THEME: BUILDING A SOLID FOUNDATION AND CREATING A BLUEPRINT FOR THE FUTURE

PRESENT: 129 UND students, faculty, staff, and administrators and community members.

I. Call to Order – The meeting was called to order at 11:30 am by Jane Croeker, Co-Chair, Healthy UND 2020 Coordinator & Health and Wellness Promotion Director.

II. SPEECHES

1. Jane Croeker – Issued opening remarks and a word of welcome to all attendees. She recognized the presence of special guests Marcia Kelley, UND First Lady and Health and Wellness Champion; Lori Reesor, Vice President for Student Affairs; Paul LeBel, Vice President for Academic Affairs and Provost; and Dan Howell, UND Alumni. Jane noted that the Healthy UND Coalition was celebrating its 11th anniversary. She reflected back to the beginnings of the coalition noting the gains that have been achieved so far. She reiterated that the big dreams and vision of the coalition from inception drove the wellness agenda at UND. Among the notable achievements she named were: The Wellness Center, Work Well Program, a broad array of healthy food options in the dining centers, vending machines, food court, and conveniences stores, a tobacco-free campus and smoke-free workplaces, including restaurants and bars in the community. Jane recognized the UND Healthy Coalition as one of the oldest on any campus in the country, and currently boasts a membership of 156 UND students, faculty, staff, and administrators. Jane thanked the members for their commitment and encouraged those who are not yet members to consider joining the coalition and work toward a healthy campus.

Jane gave a brief history of The Healthy UND 2020 Initiative, which was launched by President Kelley in the spring of 2009. President Kelley’s charge was to develop a plan to address the top health and wellness that negatively impact student’s academic success and retention. She explained that the Healthy UND 2020 Initiative is based on Healthy People 2020, which is the Nation’s Health goals and objectives for the year 2020.

The Healthy UND 2020 Steering Committee was made up of 25 UND students, faculty, and staff who met monthly for a year throughout the 2009-2010
academic year. This group reviewed the data from quantitative sources such as the AHCA/NCHA, CORE, various surveys conducted by Office of Institutional Research, reviewed qualitative data from student focus groups and opinion leaders, looked at best practices, shared their own experiences, and established priorities.

They established five Healthy UND 2020 Priorities: Alcohol and Other Substance Use/Abuse, Physical Activity, Nutrition, Mental Health, and Healthy Relationships/Social Skills. Priority Action Groups were formed for each of these issues and the members of these five PAGs spent this past year looking at best practices and data to develop recommendations, goals and objectives for each of the five priority issues. 57 students, faculty, staff, and administrators were part of this process.

Jane noted that a great deal of time and effort has been expended by the steering committee and Priority Action Groups and she invited the members to stand and be recognized for their contributions. The names of these members have been published in the Call to Action Report on pages 20-22. Also included in the report are: health and wellness priorities and general recommendations/common themes that cut across all five Healthy UND Priority Action Groups (PAGs); specific recommendations, goals and objectives for each PAG; an inventory of existing programs and services for each priority and a “Moving Forward” section. Jane encouraged the attendees to view the report and provide feedback on the implementation of the recommendations, goals, and objectives.

2. **Bethany Brandvold:** *The student co-chair and coordinator of the Healthy UND Coalition.* Bethany introduced the theme of the annual meeting—Building a Solid Foundation and Creating a Blueprint for the Future. She also briefly introduced the three posters presented in the room and what each of them represents. The main focus of the meeting, as Bethany observed was the work of the Healthy UND 2020 Initiative, which was completed over the past two years.

3. **Lori Reesor,** Vice President for Student Affairs thanked members of the priority action groups and observed that if we help one student make good choices then we know we can make the world a better place. She also stressed on the role of educators in improving retention rates by providing faculty and staff the tools to help students make good choices throughout their lives.
4. **Laurie Betting**, Associate Vice President for Health and Wellness, gave a brief explanation of the *Dr. Boyd Champion Award*, and the criteria for the award. She went on to announce this year’s winner as Kim Ruliffson, who is the coordinator of the Work Well program. Laurie praised Kim as an advocate of Health and Wellness, who is committed in her work in enhancing the health and wellbeing of the UND community. Laurie also noted that UND’S First Lady-Marcia Kelley is a role model and an advocate for Health and Wellness issues at UND. In particular, Laurie mentioned Marcia’s involvement and influence with the UND Cross Country Ski, and with that Laurie invited the First Lady to speak.

