

September 2005

Building Healthier Communities: The Continuing Challenge for College Health

by President Alan Allery

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The continuing challenge in college health is building healthier communities while working with a diverse group of students, at a time when outside forces impact college campuses to a greater degree than ever before.

Our demographics have changed, we now have students of almost all age groups and income levels on our campus. Some students are employed for 40 hours per week and others do not work. Some students could not attend college without loans and some are fortunate enough to have their parents pay the full cost of attending college. Many students come from large high schools and their adjustment is somewhat easier, others come from small schools where they may have been ranked number one in a class of twelve. Some students are very independent and others are dependent on the counsel of their parents; in addition, single parent households create a whole new dynamic.

Students with chronic illnesses, such as diabetes and heart disease are showing up on our campus. About

20-25% of students are uninsured and rely on Student Health. Some students have high deductible plans designed to restrict usage by using a health savings account for the first \$1,000 of coverage and avoid care in order to save the health savings account dollars and carry forward.

The National College Health Assessment (NCHA) can give us a wealth of data about our students and guide us toward interventions that have the highest potential for success. In addition to the NCHA most colleges and universities collect data about student success and satisfaction that can be useful for programming.

What would a healthy community/campus look like? It is a place where students, faculty, staff and administration have a common vision; as a group, they are committed to solving problems and meeting the needs of individuals and the group. It's a place where people feel empowered, there are effective channels for communication and there is an absence of conflict and polarization. It is a place where issues are identified and resolved. It is also a

place that anticipates the future and adapts to the ever-changing environment of a college campus.

What part does Student Health play? At a minimum, we provide the human resources and physical infrastructure for medical care at some level. More importantly Student Health can be the catalyst for planning and implementing change— health advocacy.

Health advocacy, giving active verbal and physical support to health improvements can be one of the most important contributions to a campus community by health professionals at Student Health. In our role, we can use our health data to influence the growth of positive behavior, promote positive environmental and personal change, and use evidence based strategies to reduce risky behaviors.

In summary, we are an integral part of revitalizing and stabilizing healthy lifestyles on our campuses. We can be "health advocates" on our campuses. Let's use our influence and power to its fullest!

NCCCHA Annual Conference ~ Oct. 26-28, 2005

Top 5 Reasons to Attend NCCCHA!

www.acha.org/nccha

1. **THE SESSIONS:** Choose from 30 eye-opening sessions centered around the theme "Innovations in College Health: Clinical Care, Communication, and Public Health." Sessions are designed to appeal to a broad range of health professionals.
2. **KEYNOTE SPEAKERS:** This year's keynote speakers include: Edward Creagan, MD, Mayo Medical School; Michael Osterholm, PhD, Univ. of Minnesota; Steven Miles, MD, Univ. of Minnesota; Mark Mahowald, MD, Minnesota Regional Sleep Disorders Center; and Gary Christensen, MD, Univ. of Minnesota.
3. **CONTINUING ED:** 13 Category I CME credits and 16 nursing CEUs will be offered over the three days of programming. An application has been submitted to SOPHE/CHES.
4. **THE U of M:** This year's conference will be located at the Coffman Memorial Union, Weisman Art Museum, and Boynton Health Service. Accommodations are at the Radisson Hotel Metrodome.
5. **"AFTER SCHOOL" ACTIVITIES:** The Twin Cities area has a lot to offer for evening and weekend activities. The U of M is located on the new light rail.

Take it downtown or to the Mall of America!

A Data Sharing conference on October 25 is open to NCCCHA attendees at no additional charge-CEUs are available. It will be the first release of a 16 school with post secondary institutions completing a modified CORE survey within an 80 mile radius of the Twin Cities.



U of M Coffman Memorial Union

Students Attend Free!

Iowa State University sets up Computer System

Iowa State University is in the middle of a major computer project! The project involves replacing hardware, adding new EPM (Enterprise Practice Management) software, EMR (Electronic Medical Record) software, upgrading



ISU Thielen Student Health Center

pharmacy capabilities, and adding a new LIS (lab information system). Because Thielen Student Health Center (TSHC) is a college health facility and not a free standing clinic, nearly 20 interfaces are planned to make all systems work. All doctors and nurses will use a wireless tablet. A consultant was hired to bridge the gap between clinical staff and computer staff and to write the RFP. A Computer Task Force was created representing all aspects of our clinic

operation and the university computer staff, and final decisions were placed with the Senior Leadership Team (SLT). The business side (EPM) was brought up first. We changed our clearinghouse for billing, due to HIPAA compliance issues. Scheduling capabilities were a major consideration. Not only do we hope to do our daily work easier and better, we plan to be able to retrieve data and have reports that are accurate and timely.

“Not only do we hope to do our daily work easier and better, we plan to be able to retrieve data and have reports that are accurate and timely.”

Jim Nelson

Future NCCHA Newsletters to Come Electronically

The North Central College Health Association will begin sending newsletters out electronically in the winter of 2006! The new format will look just like the paper version except it will be sent directly to your inbox rather than through the mail. Our hope is

that this will increase the number of NCCHA members who have access to read the newsletter as well as decrease costs. PLEASE . . . forward it onto your staff or administrators to keep them up to date of what is happening locally in college health.

