

# 2010 NWC Poster Abstracts

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## **HealthKicks! Child Education and Risk Reduction Program**

**Charis Allenbaugh, MS, and Lauren Whyte**

This program was developed to educate children on different aspects of their health in a fun way. Four activity books on the topics of general health, nutrition, fitness, and tobacco avoidance are mailed to children in the program. This risk reduction program was developed for 9-year-olds on our health plan.

## **Effectiveness of a Lifestyle Change Program for Asthma**

**Don Bukstein, MD**

Dean Clinic Allergy Department with the staff of Getting Better Health evaluated the effectiveness of a lifestyle change program for patients with suboptimal asthma outcomes.

## **Prevalence of Substance Use, Intimate and Relational Abuse, and Mental Health in College Students and Implications for Campus Wellness Programming**

**Mitchell Demers and Sonja Arneson Ecklund**

The purpose of this study was to obtain accurate prevalence estimates of sexual, relational, emotional, and physical abuse, as well as mental health and substance use at a college in the upper Midwest.

## **Rebuild, Revitalize, and RETHINK Wellness in Community Development**

**Patty Deutsch, MA, LPC; Angie Withrow; Kathi Hill; and Carolyn Mullins**

Rebuild, Revitalize, and RETHINK Wellness is the theme of REV UP Madison (a committed group of Madison, West Virginia, residents), a WV Collaborative Project of the Wellness County of West Virginia.

## **Wellness for Telecommuters & Other Remote Workers**

**Jessica Ellison, CPE**

Learn how remote workers can create optimal wellness with innovative best practices for ergonomic injury prevention, work, station design, and healthy work habits.

## **Teaching Suicide in Literature for College-Level Suicide Prevention: A Pedagogical Approach and Empirical Evaluation**

**Angela Eward-Mangione, MLA**

This poster describes a suggested curriculum and pedagogical approach to teaching suicide in literature for college-level suicide prevention. It also provides a study example from a course on the community college level.

## **Technological Tools of the Trade for Teachers**

**Paul Finnicum, EdD**

This poster describes how to improve the teaching/learning environment through the application of various technologies in the traditional and online classroom.

## **Schools and Families: Living and Learning Together**

**Billie Frances, MA, LMFT**

Connecting schools and families is a key to a child's learning. Sounds good; so how do we do it? This poster highlights how Family Friendly School engages families in childrens' learning.

## **Health Professionals: Are They Ready for Online Social Networking?**

**Diane Hamilton-Hancock, PhD; Leanda Hemphill, PhD; and Luh PuTu Mahadewi**

This presentation provides an overview of a training program whereby health professionals were taught to create social networking sites. Findings will be reported on participants' readiness to use social networking sites in their professional practice.

## **The "Shape" of Things to Come**

**Jennie Haughn**

Shape, a worldwide automotive supplier, has achieved a cost avoidance of \$2.5 million in healthcare costs. This poster highlights Shape's progressive in-house wellness program, which benefits 4,500 lives.

### **Holistic Wellness of Undergraduate Teacher Candidates**

**Sherry Jarrett, DHEd**

In an effort to enhance teacher-candidate wellness knowledge and behaviors, a research study was conducted involving the design, implementation, and evaluation of a holistic wellness course for teacher candidates.

### **Cardiometabolic Risk Screening Using Simple and Convenient Dried Blood Spot Technology**

**Sanjay Kapur, PhD, MBA; Sonia Kapur, PhD; Margaret Groves, MPhil; and David Zava, PhD**

Cardiovascular and metabolic risk factors are gaining more attention as potential targets of interventions to combat against increased mortality due to cardiovascular disease (CVD) and type 2 diabetes mellitus (T2DM). A rapid, reliable, and accurate method for cardiometabolic marker detection in dried blood spot samples is presented.

### **Mind-Body Practice—Qigong and Perceived Stress Levels**

**Kathleen Levac, RN, MS, MQT; Roger Jahnke, OMD; and Linda Larkey, PhD**

This cost-effective, portable, and easy-to-learn program reduces perceived stress levels, improves sleep, and decreases blood pressure, and it could have a significant impact on health, potentially saving millions of dollars.

### **Making Workplace Wellness Work in Australia: The Blue Care Staff Wellness Pilot Program**

**Roxanne Machen**

The Blue Care Staff Wellness program fosters workplace wellness culture by utilizing a consistent wellness promotion framework and actively promoting, measuring, and evaluating organizational and individual wellness and health culture.

### **The Medical Experiences of Women Living with Breast Cancer Compared to Women with a Benign Diagnosis**

**Kate McKee, MA, LLMFT**

This poster will report the findings of a qualitative study that explored the medical experiences of women living with breast cancer compared to women with a benign diagnosis.

### **Healthy UNH**

**Kimberly Persson, MSW**

Healthy UNH is a campus-wide initiative at the University of New Hampshire, working to make UNH the healthiest campus community in the country by 2020 while simultaneously decreasing healthcare costs.

### **Effects of Stress, Early Prenatal Care, and Religiosity on Cardiovascular Disease**

**Sally Shaw, DrPH, CHES; Bruce Nelson, MA; Lee Berk, DrPH; Michelle Prowse, MS; and Dana King, MD**

Based on research findings, there may be clinical relevance that positive early parental care and religiosity may reduce the negative effect that stress has on individual cardiovascular health.

### **The Get FIT Wellness Intervention for Persons with Developmental Disabilities and Their Caregivers**

**Leslie Spencer, PhD, CHES**

The Get FIT wellness program for persons with developmental disabilities and their caregivers has improved the well-being of this underserved population and provided outstanding training for the undergraduate facilitators.

### **Telephonic Lifestyle Health Coaching Improves Health Outcomes**

**Jennifer Sponholtz, CHES, CMT**

Advocate Lifestyle Health Coaching utilizes the Intrinsic Coaching™ methodology to improve health outcomes and elicit behavior change. A pilot study with Advocate Physician Partners' diabetic patients resulted in lowered LDL and A1c values.

### **Pilot Study—A Faith Community GYM: Guiding Youth Movement for Sustained, Healthy Futures**

**Judy Springer, MEd**

This 12-month community-academic partnership trained adult Health Advocates, engaged youth in a structured running program, and highlighted health career pathways. Results and outcomes will be described.