5. **Marcia Kelley**: The First Lady spoke about the Health and Wellness issues that impact students at UND admitting that the committees’ work is near and dear to her heart. She also reflected back to the initial meetings that led to the inception of the Healthy UND 2020 initiative. The First Lady talked about the relationship between GPA and alcohol dependency, noting the negative correlation and the impact that this has on student retention. She also gave a moving account of two student suicides that occurred a few months after she and the President had just arrived on campus. For this reason, the First Lady expressed the need to manage mental health and to support the mental health initiatives on campus. She noted the stress that accompanies college attendance, and praised UND as having an active mental health agenda, most notably through the University Counseling Center. The First Lady went on to talk about the importance of good nutrition in promoting a sense of wellbeing, and recognized the work of Dining Services in promoting the good nutrition agenda. The First Lady also stressed on the value of physical activity and the link between GPA, mental health, and Physical activity. Lastly, the First Lady spoke about healthy relationships and social skills and their contribution to health and wellbeing of students. She particularly noted that technology has contributed to the increased loneliness and depression among many students. She encouraged interactions with staff and faculty, student engagement in the community, and mentoring of students by faculty. Marcia Kelley noted that one of her dreams is that UND will be ranked as the Healthiest University with the healthiest students, faculty, and staff in the Nation.

6. **Kylie Oversen and Nate Elness**: UND Student Government President and Vice President noted that students have more choices and these choices affect students’ lives in many ways. They focused on what UND does best and went on to name a few. For instance they mentioned the Wellness Center open hours as long and
flexible; the Counseling Center contribution to mental health; UND’s emphasis on promoting diversity among its students; the positive feedback received from students about the Student Health Services; improvements in the Nightlife program providing students with opportunities and alternatives to remove themselves from risky behavior pertaining to drugs and alcohol use; the use of focus groups to better understand and serve student’s needs; and financial literacy programs on campus. They suggested that they would like to see more opportunities for spiritual health on campus.

III. PRESENTATIONS

1. **Shari Nelson: Assistant Director, Student Success Center.**
   **Healthy Relationships/ Social Skills:** Nelson stressed the need for supportive relationships and more effective communication with students. Their PAG recognized the need to foster a sense of belonging and a warm, welcoming atmosphere. They would like to find ways to increase involvement on campus and in the community and to decrease the percentage of students who report being shuffled around.

2. **Antony White: Assistant Professor in Psychology**
   **Alcohol and Other Substance Use/Abuse:** White spoke about the relationship between alcohol and other drug use and abuse, GPA and retention. He highlighted the need for increased awareness and for positive relationships between faculty, staff, and student to reduce high risk use. The PAG looked at reducing negative impacts by promoting responsible use of alcohol and reducing use of other substances such as marijuana and non-medical use of prescription drugs.

3. **Jacque Gray: Assistant Professor Center for Rural Health.**
   **Managing Mental Health:** Gray noted that seven out of the top ten factors affecting college student’s academic success are mental health related. She also noted that students have more demands, their lives are over scheduled, and that the college demographic is changing. Their PAG would like to see increased awareness of mental health issues, increased faculty reporting of these issues, promotion of services available, and more effective stress management strategies.
4. **Dustin Frize: Dietitian UND Dining Services**  
   **Nutrition**: Frize introduced the members of the Nutrition Priority Action Group, and reiterated that their objective is to create and promote a culture of healthy eating and sound nutrition. He noted the changes on campus, especially in Dining Services, that support a healthy lifestyle. Their overarching goals he said include: supporting nutrition programs on campus, helping people make good choices, and creating an assessment benchmarking tool to measure progress related to nutrition.

5. **Jim Whitehead: Associate Professor, Physical Education, Exercise Science & Wellness.**  
   **Physical Activity**: Whitehead’s presentation focused on keeping the campus community active and moving to improve health and wellbeing. He encouraged the campus community to “get off their duffs” and pointed out that both the time spent engaged in physical activity and time spent in sedentary activity are important considerations. Jim also complimented President and Marcia Kelley for their ongoing support for health and wellness and indicated that resources will be needed in the future to continue our efforts.

IV. **CLOSING REMARKS AND ANNOUNCEMENTS**  
   **Laurie Betting** – thanked everybody for their commitment and encouraged continued involvement  
   **Erin Dickson** - gave a few announcements related to Health and Wellness activities on campus  
   **Bethany Brandvold** - adjourned the meeting at 1:00 pm

Sincerely compiled and submitted by Masela Obade