMENTS	15
APPENDICES	16 - 65
FUNDED PROJECTS	16 - 18
EVENT FLYERS	18 - 65

INTRODUCTION

In Spring 2017, Provost Patricia E. Beeson announced that the academic year 2017-2018 would be the Year of Healthy U. During that time, University of Pittsburgh students, faculty and staff studied, recognized and benefited from practices that promote good health, showing how a cross-disciplinary understanding of wellness can lead to better and more productive lives. The

Year of Healthy U engaged our various audiences, advanced our understanding of health in all of its forms and renewed our commitment to fostering a vigorous and lively community.

As this report demonstrates, Pitt students – our future – were most involved and embraced the Healthy U focus, incorporating health initiatives into existing programs as well as newly-introduced activities and events. By sustaining Healthy U concepts learned and adopted during this past academic year, the ultimate outcome is for the Pitt Family to lead healthier, more productive lives well into the future.



COMMITTEE MEMBERS

Anthony Delitto, professor and dean, School of Health and Rehabilitation Sciences, chaired The Year of Healthy U steering committee comprised of:



- Amanda Budzowski, UPMC Health Plan
- Jackie Dunbar-Jacobs, dean and distinguished service professor, School of Nursing
- Shawn Eack, David E. Epperson professor, School of Social Work
- John Jakicic, distinguished professor and chair, Department of Health and Physical Activity, School of Education
- John Kozar, assistant vice chancellor, University Benefits, Office of Human Resources
- David Lewis, distinguished professor, Psychiatry and Neuroscience, Thomas Detre professor of Academic Psychiatry, chair, Department of Psychiatry, School of Medicine
- Debora Miller, associate professor and vice dean, School of Health and Rehabilitation Sciences
- Kathleen Musante, professor, Department of Anthropology, Dietrich School of Arts and Sciences
- Brian Primack, Bernice L. and Morton S. Lerner chair and dean, University Honors College
- Christian Spears, deputy director of External Affairs, Athletics
- Nancy Tannery, assistant provost, Office of the Provost
- Marian Vanek, director of Student Health Services, Office of Student Affairs
- Ciara Barry, Student Government Board member, CBA Finance and Marketing major
- Elizabeth Bina, Student Health Services, SAS Biological Sciences major
- Amy Tran, graduate student representative (GSPH, Class of 2018, MHA)

EVENTS SUMMARY

Some 107 proposals were submitted for matching funds from the Provost's Office. Of these proposals, 88, or 82 percent, received matching funds in excess of \$218,000. Numerous other activities, challenges and events were held across all campuses for which no requests for matching funds were made. The Year of Healthy U was characterized by a groundswell of grassroots efforts by faculty, staff and students across all campuses, schools, departments and a myriad of organizations.

HIGHLIGHTS

Throughout the year, a variety of events were held on Pitt's main and regional campuses, all providing a holistic approach to wellness and self-care. The events centered around the eight domains of health, many of them covering multiple aspects, including:

- emotional
- environmental
- financial
- intellectual
- occupational
- physical
- social wellness
- spiritual.

Here are the highlights.



PHYSICAL HEALTH

Battle Dome Obstacle Course Winners

Annual Rise Against Hunger - The Towers Community, consisting of approximately 1,500 students, assisted in this second annual service project. Volunteers worked to package a total of 120,000 meals. This task could not have been completed without the generosity of the Kraft-Heinz Foundation, who made 100,000 meals for the event. An additional 20,000 meals were provided by the Office of Residence Life. Students had the opportunity to learn about hunger, connect with a local service organization and collaborate with peers in a service event that assisted thousands of individuals.

Bring Your Own Mug - Sponsored by Residence Life, resident assistants encouraged dorm residents to develop healthy eating habits by providing them with quick, fun and delicious “breakfast in a mug” recipes that they could make in their own rooms to increase students’ wellness.

Exercise is Medicine on Campus - The Pitt Bradford “Exercise is Medicine on Campus” team sponsored activities and educational sessions for all students, faculty, and staff promoting physical activity. The activities included a Push Up Challenge, Grip Strength; Walk to Pittsburgh Campus around the Quad; Blood Pressure Checks; Step Up, Sit and Reach; Jumping Jack Challenge; Body Composition; Sit-Up Challenge; and Plank Challenge. “Exercise is Medicine on Campus” is part of a global health initiative.

Fitness U - Fitness U was hosted in the winter when snowfall is heavy on Titusville’s campus and students are not able to explore the outdoors. This four-hour program offered students the opportunity to ride state-of-the-art CompuTrainer bikes that are connected to gaming systems using virtual reality to bike along paths and trails through all types of terrain. The program was sponsored by the Student Activities Board.



Click photo to view all three videos.

Healthy Back Video Series - Sponsored by the Department of Physical Therapy, [three short videos](#) were produced to highlight the importance of maintaining a healthy spine. The videos include tips on how simple changes in everyday actions and routines can make a difference in your health. The goal was to create awareness regarding the importance of maintaining a healthy neck and back and to provide safe, simple activities that can be incorporated into daily life. The videos feature physical therapy students, Pitt’s mascot Roc and Senior Vice Chancellor Kathy Humphrey.

Healthy U PittGround Playday - For one day, Campus Recreation invited the University family to PittGround, a functional fitness field with outdoor fitness equipment. Students, faculty and staff celebrated a day of fitness with games, contests, and prizes.

Healthy U Panther Kickoff - Campus Recreation held a kickoff event for returning students arriving on campus. The event promoted group exercise classes, personal training sessions and mind/body wellness events.

Healthy U Yogathon - Campus Recreation held its 2nd Annual Healthy-U Yogathon, a four-hour program providing four different styles of yoga to students, faculty and staff. The event attracted approximately 100 students! Giveaways included 60 yoga mats, 60 Healthy-U Yogathon tank tops and three Campus Recreation Healthy-U Group Exercise certificates.



Nightmare in the Quad - Sponsored by Student Affairs, this event returned in 2017 with a healthy twist. A grilled corn bar provided a healthy alternative to the unhealthy carnival-style food that was typically served. Grilled corn was chosen because of its connection to the fall season, its nutritional value and the ease in which you can walk, talk and eat corn.

Pitt Moves - The Graduate School of Public Health and Center for Health Equity "Pitt Moves" project consisted of adding physical activity breaks (PAB) to graduate courses and to help foster a culture of non-sedentarism at Pitt. Facilitators led PAB in ten courses in three schools (seven in Public Health, two in Social Work and one in Nursing). An evaluation of the project is currently underway.

Rec-O-Mania - This one-day event held at the beginning of the fall term near the Pitt Sports Dome introduced new students to Campus Recreation, Intramural Sports, Student Health Services and Pittsburgh area vendors. Rec-O-Mania educated students on various ways they can stay active and healthy at Pitt and in the surrounding community.

RecRewards - This employee incentive program that was implemented in the spring. The program tracked the performance of group exercise instructors and personal trainers. Basic activities like attending meetings or reaching out to clients via email were worth a small amount of points, whereas larger more impactful things like signing on new clients or performing well on employee evaluations were worth more points. At the end of the term, employees were able to select prizes based on how many points they accrued. Prizes featured a theme focused around fitness and wellness, and ranged from items as basic as athletic socks to grand prizes like Fitbit trackers.



In conjunction with RecRewards, a biweekly education series was implemented where trainers and wellness staff would prepare an educational presentation on a specific topic such as training methodology, anatomy or sales techniques. Through this education series, the fitness staff was able to effectively share each individual's unique knowledge and experience, forming a more well-rounded and capable staff.

Staff development sessions were also scheduled to foster camaraderie and a positive work environment. These sessions took the form of nature hikes, yoga classes or other similar activities. The implementation of these programs correlated with multiple positive outcomes for the department. Monthly sales were the highest ever recorded, meeting and class attendance were at their best and customer acquisition and retention were measurably higher than previous years. Furthermore, social media and student outreach from the wellness staff has never been higher, increasing the department's influence and presence in the lives of Pitt students.

St. Patrick's Day 5K Race - Pitt Titusville hosted a 5K race on St. Patrick's Day to promote health and wellness, and to get people outside to shake off the winter blues. The run enhanced relations and collaboration between the University and the Titusville community.



Spring into Wellness - Four monthly events were held at Pitt Greensburg focusing on mental well-being through mindfulness practice, relaxation and stress-reducing activities. The workshops were sponsored by Academic Village.

EMOTIONAL HEALTH

Fight Procrastination with Concentration - This long night against procrastination took place from 5 p.m. to 2 a.m. during which phones and other distracting devices were stored elsewhere. The event included scheduled breaks intermingled with quiet study sessions. During the breaks, activities such as meditation or yoga and healthy snacks were offered to keep everyone fueled and focused. The time of reflection and sharing aimed to improve overall academic performance by focusing on critical thinking skills. The event was sponsored by the University Library System.

The HAZE - The Student Government Board invited Heather Marlowe, playwright, performer, lecturer and activist, to perform THE HAZE, a tragicomic retelling of her experience with the criminal justice system after being raped by a stranger. The HAZE gave students a unique experience as Marlowe infused her nuanced performance and personal experience with pathos, humor and courage.

Healthy Relationships Workshop - This workshop, held during Domestic Violence Awareness Month, aimed to help students recognize the signs of an unhealthy relationship and provided information for supporting peers who have been affected by misconduct or abuse. The event was sponsored by the Title IX Office, SHARE Office and the student group, SAFE (Sexual Assault Facilitation and Education), a group of trained student facilitators who present workshops on sexual assault prevention, the importance of consent and bystander intervention. After the debut of this new workshop, student organizations and residence halls could request the workshop throughout the year.

Mental Health First Aid - The Counseling Center and Student Health Services collaborated with Student Affairs and various academic departments to broaden and deepen mental health awareness on campus via Mental Health First Aid training. The goal was to broaden suicide prevention efforts on campus. The eight-hour training session was mostly geared toward faculty and staff who have direct communication with students, but anyone on campus could participate.

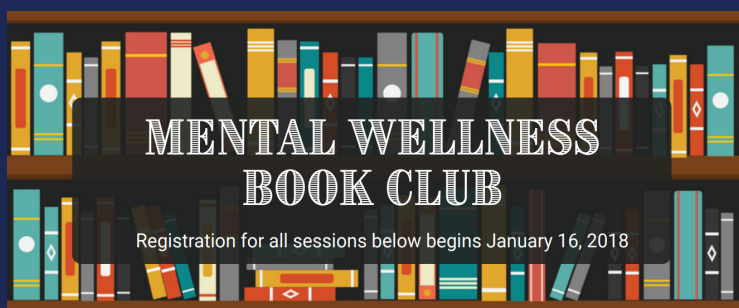
Stress Free Day - A four-hour de-stress session was provided on Titusville's campus for those returning from spring break. A massage therapist who completed the massage certificate program at Pitt Titusville offered free chair and hand massages to students. Students also learned about self-help resources for stress reduction and tips on healthy eating. The event was sponsored by the Student Activities Board.

Stress Release Series - A series of stress relief events were offered through the year culminating with a talk by author/speaker Florence Williams who shared her research from her book "The Nature Fix: How Nature Makes Us Happier, Healthier, and More Creative." The workshops included DIY stress relief crafts such as slime, galaxy jars, natural sugar scrubs, stress balls, natural pillow sprays, soothing eye pillows and miniature Zen gardens. Student Affairs and Phi Theta Kappa sponsored the series.

Tai Chi and Qigong Workshop - The University Honors College hosted a Tai Chi Workshop for residents of Honors Housing in Sutherland West Hall. Students walked away with some basic tai chi techniques for use in their daily lives.

INTELLECTUAL HEALTH

Games4Health 2017 - Cross-disciplinary teams of computing, health sciences, business and humanities students worked over a 24-hour period to develop game prototypes that address clinical challenges presented by domain experts from clinical practice, academic research and business development. The event was sponsored by the School of Computing and Information.



Mental Wellness Book Club - The Mental Wellness Task Force of the University Senate's Benefits and Welfare Committee sponsored a series of discussions surrounding different books throughout the spring and summer of 2018. Participating Pitt faculty and staff were provided free copies of the books to read in advance.

"Up 'til 2 for a Successful You" - This eight-hour event focused on a variety of areas to help students embark on a healthy path to academic success. Students could participate in a wide range of sessions from interacting with therapy dogs, engaging in a stress free zone, meditation or yoga, to getting help with public speaking or healthy eating. The event was sponsored by the Academic Initiatives Committee in Residence Life and University Library staff.

Western PA Undergraduate Literature Conference - The third annual interdisciplinary “Western Pennsylvania Undergraduate Literature Conference” at Pitt Johnstown brought together undergraduate students studying literature in English, French and Spanish from many universities in Western Pennsylvania including Penn State Altoona, St. Vincent College, Indiana University of Pennsylvania, Duquesne University, and St. Francis University. Students presented their scholarly work in a conference organized around an interdisciplinary theme. Students presented critical essays, original poetry and creative short fiction on a wide range of topics.

OCCUPATIONAL HEALTH



Click photo
to view
video series.

Computer Ergonomics for U - The Department of Occupational Therapy at the School of Health and Rehabilitation Sciences created a video series to help anyone who works with a computer to create a more comfortable workstation. The series covers how to assess, adjust and choose the appropriate equipment for your work space to avoid computer-related injuries, aches and pains.

Healthy Singing for Body and Mind - Sponsored by the Bradford Music Program, this retreat-style activity offered prospective singers the opportunity to work on singing techniques with guest clinician Dusty Francis in a relaxed but focused atmosphere. A healthy singing technique can result in a greatly improved vocal sound, whereas failure to sing in a healthy way is often highly uncomfortable, fatiguing, and over the long term, even damaging to strained vocal cords.

Pitt Pre-Health Summit - The Student Government Board’s “Pitt Pre-Health Summit” brought speakers and students from various backgrounds, universities and perspectives together to discuss issues impacting the overall health care system of our country, and to learn useful skills to aid students on their path to becoming the next generation of health care providers. The Summit not only catered to pre-medical students, but to all those interested in health care field.

