



NCCHA Newsletter

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Message from President James Nelson

On May 6th, 2006, Iowa State University held commencement ceremonies for our graduates. I was thinking where did this past year go? I'm sure many of the graduates were thinking this has been a long four years. I hope as our graduates grow in their careers, they will reflect on their college years as one of the most important and most wonderful times of their life. Multiply this phenomena by every college and every university in the country, and you realize how powerful these events are in delivering the leaders of tomorrow.

For the North Central College Health Region, I am very pleased with the progress and dedication our members have given toward our mission by providing regional

leadership by advancing the health of college students, advocating and assisting its members with networking and educational opportunities, and by promoting college health services and influencing action on health issues. Our mission is ongoing, our graduates are leaving and the new freshmen are arriving!

This past year has had its challenges. We saw Pertussis come out of nowhere after twenty years of being dormant. We have an epidemic in the Midwest with the Mumps, which has not been seen by most of our physicians in their lifetime. We have committees working on policies and guidelines so we can be prepared if and when an Avian Flu Pandemic should occur.

And, we see a rise in mental health issues which have strained the primary care delivery system. We are all very important to the Public Health of our local communities.

We have learned a lot, and we have a lot to share. That is a true statement for every college health unit in the country. I am looking forward to seeing many of you at the Annual ACHA meeting in New York City. I am also pleased with the planning of our NCCHA regional meeting to be held in Sioux Falls, South Dakota in October. I hope everyone will be able to attend one or both of these exciting meetings!!!

James Nelson
President, NCCHA

"In contrast with brief intervention research in older populations, which has been going on for about 20 years, there have been relatively few studies on young people aged 15 to 24 years."

Kypros Kypri, research fellow at the University of Otago in New Zealand.

Brief Motivational Interviewing

Time and labor constraints on clinicians have increased the need for innovative methods to deliver personalized feedback on unhealthy behavior. A study in February 2004 published

in *Alcoholism: Clinical and Experimental Research* found that a five-minute in-person intervention has proven to be as effective as longer interventions discussing hazardous

drinking among young people. These results give electronic assessments and the buzzwords "brief motivational interviewing" high hopes in the future of college health!

What's Up with Mumps?

Symptoms

- Fever
- Tenderness and swelling of the glands in front of and below the ear on one or both sides of the face
- Headache
- Earache
- Testicular Inflammation

About 20% of people infected with the mumps have no symptoms.

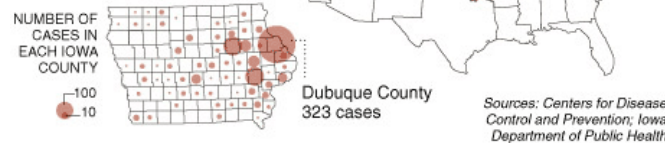
CDC and state and local health departments continue to investigate an outbreak of mumps that began in Iowa in December 2005 and involved at least 10 additional states as of May 2,

2006. For Iowa, a state that typically sees an average of five cases of mumps each year, this outbreak represents a significant increase in cases and is the largest mumps epidemic in the U.S. since 1988.

For (80%) of the mumps cases with patient age available, the median age is currently 21 years. The Advisory Committee on Immunization Practices (ACIP) recommends a 2-dose MMR vaccination series for all children, with the first dose administered at ages 12–15 months and the second dose at ages 4–6 years.

Mumps Outbreak

The current mumps epidemic began in Iowa, which has 815 cases, and has been linked to 350 cases in at least seven other states.



The New York Times

Sources:

www.cdc.gov/mmwr

www.idph.state.ia.us

“You may not beat the casino. But you can beat a gambling problem.”

beatthebet.com

Beat the Bet ~ College Gambling Resource

For college students worried about a gambling problem, beatthebet.com may be one of the few gambling sites specifically designed for college students.

The site explains that problem gambling isn't measured by how much money is lost, or even how much you play. Problem

gambling is when your behavior causes disruption in your life with negative consequences. Students are encouraged to ask themselves questions such as:

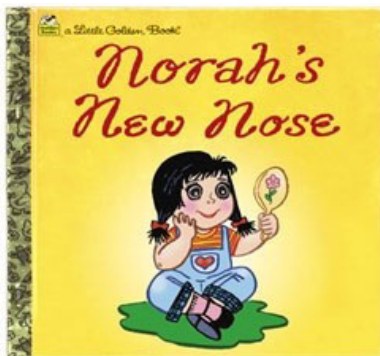
- Do you ever gamble to pay off other debts?
- After a win, have you ever felt a strong urge

to return and gamble more?

- Have you ever claimed to be winning when you actually lost?

This initiative has a confidential, 24-hour, 7-days a week phone line: 800-333-HOPE (outside Minnesota 800-522-4700).

Source: beatthebet.com



A book by Dr. Jessica Krieg to help children accept plastic surgery, “It’s something to make you even better instead of just barely good enough.”

Nip and Tuck for the College Crowd

A recent article released in WebMD Medical News provided results from a study involving 559 college students aged 17 to 24. Only 5% (30 women) in the study said they had undergone a cosmetic surgery or procedure.

The most common procedures (in order of

frequency) were:

- Chemical peels
- Breast Augmentation
- Nose reshaping
- Breast Reduction
- Liposuction
- Tummy tuck
- Eyelids

- Botox
- Cellulite

40% of the survey respondents said they would consider cosmetic surgery in the near future, nearly half (48%) would consider it by middle age, and 33% said they would think about it in their sixties.