If you have questions/comments about the newsletter or would like to add email addresses to the mailing list, please contact:

Wendy Schuh
NCCHA Newsletter Editor
wendy.schuh@mnsu.edu.



Pertussis on College Campuses

Pertussis, also known as Whooping Cough, is a highly contagious but vaccine-preventable and easily treatable disease. It causes violent, repeated coughing which makes normal breathing difficult. When they breathe in, the forced inhalation causes a pronounced "whooping" sound or an individual may cough until gagging or

vomiting occurs. Adults and adolescents also are susceptible to Pertussis - with milder symptoms - and can transmit the disease to child family members who either never started or did not complete the series of vaccinations. The seriousness and potential spread of this bacteria-caused disease was highlighted

after the number of reported cases of the disease in 2003 rose above the annual average including cases among college students.

Sanofi Pasteur offers the ADACEL vaccine in the U.S. for protection against tetanus, diphtheria, and pertussis from adolescence through adulthood.

The first symptoms of pertussis often mimic the symptoms of an upper respiratory infection, a cold or the flu:

- * Low-Grade Fever
- * Runny Nose
- * A cough the progressively becomes more severe

Gail Profitt Nominations

Do you know an outstanding college health professional? Nominate him or her!

The intent of the Gail Profitt Award is to recognize special people and to acknowledge their

unique service to the field of college health.

Nominations should be e-mailed to Alan Allery at alan.allery@und.nodak.edu by September 30, 2005 or as soon

as possible and should include the nominees name (correct spelling please), institution, a few paragraphs about their contributions to college health, the nominators name, phone number, and address.

See page 4
for the
Nomination
Form!

**NORTH CENTRAL COLLEGE
HEALTH ASSOCIATION
POSITIONS OPEN!**

PRESIDENT-ELECT

MEMBER AT-LARGE (IOWA)

**MEMBER AT-LARGE
(SOUTH DAKOTA)**

For position descriptions and details about serving on the Board, please visit the NCCHA website at www.acha.org/nccha. Click on Board Members and Position Descriptions.

Contact President-Elect Jim Nelson for applications.

A note from our Incoming President, Jim Nelson

Hello From Iowa! The students are back, and we are into another exciting year here at Iowa State University. I enjoyed my last holiday on Monday, September 5th, by getting one last summer hurrah with a three-day weekend at the lake.

The annual NCCHA meeting, scheduled for October 26, 27 and 28, in Minneapolis, looks like another outstanding lineup of speakers and topics. I'm sure Ed Ehlinger and his crew, at Boynton Health service, will once again provide an excellent host site! I'm looking forward to seeing everyone!

I would like to thank Alan Allery and his Board for guiding our ship so well this past year. Things don't just happen. People make things happen in this business! Thanks Alan, for all your good work!

As the incoming President, I look forward to the challenges of the position. I come with humility, knowing I don't have all the answers and that many of you have more experience in college healthcare. I do come with the optimism that together, we can make a difference. And, I will be calling on everyone to help me make next year a great year for college health in the NCCHA region.

Let us all be thankful for what we have, especially after watching the pain and suffering caused by hurricane Katrina. I'm looking forward to seeing you in Minneapolis in October and looking forward to a great year for NCCHA.

James Nelson



Update from ACHA Region II Representative, Lisa Sommerhauser

**"Vision into Action":
Tools for Professional and
Program Development**

This latest ACHA multidisciplinary assessment tool is presented in workbook style and on CD-ROM. "*Vision into Action*" focuses on strategic planning for, and evaluation of health promotion programs on campus. Professional staff development is also addressed. The document assists professionals and stakeholders from across campus departments in implementation of the ACHA Standards of Practice for Health Promotion in Higher Education. Members may order copies at http://www.acha.org/info_resources/special_pubs.cfm

New Data Collection in Progress

The Board of Directors accepted the recommendation of the former Consultation Services Program Advisory Committee to collect additional data regarding its Institutional Members. The CSPAC, along with the Benchmarking Advisory Committee developed an eleven question Institutional Profile that will be added to the membership form for the coming renewal year. Questions include enrollment information, presence of an institutional requirement for health insurance and designated health fee, types of programs that report to the health service, and ACHA tool utilization.

**Using the ACHA / NCHA to
Examine the Health Status and
Health Needs of Your Students**

This new ACHA workshop will be conducted December 1-2, 2005 at the Academy for Educational Development Conference Center in Washington, D.C. Workshop hours: Dec. 1, 12:30 pm. – 5 p.m., and Dec. 2, 8:30 a.m. – 4 p.m.

Since Spring 2000, more than 240,000 students at over 400 colleges and universities have participated in eleven survey periods of the ACHA - National College Health Assessment (ACHA-NCHA).

Further details will be forthcoming at www.acha.org.