ENVIRONMENTAL HEALTH

Responsible Reporting of Gun Violence - The Center for Bioethics and Health Law received funding for this special symposium to discuss this relevant topic in today's society. Considered a public health problem, gun violence is a threat to every dimension of health, undermining physical, mental and social well-being.



SHRS Edible Garden - The Department of Sports Medicine and Nutrition in the School of Health and Rehabilitation Sciences created an edible garden in the atrium at Forbes Tower, where the school is located. The project will help the Nutrition program's goals of providing experiences that address the importance of diet and health in chronic disease prevention and management. The project will also meet multiple program competencies required by the Accreditation Council for Education in Nutrition and Dietetics. The harvested herbs and vegetables will be used for education and food demonstrations within the classroom and in outreach programs on campus. Garden towers with compost columns are also housed in the outdoor atrium. The edible garden will help offset costs associated with running the Food Science Lab and engage students in an environmentally-sustainable project. Students, faculty, staff and the public will all benefit from this innovative and thriving green space.

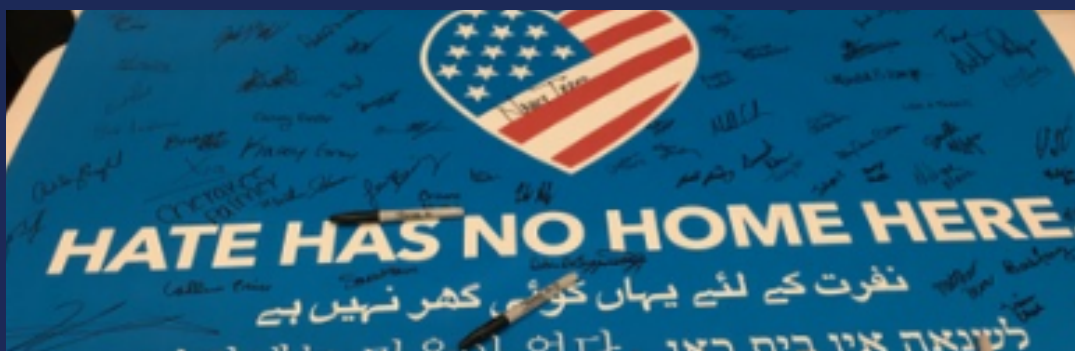
SOCIAL HEALTH

Cross-disciplinary Conference on Family and Healthy U - The Department of Linguistics hosted a cross-disciplinary conference on family and health examining the role of family in education, health, care giving and social support, and in forming beliefs about sickness, health, medicine and shaping healthy behaviors.

Escape from Hate - Sponsored by Pitt Bradford's Department of Criminal Justice, this event began with a viewing of the documentary, *Escape from Room 18*, the story about ex-Neo-Nazi John Daly who fled to Israel after his own gang tried to murder him upon discovering that he was Jewish. The event opened a dialogue about acceptance and hope to intercept individuals on the pathway to hate and redirect them toward a healthier attitude. The film was followed by a presentation by John Daly himself.

Photo shows guest speaker John Daly and Pitt Bradford Assistant Professor of Criminal Justice Pat Brougham.





Hate has No Home Initiative (Titusville YMCA and Office of the Campus Dean) - Sponsored by Academic Affairs, STAND UP TOGETHER (a local community group), and Pitt Titusville, this community-wide celebration centered around Martin Luther King Jr. Day. Community members and students signed a pledge to stand up against hate speech and behavior and intolerance and were introduced to the “Hate Has No Home” initiative. The goal was to create a healthier community where people feel welcome and respected. Campus Committees on Sexual Assault Awareness and Diversity sponsored the pledge-signing event.

PawsitiveU - This program was held each Wednesday throughout the academic year to spread positivity around the Pitt community. During each program, Residence Life and campus collaborators interacted with students and community members as they walked in front of the William Pitt Union. Staff would give away a small prize, talk to students about goals and initiatives in their academics, and connect students to a variety of resources on campus. This year some of the events included a potting and passing of plants, bubble wrap and meditation for stress relief, DIY selfcare kits and more. One of their most notable displays was “STAND against Racism” co-sponsored by the YWCA of Greater Pittsburgh and the Office of Diversity and Inclusion. Staff wore shirts, aided students in signing pledges and discussed the impact racism has on a community.

Tip Off at Trees - The Students for Disability Advocacy hosted a wheelchair basketball tournament providing Pitt students, professors and staff – with or without disabilities – an opportunity to participate in adaptive sports. The tournament functioned as a recruitment tool for the regular Thursday night wheelchair basketball practices. Adaptive sports programs promote general health, well-being and community for students with disabilities, especially veterans.

HOLISTIC HEALTH

The Beautiful Summit - A half-day conference focused on the wellness of black women, this summit featured topics ranging from black hair care and its history, mental health management, self-care, nutrition, emotional well-being, financial wellness and empowerment. Students, faculty and staff were invited to participate in the conference sponsored by Residence Life and First Year Experience.



Complementary and Alternative Medicine to Reduce Stress - Pitt-Johnstown Nursing sponsored a week-long interactive event highlighting ways to manage stress through various techniques. Programming included massage therapy and essential oils, yoga and meditation, stress relief through music/dance and mindfulness, a Therapy Dog session and chiropractic and nutritional strategies to relieve stress and neck tension. Additionally, posters were created by nursing students and displayed throughout the week. The program was well-received serving approximately 200 faculty, students and staff over the course of the five-day program. Additionally, posters were created by nursing students and displayed all week.

Forbes Hackathon - Sponsored by the Office of Residence Life and known as a “design sprint-like” event where multiple people with different backgrounds come together to creatively solve a particular issue or challenge. Forbes Hall hosted the hackathon for its community of first-year engineering students. Sixty residents were tasked to use the Healthy U dimensions of wellness – emotional, environmental, financial, occupational, spiritual, intellectual, physical and social – to make Pitt a healthier campus.

Medical Humanities Conference - Sponsored by the Center for Bioethics & Health Law, a lecture series of ten featured speakers was presented throughout the fall term at Pitt Johnstown. The series offered audience members resources to understand embodiment, health, illness and health care in terms of the physical, social, mental and spiritual well-being of individuals and the communities they co-constitute. The series also focused on breaking down barriers to facilitate connections and collaborations among University constituents.

One Book, One Community (OBOC) - The Graduate School of Public Health used its funding to support its annual One Book, One Community (OBOC) program. Now in its ninth year, the OBOC program encourages interdisciplinary collaborations across the school. The 2017-18 selection, *The Emperor of All Maladies: A Biography of Cancer* by Siddhartha Mukherjee, takes one important concept of health—cancer—and examines its evolution from a variety of perspectives: patient, surgeon, chemotherapist, molecular biologist and public health official. The main event, *Many Disciplines, One Discussion*, expanded on that approach by asking faculty members from different departments to present their current cancer research and the Dean to moderate a discussion.



“Race, Gender, and Leadership Series: Health and Entrepreneurship in Asia” -

Distinguished Pitt alumnus, social entrepreneur and Top 10 CNN Hero of 2017 Samir Lakhani was the guest speaker for this series sponsored by UCIS, CBA, Alumni Association and the World Affairs Council. Lakhani shared his story of developing and launching Eco-Soap Bank while a student at Pitt and highlighted its positive health, economic and environmental impacts on the developing world.

Stress Less Workshop - Four stress relief workshops were offered to Pitt Bradford students during the academic year. Two types of workshops were presented: Physical (to learn how to incorporate healthy foods and stress relieving techniques in daily life) and Mental (to learn about research-based study and time management techniques). The series was sponsored by UPB's TRIO SSS department which supports underrepresented students in higher education.

Wellness Wednesday Weekly - The Pitt News partnered with Student Health Services to provide 29 weekly print and online articles on health topics such as mindfulness and meditation, immunizations to provide protection and safety, benefits of exercise for the body and mind, preventive medicine and self-care and men's and women's health (see example).

SPONSORED CONTENT

WELLNESS WEDNESDAY:

Surfing with Stress on the Mindfulness Surfboard

Dr. Lavanya Devdas

Stress: This deceptively simple six-letter word can help us gear up in preparation for an optimal performance. In contrast, when stress becomes a prolonged guest in our lives, our once-optimal performance now becomes impaired.

Why does this happen? When we deal with any task at hand, we have a preconceived set of thoughts that inform our responses to that task. For instance, when we're assigned a task, what's the first thing we do? We assess the intensity, duration and difficulty level of the task. Next, depending on our current resources, including availability of time and energy, we go on "autopilot" and respond with our set of preconceived thoughts, including "I can never get this done" or "this is crazy, I don't know what I'm doing here" or "I am not sure if I should even be in this class."

Notice anything? Yes, a set of thoughts on autopilot that are likely to repeat themselves in a cyclical manner, enough to deplete our mental, emotional and psychological resources to the thinnest. Now imagine actually starting to plan for how we are going to accomplish the assigned task. Well, we just spent our resources on autopilot, where we automatically resort to a script that regularly gets activated during times of perceived stress. So we are already exhausted.

What now? This is where the concept of mindfulness comes into being. Mindfulness is an approach to being fully aware, present and paying attention to the present moment as it unfolds. It keeps us from skipping into the future or back peddling into the past. It's about what's happening for us in the moment.

Mindfulness is about stepping back from the future or stepping forward from the past to experience the present as it is. It means asking our-

selves in the moment, "What am I noticing right now, what are my thoughts (e.g., I notice that I have thoughts of self-doubt right now), feelings (e.g., I notice that I am feeling anxious right now), and sensations? (I notice that my body feels tight, or tense right now)."

You might say, well, how is that helpful? Here is how it is:

1. It helps you acknowledge that you are one entity, with one attention span and one set of resources to expend.
2. It increases your level of awareness about your way of experiencing any given situation, how you interpret it, and how you choose to respond.
3. It helps you create more space by giving yourself permission to get in touch with your thoughts, feelings and sensations without switching to the default of "do something."
4. It helps you experience the present, as is.
5. It helps you deal with feelings of anxiety and depression.
6. It helps you improve your attention and concentration.

What mindfulness is not: It is not a relaxation strategy, and it is not meant to provide relief from stress. It is more an approach of being present and genuine with yourself so that you can make a more informed choice of how to deal with the task at hand.

What does this look like? Once you are aware of your thoughts, feelings and sensations at any given moment, you may ask yourself this important question: "What do I need right now?" This could mean prioritizing each task based on deadlines and the time needed to finish that task.

STRESSED?



PHOTO VIA FLICKR

Again, fusing mindfulness into being fully present, the next question could be: "How can I break this task down into smaller steps right now?"

Notice how the theme of these questions center on the present and the steps that need to be taken in the present. The aforementioned theme also resonates with the next question: "Which one step can I focus on right now?" At other times, your mind might still feel like a whirlpool of thoughts.

In implementing the mindfulness approach to such times, just noticing that you are having a whirlwind of thoughts, a gamut of emotions and a multitude of bodily sensations in any given moment can signal to you that you have a lot going on right now. So stop. Step back. Breathe, by simply observing and experiencing the rise and fall of

your chest and/or stomach with each in-breath and each out-breath, without trying to change anything. Engage in this breathing for a few minutes. Notice the here and now. Ask yourself: What do I need right now?

You may not find the immediate results that you are looking for: That is not what mindfulness does. What it does is cultivate a practice of just being in the moment and perhaps raise an awareness of alternative ways of being and relating to the stressors around you as they unfold, moment-by-moment. If you want to learn more about mindfulness, please ask about the upcoming anxiety workshop at the counseling center that focuses on mindfulness skills to deal with anxiety or check out more mindfulness resources at <http://www.studentaffairs.pitt.edu/shs/stressfree/sfz-audio/>.

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STUDENT HEALTH SERVICE
Wellness Center
Located on 2nd Floor
in Nordenberg Hall

Clinical Services

Primary medical care
Women's and Men's health
Flu and other immunizations
Physical therapy, sports medicine, & more
Urgent Care Services + Online self scheduling
Travel health and physical exams
Allergy and immunotherapy services
LGBTQ and Transgender health care
Urgent Care and Nurse Triage

Health Education Promotion

Contraceptive education
Nutrition counseling
Alcohol education
Sexual health education
Stress reduction
Substance abuse prevention programs
Tobacco cessation program

Contact & Hours

412-383-1800
8:30 a.m.-7 p.m. Monday,
Wednesday, Thursday
8:30 a.m.-5 p.m. Tuesday,
Friday
10 a.m.-3 p.m. Saturday



SUSTAINABILITY

The Year of Healthy U intended to advance our understanding of health in all its forms and to renew our commitment to fostering a healthy community. A host of initiatives and resources are now in place – evidence of an on-going, sustainable commitment to the health and well-being of our faculty, staff, students and the communities we serve. Highlights of sustainable initiatives include:

Student Affairs' [Healthy U website](#) now provides resources for students to address the eight domains of health: financial, occupational, spiritual, emotional, intellectual, physical, environmental and social.

As a result of the Year of Healthy U, a Wellness Committee comprised of faculty and staff was formed to consult with the **Office of Human Resources** regarding its programs and communications plan.

- University Benefits of the Office of Human Resources now offers [Work-Life-Balance initiatives](#).
- The Wellness for Life Program offers services in all of the [eight domains of health](#).

Physical Therapy students from the **School of Health and Rehabilitation Sciences** made a series of [Healthy Back videos](#) that are available to all faculty, staff and students.

The Occupational Therapy Department in the **School of Health and Rehabilitation Sciences** established the [Computer Ergonomics for U video series](#) to provide work station assessments to prevent neck, back and repetitive motion musculoskeletal problems.

Students in the Department of Sports Medicine and Nutrition in the **School of Health and Rehabilitation Sciences** planted a Community Garden in the atrium at Forbes Tower to be used in the classroom and labs to support 'farm to table' and healthy-eating habits.

