January 24th, 2014 Meeting
12:00 – 1:00pm, River Valley Room, Memorial Union

Agenda

Present– Muna Mohamed, Tanis Hastmann, Doris Wang, Deb Merrill, Jay Erickson, Mary Coleman, Miriam Wood-Alameda, Jane Croeker, Jen Schoenecker, Shari Nelson, Steph Hoffman, Rebecca Kee, Justine Johnson, Karina Wittmann

I. Call to Order – Jen Schoenecker

II. Approve Minutes from December Meeting – Jen Schoenecker

   a. No changes or additions. Minutes approved as emailed out.

III. Announcements/Updates

<table>
<thead>
<tr>
<th>Healthy UND 2020 Priorities</th>
<th>Ongoing Priorities</th>
<th>7 Dimensions of Wellness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol and Other Drugs</td>
<td>Work Well</td>
<td>Spiritual Wellness</td>
</tr>
<tr>
<td>Managing Mental Health</td>
<td>Diversity</td>
<td>Intellectual Wellness</td>
</tr>
<tr>
<td>Healthy Relationships/Social Skills</td>
<td>Wellness Living &amp; Learning Community</td>
<td>Occupational Wellness</td>
</tr>
<tr>
<td>Nutrition</td>
<td>Tobacco-Free UND</td>
<td>Environmental Wellness</td>
</tr>
<tr>
<td>Physical Activity</td>
<td></td>
<td>Physical Wellness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Social Wellness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Emotional Wellness</td>
</tr>
</tbody>
</table>

A. Healthy UND Priorities

   • General – Restructuring Health & Wellness Hub. Jen is Substance Abuse Prevention Coordinator. Anne Bodensteiner is Health and Wellness Promotion Coordinator.
• Alcohol and Other Drugs – Pieces in the newspaper to help educate the community with problems related to abuse. Focused generally on binge drinking and others on what the Campus Community Coalition on High Risk Alcohol Use is doing.
  o Letter to the editor – Parent of UND student. Daughter became alcohol dependent and was very complimentary of the services from the University Counseling Center. Urged to take action in community.
  o Garnering resources – state planning framework, incentive grant award (SPF-SIG)– funds that come from federal level (samhsa).
    ▪ Received notice of award $302,947 to address binge and underage drinking in the Grand Forks Community between now and September 15, 2015
    ▪ Looking to apply for Drug Free Communities Grant. Can get up to $600,000 through the course of 5 years or $125,000 yearly for 5 years. Funds can cover any alcohol and drug-related topic. Talking about high risk alcohol use, nonmedical use of prescription drugs, marijuana and synthetic drugs. Altru to serve as a fiscal agent in the process.
  o UND AOD Committee – President Obama said marijuana is less harmful than alcohol. Concern about those remarks. Many perceive marijuana not to be harmful and with the legalization these thoughts will only continue. Minnesota will be looking at bringing this to the legislation this upcoming year. If it is legal in home state they might not be able to be prosecuted in North Dakota.
  o Communities mobilize for change – funding finished in December. Focused on adults not providing alcohol to youths. Intervention to focus on youth.
  o Managing mental health – public health students decided to focus on mental health and the dimensions that might fall under mental health – time management, sleep, and tobacco use including hookah. Focus on individual parts of mental health and ways to approach UND students.

• Physical activity challenges and 7 Dimensions of Wellness – two challenges after spring break registration with Pursuit of Wellness.
  o Group exercise bingo – attend classes and win prizes. 5 week challenge to learn about different types of exercises available to individuals – find exercises they like (March 24th will be when the challenges begin.) Open to any Wellness Center member.

• City Council looking at a change – 3 year pilot where they will not add the sidewalk or recreation trails when the roads are first developed. Want to wait until they have people who develop on the property – share the costs through special assessments. Concern – infrastructure not developed when roads are created danger that they may not be created at all.
  o Brett Weber, Mayor Brown, Tyrone Grandstand – promote a walkable community and expand trails. Create bikeline from University to downtown or a shareable lane with cars.
• Nutrition – working on National Nutrition Month planning such as dining, dietetics, and health and wellness. Planning to do a video, social media campaign, food drive, presentations (i.e. student iron chef).
  o Met with individuals for food court options – survey sent out asking about use of food options but still collecting a lot more data. Food and seating accommodations will address the bigger picture.

