

NORTH CENTRAL COLLEGE HEALTH ASSOCIATION

# newsletter

## NCCHA Executive Committee

**ERIN BALDWIN**

President

**MELISSA MILLER**

President-elect

**JULIANA KAHR**

Secretary

**SARA PARRIS**

Treasurer

**BETH BAAS**

Membership

**JULIE MARTINDALE**

Immediate Past President

**JESSICA SHANNON**

Member-at-Large, Iowa

**CHRISTINA URIBE NITTI**

Member-at-Large, Minnesota

**BETTY TYWINSKI**

Member-at-Large, North Dakota

**MARIAH WEBER**

Member-at-Large, South Dakota

**SHEWANNA BROWN**

Member-at-Large, Wisconsin

**DEANNA SARGENT**

Newsletter Editor

## A Message from our Leadership

### HELLO FELLOW ACHA MEMBERS!

Thank you for your continued membership with both the American College Health Association and the North Central College Health Association (NCCHA). We are pleased to share several updates, specifically regarding new professional development opportunities being offered by NCCHA and elections for a number of our board positions.

First, the NCCHA board is pleased to announce the implementation of regular lunch and learns for our members. We will be hosting these throughout the year and they will be provided at no-cost. We are excited to host our first lunch and learn on December 10, 2021 and you can find more information, including a [link to register](#), in this newsletter. Future lunch and learns will be shared through email and newsletter updates.

Second, November is our designated month for transitions in a number of our NCCHA board positions. Erin Baldwin from Iowa State University, will be moving into the past president role, and we're pleased to welcome Melissa Miller from University of Wisconsin-Whitewater as our new president. Additionally, we will be asking you to help us select our five state member-at-large representatives (Iowa, Minnesota, North Dakota, South Dakota, and Wisconsin) and our president-elect. If you are interested in running for any of these positions, please complete [this survey](#) by **December 8th**. NCCHA position descriptions can be found on [here](#). We will send out the full slate for voting in early December.

To end, we want to encourage [membership](#) with both ACHA and NCCHA. Membership is free if your organization is an institutional member of ACHA. Please share this information with your colleagues and encourage them to sign up.

Thank you for the critical work you do to support student success and holistic health and wellbeing on your campus!

**ERIN BALDWIN**

President, Iowa State University

**MELISSA MILLER**

President-Elect, University of Wisconsin-Whitewater

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North Central College Health Association



# EXECUTIVE BOARD NOMINATIONS

In normal years, our group would meet at the American College Health Association (ACHA) Conference and present a slate of officers to be voted on. As you are all aware, we were unable to do that. We are asking for nominations from the membership for the open positions on our Executive Board. Please see below for the positions and **complete this [survey](#) by December 8th.**

**President** *(One Year Term, through 11/2022)*

**Melissa Miller, University of Wisconsin-Whitewater**

**President Elect** *(One Year Term, through 11/2022)*

*Accepting Nominations*

**Immediate Past President** *(One Year Term, through 11/2022)*

**Erin Baldwin, Iowa State University**

**Secretary** *(Three Year Term, through 11/2022)*

**Juliana Kahrs, University of Wisconsin-OshKosh**

**Treasurer** *(Three Year Term, through 11/2022)*

**Sara Parris, Iowa State University**

**Membership Coordinator** *(Three Year Term, through 11/2022)*

**Beth Baas, Dordt University**

**Member-at-Large, Iowa** *(Two Year Term, through 11/2021)*

**Jessica Shannon, Iowa State University**

*Accepting additional nominations*

**Member-at-Large, Minnesota** *(Two Year Term, through 11/2021)*

**Christina Uribe Nitti, St. Mary's University of Minnesota**

*Accepting additional nominations*

**Member-at-Large, North Dakota** *(Two Year Term, through 11/2021)*

**Betty Tykwinski, Valley City State University**

*Accepting additional nominations*

**Member-at-Large, South Dakota** *(Two Year Term, through 11/2021)*

**Mariah Weber, South Dakota State University**

*Accepting additional nominations*

**Member-at-Large, Wisconsin** *(Two Year Term, through 11/2023)*

**Shewanna Brown, University of Wisconsin, Parkside**

**Newsletter Editor** *(No term)*

**Deanna Sargent, Iowa State University**

*Accepting additional nominations*

**Student Representative (2)** *(No term)*

*Accepting nominations*





## STUDENT MEMBERSHIPS

Did you know that Students can join ACHA through their college or university's membership for FREE? And college students love to hear the word FREE!

Student members will have access to the same member benefits including access to resources and information that will help them grow in their field of study.

Do you know a student that should join? Head over to the [ACHA website](#) and get them started today. Then nominate them to be a part of the Executive Board.



## ACHA NATIONAL COLLEGE HEALTH ASSESSMENT

The ACHA-National College Health Assessment (NCHA) is a national survey that can assist institutions in collecting precise data about your students' health habits, behaviors and perceptions. The survey is simple, easy to complete and can be distributed several ways. Institutions can determine the primary purpose, surveying method, sample size, target population and time frame. More than 1.4 million students at 740+ colleges and universities across the country have taken the survey. This well-regarded tool began in 1998 and is another great benefit of ACHA membership.

More information can be found on the association [webpage](#).