ACKNOWLEDGEMENTS

The Year of Healthy U at the University of Pittsburgh was a year-long effort that relied on hundreds of people for its success. A special note of acknowledgement and appreciation is extended to Provost Patricia E. Beeson for her leadership and passion in initiating the "Year of..." series here at the University. Many thanks to the members of the steering committee; communicators and administrators across the University who helped publicize events; and, most of all, a well-deserved recognition to all students, staff and faculty across Pitt's campuses who proposed, organized and carried out the Year's events. Hail to (a Healthy) Pitt!



APPENDICES

Appendix A Funded Projects

- 2017 Dawn Gideon Lecture & Webcast: Tackling the Social Determinants of Health: The Next Big Challenge in HealthCare's C-Suites
- Agora by Jeff Bennett - Critical Conditions: The Cultural Politics of Diabetes Management
- Alumni Speakers Series
- American Experience Distinguished Lecture by Dr. Jean Twenge
- Bring Your Own Mug (DIY Breakfast in a mug)
- Center for Bioethics and Health Law
- Chai Town Concert
- Collegiate Basic Needs Dialogue: Providing Resources and Cultivating Community
- Comparative Health Systems: Canada
- Complementary and Alternative Medicine to Reduce Stress
- Computer Ergonomics for U
- Conference: Empathy, Sympathy and Compassion. The Dynamics of Other-Oriented Emotions
- Constructing a Comprehensive Health Assessment Scale
- Crying For Our Elders: African Orphanhood in the Age of HIV/AIDS
- Cultures of Healing in Practice and the Archive
- Designing, Implementing, and Disseminating a Personal Health Record (PHR) Mobile App for Pitt Students, Faculty and Staff
- Drugs as Contributors, and Threats, to Healthy Communities and Individuals: Ethical and Policy Issues
- Escape From Hate
- Exercise is Medicine on Campus Month - October
- Fight Procrastination with Concentration
- Fitness U
- Forbes Hackathon
- Games4Health 2017
- Global Ties: Health Resources for International Students
- Hate Has No Home Initiative
- Healthy Back Video Series
- Healthy Relationships Workshop Premiere
- Healthy Singing for Body and Mind: Residency with guest clinician Dusty Francis, conductor and bass-baritone
- Healthy U for a Healthy Community: Scholarship in the "Real World"
- Healthy U Panther Kickoff
- Healthy U PittGround Playday
- Healthy U Yogathon

Funded Projects, cont.

- Holistically engaging health by embracing the other dimension: Explorations of the relationship of Religion and Spirituality on physical, mental, and social well-being
- "How I Live" Documentary and Discussion: Pediatric Cancer in Low and Middle Income Countries
- International Service Conference
- Just Medicine: A Cure for Racial Inequality in American Health Care (Lecture & Book Discussion by author Dayna Bowen Matthew)
- Medical Humanities, Holistic Health, and the Healthy University
- Mental Health Advocacy: A Workshop on Combating Stigma and Learning Self-Care through an Intersectional Lens
- Mental Health First Aid (MHFA) at University of Pittsburgh
- Mental Wellness Book Club
- Mindfully Managing Stress
- Navratri Garba
- Neurosurgery Staff and Resident Wellness Program
- New Strategy for U.S. Health and Healthcare
- Nightmare in the Quad
- One Book, One Community
- PawsitiveU
- Phi Theta Kappa Stress Relief Series
- Pitt Moves!
- Pitt Pre-Health Summit
- Pittsburgh Fit Challenge
- Pittsburgh Fit Challenge
- Playing With Childhood in the Twenty-First Century Conference: Transgender Childhood and Medicine
- Preventative Healthcare 2017 Conference
- Promoting Good Sleep for a Healthier U
- Promoting the Health of LGBT Uth: Legal Foundations and Ethical Implications
- Proposal #33
- Race, Gender and Leadership Series: Health & Entrepreneurship in Asia
- Rec-O-Mania
- RELIGION & MEDICINE: A SERIES OF EVENTS
- Responsible Reporting of Gun Violence: Protecting Communities and the First Amendment, Preventing Copycat Violence
- Salk Hall: Building Better Healthcare by Building a Healthy U
- Screening and Panel Discussion of Real Boy
- Spring into Wellness!
- St. Patrick's Day 5 K
- Stress Free Day
- Stress Less Workshop
- Stressed about School? Blog about It! Using Writing to Negotiate the Anxiety of University Life

Funded Projects, cont.

- Student Scholarships for the Pitt in Tanzania: Health, Culture and Swahili Language Immersion Program
- Tai Chi and Qigong Workshop
- Technocracy and Virtue: Creating a Culture of Health
- The Beautiful Summit
- The HAZE
- "The Logic of Racial Practice: Embodied Cognition, Habitus, and Implicit Bias"
- The Marilyn Horne Museum Chamber Concert Series
- The Pitt Health Portal
- Tip Off at Trees
- Tower's Area Service Project - Second Annual Rise Against Hunger Event
- Up 'til 2 for a Successful You
- Using Technology to Enhance Brain Health in Business and Beyond
- Wellness Wednesday Weekly Sponsored Content Series in The Pitt News Online and Print Editions
- Western PA Undergraduate Literature Conference
- Women in Medicine & Science Forum Workshop Session with Nataly Kogan
- Yesplus Workshop
- Yoga + Writing Workshop

Appendix B Event Flyers (see next page)

WELLNESS WEDNESDAY:

Homesickness: Even when you least expect it

Bobbi Jo Witham

The moment is finally here: You get to live on your own, make your own rules and have some independence. It's the start of your college experience after months of dreaming about it and planning for it. There are plenty of things to do: meet new friends, find an organization to become a part of, build your resume, learn a plethora of new things in classes and possibly deal with homesickness.

Homesickness usually is not part of many students' preparation lists as they are getting ready to leave home, although homesickness can be a very natural part of being away at college for some students. Homesickness can occur in students who were excited to go away to college and experience their newly found independence or in students who were much more hesitant about being away from family and friends. Nearly 70 percent of incoming first-year students may experience homesickness.

Homesickness can look different for each person. It can include constantly thinking about being home, anxiety/nervousness, decreased motivation, trouble sleeping, appetite changes, feeling different from others, an increase in irritability, loneliness, missing people or pets from home, an increase in negative outlook, sadness, social withdrawal and wishing for a connection with someone. All of these symptoms of homesickness can make the transition to college more challenging.

The good news is that with some strategies, homesickness can quickly pass and you can be on your way to a great year. Remember that these feelings are often more intense at the beginning, and as you get comfortable in new routines, the feelings get less intense. Try some of these strategies if you are dealing with homesickness.

1. Take some deep breaths; remember why you wanted to come to Pitt and how this fits into the goals you have set for yourself.

2. Talk to people in your Residence Hall: new friends, your RA, or your roommate. Realize that this is a natural and normal part of transitioning to college.

3. Although you may want to go home more frequently, it is recommended to stay on campus without many transitions back home during your first semester to help with the transition.

4. Join groups and get involved. The more you feel connected to campus and a community, the more Pitt will start to feel like home.

5. Check out one of the homesickness workshops at the Counseling Center in order to learn more skills as well as connect with other students who are feeling the same way.

6. Schedule to call or video chat your friends and family rather than just calling when you are missing home. Scheduling the call will give you something to look forward to.

7. Explore the Campus and Oakland. Find a place that you can get re-centered – a favorite coffee shop, a cool hiking trail or someplace that reminds you of home. Take photos to send to friends and family about the great places you have found.

8. Make healthy lifestyle choices: working out, getting enough sleep, eating healthy foods. Incorporating these choices into a routine will make things feel less chaotic and more stable.

HOMESICK?



PHOTO VIA PIXABAY

UNIVERSITY OF
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STUDENT HEALTH SERVICE

Wellness Center

Located on 2nd Floor
in Nordenberg Hall

Clinical Services

Primary medical care
Women's and Men's health
Flu and other immunizations
Physical therapy, sports medicine, & more
Urgent Care Services + Online self scheduling
Travel health and physical exams
Allergy and immunotherapy services
LGBTQ and Transgender health care
Urgent Care and Nurse Triage

Health Education Promotion

Contraceptive education
Nutrition counseling
Alcohol education
Sexual health education
Stress reduction
Substance abuse prevention programs
Tobacco cessation program

Contact & Hours

412-383-1800
8:30 a.m.-7 p.m. Monday,
Wednesday, Thursday
8:30 a.m.-5 p.m. Tuesday,
Friday
10 a.m.-3 p.m. Saturday



WELLNESS WEDNESDAY:

Surfing with Stress on the Mindfulness Surfboard

Dr. Lavanya Devdas

Stress: This deceptively simple six-letter word can help us gear up in preparation for an optimal performance. In contrast, when stress becomes a prolonged guest in our lives, our once-optimal performance now becomes impaired.

Why does this happen? When we deal with any task at hand, we have a preconceived set of thoughts that inform our responses to that task. For instance, when we're assigned a task, what's the first thing we do? We assess the intensity, duration and difficulty level of the task. Next, depending on our current resources, including availability of time and energy, we go on "autopilot" and respond with our set of preconceived thoughts, including "I can never get this done" or "this is crazy, I don't know what I'm doing here" or "I am not sure if I should even be in this class."

Notice anything? Yes, a set of thoughts on autopilot that are likely to repeat themselves in a cyclical manner, enough to deplete our mental, emotional and psychological resources to the thinnest. Now imagine actually starting to plan for how we are going to accomplish the assigned task. Well, we just spent our resources on autopilot, where we automatically resort to a script that regularly gets activated during times of perceived stress. So we are already exhausted.

What now? This is where the concept of mindfulness comes into being. Mindfulness is an approach to being fully aware, present and paying attention to the present moment as it unfolds. It keeps us from skipping into the future or back peddling into the past. It's about what's happening for us in the moment.

Mindfulness is about stepping back from the future or stepping forward from the past to experience the present as it is. It means asking our-

selves in the moment, "What am I noticing right now, what are my thoughts (e.g., I notice that I have thoughts of self-doubt right now), feelings (e.g., I notice that I am feeling anxious right now), and sensations? (I notice that my body feels tight, or tense right now)."

You might say, well, how is that helpful? Here is how it is:

1. It helps you acknowledge that you are one entity, with one attention span and one set of resources to expend.
2. It increases your level of awareness about your way of experiencing any given situation, how you interpret it, and how you choose to respond.
3. It helps you create more space by giving yourself permission to get in touch with your thoughts, feelings and sensations without switching to the default of "do something."
4. It helps you experience the present, as is.
5. It helps you deal with feelings of anxiety and depression.
6. It helps you improve your attention and concentration.

What mindfulness is not: It is not a relaxation strategy, and it is not meant to provide relief from stress. It is more an approach of being present and genuine with yourself so that you can make a more informed choice of how to deal with the task at hand.

What does this look like? Once you are aware of your thoughts, feelings and sensations at any given moment, you may ask yourself this important question: "What do I need right now?" This could mean prioritizing each task based on deadlines and the time needed to finish that task.

STRESSED?



PHOTO VIA FLICKR

Again, fusing mindfulness into being fully present, the next question could be: "How can I break this task down into smaller steps right now?"

Notice how the theme of these questions center on the present and the steps that need to be taken in the present. The aforementioned theme also resonates with the next question: "Which one step can I focus on right now?" At other times, your mind might still feel like a whirlpool of thoughts.

In implementing the mindfulness approach to such times, just noticing that you are having a whirlwind of thoughts, a gamut of emotions and a multitude of bodily sensations in any given moment can signal to you that you have a lot going on right now. So stop. Step back. Breathe, by simply observing and experiencing the rise and fall of

your chest and/or stomach with each in-breath and each out-breath, without trying to change anything. Engage in this breathing for a few minutes. Notice the here and now. Ask yourself: What do I need right now?

You may not find the immediate results that you are looking for: That is not what mindfulness does. What it does is cultivate a practice of just being in the moment and perhaps raise an awareness of alternative ways of being and relating to the stressors around you as they unfold, moment-by-moment. If you want to learn more about mindfulness, please ask about the upcoming anxiety workshop at the counseling center that focuses on mindfulness skills to deal with anxiety or check out more mindfulness resources at <http://www.studentaffairs.pitt.edu/shs/stressfree/sfz-audio/>.

