January 11, 2013 Meeting  
12:00 – 1:00pm, River Valley Room, Memorial Union

Agenda

I. Call to Order – Jane Croeker

II. Approve Minutes from the 12/14/2012 Meeting – Jane Croeker
   a. Steph Hoffman sent correction to Brianna
   b. Approved as amended

III. Financial Report – Jane Croeker
   a. Printing of materials
   b. No expenditures

IV. MAP-IT: An approach to developing priority area targets for our Healthy Campus 2020 Objectives – Jane Croeker
   a. Brianna is in MPLS, will not have presentation. A version of this information is included at their spots.
   b. Have general targets for Healthy People 2020- 10% improvement.
   c. Long term goal- or whatever long term goal we decide to adopt
   d. Need to create short term goals
   e. Targets
   f. Interventions
   g. How are we going to track it
   h. Mobilize, assess, plan, intervene, track MAP-IT
   i. Over 200 members in the UND coalition
   j. PLAN
      i. Shorter term objectives
      ii. Interventions we are using
      iii. How will we track our progress
   k. Will have more from Brianna at next meeting
   l. Healthy Campus website is up
   m. www.acha.org
n. MAP-IT in a college setting—Laurie Betting
   i. People on a national level are talking about how to use it
   ii. UND is in the forefront of this movement.
   iii. Have objectives in place

V. Announcements/Updates

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<tr>
<th>Healthy UND 2020 Priorities</th>
<th>Ongoing Priorities</th>
<th>7 Dimensions of Wellness</th>
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<tbody>
<tr>
<td>Alcohol and other Drugs: Becky Lamboley</td>
<td>Work Well</td>
<td>Spiritual Wellness</td>
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<tr>
<td>• CORE data back this week</td>
<td>- Deans for wellness</td>
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<td>• No significant changes</td>
<td>- Engineering-presentations of wellness</td>
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<td>• CORE- und administers from the health and wellness hub- just under 600 students</td>
<td>- Education: wellness lecture series, poster/draft form currently</td>
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<td>• Went into classroom settings</td>
<td>- Nursing: Dancing w/ Danise</td>
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<td>• Current behavior, perception, UND specific questions</td>
<td>- Arts/Sciences: 4 week challenge</td>
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<td>• Do students drink more during, before, or after athletic events</td>
<td>- Law: Homecoming Greek Gala</td>
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<td>• 2010(last time administered) no significant changes, more updates later</td>
<td>- Wear Red day February 1st.</td>
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<td>• Subcommittee-environmental scan CARAG</td>
<td>- Metabolic testing—people coming off the waiting list, will be opened up to staff and faculty again soon</td>
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<td>• Looking through campus, how often do we see empty alcohol containers, advertisements</td>
<td>- Deb offering gentle yoga</td>
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<td>• Snapshot of alcohol perception on campus</td>
<td>- 5. Wellness challenge: financial incentives attached! Survey soon-more in february</td>
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<td>• Move forward with environmental changes</td>
<td>- January 26, 1-3 pm at the wellness center</td>
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<td>• Results discussed later</td>
<td>- Weight watchers is still going</td>
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<td>- Weight watchers may move to Tawamley</td>
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<td>- Diabetes prevetion program starts Monday TWO spots left</td>
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<td>- Questions contact Kim Ruliffson</td>
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- Grand forks prevention committee- more funding at the state level
- Looking at alcohol tax—can more of this go towards prevention?
- Arts and Entertainment Zoning: youth and adult population are the ones who feel least connected to the city—want to address that
- U park through Stanford—Greek Row
- Open containers
- Noise ordinance lifted
- Going downtown as well
- Is this enhancing Arts and Entertainments or is this increasing alcohol use?
- Concerns about how this may affect the residents
- Gateway to UND-new initiative.
- Lots of people impacted from this area
- Four small zones
- Downtown east grand, gf, around alerus, right off campus
- Good to have more arts and entertainment—how can we prevent high risk alcohol use as well?
- Find common
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<th>Managing Mental Health</th>
<th>Diversity</th>
<th>Intellectual Wellness</th>
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<tr>
<td>• Laurie</td>
<td>- Love your body week</td>
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<td>• UND CARES</td>
<td>- Annual project/event</td>
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<td>• Help faculty, staff, students, and family, assist students in distress, will be live shortly</td>
<td>- Jan 28-feb 2</td>
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<td>• Robust set of</td>
<td>- Loving yourself is universal</td>
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<td>- Variety of events</td>
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<td>- Info booths at the table</td>
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<td>- Famous fondue</td>
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### Guidance
- Signs of symptoms, how you can help in your role of XYZ
- Help people feel as though they are on the same page
- Embed it into faculty training
- When can I call DOS to get guidance? Counseling center?
- Call anytime if you need advice.
- Talks about fairly common things seen with students
- Caring umbrella for students here on campus
- Not a static site—continue to build on it
- Help students when they need help

### Healthy Relationships/Social Skills
Wellness Living & Learning Community
- No major updates
- Check emails for the next meeting

### Nutrition
- Planning national nutrition month activities
- Emphasize personal healthy eating styles
- Happening during March
- In dining—iron chef competition—goals are to set criteria for the guiding stars
- Educational as well
- Research class that has three proposals, and will implement one of them—educational intervention, run this entire semester
- End of March,

### Tobacco-Free UND
- Beefing up content on the Health and Wellness Hub website
- Getting rates, and info up onto that website
- Events with the pursuit of wellness
- Great American spitout
- Kick butt day in march
gathering photos at each different event. Creating slideshow to put on the website/send out. Show what has been done during march.

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<th>Physical Activity</th>
<th>Physical Wellness</th>
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<tr>
<td>• Reminder: Healthy Campus Challenge-Zumbathon @ wellness center</td>
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<td>• Potential walking challenge</td>
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<td>• Yoga thon</td>
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<td>• Expanding trailways draft of letter on the agenda for the physical activity sub committee meeting</td>
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Influenza cases are up- 1079 cases, 52 hospitalization, 40 cases in Grand Forks
Confirmed cases by a lab result
Laurie: Temporarily suspended writing medical excuses
Student health is doubling efforts to offer flu shots
- emphasize that the flu shot is not just for you, can affect people who are older, younger, compromised immune system
- outreach to make people understand WHY you should get the flu shot

Pursuit of wellness
 Went over the website
 Full calendar of events
 193 students take the pre-survey
 134 students registered for the prizes
 Gameboard sent to all the students
 Adapted programs for long distance learning students- new addition
 February 27th Wellness expo
 Every event on calendar on the calendar is free to students
 NO deadline to register
 Rainbow days are wildcard days

Interfaith Week
 February 24-March 3rd
 More information to come

Steph Hoffman
 Circuit deck, walls and floor are up. Timing light installed today.
 Grand opening event opened next Tuesday
Patrick Rec Sports
Registration going on for badminton, basketball and more
Rockwall can be tried for free until end of week
Late night skate at U park, Friday and Saturday night 8:30-11
Ski UND going on as well
Rent skis for free at the wellness center

Health and Wellness Hub
Hiring 11 new people
Encourage people to apply!!

Tanis
Public health people hired starting in august

Med school
Masters of public health now offered
11 students who began in the fall
Collab between UND and NDSU

VI. Looking Ahead – February Meeting –

VII. Adjourn – Jane Croeker