

Women in Computer Science presents...

# Hack Health

— 04.16.2016 —

9:00 AM - 9:00 PM in Old CS 2120

A health themed Hackathon hosted by WiCS

Swag from our sponsors!  
Healthy food provided!  
Win prizes!

With special guests from:  
Recreation Center  
Campus Nutrition  
CAPS

 [facebook.com/groups/sbuwics](https://facebook.com/groups/sbuwics)  
 [www3.cs.stonybrook.edu/~wics](http://www3.cs.stonybrook.edu/~wics)



## Welcome

Hello and welcome to HackHealth presented by Women in Computer Science! This is the first time we are hosting HackHealth, and we hope that you, our attendees, will help us make this a spectacular and successful event so that we can host another one!

HackHealth is a one-day, health-themed hackathon that is taking place right here on the Stony Brook campus! We are collaborating with the Campus Nutritionist, CAPS, and the Campus Rec Center to provide our attendees with information on how to stay healthy and potential inspiration for project ideas. We're even having a Yoga and Meditation class!

The whole idea of HackHealth is to give everyone a chance to have fun and try new things that you otherwise wouldn't have a reason to try. Feel free to experiment with new languages, APIs, data sets, libraries, frameworks, hardware, and anything else you can think of! Don't feel obligated to hold to the "norms" of what people create at hackathons. You don't have to use the most popular stuff or make an app just because you think that's what everyone does. The most inspiring and awe-striking ideas are often the ones that are entirely off the beaten path, and we encourage you to do whatever it is that inspires you!

## Schedule

Time	Activity
9:00	Sign In
9:30	Breakfast/Team Forming
10:00	Welcome, Collaborator Presentations
11:00	Hacking Begins
1:00	Yoga and Meditation Class
1:30	Lunch
6:00	Hacking Ends, Snack Time
6:30	Judging Begins
7:30	Judging Ends
8:00	Prize Ceremony, Winners' Presentations
9:00	HackHealth Ends

## Code of Conduct

Everyone coming to HackHealth wants to have a good time, and we want to ensure that you do. To this end, we are holding everyone (attendees, volunteers, and mentors alike) to a couple of rules.

1. ***Respect everyone around you.***

Everyone here is a human being with thoughts and feelings of their own. Respect everyone's boundaries, be considerate, and think before you speak.

2. ***We will not tolerate disruptive behavior or harassment of any kind.***

If you actively harass, discriminate against, or hurt any other attendee, **we will throw you out.**

Everyone deserves a safe and comfortable environment to hack and have fun in, regardless of race, gender identity, sexual orientation, transgender status, disability, or any other characteristic of their being. Remember that bias (sexism, homophobia, etc.) can be subtle. And don't be lewd or tell crass jokes.

3. *Remember that many other attendees may not be as experienced as you.*

You may think that your showing off won't hurt anyone, but it may put people down and make them feel unqualified to be here. If someone doesn't know something, don't be dramatic and make them feel dumb. Instead, teach them about it. They probably know a lot that you don't, too.

4. *Don't be a sore loser or sore winner.*

Yes, you are competing for prizes. And yes, you should be competitive and try to make your hack the best it can be. But don't go overboard. If you spend all of your time trying to one-up someone else, neither of you will enjoy yourselves. HackHealth aims to be as stress-free an environment as possible.

5. *Put your mess in the trash.*

No one wants to spend 12 hours hacking in a dumpster. Please throw away your trash and be careful not to make a mess. And for the love of all that compiles, be careful with your drinks! (For those of you who don't know, there are computers in the desks.) If HackHealth ends up damaging equipment or leaving behind a humungous mess, we won't be allowed to have food in the rooms ever again.

By coming to HackHealth, you agree to abide by all of these rules from the moment you step through the door. If you violate these rules, we will give you a warning. If you continue to violate them, you will be disqualified and asked to leave.

If you experience any issues, harassment, or discrimination; if anyone is doing anything to make you or others uncomfortable; if you fear for your safety or the safety of someone else, **please do not hesitate to tell us**. You can tap an E-Board member to speak privately or you can leave us an anonymous note on the podium at the front of the room. Don't think that you just have to put up with it.

And if you hear or see anyone doing something against the rules, or just being a jerk, don't be afraid to tell them so. In many cases, especially if it's subtle, they may not know that they are doing something wrong, and your words will make them a better person. If they become confrontational, we will back you up. Please help us make HackHealth a good experience for everyone.

## Collaborators

In order to provide our participants with more information about the various health and wellness topics, such as fitness, nutrition, and mental health, we are collaborating with several on-campus facilities and resources.