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STUDENT HEALTH SERVICE

Wellness Center

Located on 2nd Floor
in Nordenberg Hall

Clinical Services

Primary medical care
Women's and Men's health
Flu and other immunizations
Physical therapy, sports medicine, & more
Urgent Care Services + Online self scheduling
Travel health and physical exams
Allergy and immunotherapy services
LGBTQ and Transgender health care
Urgent Care and Nurse Triage

Health Education Promotion

Contraceptive education
Nutrition counseling
Alcohol education
Sexual health education
Stress reduction
Substance abuse prevention programs
Tobacco cessation program

Contact & Hours

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8:30 a.m.-7 p.m. Monday,
Wednesday, Thursday
8:30 a.m.-5 p.m. Tuesday,
Friday
10 a.m.-3 p.m. Saturday





Medical Humanities

Center for Bioethics & Health Law

MEDICAL HUMANITIES MONDAYS FALL 2017

September 11, 2017

4:30 – 6:00 pm

Humanities Center 602 CL



Who Owns the Dead? The Science and Politics of Death at Ground Zero

Jay Aronson, PhD

Associate Professor of Science, Technology, and Society
Department of History
Carnegie Mellon University

September 25, 2017

5:00 – 6:30 pm

Humanities Center 602 CL

(Request the paper to be discussed from

bioethics@pitt.edu)



Consciousness and End of Life Ethical Issues

Adina L. Roskies, PhD

Professor of Philosophy
Dartmouth College

October 16, 2017

6:00 pm

501 CL



Conscientious Objection and Professional Obligation: From Military Chaplains to Modern Medicine

Ronit Y. Stahl, PhD

Fellow, Department of Medical Ethics & Health Policy
Perelman School of Medicine
University of Pennsylvania

October 30, 2017

5:00 – 7:00 pm

Humanities Center 602 CL



Approaching Death: Philosophical and Cinematic Perspectives

Lucy Fischer, PhD

Distinguished Professor, Film Studies, University of Pittsburgh



and

Mark Wicclair, PhD

Professor of Philosophy, West Virginia University
Adjunct Professor of Medicine, University of Pittsburgh

November 16, 2017

Noon – 1:00

Herberman Conference Center

5230 Centre Avenue



What Patients Say, What Doctors Hear

Danielle Ofri, MD, PhD

Associate Professor of Medicine

New York University – NYU Langone Medical Center

NOTE: This event is **THURSDAY @ Shadyside Hospital**

December 4, 2017

5:00 – 6:30 pm

501 CL



Don't Forget to Remember: The Importance of Family Recipes, Holiday Traditions, and Stories in the Grieving Process

Lori Jakiela, PhD

Professor of English and Creative/Professional Writing

Director of the Writing Program

University of Pittsburgh – Greensburg



Medical Humanities

Center for Bioethics & Health Law

MEDICAL HUMANITIES MONDAYS Spring 2018

January 22, 2018

5:00 – 6:30 pm

602 Cathedral of Learning



What can blindness teach us about 'seeing'? Molyneux, neuroplasticity, and technologies of sensory substitution

Mark W.D. Paterson, PhD

Assistant Professor in Sociology
University of Pittsburgh

February 5, 2018

5:00 – 6:30 pm

501 Cathedral of Learning



Disabled Bodies and Genetic Enhancement: A Phenomenological Critique

Tom Sparrow, PhD

Assistant Professor of Philosophy
Slippery Rock University

February 26, 2018

5:00 – 6:30 pm

602 Cathedral of Learning



Working Toward the Rights of Intersex People

Alice Dreger, PhD

Author of *One of Us: Conjoined Twins and the Future of Normal* and *Hermaphrodites and the Medical Invention of Sex*; Previously, Clinical Professor of Medical Humanities and Bioethics, Northwestern University

March 19, 2018

5:00 – 6:30 pm

501 Cathedral of Learning



Straw into Gold: The Risks, Rewards, and Power of Writing Your Medical Memoir

Katy Butler

Family caregiver, journalist, and author of *Knocking on Heaven's Door*

April 9, 2018

5:00 – 6:30 pm

501 Cathedral of Learning



Cyborg on the Bridge to Nowhere: Problems from the Edge of Life

Jesse Soodalter, MD, MA

Clinical Instructor of Medicine
University of Pittsburgh

BATTLE DOME



OBSTACLE COURSE COMPETITION



DASH



CALISTHENICS



AGILITY



STRENGTH

PRIZES:

*Giftcards to
Dick's and
a fitness gift
basket
including a
FitBit Charge
2 for the
top winners!*

**SATURDAY
MARCH 24**

PITT SPORTS DOME
11 a.m. registration
11:30 a.m. warm-up
12 p.m. start

Open for all Pitt students, faculty
and staff. Sign up as an individual or
team of 4 on IMLeagues.com/pitt.



UNIVERSITY OF
PITTSBURGH

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CAMPUS RECREATION

Pitt



HEALTHY U YOGATHON



October 1
Pitt Sports Dome Lawn
Rain location: Inside the Dome

9 – 10 a.m. | Blindfold Yoga | Rachel Malkin

Blindfolds will be available but are optional for all participants

10 – 11 a.m. | Energize Flow | Rachel Malkin

11 a.m. – Noon | Vinyasa Flow | Emma Sullivan

12:30 – 1 p.m. | Breathing Techniques

First 120 participants will receive a **Free** Yoga Mat
or a Healthy U Yogathon Tank Top!
Enter to win **Free** Group Exercise Classes

**FREE to all Pitt students, parents,
staff, and faculty**



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CAMPUS RECREATION

EDUCATION SERIES

SPR
ING
2018

OPEN TO ALL PERSONAL TRAINERS
& GROUP EXERCISE INSTRUCTORS

MARCH 22
THURSDAY 8 AM

Physiology/Science
of the Human Body!
with Kevin Sciullo

MARCH 23
FRIDAY 12 PM
Anatomy & How it
Applies to Your Students
with Kevin Sciullo

MARCH 29
THURSDAY 8 AM
Motivating Your
Students & the
Psychology of Training
with Destiny Diess

MARCH 30
FRIDAY 12 PM
Motivating Your
Students & the
Psychology of Training
with Destiny Diess

APRIL 5
THURSDAY 8 AM
Sales Techniques &
Selling Your Services
with Deaven Berry

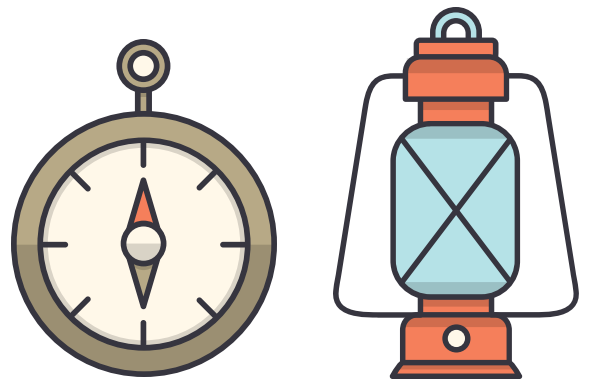
APRIL 6
FRIDAY 12 PM
Physiology/Science
of the Human Body!
with Kevin Sciullo

APRIL 12
THURSDAY 8 AM
Exercise Techniques
& Training Principles
with Dan Howard &
Mason Burgess

APRIL 13
FRIDAY 12 PM
Exercise Techniques &
Training Principles
with Dan Howard &
Mason Burgess

REC REWARDS: 150 POINTS FOR EACH HOUR OF
THE EDUCATIONAL SERIES

LET'S WANDER WHERE THE WIFI IS WEAK



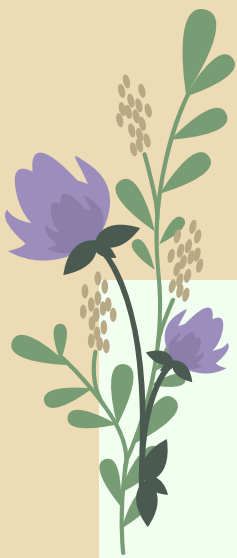
McConnell's Mill Hike April 7th

Departure from Dome Parking Lot @ 7:30 AM
or meet at the Mill @ 8:30 AM

Return by noon for staff picnic @ Pete Lawn

**1761 McConnell's Mill Rd.
Portersville, PA 16051**





Scents of Wonder

**TAKE A MINDFULNESS JOURNEY WITH PITT REC
BEFORE ENTERING PHIPPS FOR A STIMULATING
ADVENTURE**

PHIPPS SCENTS OF WONDER TOUR 4:30 PM

APRIL 13TH

GUIDED YOGA & MEDITATION PRACTICE
WITH OUR VERY OWN CHAITANYA PARSANA

DON'T FORGET TO BRING A YOGA MAT
(YOU CAN STORE IT IN KAYLA'S CAR WHILE WE TOUR PHIPPS)

**REMEMBER TO BRING YOUR
STUDENT ID FOR FREE ADMISSION!**

700 FRANK CURTO DRIVE
PITTSBURGH, PA



COLLEGIATE BASIC NEEDS DIALOGUE

Providing Resources and Cultivating Community

Join us for a day of discussion and resource sharing about collegiate food and housing insecurity, financial wellness, whole student health and food rescue and recovery.

OCTOBER 2



BASIC NEEDS FRAMEWORK THE UC-BERKELEY STORY

9:30 a.m. | William Pitt Union, Assembly Room

"Hunger, Malnourishment, and Homelessness are unacceptable. These are real-time global challenges that are impacting our community. We will investigate them. We will institutionalize innovative efforts to eradicate them. We will advocate for all institutions of higher education to become basic needs secure. We must, together we will!"

The Collegiate Basic Needs Dialogue will feature keynote speaker **Ruben Elias Canedo Sanchez**, Research and Mobilization Coordinator, Center for Educational Equity and Excellence



Register: <http://bit.ly/cbndialogue>



YESPLUS WELLNESS WORKSHOP

YOGA, MEDITATION,
BREATHING PRACTICES
WITH FUN AND GAMES...

26-29 OCT • 4400 FIFTH AVENUE

TinyURL.com/YesPitt

APPLY NOW! LIMITED SCHOLARSHIPS AVAILABLE





Center for
Bioethics & Health Law

February 15, 2018

4:00 – 5:30 pm | 4014 Forbes Tower*

*Preempting “The Breasts that Will Have to Be Removed”
Puberty Suppression and Pediatric Gender Transition*

Sahar Sadjadi, PhD, MD
Assistant Professor of
Sexuality, Women’s and
Gender Studies, and of
Anthropology and
Sociology Amherst College



This lecture is free and open to the public. For more information contact bioethics@pitt.edu.

***Note:** enter Forbes Tower from Atwood Street to take the Atwood Street elevators to the 4th floor. The room is directly opposite the elevator.

Gender, Sexuality, &
Women's Studies Program

An interdisciplinary academic program focusing on excellence in teaching and research relating to gender, sexuality, and women.



Abstract: During the past few years, the introduction and rapid acceptance of “puberty suppression” has transformed the clinical treatment of gender variance in children. Based on an ethnographic study of the field of pediatric gender management, this lecture offers a brief history of puberty suppression and explores the affective and temporal politics of this medical intervention.

Donald N. Medearis Jr., MD, Memorial Lecture

Presented by Children's Hospital of Pittsburgh of UPMC, Department of Pediatrics, and
the University of Pittsburgh School of Medicine, Center for Continuing Education in the Health Sciences

Ethical Care for Gender Variant Children: A Sociomedical Perspective

Sahar Sadjadi, PhD, MD

Assistant Professor of Sexuality, Women's and Gender Studies, and
Anthropology and Sociology, Amherst College, Amherst, MA

A Special Lecture of Pediatric Grand Rounds

February 15, 2018 | 8:00-9:00 am

**Children's Hospital of Pittsburgh of UPMC
Mary Jo Dively Auditorium
John G. Rangos Sr. Conference Center
Pittsburgh, PA**

Summary

Dr. Sahar Sadjadi will analyze the scientific and cultural context of the medicalization of gender non-conformity. She will diagnose the existing clinical paradigms and ethical dilemmas and prescribe a perspective, encompassing all children, that suggests an affirming clinical practice, neither dissuading cross-gender interest nor promoting medical intervention.

Continuing Education Credit

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Other health care professionals are awarded 0.1 continuing education unit (CEU), which are equal to 1.0 contact hour.



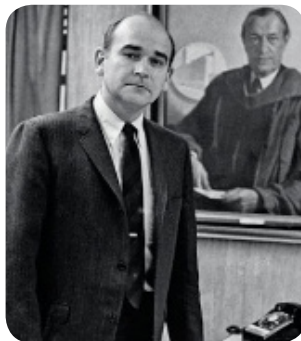
Sahar Sadjadi, PhD, MD

Sahar Sadjadi is an anthropologist and medical doctor whose research interest lies at the intersection of science and technology, gender and sexuality, and childhood studies. Her research focuses on the clinical practices around gender non-conforming children and the revision of the psychiatric category, Gender Identity Disorder in Children. Dr. Sadjadi joined the Amherst College faculty in 2013 and is Assistant Professor of Sexuality, Women's and Gender Studies and of Anthropology and Sociology.

Dr. Sadjadi studied medicine at Tehran University of Medical Sciences and earned her PhD in medical anthropology at Columbia University. She has received funding from the Wenner-Gren Foundation and the National Science Foundation. She was a Mellon Postdoctoral Fellow at the Committee for Interdisciplinary Science Studies, the Graduate Center, City University of New York. In 2017, on Brocher Foundation residency in Switzerland, she analyzed the emergence of puberty suppression treatment for transgender children, highlighting its clinical history and the existing medical knowledge of puberty blockers. Her work traces the politics of this preemptive intervention and reveals an enthusiastic embrace of the medicalization of childhood gender nonconformity.

Donald N. Medearis Jr., MD

The Medearis Memorial Lecture was established in honor Donald N. Medearis Jr, MD. The hallmarks of his leadership were his encyclopedic memory, compassion, and advocacy for minority students and women in medicine and, above all, for children. Dr. Medearis' widow, Mary Ellen Marble, and his children, Donald, Ellen, John, and Jennifer, remember his curiosity and hope for the future.



Dr. Medearis earned his medical degree at Harvard Medical School, interned at Barnes Hospital in St. Louis, and was a resident at Cincinnati Children's Hospital. His virology fellowship at Children's Hospital in Boston launched his research on infection and virus transmission from infected mothers to their newborns.

In 1965, Dr. Medearis became Medical Director of Children's Hospital of Pittsburgh and Professor and Chair of the Department of Pediatrics and then Dean of the School of Medicine from 1969 to 1973. With Dr. Kenneth Rogers, he initiated one of the first neighborhood clinics in the country. He advanced active recruitment of female and ethnically diverse medical students. He was fond of saying that children were not "little adults," and that treating them that way put them at risk due to physiological differences. He insisted on children-specific research and clinical practice, especially in intensive care facilities and emergency medicine.

In 1977, Dr. Medearis joined Harvard Medical School and then was appointed to a presidential commission to advance the ethics of protecting human subjects and healthcare access. Nobody's Children, an international charity, enlisted Dr. Medearis' help to bring needy Bosnian children to the United States for care. After retiring in 1995, he continued providing perspective and counsel to colleagues and residents until his death in 1997.

We commemorate Dr. Medearis' contributions to pediatrics and his pioneering spirit and honor him with this memorial lecture.

