Welcome to the Fall 2022 edition of the Pac-12 Student-Athlete Health and Well-Being Initiative (SAHWBI) newsletter! This regular newsletter continues to highlight our initiative’s efforts and accomplishments and we are pleased to share several additional updates from across Pac-12 SAHWBI.

Over the past several months, we have had a number of exciting developments and updates to share. Most importantly, as we continue to navigate various challenges with playing through the COVID-19 pandemic, we are grateful for our Pac-12 COVID-19 Medical Advisory Committee and all of the work this group has and continues to do in support of our student-athletes’ health and well-being.

After two years of navigating the pandemic, we were thrilled to return our annual Pac-12 Student-Athlete Health Conference to in-person this past May in Las Vegas. The two-day event again facilitated a collaborative environment for researchers, medical professionals and athletics trainers to discuss current trends and best practices in student-athlete healthcare, as well as a number of findings and updates from Pac-12-funded research. Looking ahead to this year, the 2023 SAHWBI Grant Cycle Request Pre-Proposal period has opened. Pre-proposals for all research grant requests are due August 15.

In addition, we are also excited to share that registration is now live for the 2023 Pac-12 Health Equity Summit, set to take place this year on January 26-27, 2023 at the Meyer and Renee Luskin Conference Center at UCLA. This year’s summit, “Race, Gender, Identity and Accessibility Matters in Collegiate Athlete Health” will be available both live in-person and virtual. The two-day event will examine the impact on diversity, equity, access and representation in the healthcare and health outcomes of our diverse athlete population groups. We have assembled an elite faculty for the summit and look forward to compelling presentations and dynamic discussions for attendees to implement in their own practices. Registration for the Pac-12 Health Equity Summit is available [here](#).
Finally, we appreciate all of the collaboration and work that each of our campuses have done in working with our health analytics program partner Kitman Labs as we transition to this new electronic medical records (EMR) platform. We know this is no small undertaking, and we are thankful for all of the support Kitman Labs and our Pac-12 teams have provided in this transition.

We hope you enjoy this newsletter and we appreciate your continued support of the Pac-12 SAHWBI!

Sincerely,

Miguel Rueda, Pac-12 SAHWBI Board Chair
Kim Terrell, Pac-12 SAHWBI Board Vice Chair

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2023 Pac-12 Health Equity Summit

The Pac-12 Conference will host a Health Equity Summit addressing Race, Gender, Identity and Accessibility Matters in Collegiate Athlete Health on January 26-27, 2023, at the Luskin Center on the UCLA campus. Co-presenters and support are provided by the NCAA, and the David Geffen School of Medicine at UCLA collaborating with the American Society for Sports Medicine (AMSSM) and the U.S. Council for Athletes Health (USCAH). The summit will provide an opportunity for attendees to engage with multidisciplinary leaders and experts in research and the clinical care of competitive athletes with a specific focus on improving health equity.

REGISTER FOR 2023 HEALTH EQUITY SUMMIT

A key goal of the summit is to provide educational programming for collegiate sports medicine professionals and practitioners and strategies for creating a more inclusive environment for supporting diverse and underrepresented student-athletes for improved health outcomes. Participants will have the opportunity to examine healthcare delivery through the lens of diversity, equity and inclusion in order to analyze its impact on the collegiate student-athlete population.

Full program information, including online registration details, are available below. Questions can be directed to the UCLA Office of Continuing Medical Education at (310) 794-2620.

(Click image for full program)
Race, Gender, Identity and Accessibility Matters in Collegiate Athlete Health

PAC-12 HEALTH EQUITY SUMMIT

JANUARY 26–27, 2023

UCLA Meyer & Renee Luskin Conference Center // Los Angeles, CA
Update from Research Development
Director, Dr. Kim Harmon

In the area of research, much of our attention has been directed toward the transition to Kitman Labs' electronic medical record platform. From the common data elements to our concussion data elements, we are working to ensure a smooth transition so that our research infrastructure and research portal continues to function seamlessly and evolve to reflect our growth.

We have also redesigned our grant application process. The RFP was released May 16, 2022 and now starts with a short pre-proposal. Full proposals will be required for pre-proposals of high interest. In addition, researchers with pre-proposals invited for submission will have a chance to review with the Research Development Director for thoughts on how to optimize the utility and implementability of potential research projects in the Pac-12.

