



Northland Community & Technical College Healthy Campus Committee Agenda

Thursday, April 28, 2005
Room 238 12:30pm – 1:30pm

Members: **Mary Fontes, Bob Gooden, David Christian, Kit Brenan, Jennifer Moreland, Diane Rapacz, Marna Klug(A), Milt Kinzler, and Tony Sorum(A)**

Topic	Responsible Party	Discussion/Outcome
BUSINESS	Mary	
Adding Committee Members		<p>We brainstormed for more committee members. The following list of additional people was developed: Rob Jung, Richard Wills, Brian Huschle, Kim Lee, Al Gunderson, Todd Anvinson, and another student representative.</p> <p>Mary will email out an invitation to join the Healthy Campus committee to the additional people suggested. Mary will invite them to the next meeting as well.</p>
Survey of Needs (Top Three)		<p>We need to develop a survey to identify the top three health concerns for the college community (students and employees). It was suggested to develop a survey that is relatively short (10-15 questions). Diane, Jen, and Mary will develop the survey. Jen will get a copy of the survey that UND used to identify the top three health concerns to see if we could replicate. It was suggested that not only to put the survey out in electronic format and web disbursal but have alternatives for disbursal e.g. sit at a table and ask people to fill out the survey, offer an incentive,</p>
Tobacco Free Message		<p>The committee members have noticed a considerable number of people on campus chewing smokeless tobacco. Some people may not be aware of the Tobacco Policy also bans the use of smokeless tobacco. Mary will send a reminder out to the campus community from the Healthy Campus Committee reminding people about the Tobacco Free Policy.</p>
Short Term and Long Term Goals		<p>The Committee, once the top three health issues are identified from the survey, will develop short term and long term goals to start addressing those issues.</p> <p>The Committee needs to identify a Strategic Direction, Mission/Purpose, and then develop goals on how the campus will be addressing those concerns/issues. The strategic planning should revolve around addressing the issues through: 1) Education (Awareness), 2) Outreach, and 3) Resources (People/Money).</p>
Brainstorm for Ideas		<p>The Committee brainstormed for healthy ideas. The following is a compilation of those ideas: Classes: Aerobics, Step, Mats, Yoga, Pilates, Weights, Swimming, Cycles, Elliptical trainers, X trainers. Intramurals Walking Club (Walking Route) Work Out Buddy Weekend Warrior Club (Boot Camp) College Land: Plant grass and put in a baseball field, Obstacle Course/s (Team</p>

<p>UND Health and Wellness Center</p>		<p>Bldg/Exercise/Prof Development/Classroom Experiences/HPER) <u>Impact</u> (Self Defense) <u>Healthy Eating</u> (Work with the kitchen) <u>Poker Tables</u> <u>Natural High Events</u> <u>Web Site</u>: Speaker Bureau, Virtual Trainer, Personal Trainers(Fitness Spec. Majors tie into the program in TRF), Intramural Sign Up(Registration online), <u>BNW Software?</u></p> <p>Mary Fontes had gone to visit with Laurie Betting, UND Wellness Center Director on April 18, 2005. Laurie had given Mary a great deal of information on Healthy Campus issues and a Healthy Campus 2010 manual. Laurie invited to come to a Healthy Campus Committee meeting when the next one is scheduled. Mary will keep in touch with Laurie to take advantage of the offer. Laurie also mentioned that the UND Student Senate had discussed at a meeting that if they were to open up the Health and Wellness Center to any group outside the University, it would be to Peer Groups in the area in which our student population would be among. Besides the possible opportunity to become members of the UND Wellness Center, our students would be able to become eligible for employment in a number of the positions that would be opening up in the near future through the Wellness Center (Office Asst., Photographers, PR, Graphic Designers, Outreach Project Coordinators, Membership Sales, Guest Services, Intramural Officials, Maintenance, Fitness Trainers, Personal Trainers, Instructors, etc)</p> <p>The facility is awesome at 106,000 sq. ft. Mary has a CD for people to check out, if they would like to see how the facility would look.</p>
<p>Next Meeting</p>		<p>Wednesday, May 11, 2005, 10-11am, room 106</p>