



Meeting Name: **Healthy Campus Committee**

Date & Time: **Tuesday, September 24, 2019 from 12:00 – 1:00 p.m.**

Campus & Room #: **Rm 292 (EGF), Rm 735 (TRF), Rm AC16 (Aerospace)**

Members Present: Michelle Bakken, Michelle Benitt, Kelsy Blowers, Shelley Cervantes, Cory Feller, Stacey Hron, Colleen Kukowski (Chair), Mary Fontes (Admin), and Teresa Mattison.

Members Absent: Lisa Anderson, Amanda Johnson, Tiffany Beneda, Angie Brekken, Brent Braga, Candy Seyfried, Deloris Larson, Jason Pangiarella, Mei Sather, Nancy Carda, Paul Peterson, Peggy Rogers, Brian Suckow, Erin Bulger, Gabby Clavo (student), and Habiba Shire (student).

### **Committee Minutes**

Topic	Responsible Party	Discussion/Outcome
<b>Purpose</b>		Identify and implement strategies to promote good health and fitness among employees and students.
<b>1.Activities to date</b> (May 2019 —Current)	HR HR/Admin Student Life  Student Life  Safety Safety Student Life Sales, Marketing& Mgt Student Life Sales, Marketing &Mgt President's Office	<ul style="list-style-type: none"> <li>- May 30, 2019 Spring In-service</li> <li>- Speaker at in-service Fall</li> <li>- September 16, 2018, 11:30 a.m.—1:00 p.m. “Speaking of Sex” High Impact Training in EGF</li> <li>- September 17, 2018, 11:30 a.m.—1:00 p.m. “Speaking of Sex” High Impact Training in TRF NCTC Theater.</li> <li>- Flu Shots: September 30, 2019 in EGF</li> <li>- Flu Shots: October 1, 2019 in TRF</li> <li>- Health Fair, September 26, 2019</li> <li>- Guest Speaker, September 13, 2019</li> <li>- Flu Shot Clinic, September 26, 2019</li> <li>- Mini peer session, August 29 &amp; September 5, 2019</li> <li>- Presidents BBQ Welcome, Aug. 28 &amp; Sept. 18, 2019</li> </ul>



	Student Life TRF Counseling  TRF Counseling  TRF Counseling  TRF Counseling HR/EPA PTA Student Senate Nursing ?	<ul style="list-style-type: none"> <li>- Speaking of Sex Demo, September 16, 2019</li> <li>- October 22, 2019 "Women Breaking Free: Stories of Strength from Survivors of Domestic Violence" hosted by Suze Orman will be viewed. A discussion lead by Violence Intervention Project advocates will follow.</li> <li>- The Clothesline Project will be on display in the Gunderson Commons during the week of October 21.</li> <li>- October 30, 2019 "The View from Here: Depression on College Campuses" DVD and discussion</li> <li>- November 13, 2019 "Career/Major Choice"</li> <li>- October 10, 2019 1<sup>st</sup> Aid Kit for the Mind</li> <li>- Yoga</li> <li>- October 16, TRF, Blood Drive</li> <li>- November 15<sup>th</sup>, Great American Smokeout/ materials from American Cancer Society</li> </ul>
<b>2. Intervention</b>	Michelle Benitt	Sue Johnson, SHIP – Sue covers a 5 county area and has spoken with the coordinator for the EGF area to also work with the EGF campus. Sue has areas to provide information on and is willing to collaborate with the college. ACTION: Colleen will extend an invitation to Sue to attend our meeting.
	Cory	Walking path has been updated with the new logo. ACTION: Add a TRF outdoor walking path.
	Research team/ Erica	Update, if any: <ul style="list-style-type: none"> <li>• ATOD (Alcohol, Tobacco, and Other Drugs) Grants</li> </ul> There is a college-wide list and we are on it however just not at the top right now.
<b>3. Healthy Campus</b>	Healthy Campus	<b>Awareness Issues:</b> National Health Awareness Month site