Greetings NCCHA!

From Lisa Sommerhauser, ACHA Representative

Special thanks to Jim Nelson and Alan Allery who have served with the VLIRC Presidential Advisors on Affiliates Recommendations over the past year. This Task Force, co-chaired by Chad Henderson, Region V Representative and myself, and comprised of representatives from across all eleven ACHA affiliates has spent the past year in good conversation. We are initially seeking to define what an ACHA Affiliate is, and strengthening our relationships through an atmosphere of mutual respect, trust, and open communication among ACHA local and national leaders, who share common challenges and concerns across varying geographical areas.

After reviewing ACHA / Affiliate Relationship Survey results, exploring historical establishment of ACHA affiliates, review of the ACHA Vision & Mission, and discussion of what an ideal ACHA affiliate would provide, a definition is under development. Salient findings noted that ideal affiliates are the official recognized local connection (eyes & ears), produce tested and devoted leadership, recruit new members, and address state & local concerns for the national association. Ideal affiliates provide opportunities for networking, mentoring, communication, advocacy, and a sense of belonging for ACHA members within their geographic boundaries. A desire to support colleges and universities with limited staffing and budgets, and to advocate for their inclusion in dissemination of ACHA knowledge, initiatives, and membership has been strongly noted. In addition, measures to nourish the reciprocal ACHA connection between the national association and the local affiliate leadership are being explored, as well as leadership training for local affiliate leadership, and leaders-to-be. Following task force consensus on these issues, feedback will be sought from the general ACHA membership during a 14-day comment period. Please be involved and let us know your thoughts.

Additional VLIRC recommendations for Sections and Committees are also in process. If you will be attending the ACHA Annual Meeting in New York City, I encourage you to take part in the VLIRC update: *Bylaws Changes and Proposed VLIRC Structural Changes: Information Session on Thursday, June 1, 10:00 AM - 11:30 AM.*

Please contact me if I can be of assistance to you. I send my best wishes for the summer semester, and look forward to seeing you in Sioux City in October!

Lisa Sommerhauser, RN, BC
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If You Haven't Renewed Your Membership for 2006, Now is the Time!

The Benefits of North Central College Health Membership:

- ✦ Opportunity to maintain relationships and share ideas with college health colleagues.
- ✦ Continue receiving this newsletter to stay informed on NCCHA activities and events at membership institutions
- ✦ Receive notifications, updates and call for proposals for annual conference
- ✦ All staff members of member institutions can attend the NCCHA annual conference at the reduced member rate. They do not need to be individual members.
- ✦ Opportunity to earn continuing education credits at annual meeting.

Now Is The Time to Renew Your Commitment to College Health!

Many thanks to the institutions and individuals who consistently support NCCHA as members. **Membership fees are due now.** The membership year runs from January 1 through December 31 to be consistent with ACHA.

The following members from 2005 have not yet renewed their membership. Please join us again!

IOWA

Clarke College
Kirkwood Community College
Luther College
Simpson College

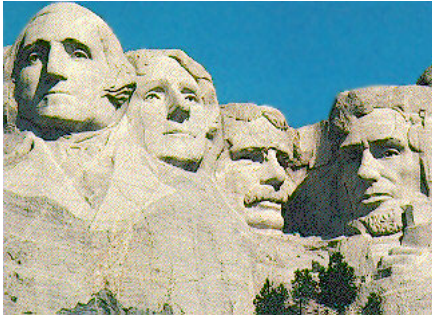
MINNESOTA

Judith Jackson, Nurse Practitioner
(Individual Member)
Carleton College
Rhonda Meyer, NP
(Individual Member)
Inver Hills Community College
University of Minnesota-Duluth
University of Minnesota

SOUTH DAKOTA

Dakota Wesleyan University

The membership application is available on the web site at: www.acha.org/nccha
Or contact Gayleen Eilers, Membership Chair at eilers.gayl@uwlax.edu



The Many Faces of College Health

Don't Forget:

- It's not too late to submit a proposal to present this fall!
- Call to get your hotel reservations by September 15, 2006.
- Visit our website at www.acha/nccha for more information about the conference in Sioux Falls, South Dakota.

We invite you to join us at the 2006 North Central College Health Association Conference, hosted by South Dakota State University Health and Counseling Services and other South Dakota college health partners!

More information is on the NCCHA website (www.acha.org/nccha) on conference registration, continuing education units, and program proposals.

The Conference will take place at:

*Sheraton Hotel and
Sioux Falls Convention Center
1211 West Ave.
Sioux Falls, SD*

For other questions, please contact:

Deb Johnson
SDSU Student Health
Phone: (605) 688-6096
Debra.Johnson@sdstate.edu

Hotel reservations can be made at
888-627-8088; state you are with the
NCCHA Conference

Early rate of \$89 per night available
until September 15, 2006



Call for Proposals

We invite you to present at the 2006 NCCHA Conference! "The Many Faces of College Health" is an opportunity to promote diversity of the clients we encounter as well as diversity in professional

resources we as college health providers have to offer.

Presenters will be charged only half price of the conference registration fee. Proposals must be submitted

as soon as possible.

To request or submit an application for oral presentations or poster displays, contact:

Brenda.Andersen@sdstate.edu

Or visit www.acha/nccha