## Counseling and Psychological Services

CAPS provides students with psychological and psychiatric services, so that all students can flourish in the campus community. Through CAPS, students have access to licensed and certified professionals

that are happy to help with any difficulties. CAPS has two locations: on West Campus, on the 2<sup>nd</sup> floor of the Student Health Center (across from Mendelsohn and H Quads); and on East Campus in the Health Sciences Center Office, Level 3, Room 3-040F. Today, Dr. Julian Pessier, the Interim Director of CAPS, will give a presentation on stress management.

You can find out more about CAPS here: <http://studentaffairs.stonybrook.edu/caps/index.html>

## Campus Nutritionist

Stephanie May is Stony Brook University's very own Registered Dietician. Her responsibilities include developing healthy menus for the dining halls across campus to ensure that all students have access to healthy food options. You are welcome to schedule an appointment with her to discuss eating healthier, managing specific dietary needs and allergies, or any other concerns. Her office can be found in room E0304 in the Melville Library.

Learn more here: <http://www.stonybrook.edu/commcms/campusdining/nutrition/index.html>

## Campus Recreation Center

The Campus Recreation Center is the place to go when you want to exercise. It offers all kinds of machines and fitness equipment, along with a wide array of fitness classes to appeal to everyone's tastes. The Rec Center also provides students with the opportunity to participate in intramural sports, club sports, and lots of special events. Available facilities include basketball courts and an indoor track. (Also, if you're a woman who's looking to get a great workout and build confidence, you should try Pink Gloves Boxing!)

Discover what interests you here: <http://studentaffairs.stonybrook.edu/rec/>

## Presentations and Activities

Thanks to our collaborators, we are happy to offer our attendees several interesting presentations on a couple of different health topics, as well as a yoga and meditation class to give you all a quick stretching break.

### Stress and How to Manage It

First up in our collaborator presentations, we welcome Dr. Julian Pessier from CAPS. He earned his Ph.D. in Clinical Psychology at the New School for Social Research and is currently the Interim Director of CAPS. He has worked here as a counselor and mentor since 1999, and became Director in 2013. Today, Dr. Pessier will present about stress, what it is, and ways in which you can manage it. There will be many cute cat photos involved.



### Nutrition for College Students

Next, we welcome Stephanie May, the Campus Dietitian, who earned a Bachelor of Science degree in Dietetics from SUNY Oneonta, and then completed her Dietetic Internship in the Department of Family Medicine at Stony Brook University Hospital. She will speak about nutrition, what you have to watch out for, and ways that you can keep your food choices healthy.



## Staying Fit on Campus

Finally, we welcome Lucas Garcia, a Personal Trainer at the Campus Recreation Center. Lucas is an AFAA Certified personal trainer, and graduated from a PT Certification Prep Course in Fall 2015. In addition to serving clients as a personal trainer, he also balances his job with being a Biology major on the Pre-Med track. Today, Lucas will speak about fitness, ways that you can stay fit on campus, and ways in which technology is used by trainers and instructors at the Rec Center.



## Yoga and Meditation Class

At 1:00pm, right before lunch, we will be having a Yoga and Meditation class hosted by Sharon and Claire. Weather permitting, the class will be held outdoors. In case of inclement weather, it will be changed to meditation indoors. Claire and Sharon are both certified in Yoga, among many other programs. Please join us for this nice break in the middle of hacking to reset your brain, so that you can continue to code at your peak!

## Sponsors

Please join us in thanking our wonderful sponsors for making HackHealth possible!

### Netsmart Technologies



Established in 1968, Netsmart is one of the longest standing IT companies in the US! For over four decades, Netsmart has focused on creating software solutions for healthcare and human services. They work closely with their clients to solve problems, as well as come up with innovative ways to preempt their future needs. Netsmart's products are used by over 23,000 client organizations, which include more than 40 state systems and over 450,000 care providers.

Learn more about Netsmart here: <https://www.ntst.com>

Search for positions here: <https://www.ntst.com/careers>

### Google



Google was founded in 1998 by Larry Page and Sergey Brin, and is currently headquartered in Mountain View, CA. Since starting as a search engine, Google has greatly expanded to include many different products and functions, notably Gmail, Android, YouTube, Google Chrome, and Chrome OS. In addition to creating hugely-popular products used by people worldwide, Google also seeks to have a societal impact through several programs, such as Google Green, Google Crisis Response, and Google for Education.

Find out more about Google here: <https://www.google.com/about>

Look for open positions here: <https://www.google.com/about/careers>

## Mentors

Our sponsors have sent several of their professionals to mentor our hackers. They have a wide array of experience, so feel free to ask their advice for any issues you run into.

## Yoomi Jung

### Software Engineer at Google

My name is Yoomi and I am working as a software engineer in the Business Platform Engineering team at Google. I am working on a project to integrate internal enterprise business applications into one platform using Java. I graduated from SBU in December 2012 with a BS in CS.

