Hello,

Welcome to the fourth edition of the Pac-12 Student-Athlete Health and Well-Being Initiative (SAHWBI) newsletter, highlighting the initiative's continuous efforts and accomplishments.

Our Pac-12 SAHWBI governance, previously established through this initiative, has provided an extremely valuable foundation to address the health and safety of our student-athletes during the COVID-19 pandemic. Our SAHWBI Board members and other members of the Pac-12 COVID-19 Medical Advisory Committee have guided policies recommended to our university presidents and chancellors for the safest possible return to sport. A huge thank you to the SAHWBI Board, infectious disease physicians, public health professionals, athletic trainers and strength and conditioning coaches who have volunteered countless hours each week to discuss and recommend safety and health guidance. A complete list of the members can be found at Pac-12.com/health.
We also want to express appreciation for the work being completed by Dr. Kim Harmon in the position of our Pac-12 Research Development Director. Dr. Harmon has tremendously helped with the Conference's COVID-19 testing understanding and implementation. She is working on related research projects that will significantly contribute to COVID-19 knowledge and understanding.

We very much appreciate all of the hard work that goes into our Pac-12 SAHWBI, especially with our efforts related to COVID-19. Together with these efforts, we truly are the Conference of Champions!

We hope you enjoy this newsletter and find these updates informative and helpful and we look forward to seeing you during our annual Student-Athlete Health Conference in May.

Sincerely,

Pac-12 SAHWBI Board

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**University of Arizona President Dr. Robert Robbins on the Pac-12’s Return to Play Announcement in Sept. 2020**

Following the Pac-12’s announcement in Sept. 2020 that the Conference would resume its football, basketball & winter sports seasons, University of Arizona President, Dr. Robert Robbins, provided the following comment regarding the Pac-12 SAHWBI & COVID-19 Medical Advisory Committee efforts:
Message from Pac-12 Research Development Director, Dr. Kim Harmon

I am humbled and honored to have been selected as the first Research Development Director of the Pac-12. The Pac-12 SAHWBI has worked extremely hard since its inception in 2013 to improve the health and well-being of student-athletes. A critical step in this mission was the implementation of a common injury and illness record which is now being utilized by all Pac-12 Institutions. The vision of a common injury record which could be used by researchers across the Pac-12 to better understand issues that affect student-athletes and to study interventions taken to address these issues is nearly realized.

As Research Development Director, my first steps will be to work with existing infrastructure to optimize data quality and integrity, to facilitate access to this data by Pac-12 researchers and to seek additional funding mechanisms to support ongoing investigation of issues critical to the health and well-being of student-athletes. In addition, I hope to shepherd ongoing projects to their completion.

It is critical, while doing this, to provide our clinicians, athletic trainers and medical providers, with the necessary support to continue this important translational research. We must look for both traditional and non-traditional sources of funding and partnership to ensure solvency into the future, and disseminate our findings to the broader sports medicine and exercise community.

I am grateful for the trust and the opportunity to contribute to the important work of the Pac-12 SAHWBI.

Sincerely,

Dr. Kim Harmon

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Pac-12 Student-Athlete Health Conference

The 2021 Pac-12 Student-Athlete Health Conference (SAHC) is planned to take place May 20-22. Further details regarding the event and registration will be made available at www.pac12sahc.org.

The Pac-12 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.
Objectives of the conference are:

- Create an environment of collaboration and networking that preserves the standing of the Pac-12 Conference as the leader of student-athlete care.
- Provide a space for representatives from each discipline to meet and discuss Conference-wide trends and topics that impact each group.
- Present an educational program that exhibits current trends and research in collegiate sports medicine.
- Highlight Pac-12 funded research projects from across the Conference.
- Provide designated time for Pac-12 committees to conduct business meetings.

The meeting has expanded to approximately 150 attendees from around the Pac-12. Institutional sports medicine professionals as well as athletic directors, faculty athletic representatives, research teams and Pac-12 administrators are encouraged to attend.

Inquiries regarding the conference can be sent to Tandi Hawkey at tandihawkey@gmail.com or directed to the Board Representative at respective institutions. A list of board members can be found at Pac-12.com/health.

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Grants Program Update from Committee Chair, Dan Nordquist

The Pac-12 SAHWBI Grants Program is continually moving forward with the ebbs, flows, and priorities of the Conference. Here are a few details of the great work our schools are involved with:

1. **COVID research IS being conducted:**
   - Oregon is collaborating with WSU in a pilot project on the impact of COVID-19 on student-athlete lung function and diffusing capacity.
   - UW is conducting a study across the Conference on the accuracy of Quidel Sophia 2 SARS-CoV-2 assay compared to the Rt-PCR in asymptomatic athletes.
   - We are continuing to work with external partners on various projects important to the health and well-being of our student-athletes.

