Tuesday, November 4th Meeting
10:00-11:00 AM, River Valley Room, Memorial Union
Minutes
I. Call to Order – Anne Bodensteiner called meeting to order
II. Introductions
III. Approve Minutes – Minutes not sent. Minute’s approval pending next meeting.
IV. Healthy UND Priorities

A. Alcohol and Other Drugs – Jane Croeker
   1. Social Norms Campaign, GFPD went door to door with KNOW campaign information and laws you should know
   2. Golf Cart Cash Cab took place last week
   3. Toilet Talk this month is focusing on Adderall abuse, something that Student Body President Tanner Franklin discussed at the annual meeting, AOD, and academic success
   4. AOD CORE Assessment – data collection was completed earlier this month and we reached the numbers required for a representative sample

B. University Counseling Center
   1. BASICS – UCC has started completing basics, an evidenced based program, to 1st level sanctioned students
   2. SCARP
   3. CHOICES
      i. Implementation – Health & Wellness Peer educators are taking this on and available to do the program as a presentation

C. Managing Mental Health
   1. #NoShame Campaign part of UCC and embraced by the Health & Wellness Hub mental health focus
   2. Looking for students to be in video showcasing their experience getting help
   3. Healthy Relationships/Social Skills

D. Webinar
   1. Canadian Initiative
   2. Better Learning Environment – Jane Croeker discussed a webinar series that shared tips and ways to create a learning environment that is healthy

E. Campus Community Coalition
   1. Ordinances
2. Public intoxication
3. Spring Fest (alternative)
4. Media Advocacy and Education

V. Ongoing Priorities
A. Work Well
   1. Panel Discussion – Activity Tracker is tomorrow
   2. Carpal Tunnel presentation is Thursday afternoon
   3. Employee health screenings are being completed
   4. Events

B. Diversity
   1. Ongoing Events, discussions and programs through:
      i. Multicultural Student Services Breakfast Chat Friday’s
      ii. Coffee, cookies, and conversations with University Counseling Center chats for non-traditional students
      iii. Non-traditional student week going on this week
      iv. American Indian Student Services – taco feed this week and free soup on Fridays
      v. UND Housing & Dining Services is hosting Quebec Night on November 20th
      vi. International Program and International Education Week coming up Nov. 17-21
      vii. Organization of Latino Americans
      viii. Asian Cultural Association
      ix. Black Student Association

C. Tobacco Free – UND
   1. New group is being organized to address policy limitations
   2. International Students Tobacco use will be looked at in more detail this year based on funding from the NDDOH

VI. Nutrition Updates – Dustin Frize
A. MyPlate Mondays/sample plates – how to build a healthy plate. Nutrition students are encouraging students to choose healthier meals based on MyPlate.
   1. Surveying and tracking food
B. Increase of vegetable consumption particularly in spinach
C. Videos are being uploaded 1 per month on the Dining Center website – Create Your Own Meal
D. Salad bar in Memorial Union Food Court on Tuesdays and Wednesdays.
E. Events
   1. September Fruit/Veggies Month (introduce new fruits and vegetables)
   2. Featured recipes
   3. Trivia/prizes
   4. Themed food of the month

VII. North Dakota Cancer Coalition Grant – Anne Bodensteiner
A. 1 year - $7,000
B. Funding is used to cover the costs of a nutrition peer educator and physical activity peer educator.
C. Pallet gardens and tomato plants will be created for next summer and for the use of students, faculty, and staff.
D. Road signs highlighting the various walk times to and from campus will be posted at different locations.

VIII. Tobacco Funding – Anne Bodensteiner
A. Funding was received from the ND DOH to address tobacco issues on our campus.
   1. We will be looking at our tobacco policy
   2. Increase educational efforts to our international student population

IX. Healthy Campus 2020 – Jane Croeker
A. Discuss areas of progress/challenges
B. Overview of PowerPoint
C. Conversations to moving forward
D. Resources – ahead of the curve

X. Discussion
A. SHS is trying to put a positive spin on ADHD/ADD medication issues.
   Helping students understand when they need the medication versus addressing other issues. Helping students know what documentation is needed to get the prescription medication.
B. How we can foster healthy learning environments?
C. Suggestions for signs/advertisement – coming into classrooms/bus stops
D. Three bicycle maintenance stations will be put in across campus that have a bike holding bar and tools for cyclists.
E. An environmental sleep scan was conducted in conjunction with nursing students, looking at the various issues related to sleep and the UND campus environment. In addition, the Hub is working on a Sleep Campaign and will host a sleep room at DeStress Fest in December with eye masks, ear plugs, door hangers, and more.
F. Wellness Expo – March 4, 2015 and 2 weeks prior to the Expo will be the Pursuit of Wellness
G. DeStress Fest – December 10, 2014 from 11:00-3:00 PM

XI. Upcoming Meetings - Anne Bodensteiner
A. Tuesday, February 24 at 10:00 AM (River Valley Room)
B. Tuesday, April 21 at 10:00 AM in the (River Valley Room)

XII. Adjourn – Anne Bodensteiner