Previous Lecturers

Bill Meadow, MD
Douglas S. Diekema MD, MPH
Lee M. Silver, PhD
Jeffrey R. Botkin, MD, MPH
Lainie Friedman Ross, MD, PhD
John Lantos, MD
Norman Fost, MD, MPH
Alexander Morgan Capron, LLB
Robert F. Weir, PhD
Eric Kodish, PhD
Joel E. Frader, MD
Alexander A. Kon, MD, FAAP, FCCM
Mark A. Mercurio, MD, MA
Robert D. Truog, MD
John Lantos, MD
Ben Wilfond, MD
Chris Feudtner, MD, PhD, MPH
Glenn Flores, MD, FAAP



**HELP US REACH 150 minutes of
Planking!**

Plank for 45 seconds = Tumbler

Plank for 1 minutes = T-shirt

**PARTICIPATE AND ENTER TO WIN A \$25
AMAZON GIFT CARD.**

*** 1 GIFT CARD EVERY HOUR! ***

1 GIFT CARD FOR LONGEST PLANK!



ROOM 204, WELLNESS CENTER, NORDENBERG HALL



MENTAL HEALTH FIRST AID



Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, first aid is **YOU**.

This **FREE** 8-hour course gives people the skills to help someone who is experiencing a mental health crisis.
The course will be broken up into two 4-hour sessions.

LEARN ABOUT

- the signs and symptoms of mental health challenges
- appropriate interventions and referrals
- ways to provide initial help
- provides a three-year certification

Choose one session

WEDNESDAY, JUNE 6 | 1 P.M.–5 P.M.
THURSDAY, JUNE 7 | 9 A.M.–1 P.M.

MONDAY, JUNE 11 | 1 P.M.–5 P.M.
TUESDAY, JUNE 2 | 9 A.M.–1 P.M.

WEDNESDAY, JUNE 13 | 1 P.M.–5 P.M.
THURSDAY, JUNE 14 | 9 A.M.–1 P.M.

This course will be made available for faculty and staff and will be offered at the Wellness Center on a limited basis.

Take a course. Save a life.
Strengthen your community.

**TO LEARN MORE, CONTACT UCCFIRSTAID@PITT.EDU
OR CALL 412-648-7930.**

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STUDENT HEALTH SERVICE

THE YEAR OF HEALTHY



Cross-disciplinary Conference on Family and Healthy U University of Pittsburgh

March 28, 2018

The University Club

Registration required

- Discuss the central role of the family as a fundamental building block of society
- Discuss the diverse roles that family plays in health and well-being
- Discuss how family narratives, gender identity, race, literacy, household income, and sociolinguistic background shape:
 - The construction of identities
 - Roles in society, expectations, and values
- Value cross-disciplinary work
- Network and forge new connections
- Discuss how to make our community safe and healthy for all



Deborah Gilboa, MD
aka “Dr. G.”

*Parenting and Youth
Development Expert*



Sonja L. Lanehart, Ph.D.

*Brackenridge Endowed Chair in
Literature and the Humanities
UTSA, University of Texas at
San Antonio*

UPMC HEALTH PLAN



Co-Hosts:

Department of Linguistics
Department of Family Medicine
Department of Obstetrics, Gynecology, & Reproductive Services
School of Education
David Berg Center for Ethics and Leadership

Organizing Committee:

Abdesalam Soudi, PhD (Conference Chair);
Jeannette South-Paul, MD (Conference Co-Chair);
Shelome Gooden, PhD; Valerie Kinloch, PhD;
Audrey Murrell, PhD; Christy Malone, MBA;
Judy Chang, MD, MPH; Scott Kiesling, PhD

Registration and schedule:

<http://linguistics.pitt.edu/cross-disciplinary-conference-family-and-healthy-u>

Questions: HinH@pitt.edu

“The Logic of Racial Practice: Embodiment, *Habitus*, and Implicit Bias”

Symposium Event Schedule

University of Pittsburgh

April 12-14, 2018

Co-Hosted by Brock Bahler (Religious Studies) & Gabby Yearwood (Anthropology)

Thur., April 12

5:00-5:30PM – Keynote reception

5:30-7:00 – **Public Plenary #1 [232 Cathedral of Learning]**

Welcome: Dr. Brock Bahler

- **Dr. Michael Brownstein** [John Jay College] – “The Habit Stance: Cultivating Ethical Implicit Attitudes.”

Friday, April 13

All presentations except plenary talks will be in **602 Cathedral of Learning**

9:30-9:45AM – Light breakfast available

9:45-11:15AM – **Session 1**

- **Dr. Keota Fields** [UMass, Dartmouth], “Implicit Biases as Perceptual Skills: Is Anyone to Blame?”
- **Dr. Katie Tullmann** [Grand Valley State University], “Implicit Bias and Racialized Seeing: Development, Harm, and Moral Responsibility”

Respondent: Dr. Derek Hook [Duquesne University]

11:15-11:30AM – Break

11:30-1:00PM – **Session 2**

- **Dr. Dan Flory** [Montana State University], “Three Kinds of Racialized Disgust in Film”
- **Dr. Janine Jones** [UNC Greensboro], “Perceiving Anti-Black Space: Where’s the Glitch?”

Respondent: Rebecca Giordano [University of Pittsburgh]

1:45-3:15PM – **Session 3**

- **Lacey Davidson** [Purdue University] & **Dr. Daniel Kelly** [Purdue University], “Minding the Gap: Bias, Soft Structures, and the Double Life of Social Norms”
- **Dr. Terrance MacMullan** [Eastern Washington University], “The American Redoubt and the Coyolxauqui Imperative: Dismembering America through Whiteness, Remembering America with Gloria Anzaldúa”

Respondent: Dr. Edouard Machery [University of Pittsburgh]

5-5:30PM – Prekeynote reception

5:30-7:30PM – **Public Plenary #2 [232 Cathedral of Learning]**

Welcome: Dr. Brock Bahler

- **Dr. George Yancy** [Emory University], “A Letter of Love: An Encounter with White Backlash”

(over)

Saturday, April 14

All presentations except plenary talks will be in **602 Cathedral of Learning**

9:00-9:30AM – Light breakfast available

9:30-11AM – Session 4

- **Dr. Erin Beeghly** [University of Utah], “Embodiment & Oppression: Reflections on Haslanger”

Respondent: Matt Lovett [University of Pittsburgh]

11:15-12:45PM – Session 5

- **Will Penman** [Carnegie Mellon University], “Rhetorical Debriefing as a Strategy for Rewriting Racial Logics”
- **Dr. Brock Bahler** [University of Pittsburgh], “The Embodied Practices of Whiteness: Child Development, Extended Mind, and *Habitus*”

Respondent: Gabby Yearwood [University of Pittsburgh]

1:30-3:30 – Public Plenary #3 [232 Cathedral of Learning]

Welcome: Dr. Gabby Yearwood

- **Dr. Joy James** [Williams College], “Political Trauma and the Captive Maternal”

4:00-5:30 – Session 6

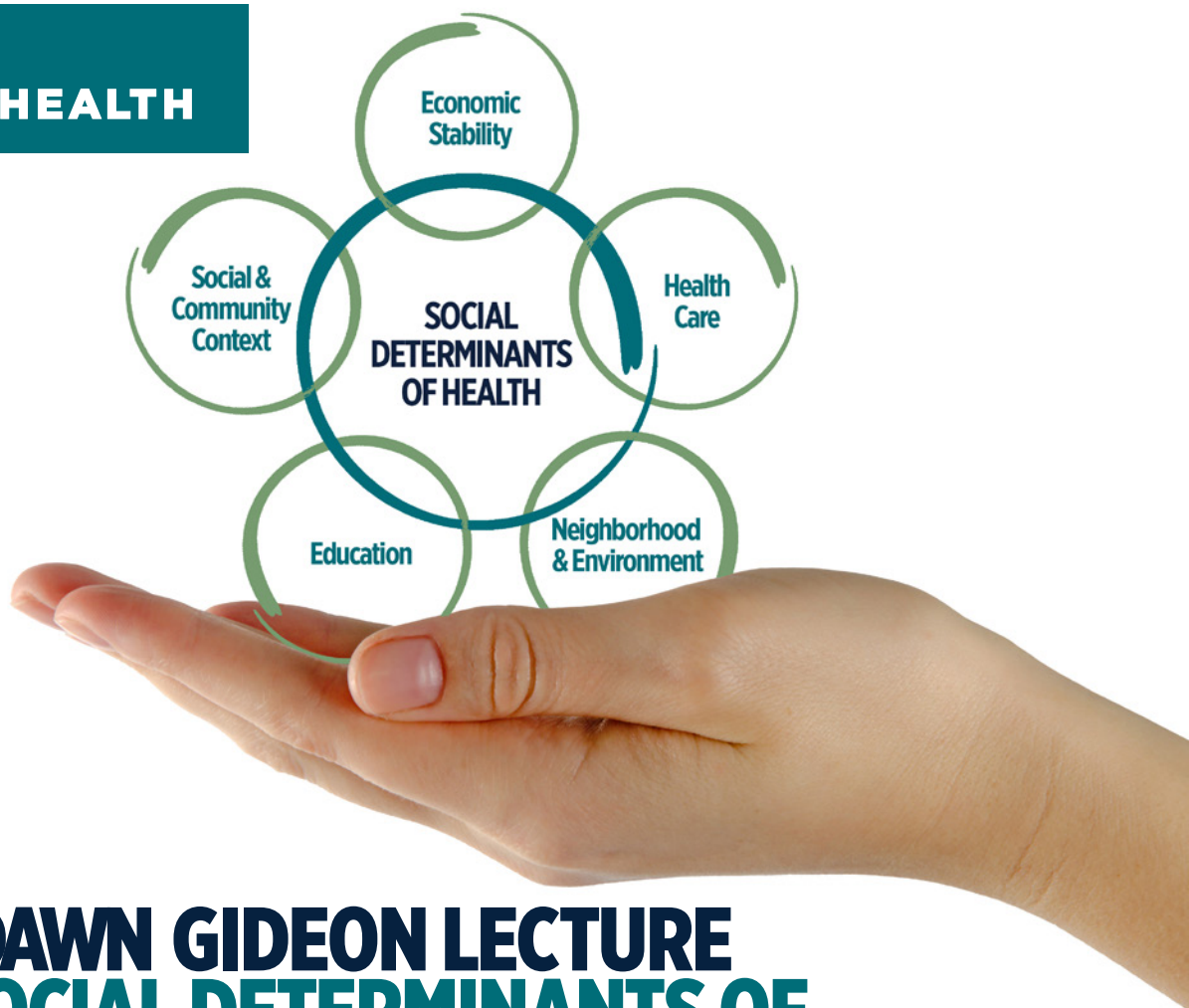
- **Dr. Céline Leboeuf** [Florida International University], “Reforming Racializing Bodily Habits: Mindfulness Meditation as an Intervention”
- **Dr. David Mills** [Champlain College], “The Biopolitics of Dancing: Exploring Habits of Immunity, Space, and Race in American Religious Life”

Respondent: Nathifa Greene [Gettysburg College]

This symposium has been generously sponsored by the following grants: The Year of Healthy U, Dietrich Faculty Research and Scholarship Program, University Research Council, Office of Diversity & Inclusion Mini-Grant Program, the Humanities Center Collaborative Research Grant, the Hewlett International Grant Program, and the Pitt Interdisciplinary Humanities Grant.

The symposium has also been generously co-sponsored by the following departments and centers: Department of Religious Studies, World History Center, Africana Studies Department, Office of Health Sciences Diversity, Department of Anthropology, Department of Philosophy, Center for Philosophy of Science, Duquesne University Philosophy Department, and the Simon Silverman Center (Duquesne University)

As co-hosts, Gabby Yearwood and Brock Bahler are deeply thankful for all of the generous financial support we have received, which without it, this symposium would not have been achievable. In addition to our great appreciation for our presenters and respondents, we would also like to especially thank the work of Heidi Castenada, who facilitated many of the behind the scenes details in planning for this weekend, and Fredericka Odelstierna, who designed flyers for the event.



2017 DAWN GIDEON LECTURE THE SOCIAL DETERMINANTS OF HEALTH: THE NEXT BIG CHALLENGE IN HEALTH CARE'S C-SUITES MONDAY 11/13/2017, NOON-3 PM UNIVERSITY CLUB, BALLROOM A

ROBERT HENKEL (HPM '83), former president and CEO of Ascension Healthcare, will talk about the health system's plans to achieve zero preventable health care disparities across the continuum of care by 2022.

Through unique strategies and partnerships, such as collaborating with Lyft to provide non-emergency transportation services, Ascension is striving to defend the most vulnerable populations in a constantly changing national landscape.

A reactor panel of policy and management specialists will follow-up with how management must evolve:

MIKE BLACKWOOD (HPM '80), former president and CEO, Gateway Health

MARIAN JARLENSKI, assistant professor, Department of Health Policy and Management, Pitt Public Health

GARY PERECKO (HPM '81), president, Riddle Hospital, Main Line Health

REGISTER BY 11/8 AND VIEW WEBCAST AT PUBLICHEALTH.PITT.EDU/GIDEONLECTURE

Sponsored by the Dawn Gideon Foundation with additional support from the Healthcare Council of Western Pennsylvania.



Escape From Hate

December 7, 2017

7:00 PM

Bromeley Theater

Join us for a viewing of the documentary

Escape From Room 18

John Daly, an ex-Neo Nazi, fled to Israel when his gang tried to kill him for being Jewish. An old Skinhead friend finds John 25 years later and suggests they visit concentration camps in an effort to make amends for their past.

The film will be followed by guest speaker, John Daly, on his experience with the neo-Nazi group and escape from membership.

A reception in the lobby will follow the presentation.

This event is sponsored by the Criminal Justice Department, the Criminal Justice Club, History & Political Science Club, International Relations/Model UN, and the Office of Academic Affairs.

