Wellness Initiatives Priority Group Meeting
Watkins Memorial Health Center
2nd Floor Conference Room (Crimson & Blue Rm.), Rm. # 2401
March 4, 2004

- Review of February 19th meeting (10 minutes)
  - Priority health areas:
    - Alcohol (including club drugs)
    - Smoking Substances (Tobacco & Marijuana)
  - Planning Process

We reviewed timeline and discussed next steps. We discussed whether the plans submitted would actually be implemented and if this group would continue to further develop plans. We agreed to pose these questions at the Priority Group Breakfast meeting.

- Subgroup Progress Reports and overall group feedback (20 minutes each = 40 minutes)
  - Problem, Challenges, Resources/Assets, Research and innovative interventions, and Potential solutions

The fitness/nutrition and healthy relationships/sexual health subgroups presented and received the following feedback and comments:

Comments on Fitness/nutrition recommendations consisted of: including availability of mini meals through campus dining services, intramurals, department awards for achieving Wellness goals – Healthy challenges, incentives through health insurance to lose 10% of weight and other improved health behaviors, and punching a card for number of fitness activities involved in to receive an incentive.

Comments on Healthy relationships/sexual health recommendations consisted of: collecting information on overall sexual health and sexual assault data, more presentations to address need for early intervention, need for more sections of classes with high quality sexual health instructors, combining Men’s outreach coordinator with sexual assault coordinator as a full-time staff position, including collaborating with the Douglas County Aids Project in making condoms available, develop policies to reduce sexual assault, increase training on safe sex and abstinence choices and condom use and speaking up – STOP, make available date rape drug testing, and develop programming for empowering students to have respectful relationships and improved self-esteem.

- Consideration for inclusion in each subgroup plan:
  - Stress/Depression, Culture, Spirituality

None of the subgroups have focused on inclusion of the above areas into their plans; therefore, it was decided to include recommendations that these areas be considered in the final development of the campus changes that are proposed.

- Review next steps: (5 minutes)
  - Action items in timeline

Rachel and Jannette will send out template for planning page. Each group is to cut and past list of proposed changes/recommendations into this format. Groups review changes to determine if some of the changes could be more clearly defined or consolidated for conciseness.

By timeline established, the goal at the next meeting is to review each subgroups plan one final time before Rachel and Jannette put them into a survey format to go to the relevant departments. Feedback on importance and feasibility will be requested on departments named on the planning pages. This information will be used to determine which changes to include for immediate implementation and which ones may be delayed for a future date.