## Vincent Tsuei

### Software Engineer at Google

My name is Vincent and I am currently a software engineer on the Google Docs, Sheets, and Slides team. I work on the web versions and the Android apps using a blend of Java and Javascript. I'm a recent grad (Spring 2015) from Stony Brook with a B.S. in Computer Science.

## Christopher Payne

### Software Engineer at Google

My name is Christopher and I am a software engineer on the Google Docs, Sheets and Slides team. I work on the Android apps, primarily using Java. I graduated from the combined BS/MS program at SBU in Fall 2014.

## Nick Tagliasacchi

### Software Engineer at Netsmart

I am a Software Engineer at Netsmart Technologies providing solutions to advance our mental health industry. I am currently on our CarePOV team creating tools for our clients so that they may be more effective in providing care. I graduated from Stony Brook University December 2013 with a Bachelor of Science in Computer Science.

Web: Javascript, HTML, CSS, XML, REST, SOAP, SQL, Angularjs, jQuery

Skills/langs: Java, C, Python, REGEX, OOA

Non-CS related events: When I went to Stony Brook I won the Roth Pond regatta three years in a row and helped create the first Humans Vs Zombies game on campus with over 300 participants!

## Javier Lee

### Software Engineer at Netsmart

I graduated with my Bachelors in Computer Science in 2015. I am now working as a Software Engineer at Netsmart and working towards obtaining a Master's degree. I've been writing code for large scale web applications since 2006. My biggest achievement as a developer is scaling, developing, and maintaining an Indy web-based MMO text-based game that now gets more than 50,000 hits a day with over 5000 unique users.

I have experience with full stack web development with .NET, PHP, and a host of different Javascript frameworks. I am interested in anything and everything web related.

## Prizes

We believe that everyone, regardless of programming level, should have a chance to showcase their project and compete for a prize. To this end, we have decided on five prize categories which



everyone can enter. Please note that teams are officially capped at three people. You can form larger teams if you like, but you will have to divide the prizes amongst yourselves if you win.

## Most Influential

As this is a health-themed hackathon, Most Influential will be awarded to the hack that has the potential to make a big impact. This impact can be on the whole world or on a small community of people, but if your hack can make people's lives better or easier in a profound way, you should run for this prize.

## Most Ambitious

So maybe you didn't completely, entirely finish your hack. Maybe you did. Maybe you bit off a little more than you can chew in our seven hours of hacking. That's ok, and it's actually awesome! Our hackers are definitely encouraged to take on interesting, difficult projects and to continue working on them after HackHealth ends. If your hack is totally mind-blowing, run for this prize!

## Most Finished

Seven hours of coding is not that much time, so most of the hacks probably won't be finished. We want you guys to work on ideas that you're passionate about, no matter how long it will take you. However, we want to recognize those who are able to create a finished product. If your hack is done, polished, and ready for demo, run for this prize.

## Most Learning

Not everyone comes to hackathons with a lot of experience under their belt and a well-developed skillset. Some of you are just beginning your coding career, and many have never been to a hackathon before. Your projects may or may not be the most complex, but they are definitely fantastic, because you will be learning and gaining valuable skills that will come in handy later in your careers. If you had to figure things out from scratch, run for this prize!

## Most Original

The great thing about hackathons is that you can use this time to bring any idea to life. We think all of your ideas are fabulous, but this award is for those who have the most fascinating, eye-catching, or mind-blowing project. Very often, it is the idea that no one else has ever thought of before that can do the most good or make the biggest impact. If your idea makes us say "WOW," this is the prize for you.

## Most Helpful

This prize will be awarded to one student who has done the most to help and teach their peers. HackHealth is focused on learning and we strongly encourage collaboration between students. A winner will be selected for this prize through nominations by teams when they submit their projects for judging.

## Judging

Our mentors will be doubling as judges and will be joined by members of the WiCS E-Board to decide on first and second place winners for each prize category. Each mentor and WiCS member will be responsible for one category.

We will create a Google form to facilitate the judging. Each team may submit themselves for any number of prize categories. Teams must come up with a unique team name (it can be as boring or as elaborate as you like) with which to identify themselves to the judges. Judges will then walk around and teams will demo their projects to them.

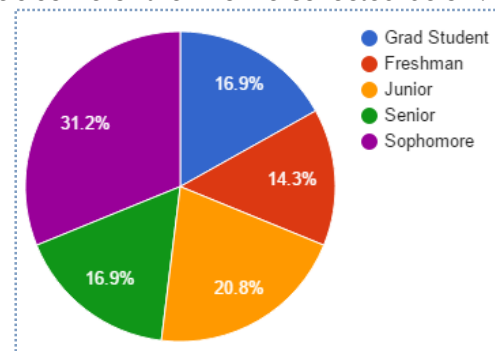
Once judging concludes, participants will be treated to some snacks and socializing time while the judges deliberate and decide on the winners. Finally, once selected, the winners will be announced and will then present their projects to all of us.