THE UNIVERSITY OF PITTSBURGH'S
RELIGIOUS STUDIES DEPARTMENT
presents

***“Hunger Artists:
Zen Cooking,
Mindful Eating, and
Consumer Culture”***



**WITH
MELISSA CURLEY**

(ASSISTANT PROFESSOR,
OHIO STATE UNIVERSITY)

WEDNESDAY, MARCH 28TH

4:00 PM

602 Cathedral of Learning



Part of the Religion and Medicine Series
Cosponsored by the Asian Studies Center

Responsible Reporting of Gun Violence: Protecting Communities and the First Amendment, Preventing Copycat Violence

February 9, 2018

Barco Law Building – Ground Floor

University of Pittsburgh

3900 Forbes Avenue

Pittsburgh, PA 15260



With substantial support from:

- Pennsylvania Mental Health and Justice Advisory Committee of the Pennsylvania Commission on Crime and Delinquency
- Provost's Year of the Healthy U Initiative
- Community Care Behavioral Health Organization

And co-sponsorship by:

- Department of Psychiatry, School of Medicine
- Charles Crow Fund in the Department of English
- University Honors College
- School of Law
- School of Public Health
- Center for Research on Media, Technology, and Health
- Humanities Center, The Dietrich School
- Departments of Africana Studies, Communication, and English, The Dietrich School
- Carnegie Mellon University's Center for Ethics and Policy

Course Directors:

- John "Jack" Rozel, MD, MSL, Associate Professor of Psychiatry and Adjunct Professor of Law, University of Pittsburgh
- Lisa S. Parker, PhD, Professor and Director of the Center for Bioethics & Health Law

Considered a public health problem, gun violence is a threat to every dimension of health: it undermines physical, mental, and social well-being. Concern for the health and well-being of individuals and communities demands drawing attention to the causes and magnitude of this health risk. Yet media attention frequently exacerbates some risks to physical and mental health. While homicide in many communities is a relatively neglected sociocultural phenomenon and health risk, mass shooting events capture public attention through 24-hour news cycles and social media platforms. Coverage of these events often leads to an implication that there can be only two explanations: extremism or illness. Media coverage frequently fuels the stigma of mental illness and false perceptions that people with mental illness are dangerous. Coverage also leads to copycat violence, clustering of violent events, and tactical mimicry by people considering such attacks. Through a series of presentations and panel discussions assembled experts will explore best practices for media coverage of gun violence. This symposium brings together experts in mental health, violence prevention and public health, law and law enforcement, and media studies to examine ways to report gun violence to the public responsibly.

The public, students, and faculty are welcome. Journalists, writers, and professionals in mental health, public health, law, and law enforcement are especially encouraged to participate.

Following the Symposium, attendees will:

- possess improved understanding of individual and group characteristics associated with violence risk in people with and without mental
- recognize and be able to mitigate the impact of stigma on their clinical work and on their patients
- appreciate the breadth and impact of firearms on violence

This program has been approved by the Pennsylvania Continuing Legal Education Board for (3) hours of substantive credit. There is a \$90 fee for processing CLE credits for this event.

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 5.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other health care professionals are awarded 0.5 continuing education units (CEU's) which are equal to 5.2 contact hours.

The information presented at this CME program represents the views and opinions of the individual presenters, and does not constitute the opinion or endorsement of, or promotion by, the UPMC Center for Continuing Education in the Health Sciences, UPMC / University of Pittsburgh Medical Center or Affiliates and University of Pittsburgh School of Medicine. Reasonable efforts have been taken intending for educational subject matter to be presented in a balanced, unbiased fashion and in compliance with regulatory requirements. However, each program attendee must always use his/her own personal and professional judgment when considering further application of this information, particularly as it may relate to patient diagnostic or treatment decisions including, without limitation, FDA-approved uses and any off-label uses.

None of the course directors, speakers, presenters, authors, content reviewers and/or anyone else in a position to control the content of this education activity have relevant financial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients to disclose.

8:30 am	Continental breakfast
9:00 – 9:05	Welcome Lisa S. Parker, PhD Director, Center for Bioethics & Health Law University of Pittsburgh
9:05 – 9:15	Introduction John “Jack” Rozel, MD, MSL Associate Professor of Psychiatry University of Pittsburgh
9:15 – 9:40	<i>The Challenge of Developing a “Science” of Violence Prediction</i> Edward P. Mulvey, PhD Professor of Psychiatry University of Pittsburgh
9:40 – 9:50	Discussion of written questions from audience*
9:50 – 10:25	<i>Behavioral Based Threat Assessment: A Framework for Assessing and Preventing Targeted Violence Attacks</i> Russell Palarea, PhD President, Operational Psychology Services
10:25 – 10:35	Discussion of written questions from audience*
10:35 – 10:45	Break
10:45 – 11:20	<i>Reducing Public Mass Shootings in the United States: An Assessment of Firearms Availability and Media Coverage of Perpetrators</i> Adam Lankford, PhD, MS Associate Professor of Criminology & Criminal Justice The University of Alabama
11:20 – 11:30	Discussion of written questions from audience*
11:30 – 12:05	<i>News Media Coverage of Mental Illness and Violence: Influence on US Firearm Policy Debates</i> Beth McGinty, PhD, MS Assistant Professor of Health Policy and Management, and of Mental Health Johns Hopkins Bloomberg School of Public Health
12:05 – 12:15	Discussion of written questions from audience*
12:15 – 12:50	Lunch
12:50 – 1:25	<i>Bad Barrage: A Look at Problematic Media Coverage of Mass Shootings</i> Mark Follman National Affairs Editor, <i>Mother Jones</i>
1:25 – 1:35	Discussion of written questions from audience*
1:35 – 2:10	<i>Reporting on Gun Violence: How Journalists Unintentionally Make Things Worse and How You Can Help</i> Kelly McBride Vice President, The Poynter Institute
2:10 – 2:20	Discussion of written questions from audience*
2:20 – 2:50	Panel discussion among speakers
2:50 – 3:20	Response by specific panelists to written questions from audience*
3:20 – 3:30	<i>Concluding Remarks</i> John “Jack” Rozel
3:30 pm	Adjourn

* Lisa S. Parker will also facilitate all discussion sessions, including Q&A and panel discussion.

Abstracts



Edward P. Mulvey, PhD

Professor of Psychiatry
University of Pittsburgh

The Challenge of Developing a “Science” of Violence Prediction

Abstract: There is an enduring hope that we can identify individuals who will do harm to others before they do so in order to prevent them from doing so. A great amount of theoretical and empirical work has been directed toward developing sound methods for accomplishing this task, and there has been, and continues to be, considerable progress. The task of identifying individuals at heightened risk for hurting others, however, presents considerable inherent challenges. These include the interactional nature of violence to others, the vagueness of many of the indicators available for characterizing individuals, and change in a person’s character and the context of their lives. This presentation will explore some of the approaches that have been taken to identifying people who might harm others and the challenges that lie ahead for the development of scientific approaches to this important task.



Russell Palarea, PhD

President, Operational Psychology Services

Behavioral Based Threat Assessment: A Framework for Assessing and Preventing Targeted Violence Attacks

Abstract: Targeted violence has become embedded in American culture. With the increasing prevalence of shootings in the workplace, home, schools/campuses, houses of worship, and public places over the past decade, individuals have come to see mass murder as a means to resolve their conflicts and seek notoriety. Preventing these attacks has posed a major challenge to law enforcement. One solution involves using a behavioral based strategy to identify, assess, and prevent violent attacks. The behavioral based threat assessment model introduced by the US Secret Service (Fein, Vossekuil, & Holden, 1995) was developed for preventing assassination of the President and other public figures. However, it has since demonstrated utility in preventing all forms of targeted violence attacks. This model and its applications to preventing mass shootings will be discussed. Particular focus will be given to the role of media coverage in influencing further attacks.



Adam Lankford, PhD, MS

Associate Professor of Criminology & Criminal Justice
The University of Alabama

Reducing Public Mass Shootings in the United States: An Assessment of Firearms Availability and Media Coverage of Perpetrators

Abstract: Despite having less than 5% of the world's population, the United States has produced approximately 31% of the world's public mass shooters. And in recent years, this threat seems to be getting worse: all five of the deadliest incidents in U.S. history have occurred since 2007. Although empirical research suggests that the best solution would be to reduce firearms availability, this does not seem politically feasible. Fortunately, major progress could also be made by reducing the amount of "free advertising" that mass shooters receive. If media organizations would stop publishing offenders' names and photos, this would deny them the attention they often seek, remove their incentive to kill as many victims as possible, and reduce contagion and copycat effects. There is already precedent for this approach: in accordance with their code of ethics, the media typically do not broadcast fans who run on the field during professional sporting events, do not publish the names of sexual assault victims without their consent, and do not publish the names of underage mass shooters who attack in Canada, where such information is already kept confidential. By continuing to report all other relevant details about these crimes and perpetrators, the media could continue to fulfill their responsibility to the public while helping to reduce the prevalence of public mass shootings.



Beth McGinty, PhD, MS

Assistant Professor of Health Policy and Management, and of Mental Health
Johns Hopkins Bloomberg School of Public Health

News Media Coverage of Mental Illness and Violence: Influence on US Firearm Policy Debates

Abstract: This presentation will discuss research on news media coverage of mental illness and violence, with an emphasis on trends in news media coverage in the weeks and months following high-profile mass shootings. Dr. McGinty will describe differences between the epidemiologic research evidence on the relationship between mental illness and interpersonal violence and how that relationship is commonly depicted in the news media. In addition, she will discuss evidence regarding how news media coverage of mental illness and violence affects public attitudes toward people with mental illness; public perceptions of the causes of firearm violence; and support for policy solutions to firearm violence.



Mark Follman, BA, MFA

National Affairs Editor, *Mother Jones*

Bad Barrage: A Look at Problematic Media Coverage of Mass Shootings

Abstract: How well-informed is the public about mass shootings? And what's at stake with media coverage of this phenomenon? Based on several years of investigative reporting and research, this talk will examine how sensational news coverage in the aftermath of high-profile attacks can distort public understanding of mass shootings — and possibly even help motivate the next attacker. Mr. Follman will discuss his work on the so-called copycat problem, including his in-depth reporting on the “Columbine Effect” and the role of the media, as well as the debate over how to define a “mass shooting” (and why that matters). He will also touch on ideas about reporting on these attacks ethically while fulfilling an undeniable journalistic duty to cover them.

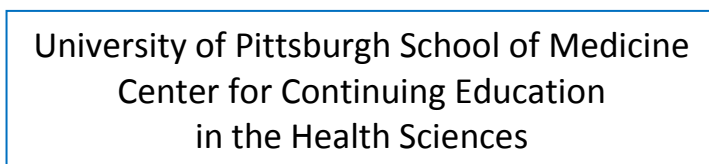
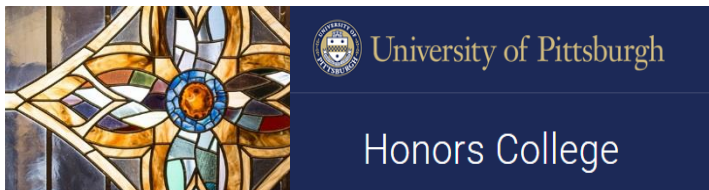


Kelly McBride, BJ, MA

Vice President, The Poynter Institute

Reporting on Gun Violence: How Journalists Unintentionally Make Things Worse and How You Can Help

Abstract: When it comes to covering gun violence, journalists often fall into predictable patterns. They make familiar mistakes, because they talk to familiar sources and face familiar production pressures. That leads to a misinformed public unable to make changes in their own communities or effectively participate in public policy debates. When done poorly, news coverage of mass shootings can also create a contagion effect. Yet, when they shine, news media have the ability to show us a problem in way that creates a crystal clear image and inspires citizens to improve their surroundings. We'll look at some exceptional journalism and some common problems, and chart the path from one to the other.



SAVE THE DATE:

Dealing with Drugs: Ethical, Legal, and Policy Issues

March 23, 8:30–4:30 | Scaife Conference Center

Morning keynote lectures:

COMBATting THE HIGH PRICE OF DRUGS: WHAT DOES PATIENT EMPOWERMENT HAVE TO DO WITH IT?
Peter A. Ubel, Duke University

PAIN MANAGEMENT AND SUBJECTIVITY IN A CLIMATE OF DISTRUST: THE CASE OF OPIOID CONTRACTS
Daniel Z. Buchman, University of Toronto

THE ROLE OF HEALTHCARE FINANCING IN CAUSING (AND CURBING) OPIOID ABUSE
Valarie Blake, West Virginia University

Afternoon concurrent sessions on issues regarding: medicinal marijuana in PA, valve replacement in addicted patients, promoting medication adherence, conflict of interest in prescribing medication, using naloxone and suboxone, pharmacogenomics

Medical Ethics
Conference 2018

bioethics.pitt.edu



Center for
Bioethics & Health Law



MENTAL WELLNESS BOOK CLUB

Registration for all sessions below begins January 16, 2018

Please register for only ONE session to discuss a book that truly interests you.

Twelve (12) participants can be accommodated per discussion and we will supply a free copy of the book for each participant to read in advance. There will be four more book discussions, featuring different titles, during the summer of 2018.

FEBRUARY

[Register](#)

Tuesday, February 20, 12:00 pm
Cathedral of Learning, Room 156

Book: *Secrets to Winning at Office Politics*, by Marie G. McIntyre, Ph.D.
Hosts: Sue Oerkvitz (LifeSolutions), Angie Riccelli (Pitt Dental)

“Office politics are a fact of life in every workplace. To accomplish your personal and business goals, you must learn to successfully play the political game in your organization. This smart, practical guide shows you how to stop wasting energy on things you can’t change and start taking steps to get what you want.”