	Counseling / EPA	<a href="https://healthfinder.gov/NHO/nhoyear.aspx?year=2019">https://healthfinder.gov/NHO/nhoyear.aspx?year=2019</a> <ul style="list-style-type: none"> <li>- <b>October:</b> Depression/ Mental Health/ Stress</li> <li>- <b>October 6-12</b> Mental Illness Awareness Week</li> <li>- <b>November:</b> Plan to make flyers to address <b>National Healthy Skin</b> Month.</li> <li>- <b>November 15</b> – Great American Smokeout</li> <li>- <b>December:</b> Plan to make flyers to address Safe Toys and Celebrations Month.</li> <li>- <b>December 2-8</b> National Handwashing awareness Week</li> <li>- <b>2020</b></li> <li>- <b>January:</b> SADD</li> <li>- <b>January</b> (22-27) National Drug and Alcohol Facts Week</li> <li>- <b>February:</b> American Heart Month (wear RED and photo)</li> <li>- <b>February</b> (14) – National Donor Day</li> <li>- <b>March:</b> (11-17) National Sleep Awareness Week</li> <li>- <b>April:</b> Alcohol Awareness month</li> <li>- <b>April (15)</b> <b>National Prescription Drug Take Back Day</b></li> <li>- <b>May:</b> Mental Health Month</li> <li>- <b>June:</b> (8) Family Health and Fitness Day USA</li> <li>- <b>July:</b> UV Safety Month</li> </ul>
<b>4. Drug Free College Audit (Due October 2020)</b>	Colleen, Mary, & Cory	<p>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 last 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 promoting healthy living lifestyles.</p> <p>Email will be sent out from Cory to all employees regarding recording and sending him all ATOD activities to log. ACTION: Email is scheduled to go out again in October.</p> <ul style="list-style-type: none"> <li>- <b>Need to improve or promote healthy living lifestyles: What are we going to do to raise awareness to change behaviors?</b></li> </ul>

		<ul style="list-style-type: none"> <li>- <b>Need to have more activities related to tobacco, alcohol, and other drugs.</b></li> </ul>
	All	Professional Development Faculty
	ATOD activities (In and Outside the classroom) Respiratory – Tony Sorum	<ul style="list-style-type: none"> <li>- Cory received the following to date:</li> <li>- Our first year students provided stop smoking flyers and tobacco information to 9th graders at the Fargo career fair</li> </ul>
	Nursing – Deloris Larson	<ul style="list-style-type: none"> <li>- I have a section in Psychosocial class PNSG 1258 teaching nursing students about alcohol and substance abuse.</li> </ul>
	Imagery Analysis – Francisco Nix –	<ul style="list-style-type: none"> <li>- I have a lesson on drug abuse in my Writing and Presentation class. It's based on Public Service Announcements (PSA), after the lesson, students will create a PSA and present it to the class.</li> </ul>
	English - Bonnie Andys	<ul style="list-style-type: none"> <li>- We talk about this issues in Human Relations throughout the entire semester, but especially our unit on health and wellness.</li> </ul>
	Nursing – Kari Koenig	<ul style="list-style-type: none"> <li>- NURS 2121: Psychosocial Integrity has a unit on substance addiction. Intensive discussion and assignments are related to alcohol/chemical abuse.</li> </ul>
	For Pathways to Success	<ul style="list-style-type: none"> <li>- FYEC 1111: we complete a unit on health management each semester. It begins with the students completing a quick health assessment for their own personal knowledge. Below is a snap shot of the unit and attached it the unit assignment.</li> </ul>
	Marketing – Stephanie LeDuc –	<ul style="list-style-type: none"> <li>- Module 9 – Health Management 9.1 Health Management Self-Assessment 9.2 Nutrition 9.3 Exercise</li> </ul>



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		9.4 Sleep 9.5 Substance Abuse 9.6 Stress 9.7 Mental Health 9.8 Sexual Health 9.10 Wellness Presentation Assignment
<p><b>5. Nonacademic student support services resource page</b></p> <p><b>Legislative Mandate: MN legislature mandated to have resources made available targeting pregnant and parenting students</b></p>	<p>Mary</p> <p>Jason / Student Success Center</p> <p>Mary sent out with official policy notice at the beginning of the academic year.</p> <ul style="list-style-type: none"> <li>• We will update as needed.</li> </ul>	<p>Mary will be sending a call out for group members to look at the different areas: Were? Currently? Future?</p> <p>Discussion</p> <ul style="list-style-type: none"> <li>- Nonacademic student support services</li> </ul> <p>Services by Category</p> <ul style="list-style-type: none"> <li>- Housing</li> <li>- Transportation</li> <li>- Child Care</li> <li>- Mental Health</li> <li>- Food</li> <li>- County Benefits</li> <li>- Health Care</li> </ul> <p>- Rad Tech sent out a email about winter accessory drive, EGF Campus</p>
<b>6. Budget</b>	College Wide	\$ 1000.00 Cost Center: 114110
7. Adjourn / Next Meeting	Date / Time	October 15, 2019 @ 11:00 a.m.