NCCCHA Gail Profitt Nomination Form

2005

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|--|--|--|---------------------------------------|
| 1972 – Gail Profitt | 1973 – Lawrence Nelson & William Watson | | |
| 1975 – Dorothy Jaconson | 1978 – Florence Winquest & Margarethe Hansen | | |
| 1979 – Karen Delesha, Judy Dulski, & Ramona Yunger | 1980 – Edward Dvorak | | |
| 1982 – Paul Ruppet & Barbara Lee | 1984 – Greta Buller | | |
| 1985 – JW Hanson & Lorraine Stucky | 1986 – Harley Feidick | | |
| 1987 – Kathleen McNamara | 1989 – Corinnne Schaure | 1990 - Mary Jule Brown & Doris Haukebo | |
| 1991 – Malcom McCutcheon | 1992 – Janice Rising | 1993 – Mary Engstrom | |
| 1994 – Pat Utecht | 1995 – Larry Hudson | 1996 – Robert Patterson | |
| 1997 – Lynn Ebner | 1998 – Jane Larson | 1999 – Pat Veole | 2000 – Mary Khowessah |
| 2001 – Don Smith | 2002 – Barbara Bloomer | 2003 – Barbara Bester | 2004 – Edward Ehlinger & Donald Craig |

2005 ??????

The intent of the award is to recognize special people and to acknowledge the unique service or expertise they bring to the field of college health.

Nominee

Institution

Introduction
(Write your introduction for the nominee here).
Rationale
(Write your nominating rationale here).
Nominator
Nominator Telephone and E-Mail
Nominator Address
<p>Send Nominations by September 30th to:</p> <p>Alan J. Allery, Box 9038, UND SHS, University of North Dakota, Grand Forks, ND 58202</p> <p>Fax: 701-777-4835</p> <p>E-Mail: alan.allery@und.nodak.edu</p>

Welcome! Please join us for the **North Central College Health Association Conference**, an annual gathering centered around health topics relevant to college health. This year we're proud to announce an outstanding session lineup as dynamic as our conference theme, "Innovations in College Health: Clinical Care, Communication, and Public Health."

Anyone interested in college health is welcome - you need not be an NCCCHA member to attend! Invite your friends and colleagues!

In line with the theme of this year's conference, "Innovations in College Health", the 2005 NCCCHA Annual Conference boasts a compelling lineup of keynote speakers hailing from various areas of health care.

Choose from 30 eye-opening sessions centered around the conference theme "Innovations in College Health: Clinical Care, Communication and Public Health". Sessions are designed to appeal to a broad range of health care professionals.

REGISTER NOW!

2005 NCCCHA Annual Conference Registration Form

Last Name	First Name	Degree (if seeking CHES credit, mark CHES here)	
<input type="text"/>			
Organization	Position/Title		
<input type="text"/>	<input type="text"/>		
Address			
<input type="text"/>			
City	State	Zip	
<input type="text"/>	<input type="text"/>	<input type="text"/>	
Phone	Fax	Email	
<input type="text"/>	<input type="text"/>	<input type="text"/>	

Cancellations and Substitutions. If unable to attend the conference, you may send a substitute from the same institution. Cancellations by September 30, 2005 will be refunded less a \$25 processing fee. No refunds will be made after October 14, 2005. **Continuing Education.** Continuing education will be applied for in the following disciplines: nursing, medicine, counseling, social work, pharmacy, health education, psychology, and medical assistants. Visit the conference website for more information: www.acha.org/ncccha

Mail or Fax

reg. form & payment to:

Carol Uchal
Boytton Health Service
410 Church Street SE
Minneapolis, MN 55455
Fax: [612] 625-2925

Questions?

Call or email Carol Uchal:
[612] 625-6410
cuchal@bhs.umn.edu

Method of Payment

Please select ONE.

- Credit Card Card # _____
 Type (Visa, etc.) _____ Exp. Date _____
 Name on Card _____
 Check Make checks payable to The University of Minnesota
 Purchase Order

Registration & Fees

Please select ONE.

Early Bird Rates!

Registration must be received by September 30, 2005 to receive the following Early Bird rates. If registering after September 30, please add \$50 to conference fee listed below. Fees include continuing education credit, instruction, materials, refreshment breaks, and meals.

NCCCHA Member

- Full Conference \$245
 Wednesday Only \$115
 Thursday Only \$165
 Friday Only \$115

Non-member

- Full Conference \$295
 Wednesday Only \$135
 Thursday Only \$185
 Friday Only \$135

Full-time Student

- Full Conference \$0
 Wednesday Only \$0
 Thursday Only \$0
 Friday Only \$0

FREE!

Please select all that apply to you:

- I request a box lunch (no additional cost)
 Wednesday Friday
 Yes, I will attend Thursday's banquet from 6-9pm.
 Yes, I would prefer the vegetarian meal option.
 I'd like to become an NCCCHA member: \$15
 I'd like to purchase _____ addl. banquet tickets: \$25 ea.

Total Enclosed:

Registration form and payment must be received or postmarked by September 30, 2005 to receive Early Bird Rates. After September 30, add \$50 to fee.

One registration form is required for each participant. Photo copies accepted. Downloadable registration forms available at the conference website: www.acha.org/ncccha