Pre-proposals are due by 5 p.m. PT on August 15, 2022.

Sincerely,
Dr. Kim Harmon, Pac-12 Research Development Director

Message from University of Washington
President Ana Mari Cauce
“The Pac-12’s Student-Athlete Health & Well-Being Initiative is leading the way in ensuring our student-athletes receive best-in-class care and treatment. By fostering collaboration and partnership, as well as advancing research, the Pac-12 SAHWBI supports students’ mental and physical health on and off the field.”

- University of Washington President Ana Mari Cauce
Research Grants Committee & Data Sharing Updates

Research Grants Committee Update

At the Pac-12 Student-Athlete Health Conference on May 16, grant awardees were on-site to present findings and updates on their respective research projects. This included four student-athlete research and travel awardees. The conference attendees shared enthusiasm for the research being done to advance student-athlete health and safety. Four grant awardees shared a podium presentation of the results of their completed research.

Because we received a number of proposals in the 2022 cycle, in both the standard and exploratory/bridge grant categories, the Student-Athlete Health and Well-Being Board has chosen again to offer both options for grant proposals:

- A standard grant provides a specific level of support for a specified period of time, with no specific funding limit. However, projects under $150,000 annually are encouraged.
- The exploratory/bridge grant is similar to NIH R-21 grants which are used to fund preliminary studies, exploratory, or development-based projects that have large growth potential with a likelihood of NIH support. This grant would lead to submission of a larger, NIH R01 award in the future. Exploratory/bridge grants are limited to two years at $200,000 annually, including indirect costs.

To streamline this year's process, a short pre-proposal is due by **5 p.m. PT on August 15, 2022**. Projects of high interest and impact will be invited to submit a full proposal.

Data Sharing Update

We have received 33 unique data requests submitted from Pac-12 Conference members, with 19 being fully completed. Data is now being shared with UCLA (six), Colorado (four), Washington (three), Oregon State (two), and Utah (two).

Topics for select projects include:

- Stress fracture rates, variability between institutions, and potential related training issues.
- Understanding healthcare utilization patterns and student-athlete access to, and characteristics of, care.
• A baseball-related project to identify injury types, rates, time-loss, and relationships to demographic and other sport-related variables.
• Men's and women's basketball injury prevalence and trends.

More information about the data request process, including link to the application, can be found here.

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**Brain Trauma Task Force & Concussion Coordinating Unit Updates**

The Pac-12 Brain Trauma Task Force continues to oversee the Pac-12 CARE-Affiliated Program (CAP) and the collection of all incident concussion data in the Pac-12 Conference. The CAP study has achieved several milestones and important improvements over the past year:

• Over 5,000 student-athletes from all Pac-12 institutions currently participate in CAP, with valuable baseline concussion measurements collected from athletes across a variety of sports.
• To date, investigators have collected incident concussion and recovery data from over 800 student-athletes.

A pair of studies have been conducted with collaboration from the Brain Trauma Task Force (BTTF) and the Pac-12 Concussion Coordinating Unit (PCCU):

• "Risk of Concussion After a Targeting Foul in Collegiate American Football" was published in the *Orthopaedic Journal of Sports Medicine*. It was found that the risk of concussion is 36.9 times greater on targeting plays than all other plays in college football.
• A second publication assessing the impact of an NCAA kickoff rule change on concussion incidence is in review with *JAMA Open*.

The football spotter program continued for the 2021 season, providing a bird's-eye view of the field during games to inform sideline medical personnel of potential injury to players. Here are some key findings from the 2021 season:

• The majority of spotter communication took place in the second half.
• First and second down plays accounted for over 70% of spotter communication.
• Wide receivers and defensive backs combined for over 50% of injuries communicated across all position groups.
• Run and pass plays each accounted for approximately half of spotter communication plays.

Happenings with the PCCU:

• Bridget Whelan of the University of Washington was welcomed as Co-Director of the PCCU.
• During the 2021-22 academic year, the concussion elements of CAP were incorporated into the Pac-12 Health Analytics Program (HAP). All concussion data is now available through HAP requests and athletes’ de-identified concussion data can be shared for research purposes with HAP authorization.
• The Near Point Convergence test was removed from the protocol for CAP after a review of recent findings.
• The PCCU has worked closely with Kitman Labs to build the concussion module of the full Electronic Medical Record (EMR) project to be delivered to the Pac-12 in the summer of 2022.

