

Healthy Campus Committee Meeting Notes: Nov. 9, 2009 @ 11am Room 545

Purpose Statement: Identify and implement strategies to promote good health and fitness among employees and students.

1. **Attendees** – Lynell Wayne, Kelly Vanschaick, Mei Sather, Liz Blazek
2. **Chair/Co-Chair** – Lynell Wayne & Liz Blazek-Thompson
3. **Budget** - \$1,500/yr.
4. **Review last week for new attendees. (Possible Future Events** – Please contribute additional ideas)
 - Poker Walk - proceeding the completion of walking a given distance players receive a playing card. At the end of the month a full house wins a prize.
 - Healthy Heart Month – participate in event and set up an awareness table, wear the color red and receive a prize. What month should we do this?
 - Great American Smoke Out Nov. 19 – set up awareness table and acquire display props from the Merit Care Clinic for demonstrations. Possibly have Student Senate manning the table in cafeteria.
 - *Biggest Loser* NCTC – similar to television show competition.
 - *Survivor* NCTC – weekly challenges to complete similar to television show competition.
 - Healthy diet awareness campaign.
5. **Ideas** -
 - Monthly events and meetings.
 - Safety events campus safety committee.
 - Our current event: participate in the NCTC Survivor challenge. Faculty, please fill out participation page from the e-mail which Lynell sent out and drop it into the “*SURVIVOR*” box left in the mail room. If all weekly challenges are successfully completed each week by the end of the month, prizes are awarded. We are playing based on the “honor system”.
 - Our current student event idea: combination of healthy skin information & Great American smoke out. With the purpose in mind of how smoking not only affects the body internally and physically, but externally and esthetically. This is a kind of response to the argument of, “If I quit smoking, I will gain weight.” We are planning on setting up an information table with props provided by Mei from the clinic. We would like to gather statistics and information on how smoking contributes to wrinkles and premature aging of the skin, Liz, Mei, and Kelly are working on this. Also offer healthy skin remedies and foods for those who do not smoke. We are having this event on Nov. 19 in the cafeteria 11-1 o’clock. Mei is providing a “smoker’s lung” prop and contacting Sandra Peterson about giving a presentation. Liz will create a smoking/skin informative poster board. Kelly is gathering information and literature from the American Lung and Cancer Associations. Kelly is also handling the ticket to maintenance for the table and cafeteria

space. Lynell will contact Jason Pangiarella in SSS about Student Senate's assistance.

- The month of December: we will begin planning events for the rest of the year and set a tentative schedule at our next meeting on December 1st. Lynell is attempting to correlate better times with committee members to increase meeting attendance. Some topics for the months to come are:
 - Adding "walking maps" to the campus college maps
 - Diabetes Awareness
 - Sexual Health for students (Liz Blazek-T)
 - Safety while dating for students
 - Yoplait Lids campaign (Kelly Van Schaick)
 - We intend to hold a meeting at least once a month and have a minimum of one faculty event and one student event each month.
- Start weekly "Did Ya Know" in Pioneer Press to help advertise the committee:
first one will be on water consumption and weight loss (Liz Blazek-T)

6. Next Meeting – December 1 @ 11am, room 545