Meeting Summary  
Wellness Initiatives Priority Group Meeting  
Watkins Memorial Health Center  
2nd Floor Conference Room (Crimson & Blue Rm.), Rm. # 2401  
February 19, 2004

- Review of February 5th meeting (10-15 minutes)
  - Target populations:
    - Students, staff, and faculty
  - Priority health areas:
    - Alcohol (including club drugs)
    - Fitness/Nutrition
    - Healthy Relationships/Sexual Health (including assault)
    - Smoking Substances (Tobacco & Marijuana)
  - Consideration for inclusion in each subgroup plan:
    - Stress/Depression
    - Culture
    - Spirituality
  - Planning Process

We reviewed all of the above items as detailed in Meeting Minutes dated February 5, 2004. See attached Timeline for details on the planning process undertaken by priority health area subgroups and the overall group.

- Subgroup Progress Reports and overall group feedback (10 minutes each = 40 minutes)
  - Problem
  - Challenges
  - Resources/Assets
  - Research and innovative interventions
  - Potential solutions

The smoking substances and alcohol subgroups presented on their progress of identifying the problems/issues, resources, barriers, and potential solutions related to their health priority areas.

Highlights from Smoking Substances discussion:
21.6% of 540 KU respondents to the National College Health Assessment (NCHA) survey reported use in the last 30 days. The smoking substances subgroup is primarily looking at policy strategies to address reducing smoking among KU students including better enforcement of campus policies, lobbying to increase cigarette taxes, working with the community on smoking policies, and increasing awareness of current smoking cessation programs. Examples of potential barriers or resistance include: Union convenience stores selling cigarettes, limitations of current campus tobacco policies, and students smoking to be thin. Possible resources included Kansas Health Foundation, grants (i.e., American Legacy Foundation), and student fees.

Marijuana use was discussed with 15.5% of respondents to the NCHA survey reporting they had used marijuana in the last 30 days. The group discussed the likelihood of underreporting and that marijuana use was probably more widespread than the survey.
results suggested. More discussion on potential solutions and barriers will be shared at another meeting.

Highlights from the Alcohol discussion:
45% of respondents to the Campus Alcohol Survey (N=1500) reported binge drinking. The alcohol subgroup discussed various problems/issues associated with alcohol and KU including 21st birthday drinking, designated drivers with increased blood alcohol content, Greeks and others’ having off-campus parties, and underage drinking with easy alcohol access. Potential solutions discussed included working with Greeks to have more dry functions, developing a peer-based program to reinforce non-use, increasing enforcement of legal alcohol sales, sharing student arrest information between KUPD and Lawrence Police Department and how this information could be used to address alcohol problems, and working with the Lawrence community to address server training, compliance, and citizen’s surveillance.

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

It was agreed that the Healthy Relationships/Sexual Health and Fitness/Nutrition subgroups would discuss similar information for their areas at the next meeting. All groups were encouraged to continue to refine their potential solutions, or changes in campus/community policies, practices, or programs related to their health area for further discussion in the overall group meeting.

It was also discussed that by March 19th we would compile all of the potential changes submitted from each subgroup and send out the listing of changes to targeted, relevant departments to get their input on the importance and feasibility of the changes proposed. This will help us to focus and streamline our plan to only include new or modified campus and community changes that will be most powerful for changing KU population-wide behavior.

- Subgroups meet (20-30 minutes)

- Next meeting dates and place:
  2nd Floor Watkins Center Conference Room (Crimson & Blue Rm.), Rm. # 2401
  - Thursday, March 4
  - Thursday, March 18
  - Thursday, April 1
  - Thursday, April 15
  - Thursday, April 29

Vision Statement: To have the healthiest campus in the United States.
Charge: Develop a campus-wide wellness initiative for students and employees.
Outcomes: Create a plan for a multi-faceted program for students, staff, and faculty focused on healthier living with special emphasis on alcohol, fitness/nutrition, health relationships/sexual health, and smoking substances.
End Date: May 3, 2004
# Timeline for the Completion of the Wellness Initiatives Plan

<table>
<thead>
<tr>
<th>Date</th>
<th>Product</th>
<th>By Whom</th>
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<tbody>
<tr>
<td>Feb 19</td>
<td>Discuss problems/issues, potential solutions</td>
<td>Health priority subgroups</td>
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<td></td>
<td>Identify resources and assets</td>
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<td>Identify <strong>objectives</strong> for assigned health priority issue</td>
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<td><strong>List specific changes for assigned health priority issue on a planning page</strong></td>
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<td><strong>Hand in planning pages for assigned health priority area</strong></td>
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<td>March 18</td>
<td>Deliver rough draft of the overall listing of campus/community changes for all health priority areas to the Wellness Group</td>
<td>Jannette &amp; Rachel</td>
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<td><strong>Get consensus on listing of changes to remain in plan</strong></td>
<td>Wellness Initiatives Group</td>
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<tr>
<td>March 19</td>
<td><strong>Send out plan</strong> to targeted departments and organizations to get feedback on feasibility and appropriateness</td>
<td>Jannette &amp; Rachel</td>
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<td>April 1</td>
<td><strong>Discuss common evaluation process, marketing tools, and infrastructure needed to implement changes</strong></td>
<td>Wellness Initiatives Group</td>
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<td>April 6</td>
<td>Deadline for receiving materials back from departments</td>
<td>Relevant department</td>
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<td>April 15</td>
<td><strong>Finalize plan</strong> and review evaluation, marketing, and infrastructure tools and materials</td>
<td>Wellness Initiatives Group</td>
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<td>April 29</td>
<td><strong>Finalize plan &amp; CELEBRATE</strong></td>
<td>Wellness Initiatives Group</td>
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<td>May 3</td>
<td>Submit plan to Student Success</td>
<td>Wellness Initiatives Group</td>
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