- ACHF Student Travel Funding Opportunity – *funding to be used for travel to the ACHA Annual Meeting only*
- FirstRisk Advisors Initiatives in College Mental/Behavioral Health Funding Opportunity – *one, \$3,500 award*
- TKoster's Charitable Innovated Health Care Award – *funding to student health centers and staff for innovative access practices*
- Kathy Mac Nurse Scholar Travel Funding Opportunity – *funding to partially offset annual meeting registration, hotel, and travel expenses for one nurse or nurse practitioner who is a first-time ACHA Annual Meeting attendee*
- Weiss Writing Prize – *one, \$1,500 award*
- ACHF College Well-Being Award – *two, \$3,500 awards*

## AMERICAN COLLEGE HEALTH FOUNDATION FUNDING OPPORTUNITIES

The mission of the American College Health Foundation (ACHF) is to promote, improve, and advance the health, well-being, and overall success of college students. The ACHF will accomplish this mission by funding sustainable college health initiatives and programs, including education, research, advocacy, and professional development in partnership with ACHA and its members.

These awards are given annually. Each award has a different focus and funding level. More detailed information on [website](#).

**Mark your calendars to apply in 2022 and watch for an email.**

# COLLEGE HEALTH





## SCHOLARSHIP & GRANT APPLICATIONS

North Central College Health Association (NCCHA) will be awarding scholarships in the amount of \$1,000 in 2022. The scholarships are awarded to encourage attendance and participation at the national American College Health Association (ACHA) Conference.

### NCCHA SCHOLARSHIP (PROFESSIONAL STAFF)

NCCHA may offer one scholarship in the amount of \$1000 annually to encourage attendance and participation at the national American College Health Association (ACHA) Conference. Scholarship funds may be used to pay for ACHA conference registration, lodging, travel and/or meal expenses. Scholarship applications are accepted from November 1–January 15 annually. See [website](#) for application.

### NCCHA PAT FISCHER MEMORIAL SCHOLARSHIP (PROFESSIONAL STAFF)

NCCHA may offer one scholarship in the amount of \$1000 annually in memory of Pat Fischer and funded by United Healthcare Student Resources for attendance and participation at the national ACHA Annual Meeting. Scholarship applications are accepted from November 1–January 15 annually. See [website](#) for application.

### STUDENT GRANTS

NCCHA will make available to college students/groups/organizations, matching funds of up to \$500 for projects/programs that are directly applicable to College Health. It is the expectation of NCCHA that by having a funding source available, students will become actively involved in issues related to College Health, and thereby contribute to the enhancement of the overall health and wellness of college students within the North Central Affiliate. See [website](#) for application.

#### FALL PROJECTS

Application due - May 1  
Project/program to begin - September 1  
Project/program completion - December 15

#### SPRING PROJECTS

Application due - November 1  
Project/program to begin - January 15  
Project/program completion - May 15

## GAIL PROFFITT AWARD NOMINATIONS

Dr. Gail Proffitt was elected twice to the office of president of the North Central College Health Association. She advocated for the adoption of a student-centered approach to health services. In the process, Dr. Proffitt helped to fashion the contemporary model for the delivery of student health services. In 1972 she was presented an outstanding service award. NCCHA later established the Gail A. Proffitt Recognition Award as a special tribute to her for work in the area of College Health.

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.

**NOMINATIONS ARE DUE JULY 23.**

See [website](#) for nomination form and return to NCCHA Board Secretary, .





# LUNCH & LEARN

The pandemic has impacted our ability to meet and learn from our colleagues. We have decided to implement monthly virtual Lunch & Learn events starting in November. If you have additional topic ideas or want to volunteer for future Lunch & Learns **please contact Melissa Miller, ([millerme@uww.edu](mailto:millerme@uww.edu)) or Erin Baldwin, ([baldwine@iastate.edu](mailto:baldwine@iastate.edu)).**

**DECEMBER 10TH  
12-1PM (CST)**

## **Weight Inclusive & Trauma Informed Care: Healthcare without Harmful Stigma**

The speaker will discuss:

- Define weight inclusive care and explain the harm of stigma and bias.
- Explore Health at Every Size® & Intuitive Eating frameworks.
- What is your role as a healthcare professional?
- Summarize weight and diet inclusive approaches to well-being.



**PRESENTED BY:** Alison St. Germaine, Iowa State University

**ALISON ST. GERMAINE**  
Registered Dietitian  
Iowa State University

*Alison St. Germaine, a Registered Dietitian, recently changed positions from an Associate Professor of Clinical Practice at Iowa State University (ISU) in the department of Food Science Human Nutrition to ISU Student Wellness RD, and she is the owner of St. Germaine Consulting: Redefining Health—Nutrition for ALL Bodies, LLC. She is a Certified Intuitive Eating Counselor, a Health For Every Body® Facilitator and Certified Craving Change™. St. Germaine is passionate about Health at Every Size®, Body Respect, Body Neutrality & Liberation, and spreading awareness and prevention of eating disorders. She has two daughters, which lead to her passion of promoting weight inclusivity and anti-diet approaches and speaking regularly at professional conferences, the community, middle and high school classes, college undergraduates and postgraduates.*

Register [here](#) for the event. A link will be shared via your email.

