



Northland Community & Technical College

Healthy Campus Committee Agenda

Wednesday, October 26, 2005

Room 106(EGF) Room 545 (TRF) Noon

Members: **Mary Fontes, Bob Gooden, David Christian, Kit Brenan, Jennifer Moreland, Diane Rapacz, Marna Klug, Milt Kinzler, Tony Sorum(Chair), Kim Lee, Margarita Bracamonte, Al Gunderson, Cheryl Iverson, Richard Wills III, Peggy Rogers, Dennis Labahn, Jennie Olson, Erin Almlie and Deb Evenson.**

TRF Members: **Anita Lizakowski, Sue Field, and Linda Samuelson.**

Attendees: Al Gunderson, Tony Sorum, Peggy Rogers, Sue Field, Anita Lizakowski, Diane Rapacz

Topic		Discussion/Outcome
1. Approval of Minutes		Approved
2. Walktober	Diane	<p>Diane reported that there were 99 participants in Walktober. Four more daily drawings will be held with a grand prize given away on the last day.</p> <p>There is interest in continuing some type of walking/exercise incentive program. Diane explained to the TRF committee members the HealthTrip promotion. Anita talked about the TRF campus Healthy Heart promotion. Both campuses agreed that there should be some type of continuation to promoting a healthier lifestyle.</p>
3. Great American Smokeout	Diane	<p>Sue brought information on the "Quit Plan Program" through the Northwest Medical Center. The contact person, Sandra Peterson, could do a one hour presentation on each campus to quit smoking. Posters are available. Sue will check on this. The "Quit Plan Program" offers face-to-face counseling, an 800# to call for support, and also Ziban offered free to those underinsured or uninsured. Sue will call Sandra and set-up the presentations before the Great American Smokeout on November 17th.</p> <p>Diane will forward to Anita all the information, flyers, e-mails, and ideas that the EGF campus has used the past few years for the Great American Smokeout promotion which is on November 17th this year. Diane and Anita will send out e-mails prior to the event to promote this day. Information about the Great American Smokeout will be sent to the Marketing Director to place</p>

		in the Pioneer newsletter.
4. Healthy Eating	Mary	Tabled
5. Grant Options	Tony	Plans are to start a "Healthy Student" club which will be student driven. Tony is on their agenda for the next student senate meeting.
6. National Fitness Month	Anita	<p>There was discussion on dedicating certain months to various health and wellness issues. Some "theme" ideas were:</p> <ul style="list-style-type: none"> • January – Healthy Eating • February – Healthy Heart • March – Nutrition • May – National Fitness Month • November – Great American Smokeout • December – Stress Management
7. Promotion of Healthy Living		<p>Al and Anita will work together on e-mail trivia questions and prizes for health promotion drawings. Responses would go into a box for random drawings. Tony talked about possibly getting some professional development funds from CTL.</p> <p>Peggy suggested a volleyball net be set up in the commons to promote intramurals on our campus – maybe the same week as the "Smokeout" – leading up to November 17th.</p> <p>Milt will be contacted regarding the area fitness centers setting up in the commons area to promote their facilities to students and employees. A thought was to have this set up the same day as the Great American Smokeout, emphasizing a healthier lifestyle.</p>
8. Survey Results	Tony/Diane	<p>Tony will have a draft of a "Smoking Survey" within the week.</p> <p>TRF has received the results on their survey and are working on tallying the results. Anita plans to provide a presentation on the survey at their next inservice.</p>
9. High/Low Ropes-IM PACT-BNW	Jen	Tabled
10. Memberships/Discounts	Milt	Tabled
11. Classes	Tony/Bob	There is a room available for aerobics, but they are still working on the floor covering. The cost of new floor covering is greater than anticipated. This item is a work in progress.
12. Student Healthy Club	Tony	Tabled until Tony is able to attend a student senate meeting.
13. Adjourned		12:35 pm. The next meeting will be the 3 rd or 4 th of November to discuss promoting Healthy Campus awareness the month of November.