B. Ongoing Priorities
• First Friday in February is Go Red for Women. No photo contest this year – encouraging people to wear red. Heart month in February for both men and women. Wear red to the Student Affairs division meeting on that Thursday (stretch break and healthy snacks).
  o Malika Carter – 300 people participated in the Martin Luther King Jr. day time program. 150 participated in the evening program at U of MN Crookston.
  o Tobacco Free UND – emerging issues
    ▪ Hookah - nurses have noticed more students reporting hookah use
    ▪ Electronic cigarettes are unregulated and tobacco companies are now in the electronic cigarette business. No evidence that they are effective – use among youth, adults, and people on campus. A new sign was placed outside of the Student Success Center because electronic cigarettes count as “no smoking.”

C. 7 Dimensions
• This week was Interfaith Week (spiritual wellness) and was featured in the Dakota Student. Wide variety of events – movies, panel discussions, free food. Had good attendance and presentations from all different types of faith.
  o Wellness Expo (3rd year) – 225 students attended. Over 50 vendors, volunteers, prizes, and also part of the Pursuit of Wellness which is a month of events about the 7 dimensions of wellness. 228 students have completed the entrance survey – asking about personal wellness dimensions and 196 are eligible for prizes. Not too late to register.
  o Pursuit of Wellness – go to the website and register. In order to complete students have to attend one event in each dimension.
  o Blood drive – having one next Wednesday, January 29th, in the River Valley Room. Article about giving blood was in the Dakota Student. Wellness Expo also had a bone marrow drive (50-60 people completed). Idea to do both blood drive and bone marrow drive together. “Be The Match” – Bone Marrow provides the supplies.
  o Peer Educators
    ▪ The Body Project – part of the Pursuit of Wellness. Event was arranged by graduate students and registration was at the Wellness Expo. Can still sign up in the Health & Wellness Hub.
    ▪ Speed Dating will take place the second week of February (Valentine’s Day week) in the River Valley room. Will be on Tuesday, February 11th. Free healthy snacks and conversation starters on tables to rotate around the room. Speed “meeting” instead of “dating?”
• Love Your Body Week – Begins the Week of January 27th. Variety of events. No Makeup Monday (booth downstairs with make-up remover). Tuesday is a panel discussion about hair (cultural aspect). Wednesday is meet, eat, and learn. Thursday consists of trail mix, fondue, and snacks at the Health & Wellness Hub

IV. Healthy Relationships/Social Skills- Shari Nelson
   a. Strategies Table-
      i. Increase faculty and staff awareness of resources on campus. Cassie Gerhardt – fall 2013 the student organization staff and advisors were educated in Title IX.
      ii. Add UND Cares- videos and support materials. Effective tool to reach out to faculty and staff.
      iii. Needs Assessment – what resources are students using and what do they recommend?
      iv. Promote off-campus resources.
      v. Survey students on method of information sharing – 10-15% of students do not have a phone/laptop or technology. Have access to computers on campus but makes it difficult at home.
      vi. Ensure accessibility – what is up to date? Familiarity with technology because it changes quickly. CILT tries hard.
      vii. Evaluate relationships of departments – Important support for students. One stop shop initiative is moving forward – addresses many issues. Student academic services, parking, financial aid, student registrar services. Resources for students, staff, faculty, and advisors.
         1. Enhance UND website
         2. Opening won’t be advertised but it will be open for students and families at orientation. Hard opening in the fall.
      viii. Communicate with faculty and staff – coordinator.
      ix. Encourage two way communication .
      x. Electronic suggestion box.
      xi. Be distant student friendly- utilize skype to communicate with offices on campus.
      xii. Increase student satisfaction- create a central advising office; conversations are occurring about making this happen. Also trying to create an advising manual for academic advisors at UND. Evaluations are being utilized to assess student satisfaction at the Student Success Center.

   b. Next Steps: We will discuss this priority again at February 28th meeting.

V. Adjourn – Jen Schoenecker