MARCH

[Register](#)

Tuesday, March 20, 12:00 pm
Cathedral of Learning, Room 156

Book: *When Panic Attacks*, by David D. Burns, M.D.
Hosts: Sue Oerkvitz (LifeSolutions), Linda Tashbook (Pitt Law)

“Dr. Burns shows you how to overcome anxiety using more than forty simple, effective techniques, and also shares the latest research on drugs commonly prescribed for anxiety and depression and explains why they may sometimes do more harm than good.”

APRIL

[Register](#)

Tuesday, April 24, 12:00 pm
Cathedral of Learning, Room 156

Book: *Man Enough*, by Frank Pittman, M.D.
Hosts: Cliff Cohen (LifeSolutions), Linda Tashbook (Pitt Law)

“A man raises himself as he raises children and learns to understand and forgive his parents as he becomes one. An important book for men and women, **Man Enough** offers a new approach to issues of commitment, caring, and control, and creates a positive model for the fathers of tomorrow’s men.”

MAY

[Register](#)

Wednesday, May 9, 12:00 pm
Cathedral of Learning, Room 156

Book: *For One More Day*, by Mitch Albom
Hosts: Angie Riccelli (Pitt Dental), Amy DeGurian (School of Social Work)

“**For One More Day** is the story of a mother and a son, and a relationship that covers a lifetime and beyond. It explores the question: What would you do if you could spend one more day with a lost loved one?”

The Mental Wellness Book Club is a Year of Healthy U project of the University Senate’s Committee on Benefits and Welfare -- Mental Wellness Task Force and is presented in cooperation with the University’s faculty and staff assistance program, LifeSolutions. For more information, contact Linda Tashbook at tashbook@pitt.edu or 412-648-1303. Links to related topics and LifeSolutions can be found at hr.pitt.edu/work-life-balance.



Stress Free Day Tues., March 20 11 am - 1 pm

*Free Chair Massage as time permits and and
Stress Paws while supplies last for all students*

THE YEAR OF
HEALTHY



Peddle a Ride

Wednesday, March 14

11 am—3 pm

Boomer's or the Gym



Fitness U, made possible with a grant from the Year of the Healthy U





3-VS-3



TIP-OFF AT TREES

**SAT
FEB
24**

1 P.M.

TREES HALL GYMNASIUM

Registration is open to everyone regardless of ability.

★ ★ ★ **GRAND PRIZE** ★ ★ ★

Passes to the 1st round of the Men's NCAA
Basketball Tournament at PPG Paints Arena

SIGN UP AS A TEAM and HELP RAISE FUNDS



TOP 3 FUNDRAISING TEAMS

can pick a Steelwheeler to play on their team!

DONATE

Venmo @Pittsburgh-Steelwheelers

Proceeds support the Pittsburgh Steelwheelers
and Students for Disability Advocacy

NO ENTRY FEE

Register online by Feb. 21:

IMLeagues.com/pitt

For more information, contact
Whitney Jones at whitneyjones@pitt.edu.

UNIVERSITY OF
PITTSBURGH

studentaffairs
CAMPUS RECREATION



PITT MOVES!

SHARING OUR EXPERIENCE

Friday 4/13, 2.30-4.30 PM, G23 Public Health

PANELISTS

SHARON ROSS, Assistant Professor, Department of Health and Physical Activity, School of Education

INDIA HUNTER, Master's student, Behavioral and Community Health Sciences

CURTIS TILVES, Doctoral student, Epidemiology

SALLY A.SHERMAN, Visiting Assistant Professor, Department of Health and Physical Activity, School of Education

ALYSSE LITTLEBERRY, Master's student, Behavioral and Community Health Sciences

JESSICA BURKE, Associate Professor and Associate Chair, Behavioral and Community Health Sciences and Associate Dean for Education, Pitt Public Health

KAYLA ROTHBART, Wellness Coordinator, Department of Intramurals and Recreation

MODERATOR

RAHUL AMRUTHAPURI, Doctoral student, Behavioral and Community Health Sciences

RECEPTION FOLLOWS at 4:30 p.m. in the Public Health Commons.

Spring into Wellness

**Jan. 31 @ 7pm
Village Hall 118
Introducing
Mindfulness Methods**

**Feb. 15 @ 7pm
Village Hall 118
More Mindfulness
Methods**

**Feb. 21 @ 11:30-1pm
Hempfield Room
Love your heart
with food and art!**

**March 15 @ 7pm
in the Chapel
Daniel Caron workshop on
kindness & civility**

**March 22
11:45am in Cassell 117
Dr. Shannon Smith
speaks on the
connection between
health and nutrition**

**April 19 @ 9pm
Village Hall 118
Chill & Chill
IlyAIMY Live music,
yoga, ice cream!**

**This series is made possible, in part, by a
Year of Healthy U grant from the Provost's Office**

Each individual event earns Village credit.



KofC to host all-you-can-eat pancake breakfast, Sunday

The Knights of Columbus Council #492 will host its monthly “Pancakes and More” breakfast on Sunday, from 8 a.m. to noon, in the cafeteria of the YMCA Education Building (former St. Titus School), on Main Street.

With the days growing brighter but still cold, it’s a good time to stop by and warm yourself up as the Knights serve a breakfast of all-you-can-eat pancakes, French toast, scrambled eggs, sausage, bacon, home fries, and beverages.

Proceeds from these monthly breakfasts support the Knights of Columbus community activities and local projects. The breakfasts are open to the public.

USDA to survey farmers’ planting intentions

The Herald

HARRISBURG – As the 2018 crop production season begins, the U.S. Department of Agriculture’s National Agricultural Statistics Service (NASS) will contact producers nationwide to determine their plans for the upcoming growing season.

NASS will mail the survey questionnaire, this month, asking producers to provide information about the types of crops they intend to plant in 2018, how many acres they intend to plant, and the amounts of grain and oilseed they store on their farms. NASS encourages producers to respond online or by mail.

NASS safeguards the privacy of all respondents and publishes only aggregate data, ensuring that no individual operation or producer can be identified.

‘Love yourself’ at UPT held recently



Contributed photos

The University of Pittsburgh at Titusville’s Phi Theta Kappa International Honor Society kicked off its Stress Relief Series with a “Love Yourself” paint night. The event offered students a chance to create a canvas that celebrates who they are. This series is funded, in part, by the Year of Healthy U Initiative. In the above photo, Kelcie Prinkey and Caitlyn Morgan (from left) apply paint to their canvases. In the photo at right, Nasir Blanden displays the painting he created during the event.





LET’S TALK...

overcome addiction

“I gave my son life...but I couldn’t get him the help he needed.” –Pam Severo

814-333-3912
LetsTalkHelps.com

Join our community efforts.



COPC
CRAWFORD COUNTY
OVERCOME ADDICTION
FOUNDATION

Funded by:



MEADVILLE
MEDICAL CENTER
FOUNDATION



Farmhouse BBQ
FARM to FORK

Feb. 14th
Happy Valentine's Day
Join us for a
smoked meat platter
for two
or a seafood dish
for two

132 Martin St Titusville Pa
814-827-488Q(4227)

**TREAT YOUR
SWEETIE SPECIALS...**

Join us for your
Valentine's Day
Celebration

**COAL
OIL
JOHNNY'S
eatery**

117 E. State St.
Pleasantville, PA
589-5500

Home Cooking
Family Dining
Daily Specials
Real Mashed Potatoes
Breakfast Anytime!



For the sweetest treats around

Valentine's Gift Guide

Valentine's Day is on
Wednesday, Feb. 14th



Valentine's at the

Fork & Barrel

Restaurant

One night only Special menu
for \$22 per person.

♥ 1-814-964-4687 ♥

Reservations available and
Walk-ins welcome

www.theforkandbarrel.com

Corry, PA

Valentine's Specials

February 11th - 16th

20% OFF a 60 or 90 Minute massage*
45 Minute Massage for the Price of a 30 Minute
Chocolate Sugar Scrub -
Add to your massage for 1/2 OFF!
*20% Off can't be combined with other coupons

Follow us on Facebook for other offers happening
A great gift for you or someone else!

Tranquil Moments Massage
204 W. Spring St. • Titusville, PA • 814-564-1335



Paver's Candies
Specialty Chocolate Since 1907

Valentine's Specials

Arranged Chocolate & Candy Boxes
Chocolate-Covered Strawberries*
*Taking Strawberry Orders Until Feb. 12th!

125 Jefferson Street, Spartansburg, PA • 814-654-7037

We are honored to serve
the Titusville community for our
Last Valentines Day at
Tarr's Country Store & Florist

708 W. Walnut Street
Titusville, PA 16354 • **814-827-1523**
Order your Pulakos'
chocolate-covered strawberries today!



Valentine's Specials
1 Dozen Long
Stem Red Roses:
\$49.95
arranged

Mixed Bouquets: **\$7.95** and up
WE DELIVER
*all major credit cards accepted

75% off Storewide*
until Saturday, February 17th.
*this offer does not apply to floral dept. & select items.

LOVE YOURSELF AND EXPRESS YOURSELF
Create a canvas that declares WHO YOU ARE!!!



Stress Relief Series sponsored by Phi Theta Kappa
and the Year of HealthyU Initiative



PLAYING WITH CHILDHOOD IN THE TWENTY-FIRST CENTURY

April 6–7, 2018 University of Pittsburgh

602 Cathedral of Learning • 4200 Fifth Avenue • Pittsburgh, PA 15260

KEYNOTE SPEAKERS

LAUREN SILVER

Rutgers University

REBEKAH SHELDON

Indiana University

This two-day conference explores how to conceptualize, theorize, and approach research on children and childhood in the rapidly changing context of the 21st century. Affirming a conceptual and methodological “play” across fields, a mode of intellectual curiosity and unsettling of boundaries, the conference focuses on three areas: Queer, Trans* and Gender Variant Childhood Studies; Critical Race and Black Childhood Studies; and Global Childhood Studies. Scholars with recent monographs also will participate in meet the author book sessions.

Attendance is free and open to the public, but registration is required. For more information, please visit the conference site at playingwithchildhood.com or contact Julian Gill-Peterson at childhood@pitt.edu.

Sponsors: Children's Literature Program; Gender, Sexuality, and Women's Studies Program; Humanities Center; Kenneth P. Dietrich School of Arts and Sciences; and Office of the Provost's Year of Healthy U.

UNIVERSITY OF PITTSBURGH
The DIETRICH School of
Arts & Sciences



OneBook
OneCommunity

HOW I LIVE

DOCUMENTARY
&
DISCUSSION

THE YEAR OF
HEALTHY 

PEDIATRIC CANCER IN LOW AND MIDDLE
INCOME COUNTRIES

THURSDAY MARCH 22 2018 | 5-8PM | PITT PUBLIC HEALTH AUDITORIUM

Giveaways!

Snacks!



Healthy U Complementary and Alternative Medicine to Reduce Stress April 16th to April 20th Daily from 11:00 am to 1:00 pm Inside the Wellness Center



Join us for daily demonstrations and presentations provided by professionals working in alternative medicine to learn how to reduce stress the all-natural way! Professionals in massage therapy, yoga, therapeutic drumming, pet therapy, and chiropractic care will be featured daily to help you prepare for finals week!

Drop by for a few minutes and find out
how to relax the all natural way!





At Home Chiropractic Techniques to Help Relieve Stress



Authors: Jake McClintock, Stephanie Smith
University of Pittsburgh at Johnstown

Abstract

Time and money can be a cause for stress and going to a chiropractor takes both. Although while going to a chiropractor can be beneficial, here are a few tips for at home ways to relieve stress. Reducing stress in your body is important for many reasons. During periods of stress, your body goes under chemical and physical changes. Learning techniques to control and reduce stress symptoms can be essential to improve quality of life and overall health.



Signs you may be stressed

- Frustration or irritability over minor things
- Frequent headaches
- Difficulty sleeping/ chronic fatigue
- Chronic neck or back aches
- Skipping meals
- Frequent feelings of panic/ anxiety
- Feelings of disorganization

Lower Back and Hamstring Stretches

- Sit with feet shoulder width apart, flat on the floor and your back straight
- Tighten your abdominal muscles as you bend at the waist, reaching for your toes
- Rest your head in your lap and hold for 20-30 seconds, then return to the starting position
- Repeat 3 times