2. **Research results - implementation projects:**
   - Our first funded research project was awarded to OSU PIs to develop the technology to capture athletic exposure, or time at risk. Upon successful completion of the project, this is now being implemented in our EMR across the Conference. See more details in the update below.
   - Another project that has provided valuable, applicable results is the Stanford/UCLA study on improving bone health and reducing incidence of bone stress injuries in Pac-12 distance runners. This is now being implemented with a focus on health promotion, optimal fueling and changing culture.

3. **Data sharing:**
   - We have recently processed our first three data sharing agreements within the Conference, with data being shared with UCLA, Oregon State and Colorado.
   - These projects are looking at:
Surgical injury patterns in collegiate level gymnasts to help guide prognosis

“Overuse” injury data to provide a better picture of injury burden and clinician workload

Data related to concussion diagnosis and acute lower extremity musculoskeletal injury

- You can find more information about the data request process, including link to the Application, here: Pac-12.com/pac-12-data-requests.

Click here to read more about each of these funded projects at Pac-12.com.

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**Health Analytics Program (HAP) Updates**

The Pac-12 Health Analytics Program (HAP) expanded its clinical leadership team to include two new quality control positions called Campus Administrator (CA) Leads. These two individuals assist the HAP Project Manager and Technical Advisor in the daily quality assurance and control of HAP Project Data. They manage the individual Campus Administrators at participating institutions regarding all aspects of the HAP policies and procedures.

In September of 2020, the Pac-12 Health Analytics Program also implemented additional clinical efficiencies around capturing "days lost from injury" to enhance the tracking of injury/illness recovery amongst student-athletes. These additions positively influence the clinical effectiveness of the HAP in the Pac-12 Conference.

With support from the Pac-12 SAHWBI Grant Program, researchers from Oregon State University developed an athletic exposure reporting program called PacTrac and evaluated the feasibility of capturing athletic exposures as part of the HAP. The SAHWBI Board approved a proposal in June 2020 to integrate the PacTrac technology into the Conference-wide injury reporting system hosted by Presagia Sports. Since then, representatives from Presagia Sports, the Pac-12 HAP, the OSU research team, SAHWBI Executive Board, and the Pac-12 Athlete Considerations Committee have worked collaboratively implement exposure reporting into Presagia and to train Pac-12 athletic trainers to use the workflow. This new feature will not only enhance the value of the HAP for research purposes, but has also allowed the implementation team to develop new clinical reports that are intended to assist athletic trainers in their day-to-day practice.

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**Pac-12 Mental Health Task Force Updates from Chair, Dr. Shanyn Lancaster**

First formed in May 2018, the Pac-12 Mental Health Task Force is a multidisciplinary group of licensed mental health practitioners, physicians, athletic trainers and students from Pac-12 member universities that serves as a resource for the Pac-12 on educational initiatives, applied research and best practices for advancing the mental health and well-being of collegiate athletes.
The task force is proud to provide the following updates:

- Developed a Mental Health Supplement to the Health and Well Being Considerations for Pac-12 Institutions in Their Local Planning for Return to Sporting Activity which was presented to SWAs and distributed to the SAHWBI board.
- Participated in the Pac-12 Team Green’s second virtual event of the year with "Amplifying Voices for Change." Covering a variety of important and relevant topics, including mental health, several Pac-12 student-athletes, professors and staff joined a series of panel discussions moderated by Pac-12 Networks Kate Scott.
- Next up: developing best practices to help campuses determine appropriateness of outside speakers and consultants.

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**Pac-12 Mental Health Coordinating Unit (MHCU) Updates from Director, Dr. Daniel Taylor**

The Pac-12 Mental Health Coordinating Unit (MHCU), led by University of Arizona’s Dr. Daniel Taylor, aims to establish a set of mental health screens consistent with NCAA and International Olympic Committee best practice recommendations to be implemented at Pac-12 universities. The MHCU aims to gather mental health data from student-athletes twice per year over three years and report on epidemiological outcomes at the end of the study period.

