

NYSCHA 2024 Annual Meeting

PRE-CONFERENCE SESSIONS

This year's Annual Meeting features three pre-conference sessions. Conference attendees have the option to attend pre-conference sessions at no additional cost. Pre-registration is not required.

The pre-conference sessions will be held from 9:00-10:15 a.m. on Wednesday, November 13.

PRE-CONFERENCE SESSIONS:

Developing and Expanding a Health Product Program on Campus

Samantha Warren, MPH, MCHES, CPH

Join Stony Brook University's Center for Prevention and Outreach to learn about their Health Products Program that provides menstrual hygiene kits, safer sex kits, flu kits, first aid kits, fentanyl and xylazine testing kits to thousands of students each semester. Working through a lens of harm reduction techniques and inclusivity, learn how we have adapted and expanded the program to fit our students' needs and how you can bring this essential resource to your campus.

An Introduction to Lifestyle Medicine: In Support of a More Whole Foods, Plant-based Diet

Rebecca Kobos, MD, University at Albany

Evidence-based lifestyle medicine is based on six tenants which include: following a whole food, plant-based diet, ensuring regular physical movement and restorative sleep, decreasing stress, avoiding substance use like smoking, and promoting social connectivity. It does not replace traditional allopathic or osteopathic medicine and is not meant to supplant critical surgical or pharmacologic interventions. Instead, if followed correctly, lifestyle medicine has been shown to not only prevent but treat chronic diseases while encouraging patients to take an active role in their health. Lifestyle medicine necessitates a holistic approach including the entire physical, mental, and social health of a patient while also addressing the social determinants of health. Success in one tenant frequently leads to success in other tenants, while struggles in one area often negatively impact adherence to the other tenants. While this presentation will primarily focus on healthy eating, it is worth noting that connection with others is a critical piece.

The Broadening of Mental Health: The Next Paradigm Shift in Higher Education

David Walden, PhD, and Katie Cowen, Hamilton College

The presenters will share a way of thinking about the landscape of mental health in higher education that points to a coming paradigm shift, one that encompasses emerging movements in the field and promises a more sustainable and healthy future. They will outline key components of a vision that is aligned with how students see themselves and what they seek from college, that recognizes and honors the holistic nature of students and staff, and that could serve as the foundation for new approaches to a historical challenge in higher education. An initiative at our institution that we hope will bring this vision to life will be outlined.