Techniques To Try



Neck and Shoulder Stretches

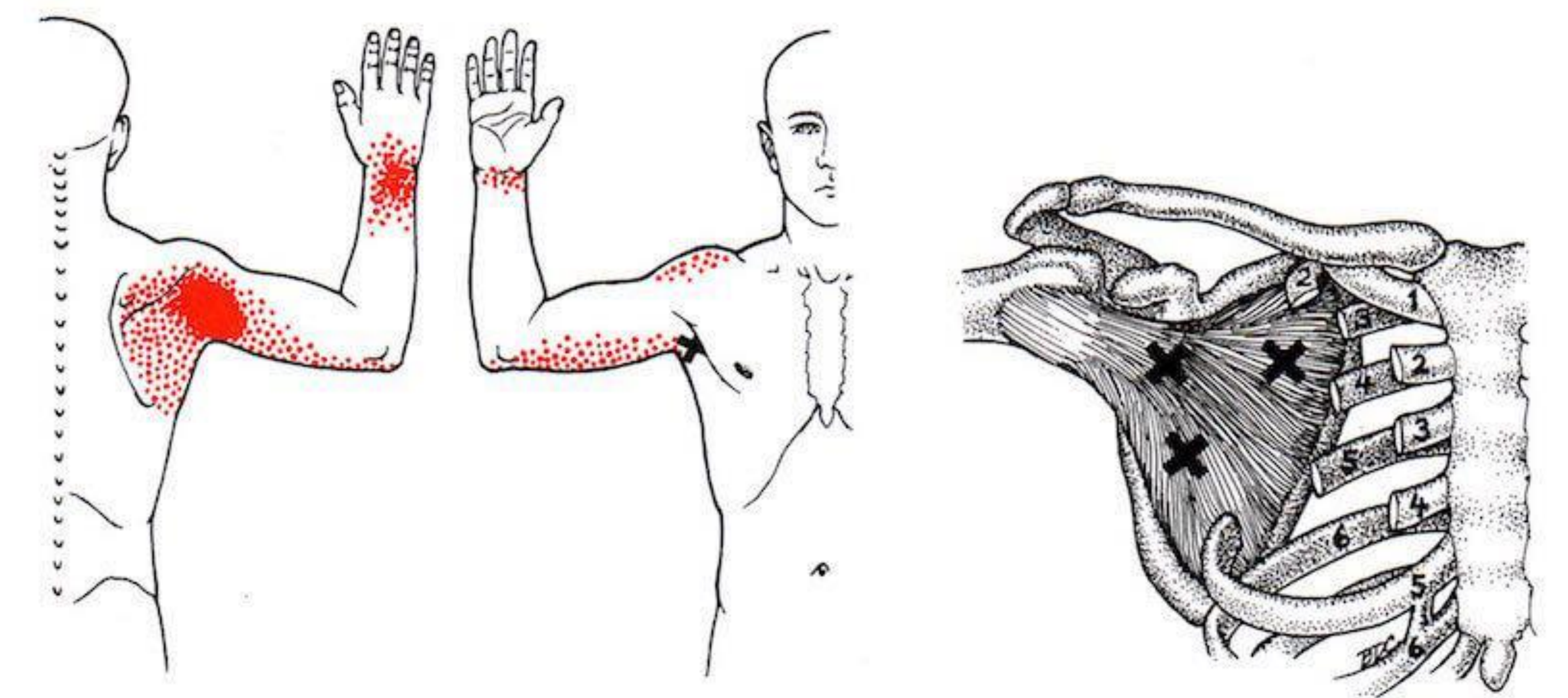
- Sit with back flat against a wall with legs extended in front of you, cross them at the ankles
- Reach over your head and touch your left ear with your right arm
- Tilt your head and keep your shoulders down
- Repeat 3 times per side

Upper Back and Shoulder Stretches

- Stand with feet shoulder width apart, knees slightly bent, back straight
- Raise your right hand straight up, palm facing your right ear
- Reach straight up toward the ceiling with your right arm, keep your right shoulder down
- Hold from 20-30 seconds then return to starting position
- Repeat 3 times per side

Conclusion

Studying is not only mentally exhausting but physically as well. It is important to give your body a break and take care of it. One way to do this is to take a five to ten minute break while study and preform these few stretches. By partaking in these stretches, you could feel better and will have the ability to excel during finals week!



References

Anderson Chiropractic. (n.d.). Retrieved April 02, 2018, from <http://andchiro.com/health-resources/7-ways-to-reduce-stress.html>

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Mindfulness and Health



Authors: Taylor Edmiston, and Isabella XU
Location: The University of Pittsburgh at Johnstown

Origins of Mindfulness

- Mindfulness has a Buddhist origin and has been practiced for over two thousand years.
- There are two main approaches in mindfulness.
 - Mindfulness-Based Stress Reduction
 - Mindfulness-Based cognitive Therapy



What is Mindfulness?

- “Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.”
- Cultivating a sense of mindfulness can be done by walking, standing, and meditating.
- Mindfulness is innate, we all possess the ability to be able to do it.
- We can have mindfulness by cultivating innate qualities with simple trainings to benefit ourselves.
- Stay who you are.
- Mindfulness is a style of living that can be done by anyone. (2)

How is it Performed?

- Mindfulness can be preformed in a variety of ways, but typically it is done utilizing the following steps.
 - Start in a seated position
 - Set a time limit
 - Notice your body
 - Feel your breath
 - Notice your mind wandering
 - Don’t feel discouraged by your mind wandering (2)

Benefits of Mindfulness

- Reduction in ruminations
- Stress reduction
- Boosts to memory
- Focus improvement
- More cognitive flexibility
- Enhance insight
- Increased immune function
- Improvement to well being
- Increases information processing speed. (2)

Evidence Based Practice Research

- Mindfulness meditation and the immune system: a systematic review of randomized controlled trials.
 - Mindfulness is a modifiable capacity of the human mind. Mindfulness meditation shows a process of developing mindfulness in people’s life by intentional practice. To examine how MBIs have the influence on biological markers on physical health, the researchers conducted this review by performing a literature review that includes RCTs that showed the effects of meditation on the immune system.
- Across 20 RCTs, the researchers found out mindfulness meditation changes select immune parameters. Mindfulness meditation could assist in decreasing in pro-inflammatory processes and fight against cell aging. (1)

References

1. Black, D. S., & Slavich, G. M. (2016, June). Mindfulness meditation and the immune system: A systematic review of randomized controlled trials. Retrieved April 02, 2018, from <https://www.ncbi.nlm.nih.gov/pubmed/26799456>
2. What is Mindfulness? (2018, March 26). Retrieved April 02, 2018, from <https://www.mindful.org/what-is-mindfulness/>



Stress Reduction Through Pet Therapy



Authors: Haley Abriatis & Kaitlyn Kieta
Location: University of Pittsburgh at Johnstown

What is Pet Therapy?

There are two forms of therapy that involve animals, but they should not be compiled together as one: Pet therapy and animal-assisted therapy.

- Pet Therapy: Volunteers with highly trained pets take them to hospitals, schools, or long-term care facilities to decrease stress in these groups of people.
- Animal-Assisted Therapy: Social workers, therapists, and counselors specifically involve animals into their treatment plans.

The goal of pet therapy is to support or improve people's social, emotional, physical, or cognitive function.

The most common animals used in this type of therapy are dogs, which would be referred to as canine-assisted therapy. Other less common animals utilized include cats, birds, pigs, horses, and even dolphins.



Mental and Physical Health Benefits

Mental

- Lifts spirits and decreases depression
 - Decreases feelings of isolation
 - Encourages communication
 - Provides comfort
- Increases socialization and sense of community
 - Reduces boredom
 - Decreases anxiety
- Helps children overcome speech and emotional disorders
- Creates motivation for the client to recover faster

Physical

- Lowers blood pressure
- Improves cardiovascular health
- Releases endorphins (oxytocin) that have a calming effect
 - Diminishes pain



Who Utilizes Pet Therapy?

- Acute/Chronic illness
 - Hospice
 - Elderly
- Dementia/Alzheimer's
 - Autism spectrum
- Developmental disorders
 - Physically disabled
 - Homebound
 - Chronic stress
- Depression/Anxiety
 - Cancer
 - Addiction
- Emotional and behavioral disorders
 - Psychiatric disorders
 - Chronic Pain

Requirements for a Therapy Dog

- Qualifications:
- Dog must be one year old
 - Free of fleas and ticks
 - Current rabies shot and dog license
 - Proof of ownership for at least 6 months

Part One: The dog must pass the the AKC Canine Good Citizen Test, which tests obedience. Every 24 months, this test must be retaken to assess the obedience level.

Part Two: After passing the AKC Canine Good Citizen Test, the dog must pass the Therapy Dog Evaluation. This test proves that your dog is able to remain calm in difficult, distractive and stressful situations. The dog will be placed into several scenarios with distractors including wheelchairs, walkers, alarms, medical equipment, other dogs, children, and adults.

Part Three: Volunteer handlers must be certified to handle the dogs. A child abuse background check and a criminal background check are obtained. According to Therapy Dogs United, they allow only one certified therapy dog volunteer handler per certified therapy dog at large events. There are no exceptions to this.

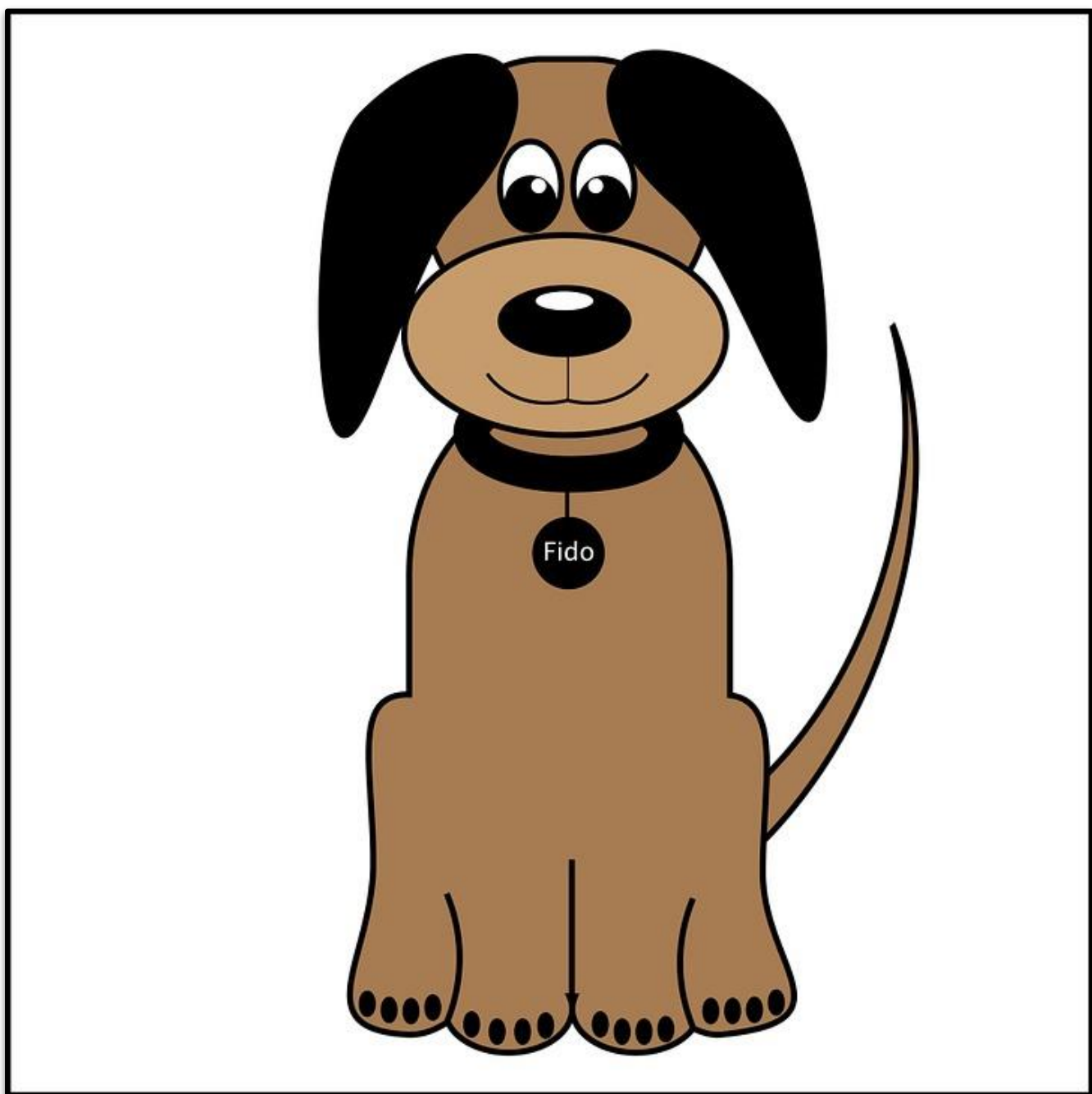
How to Access Pet Therapy

Formal:

- Contact a local animal assisted therapist group
- Request information from a social worker, therapist, or counselor
- Attend a pet therapy volunteer event

Informal:

- Own a pet
- Visit with a friend's pet
- Volunteer at an animal shelter





Yoga and Health

Cassidy Lewis and Maurina Nunn
University of Pittsburgh at Johnstown

What is Yoga?

Yoga is a mind-body practice that brings together physical and mental disciplines that helps you achieve peacefulness of the body and mind. This can help you relax and manage stress and anxiety

Health Benefits of Yoga:

Stress reduction: studies have shown yoga helps reduce stress and anxiety. Also, it enhances your mood and overall sense of well-being

Improved fitness: yoga helps improve balance, flexibility, range of motion, and strength.

Management of chronic conditions: yoga helps reduce risk factors for chronic diseases such as hypertension, heart disease, depression, pain, anxiety, and insomnia

How often?

It is recommended that one does yoga for about an hour a week in order to experience the benefits of the practice. If one can do more than that, they will certainly experience more benefits.

Core components of Yoga:

Poses: Yoga poses, also called postures, are a series of movements designed to increase strength and flexibility. Poses range from lying on the floor while completely relaxed to difficult postures that may have you stretching your physical limits.

Breathing: Controlling your breathing is an important part of yoga. Yoga teaches that controlling your breathing can help you control your body and quiet your mind.

Meditation or relaxation: In yoga, you may incorporate meditation or relaxation. Meditation may help you learn to be more mindful and aware of the present moment without judgment.

Attire

Yoga is intended to be a meditative, relaxing form of exercise, but dressing for yoga can be intimidating for beginning clients. Generally, it is important to wear clothing that is both comfortable and made from breathable fabric (such as cotton, bamboo, or jersey). It will also help to know what type of yoga class you are attending in order to determine the best outfit.

Risks and Side Effects

The risk of serious injury from yoga is quite low, however, certain types of stroke as well as pain from nerve damage are among the rare possible side effects of practicing yoga.

Women who are pregnant and people with certain medical conditions, such as high blood pressure, glaucoma, and sciatica (pain, weakness, numbing, or tingling that may extend from the lower back to the calf, foot, or even the toes), should modify or avoid some yoga poses.





It Will Take More Than Just Medicine



Presented by Dayna Bowen Matthew

William L. Matheson and Robert M. Morgenthau Distinguished Professor of Law, and the F. Palmer Weber Research Professor of Civil Liberties and Human Rights at the University of Virginia School of Law and author of *Just Medicine: A Cure for Racial Inequality in American Health Care*

Friday, April 20, 2018
Noon - 1 p.m.

Barco Law Building
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Teplitz Memorial Moot
Courtroom, Ground Floor

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