The MHCU is proud to provide the following updates:

- In April and May 2020, the MHCU developed a survey of mental health screening tools based on the International Olympic Committee (IOC)’s Sport Mental Health Assessment Tool 1 (SMHAT-1), in coordination with the Mental Health Task Force and local Pac-12 institution clinicians and approved by the Student-Athlete Health and Well-Being Board. Consisting of 12 measures, the survey aimed to identify student-athletes at risk or currently experiencing mental health symptoms and/or disorders.
- In June and July, the survey launched at 4 universities (University of Arizona, Oregon State University, University of Colorado Boulder, and University of Washington) involved in the initial phase of the study.
- To date, mental health data has been gathered from over 1600 student-athletes with nearly 900 student-athletes consented. Due to COVID-19, tactics had to be changed rapidly to assist all institutions to deliver the survey electronically.
- The survey also aims to facilitate clinicians with their meetings with student-athletes. Therefore, the MHCU has worked closely with the clinician(s) at each university to include additional measures, as requested, and alerts that may be helpful.
- The information gathered from the study will continue to advance our understanding of mental health in student-athletes and help facilitate assessment, intervention, and/or prevention programs for student-athletes.
Pac-12 Brain Trauma Task Force Updates from Chair, Dr. Sourav Poddar and Pac-12 Concussion Coordinating Unit from Director, Dr. Matt McQueen

The Pac-12 CARE-Affiliated Program (CAP) continues to serve as a regional hub of the NCAA/DoD CARE Consortium. As of summer 2020, all 12 universities are IRB-approved to participate in the study, despite the extensive disruption due to the COVID-19 pandemic.

- Over 3,500 student-athletes currently participate in the Pac-12 CAP, each with valuable baseline measures and assessments collected from male and female student-athletes participating in a variety of NCAA Division I sports, including football, soccer, volleyball, basketball, lacrosse, water polo and skiing.
- Of those consented student-athletes, investigators have collected valuable incident concussion and recovery information from over 200 male and female student-athletes.
- The Pac-12 CCU and Presagia Sports has adapted data collection protocols to be flexible given the COVID-19 situation, including the ability to directly enter information and data into Presagia. Additionally, the Pac-12 has established a robust research database to serve as the platform for future studies.

Other CAP / Pac-12 Concussion Coordinating Unit Updates

In addition to, and with aid of the CAP project details above, initial research looking at commonly utilized concussion assessment and management tools (including the King-Devick, Standardized Assessment of Concussion/SCAT5 assessment batteries) was performed at Colorado, Oregon State and Washington.

- Dr. Kim Harmon (Washington) has submitted an abstract with collaborators from the Pac-12 on the utility of the King-Devick for concussion diagnosis.
- The Brain Trauma Task Force in collaboration with the Pac-12 CCU have finished the first manuscript that describes the Pac-12 CAP.
- The Pac-12 CCU has also been involved in the developing the testing and data protocol for COVID-19.

We look forward to providing continued guidance to the Pac-12 and securing additional grant funding for on-going research and collaboration with outside entities to strengthen and highlight the role of the Pac-12 as a leader in sports concussion science.
The Pac-12 over the last year has revamped the SAWHBI website. To learn more about the Pac-12 SAWHBI and all of the work accomplished to date please visit Pac-12.com/health.

AMSSM Collaborative Research Network (CRN)

Another recent recognition we would like to highlight is the AMSSM Collaborative Research Network (CRN) which is pleased to announce the recipients of the 2020 AMSSM CRN $300K Research Grant, including Dr. Jonathan Drezner, Dr. Kimberly Harmon and Dr. Aaron Baggish who will serve as co-principal investigators for their research project titled "Outcomes Registry for Cardiac Conditions in Athletes (the ORCCA Study): A Prospective, Multisite Research Study."

- The long-term objective of their project is to establish an outcomes registry for competitive athletes diagnosed with cardiovascular disease.
- Initially, the investigators will launch a national registry using a cohort of NCAA athletes afflicted with COVID-19 to address urgent clinical questions related to the impact of SARS-CoV-2 on cardiovascular pathology and the risk of myocardial injury.
- Specifically, the group will examine the diagnostic yield of pre-participation cardiac testing and the prevalence of myocarditis or adverse cardiovascular events among NCAA athletes with COVID-19 infections. They will then expand the focus of this registry to capture the clinical implications and outcomes of traditional (i.e. non-COVID-related genetic and congenital) forms of cardiovascular pathology.
- The study team consists of AMSSM clinicians and researchers at various locations, including the University of Washington (Dr. Drezner and Dr. Harmon) and Harvard University (Dr. Baggish). Approximately 70 NCAA universities with Division I athletic programs and
historically Black colleges and universities (HBCUs) associated with the Central Intercollegiate Athletic Conference (CIAA) have agreed to participate in the registry.

- Numerous AMSSM member team physicians at these institutions will help form the network to contribute data for this registry.