



Meeting Name: **Healthy Campus Committee**

Date & Time: **Monday, December 11, 2017 from 12:00 – 1:00 p.m.**

Campus & Room #: **Rm 301 (EGF), Rm 461B (TRF)**

Present: Colleen Kukowski, Cory Feller, Dawn Gallardo, Deloris Larson, Erin Bulger, Jason Pangiarella, Kelsy Blowers, and Mary Fontes.

Absent: Amanda Johnson, Angie Brekken, Brian Suckow, Candy Seyfried, Lisa Lemonds, Mei Sather, Nancy Carda, Paul Peterson, Peggy Rogers, and Teresa Mattison.

Committee Minutes

Topic	Responsible Party	Discussion/Outcome
Purpose		Identify and implement strategies to promote good health and fitness among employees and students.
1.Activities to date (December 11—Current)	OTA Club OTA Club	<ul style="list-style-type: none">- December 11, 2017, 12:00-2:00 p.m. Therapy Dogs- January 23, 2018. 3-on-3 Basketball Tourney
2. Intervention	Research team * Teresa * Dawn * Erin - Colleen Emailed - Colleen / Email	Update, if any: <ul style="list-style-type: none">• ATOD (Alcohol, Tobacco, and Other Drugs) Grants• Dawn will check with Moorhead to see what type of grant they received, where it was from, and what it was awarded to do.• Erin and Colleen will set up a meeting with Erika M. Adam, Grants Specialist, our new Distance Minnesota grant writer, when she is on campus December 12, 2017. ATOD at the County level – Sue Thompson <ul style="list-style-type: none">• Education & Awareness Partners: A few calls and emails went to out to



	RCA, EGF & Nursing, TRF	<p>see if we could get any information or individuals to come on campus.</p> <ul style="list-style-type: none"> Quit Plan – Stop smoking – Speak with Inter-County: Calls were made along with emails sent and we never heard anything back from Quit Plan. <p>Awareness Issues: Tobacco – Fentanyl - Pill abuse - Other Drugs</p> <ul style="list-style-type: none"> Great America Smokeout activities
3. Healthy Campus	Healthy Campus	National Health Awareness Month site https://healthfinder.gov/NHO/nhoyear.aspx?year=2017
	Monthly Emails	- Colleen will send out monthly emails with healthy tips and attach the Inter-County Newsletter. Action: We will look at holding an event/ table with the fitness center.
	Jason	- December: Healthy insurance information – Jason invited MnSure navigator on our campus today to help MN residents sort out health insurance options for those in need of coverage. North Dakota uses the federal healthcare exchange, at www.healthcare.gov – this site is the exchange that can help determine your eligibility for federal subsidies that could reduce the cost of insurance premiums.
	Nursing Mei – Nursing Dietetic Program ? Dietetic Program ? Early Childhood	- January – National Drug and Alcohol Facts Week - February – American Heart Month - February - National Eating Disorder Screening Program - March – National Nutrition Month
	Jason	- April – Sexual Assault Awareness and Prevention Month/National Child Abuse Prevention Month - March – Valley Health has agreed to come on campus to assist women and men to understand and take responsibility for their reproductive health through education, counseling, and medical services.
4. Drug Free College Audit (Due October 2018)	Colleen, Mary, & Cory	NCTC has to complete the Drug Free College Audit every 2 years. We need to have the audit completed by October of even years (October 2018 – next date). The audit consists of completing a checklist and pulling documentation to make sure we are doing everything to comply on the education piece and



	<p>All</p> <p>Clubs/ Staff/ Classes</p> <p>Peggy</p> <p>Examples of ATOD activities (In and Outside the classroom)</p>	<p>promoting healthy living lifestyles. Email was sent out from Cory to all employees regarding sending him all ATOD activities to log.</p> <ul style="list-style-type: none"> - Need to improve or promote healthy living lifestyles: What are we going to do to raise awareness to change behaviors? - Need to have more activities related to tobacco, alcohol, and other drugs. <p>Professional Development Faculty</p> <ul style="list-style-type: none"> - Bring up ATOD topics for professional development among faculty. - Cory sent out information to the instructors to remind them that we need the record. Should we ask them to submit what they have so far to start compiling the list?
<p>5. Nonacademic student support services resource page</p> <p>Legislative Mandate: MN legislature mandated to have resources made available targeting pregnant and parenting students</p>	<p>Mary</p> <p>Jason / Student Success Center</p>	<p>Discussion</p> <ul style="list-style-type: none"> - Nonacademic support services – Small work group to address (Peggy Rogers and Brent Braga were added to the work group) - Jason has sent an email about food, winter clothing, and supplies. Ex. Food Boxes, Winter Coats, School Supplies, etc.... <p>Services by Category</p> <ul style="list-style-type: none"> - Housing - Transportation - Child Care - Mental Health - Food - County Benefits - Health Care
6. Budget	College Wide EGF	\$ 1000.00 \$ 3.00
7. Adjourn	Date / Time	January 22 or 29



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