## About You

We welcome everyone to HackHealth! Statistical info about you guys is very interesting to us, because we want to make sure that all of our attendees feel comfortable in their environment, are not stressed or anxious, and enjoy themselves as much as possible. Here's some of the info we collected below.

### Newcomer Friendly

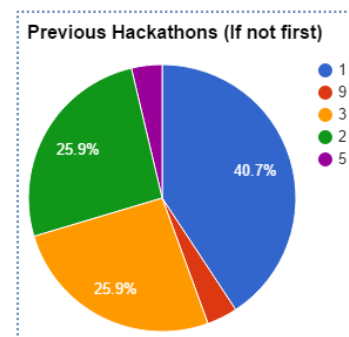
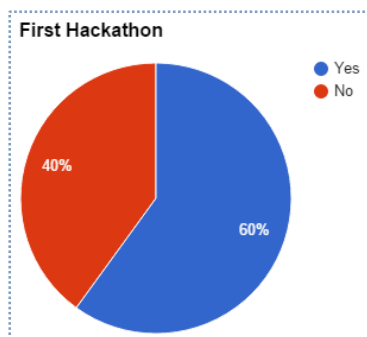
Programming is a difficult skill and can be difficult to get into, so it is often the case that students who are still early in their careers feel intimidated by hackathons or think that they are not experienced enough to come up with a good project. That's why we're proud to say that **almost half** of our registered hackers are **freshmen and sophomores**!



Worried that you've missed your chance? It's never too late, as proven by our **twelve grad student hackers**, of which only three have previously been to a hackathon. Everyone is welcome and everyone can create something awesome!

### First Time Hackers

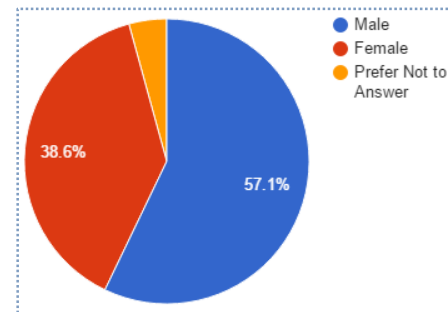
Speaking of previous hackathon experience, we are also happy to say that for most of you (**60%**), this will be your first hackathon! And for the **40%** of you who have previously been, many have only been to one. One of you has been to five, and another has been to an astounding **nine** hackathons!





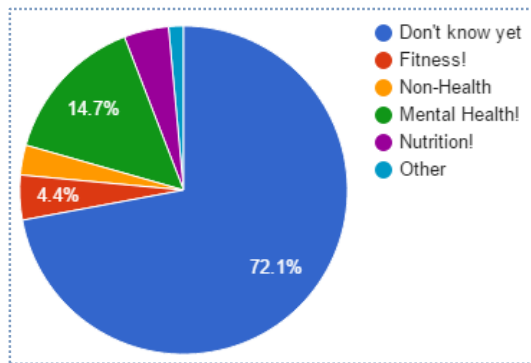
## Girl Power

It's no secret that hackathons often suffer from **underrepresentation of women**. This may be because women don't feel comfortable coming to an event that is frequently male-dominated, or they do not feel as though they are qualified enough because all the other male hackers have much more experience than they do. As a Women in Computer Science organization, combating these deplorable statistics is our job! Women are welcome and encouraged to attend, and we are happy to say that a little under **40% of you identify as female**. Rock on, ladies! Next year, let's shoot for 50/50.



## Projects of All Kinds

Since this is a health-themed hackathon, we encourage you all to work on projects related to the many areas of health. Coming in, not everyone knows what they're going to work on. And that's



totally fine, because you're not alone. In fact, over 70% of you don't know yet. Of those who have ideas already, we are happy to see that the **most popular category is mental health!** This is great because mental health is the aspect that is most often forgotten. When people talk about being healthy, they usually only refer to diet and exercise, but not so much to stress, anxiety, depression, or other mental health topics. We're glad that so many of you **recognize this importance** and are helping bring mental health to the forefront.

## Thank You

We would like to take this opportunity to thank our mentors for coming to HackHealth and lending their expertise to help our hackers bring their ideas to life. We thank you for giving up a day to hack with us, and hope that you had an excellent experience. Maybe we'll see you again next time!

We would also like to thank our participants for signing up for and attending HackHealth. We are happy that we were able to create an event that has clearly captured a lot of interest. Thank you for supporting HackHealth and WiCS with your participation. We hope you had fun, and we hope to hold HackHealth again in the future!