Future directions of the BTTF include:

• Compiling contextual concussion data for research.
• Considering additional ways to research potential technology available for concussion assessment and management across Pac-12 institutions.
• Working with the PCCU and Pac-12 Mental Health Coordinating Unit (MHCU) to further understand mental health and concussions.

Mental Health Coordinating Unit Updates

With a directive to build and test a set of scalable-mental-health screens, consistent with NCAA best-practice recommendations, the Pac-12 Mental Health Coordinating Unit (MHCU) over the past three years has accomplished and collected the following:

• **2020-21 (year one):** Four schools administered the screen to 1,025 student-athletes.
• **2021-22 (year two):** Eight schools administered the screen to 3,194 student-athletes.
• **2022-23 (year three):** In the third and final year, the MHCU has developed mental health screens for 10 total Pac-12 universities, including: Arizona, Arizona State, California, Colorado, Oregon, Oregon State, Stanford, Utah, Washington & Washington State.
  o Seven of these 10 universities are utilizing REDCap databases built by Arizona to administer screens and collect results.
Kitman Labs is set to develop identical screens in August 2022 for California, Oregon, and Washington State, which were previously built with Presagia for Oregon, Utah, and Washington State, however programming for these older models is much different.

Preliminary results for demographics, reliability and validity of the screens, as well as gender, race and ethnicity comparisons were presented at the Pac-12 Student-Athlete Health Conference (2021 & 2022) and SLEEP (2021 & 2022). Our manuscript regarding the reliability of measures used in the first year of the grant is being revised for a second resubmission to the British Journal of Sports Medicine and our manuscript examining gender, race, and ethnicity differences across mental health disorders and symptoms is now ready for submission.

As an unfunded additional project, the MHCU is now working to validate mental health and sleep screens by comparing screener-results to structured-clinical interviews and daily self-report assessments of the assessed domains and objective sleep using Fitbit Sense health smartwatches with student-athletes and college students.

Health Analytics Program & PacTrac updates

After a 2021 calendar that saw many clinical challenges across the conference in managing COVID-19 effects on health and wellness, the Pac-12 Health Analytics Program (HAP) maintained high-fidelity data collection across its projects. Additional clinical efficiency workflows were implemented to maximize PacTrac data collection and reduce burden on clinical documentation. PacTrac granular exposure data is now available for HAP data requests. HAP continues to offer clinicians individual analytics, providing high-fidelity insight on participation metrics from exposure data documented within PacTrac.

HAP continued to expand its common data element to include important variables around diversity, equity and inclusion that led to important research on health care utilization that will contribute to the upcoming Pac-12 Health Equity Summit at UCLA.

The spring of 2022 allowed us to address inherent limitations of the research portal including comprehensive denominators from 2016 that will inform future epidemiological research and high-fidelity insight on participation and injury analytics.
2022 Pac-12 Student-Athlete Health Conference

We were very excited to return to an in-person meeting for the 2022 Student-Athlete Health Conference, held in Las Vegas from May 12-14, 2022. The meeting was a huge success and it accomplished the goals of presenting an opportunity for education, business, and collaboration across Pac-12 medical teams.

Highlights of the 2022 Student-Athlete Health Conference included:

- Over 175 attendees, which included sports medicine teams from across the conference, researchers, institution administrators, and Pac-12 personnel.
- Presentation topics such as wearables in sport, multidisciplinary approaches to the care of Jones fractures, marijuana use in the athletic population, and building resilience and well-being in athletes.
- Panel discussions including diversity, equity, and inclusion considerations, challenges associated with name, image, and likeness, and updates regarding COVID-19.
- Poster presentations highlighting Pac-12 funded research projects, which gave a glimpse into the incredible research that is being conducted at our institutions.
- Breakout sessions on focused topics such as hand injuries, shoulder dislocations, biologics, overtraining syndrome, gut health nutrition, supplements, drug testing, and the best practices in the treatment of sexual assault.
- Updates from the Pac-12 committees and the SAHWBI board.

Preparations for the 2023 Student-Athlete Health Conference in Las Vegas are underway. Dates for the meeting are still to be determined.