



2-1-2019

February 2019

Sarah Yount

Southwestern Oklahoma State University, sarah.yount@swosu.edu

Follow this and additional works at: <https://dc.swosu.edu/wcminutes>

 Part of the [Dietetics and Clinical Nutrition Commons](#), [Health and Medical Administration Commons](#), [Health Information Technology Commons](#), and the [Medical Education Commons](#)

Recommended Citation

Yount, Sarah, "February 2019" (2019). *Wellness Committee Minutes*. 1.
<https://dc.swosu.edu/wcminutes/1>

This Minutes is brought to you for free and open access by the University Documents at SWOSU Digital Commons. It has been accepted for inclusion in Wellness Committee Minutes by an authorized administrator of SWOSU Digital Commons. An ADA compliant document is available upon request. For more information, please contact phillip.fitzsimmons@swosu.edu.

HEALTH AND WELLNESS AGENDA

February 1, 2019

2:00 pm to 3:00 pm



i. Reports from committee chairs

a. Health/Wellness

- i. Diabetes Prevention Program – Sarah Yount – Four employees currently participating – **can we plan to support up to a certain number of employees each year?**
- ii. Biggest Loser and prizes – Amber Sturgeon – we have Fit Bits, duffle bags, stadium seats and water bottles to provide as awards. Thirty-seven (37) employees participating. **In the future we will look in to ways to encourage long-term healthy weight maintenance such as quarterly weigh-ins and prizes if weight maintained.**
- iii. Catapult results – Sarah Y. – **Sarah sending out.**

b. Psychosocial – Jori Edwards

- i. Books
- ii. Newsletter – Phillip F. and Christina Darras
 - What can we do to enhance? Do we want to divide up months for content? Susan Ellis had the great idea of monthly challenges. See national monthly awareness topics at the end for inclusion topics as well. Susan also mentioned self-care tips. Anyone wanting to help with newsletter information needs to **submit ideas/information to Christina Darras 10 days before the end of the month.** Monthly newsletters will go out at the beginning of each month.

- c. Sayre Campus -Renae Bagzis – Four Sayre employees participating in Biggest Loser. Weight Watchers discussed. No longer provided for employees due to inability to meet minimum number for WW at work.

ii. Financial report - Doug Misak

- a. Monies used in 2018 – Doug absent. Amount unknown. Christina checking on.
- b. Budget for 2019 – **Potentially \$6740?**

iii. New Business

- a. Certified Healthy Campus Application – Christina Darras submitted application. Awaiting response. There is an expo in March for qualifying schools so we should hear by then. Benefit is potential access to some grant funding per Christina and Lori Gwyn.
- b. Wellness Policy – Sarah Yount and Christina Darras will serve as a working group and partner with TSET to revise current Wellness Policy. Susan Ellis is helping to incorporate a Mental Health section. ****Update not discussed in meeting: we have found several ways that the Wellness Committee can help support a healthy campus through signage – if we choose to support we will need to include these items in our budget.**

- i. **Identifying nutrition information and healthy choices with symbols in Food Court and vending machines.**
 - ii. **Marketing for food insecurity awareness and local resources with flyers.**
 - iii. **Signage on stairwells with information to support stair taking when possible.**
 - iv. **Signage in the cafeteria to encourage a healthy, balanced plate (we have done this but they were trashed ☹️). They would like them again, however.**
- c. Sub-committees – vote on new or leave as is – no conclusion
 - d. Massages again (\$1625 for 2.5 days)? Recommendation made to provide for two days each semester as long as budget allows.
 - e. Still need Walking Works replacement – MoveSpring demo? Wayne, Kendra and Sarah Y. will be working group for trying out replacement options.
 - f. Psychosocial – stress management workshops? What can we do to enhance mental health? Susan shared of many activities being provided for both students and staff/faculty (yoga, walking groups, etc). Sarah will follow-up with Susan about obtaining list to include in wellness newsletter. Idea was brought up of a “Lunch and Learn” each semester covering a mental health or other health topic.
 - g. What other activities/services can we offer to increase opportunities that encourage healthy minds and bodies? Monthly themes – Fit February, Move in March, Active in April, etc. These are the national monthly awareness items as well that we could build off of?

[January – Cervical Health Awareness Month](#)

[February – American Heart Month](#)

[February – Teen Dating Violence Awareness Month](#)

[March – Colorectal Cancer Awareness Month](#)

[April – Alcohol Awareness Month](#)

[May – National Physical Fitness and Sports Month](#)

[May – Melanoma/Skin Cancer Detection and Prevention Month](#)

[June 27 – National HIV Testing Day](#)

[June – National Safety Month](#)

[August – National Immunization Awareness Month](#)

[September – National Childhood Obesity Awareness Month](#)

[September – Fruits & Veggies – More Matters Month](#)

[October – National Breast Cancer Awareness Month](#)

[November – American Diabetes Month](#)

[December 1 – World AIDS Day](#)

iv. Old Business

Thank you all for your dedication to this volunteer committee. We have lots of ways that we can help our campus improve and be a supportive environment for a healthy body and mind. I am excited to see what the year holds!

-Sarah