**Trip Itinerary: “Healthy UND- Charting Our Course”**

**MAP IT & Bon Voyage**
12:00 PM
Jane Croeker, Health and Wellness Promotion Director
Jen Schoenecker, Healthy UND Coordinator

**Expedition Leader Send-Off**
12:05 PM
President Robert O. Kelley

**Trail Blazers: 2013 Dr. Boyd Healthy UND Champion Award & Nominees**
12:10 PM
Dr. Robert Boyd

**Traffic Jam Entertainment: Healthy UND 2012-2013 Highlights Video**
12:15 PM

**Healthy UND Points of Interest**
12:20 PM

<table>
<thead>
<tr>
<th>Mental Health</th>
<th>UND Cares Program</th>
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<td>Tobacco</td>
<td>Eric Plummer, Director of Public Safety &amp; University Police Chief</td>
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<td>Nutrition</td>
<td>Dustin Frize, Subcommittee Chair</td>
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<td>Physical Activity</td>
<td>Stephanie Hoffman, Subcommittee Chair</td>
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<td>Work Well</td>
<td>Kim Ruliffson, Work Well Coordinator</td>
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<td>Alcohol &amp; Other Drugs</td>
<td>Becky Lamboley, Subcommittee Chair</td>
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**Pit Stop: Introduction of the Committee on Sexual Violence (CSV)**
12:45 PM
Vicki Morrissette

**Student Tour Guides**
12:50 PM
Lexi Hanson, UND Student Body Vice President

**Destination Arrival**
12:55 PM
Jane Croeker & Jen Schoenecker
2013 Dr. Boyd Healthy UND Champion Award Nominees

Air Force ROTC

“Air Force Reserve Officer Corps, Detached 610, Eagle Wing Two, contributed to UND’s endeavor of creating healthier UND students, faculty, and staff through comprehensive sustainable programs designed to motivate and inspire our cadets to become quality citizens, improving their environment and nation as a whole, setting the example for all.” The cadets successfully implemented the “Cadets Against Drunk Driving Program” for a second consecutive year and, provided 65 sober rides to students. The wing also partnered with the Wellness Center for the Spring 2013 Wellness Expo.

College of Education and Human Development

“The College of Education and Human Development has made a concerted effort to promote healthier lifestyles and habits for its students, faculty, and staff.” The new Education building has encouraged people to use the stairs, choose healthier options in the vending and water machines, and utilize the ‘water stations’ located throughout the area. Dennis Caine, professor of Physical Education and Exercise Science (and former Interim Dean for CEHD), also created a Deans for Wellness Lecture Series, which featured five faculty-led, health and wellness-related lectures. “Overall, the College of Education and Human Development has emphasized many of the seven dimensions of wellness.”

Deans for Wellness Initiative

“The Deans for Wellness Initiative is an innovative, collaborative, and highly participatory effort to harness the key leadership of Deans and leverage it to make a widespread impact across the university. The initiative helped advance a culture of wellness by targeting a key constituency–faculty–who can best be reached “where they live”- in their academic homes.” Several innovative projects, including a monthly wellness lecture series, the Tee off with Tiemann golf event, the Joggin’ with Josh fall running event, and the Dean of Students 4-Week Wellness Challenge, all contributed to the health and wellness initiatives at UND. “The Deans for Wellness Initiative has promoted healthy lifestyle choices by enhancing awareness, building skills, changing social norms, and creating a healthier environment.”

Frank White, Assistant Professor of Sociology

“Frank finds inspiration in educating the public about drug and alcohol usage. Frank has researched, designed, and presented a series of drug education and prevention presentations for the Alcohol and Substance Abuse Summit conference.” Frank has plentiful knowledge of different kinds of drugs, binge drinking rates amongst college students, and steroid use statistics. While teaching is his passion, Frank has also been recognized at the regional, state, and national level for his cutting-edge research and is a 3-time Professor of the Year award recipient.

Karina Stander, former Assistant Director of Housing

“Karina is a strong supporter of health and wellness. She consistently shares with her staff, colleagues, and residential students information about events that a particular action group or Healthy UND Committee is sponsoring.” Karina is a great role model within the department; in particular, she lives a healthy lifestyle each and every day– whether it be through healthy eating, exercise, or making fiscally responsible choices. “Karina is always willing to help people understand what it takes to be healthy and helps others reach their goals.” Over the past five years, Karina has demonstrated that she is truly deserving of being recognized as the next Dr. Boyd Healthy UND Champion.”