Message from Dr. Doug Aukerman, Oregon State

Hello,

Welcome to the second edition of the Pac-12 Student-Athlete Health and Well-Being Initiative newsletter. As we mentioned during our first newsletter in April, we will look to periodically provide updates regarding the Pac-12 SAHWB Initiative throughout the year.

This past May, I had the honor of becoming the chair of the Pac-12 SAHWB Initiative's board and am thrilled to be joined by Miguel Rueda (Colorado) who accepted the vice chair position. As we serve in this role we are grateful for the work of our two previous chairs, Dr. David McAllister (UCLA) and Dr. Kim Harmon (Washington), who have taken this initiative from its infancy and helped shape and guide its growth and development. We extend our sincere gratitude to both!
We also extend our thanks to the Pac-12 CEO Group who voted in May to continue this program (read here). We appreciate the opportunity to continue the good work this funding provides to improve student-athletes health and well-being on all of our campuses.

In this newsletter, please find a series of updates from around the initiative as well as some reminders and more information regarding upcoming events. We are making progress and an impact on the promotion of the health and well-being of our student-athletes. The work of the past five years has been critical in positioning us to have the leading health analytics program in college athletics. With over 92% of our athletes consent moving forward and already over one million data points, I am excited to see the publications and work that will be coming out over the years to come.

On behalf of the Pac-12 SAHWB board, thank you for continuing to help with this important work to make our Pac-12 sports safer for our student-athletes.

Sincerely,
Dr. Doug Aukerman
Chair, Pac-12 SAHWB Board

Pac-12 Health Analytics Program (HAP)

In May, the Board voted to rename the Pac-12 Health Analytics Program (HAP) to replace what often seemed a confusing acronym, SIRMAP. The Health Analytics Program has been a high-priority during our first months of leadership. We have further defined and assigned HAP-program responsibilities and created quality assurances of the research portal data. Each campus will receive individual dashboards of their injury and illness information and trends by January 2020. In 2020, Pac-12 researchers will be able to apply for de-identified data to be used in future, approved research studies.

We have also created a process for potential external, industry research collaborators to follow to request working broadly with all institutions or individual institutions on a project of interest. The request is now up on the Pac-12 SAHWB webpage, available here.

Our board meets in January to review the proposals submitted for the 2020 cycle of the grant program. The submissions for this cycle are strong and demonstrate the continued significant interest and valuable potential impact to improve our student-athletes safety.

Request for Proposal: Mental Health Coordinating Unit

The Pac-12 is pleased to announce a request for proposal for a Mental Health Coordinating Unit (MHCU). The MHCU, in conjunction with the Pac-12 Mental Health Task Force and the Student Athlete Health and Wellness Board, will design and implement confidential conference-wide tracking of mental health variables using the Presagia medical record, instigate the collection of mental health screens recommended by the NCAA, and report on conference-wide epidemiologic outcomes.
This framework will be available for future studies in mental health to examine interventions or the relationship of mental health issues with injury.

This is a great opportunity to develop a robust mental health research infrastructure within the Pac-12 Conference. To submit a proposal, visit the Pac-12 SAHWB page on Pac-12.com. For more information, please contact SA_HealthWellBeing@pac-12.org.

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**Student-Athlete Mental Health Summit Update**

Message from Dr. Shanyn Lancaster, Arizona State, chair of the Pac-12 Mental Health Task Force:

“I am proud of the Pac-12 Conference for leading the way on student-athlete mental health, as shown by our work with grants, the task force and conference-wide initiatives. The Pac-12 Conference and the NCAA Sports Science Institute are proud to co-host the Student-Athlete Mental Health Summit from January 16-17, 2020 at UCLA, and we invite you all to join us at this two-day conference to explore the important issues surrounding mental health, present research, and discuss policies and procedures that can help advance the mental health of athletes.”

**Registration Information**

- Registration for the Student-Athlete Mental Health Summit (January 2020 at UCLA) is expected to open in the coming days and will be sent out separately when live. If you are receiving this newsletter, you will receive the notice.
- For more information, please contact UCLA at 310-794-2620.
Message from Dan Nordquist, Washington State, Grants Committee Chair

The Pac-12 Student-Athlete Health and Well-Being Grants Program continues to have a significant impact on our student-athletes. Our awardees study injury surveillance, assess health and performance, develop coaching education materials, research bone health and stress, develop best practices for cardiovascular screening, enhance thermal exchange, analyze mental health and brain trauma, and many other important areas that need funding to help our student athletes.

These awards lead to our investigators, and their labs, publishing in peer-reviewed papers in high-impact journals, giving invited presentations all over the nation (Norcross-OSU, Harmon-UW, Fredericson-Stanford, Yurgelun-Todd-Utah, among others) and creation of important websites (see here) to let the Conference and others know the real impact of the grant program.

The 2020 Grant Cycle is underway. Applications have been received and reviews have begun. The program continues to attract top Pac-12 researchers addressing important topics related to student-athletes. A focus of this cycle are projects that are translational in nature with direct and significant impact to student-athletes as a result of the project.

Brain Trauma Task Force Update

The National Collegiate Athletic Association (NCAA) and the US Department of Defense (DoD) have partnered to form the Concussion Assessment Research and Education (CARE) Consortium which is structured to provide an innovative framework to study the natural history of concussion and establish best practices for recovery. In 2017, in collaboration with the NCAA and DoD, the Pac-12 launched the Pac-12 CARE-Affiliated Project (CAP), serving as a regional hub of CARE Consortium.

- **On-boarding Progress:** A total of 10 Pac-12 universities have joined the study and are actively recruiting student-athletes to participate. By the fall of 2020, all Pac-12 institutions will have joined the Pac-12 CAP.
- **Student-Athlete Participation:** To date, over 2,500 student-athletes have consented to participate in the Pac-12 CAP, each with valuable baseline measures and assessments collected from male and female athletes participating in a variety of NCAA Division 1 sports including football, soccer, volleyball, basketball, lacrosse, water polo and skiing.
• **Tracking Concussions:** The Pac-12 CAP has captured valuable incident concussion and recovery information from over 150 male and female student-athletes, laying the foundation for a rich resource that will contribute to our understanding of concussion incidence and recovery as well as establish a knowledge base to guide clinical assessment and treatment paradigms.

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**2020 Pac-12 Student Athlete Health Conference**

The Pac-12 Student-Athlete Health Conference (SAHC) is a comprehensive educational and business meeting aimed at collaboration amongst the sports medicine teams and professional growth with the Pac-12 conference. The meeting functions as a forum for physicians, athletic trainers, dietitians, and mental health professionals to share best practices, evaluate Pac-12 and institutional policies, and discuss various aspects of student-athlete health and wellness.

The 2020 SAHC will be held at the Aria Resort in Las Vegas on May 7-9, 2020. All past meeting information can be found at the website: [www.pac12sahc.org](http://www.pac12sahc.org). This website will be updated with the 2020 conference information as it becomes available.