

NORTH CENTRAL COLLEGE HEALTH ASSOCIATION

newsletter

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A Message from our Leadership

Hello fellow ACHA Members!

The NCCHA Board of Directors have been busy preparing for our first in-person annual meeting since the start of the COVID-19 pandemic. We have a website with information, registration, and call for programs. We know that many professional development funds for members have been limited so we focused on making this conference accessible by lowering our registration rate by over \$100 since our last meeting. The early bird rate is \$195 for members and \$75 for students. With many of the annual meetings on the coastal regions of the U.S. this upcoming year, we plan for this to be a high-quality, affordable meeting for members to attend.

CEUs will be available for attendees. This will be an excellent opportunity to learn from members and network with colleagues. See the last page of this newsletter for more information.

In addition to our conference, our newsletter has information about our upcoming lunch and learn and our open President-Elect position which we are seeking nominations. If you are interested in getting more involved in our region, we invite you to submit an email of interest to me about the position.

For those going to ACHA annual meeting in Boston, we hope you will attend our affiliate meeting as we look forward to networking with others across our region.

Please email me or members of the board if you have any questions.

Best,

Brian Vanderheyden (he/they)
NCCHA President





If you have additional topic ideas or want to volunteer for future Lunch & Learns please contact **Melissa Miller**, (millerme@uww.edu).

MAY 4, 2023
12-1PM (CST)

**Nutrition, Physical Activity and Aging:
The Importance of Solidifying Healthy Lifestyle Habits in College**

While the majority of our students in College Health may think that they are young and invincible, the fact of the matter is that we are all aging each day. Our roles in higher education are important as we engage students in the clinic and through health promotion. By going back to the basics and reminding ourselves why it is important to establish a solid foundation of healthy lifestyle habits when in young adulthood, we can in turn incorporate this information into our daily interactions with our students to help them to not forget the long-term goals of preventing chronic disease and aging as gracefully as possible.

Anna Mukaria is a physician assistant at the University of Northwestern – St. Paul. She applied and was accepted to be a 2022 Nutrition Outreach Fellow with the PA Foundation which is where the idea for this presentation came from. Having worked in College Health since 2018, she enjoys having college students as patients and seeing the progress as they journey through their academic endeavors, especially in students who have mental illness. While winter can sometimes be long, she appreciates the four seasons in Minnesota.



PRESENTED BY:

ANNA MUKARIA, PA-C, MPH
*Assistant Director of Health Services,
Physician Assistant,
University of Northwestern, St. Paul*

REGISTER [HERE](#) FOR THE EVENT



PRESIDENT ELECT OPEN POSITION

North Central College Health Association (NCCHA) is seeking nominations for our open President-Elect position.

The President-Elect position serves as a voting officer on the NCCHA executive board and works as assistant to the President.

The President-Elect is elected for three consecutive one year terms in the following sequence (President-Elect, President, Past President).

If you are interested in learning more about this open position, you can connect with current President (Brian Vanderheyden – brianv1@iastate.edu) for more information.



ACHA CONNECT INFORMATION

ACHA Connect is our online networking platform to quickly reach all current members of NCCHA and the broader ACHA. NCCHA has its own platform where you can post discussions and engage with members of NCCHA directly! This is a great networking resource where we can share information with one another!



FALL CONFERENCE SCHOLARSHIPS

If you are interested in attending NCCHA 2023 in Minnesota and are part of the North Central College Health Association (NCCHA) region (Iowa, Minnesota, North Dakota, South Dakota, Wisconsin) but you need some support to get you there, this is a reminder about our scholarship applications. **Our scholarships will be awarded to up to four college health professionals to cover some of the cost of the conference.**

Head on over to our [webpage](#) and click on “NCCHA Awards and Grants” to apply!

Application deadline is August 1.



NCCHA MEETING AT ACHA 2023 MEETING

If you are planning to attend ACHA in Boston, we invite you to join us for our NCCHA meeting during the conference on Thursday June 2 at noon.

We look forward to connecting with you all in person at this meeting!

COLLEGE HEALTH

Call for Proposals and Registration Now Open!

We are back! We'd love to have you join us in Maple Grove, MN, for the **North Central College Health Association (NCCHA) Annual Meeting October 25 – 27, 2023!** We are back to hosting a multi-day, in-person conference since the start of the COVID-19 pandemic and we are thrilled to bring our region back together!

The annual NCCHA Fall meeting draws higher education health and wellbeing professionals from across our region (Iowa, Minnesota, North Dakota, South Dakota, and Wisconsin) to learn and network together.

Attendees represent most areas of higher education health and wellbeing including medical providers, nurses, health promotion staff, registered dietitians, social workers, directors, administrative staff, and more. We believe there is no better conference for higher education health and wellbeing networking in the region!

Call for Proposals Open

Please join us for the meeting and we invite you to submit proposals. **The proposal submission deadline is May 31, 2023.**

Submit a proposal via this form:

<https://app.smartsheet.com/b/form/f5106a33a30a4fa7a14e72cbb86c3e9b>

We are particularly interested in programs that focus on the following areas:

- System level health promotion
- Cultural humility and cultural responsiveness
- Patient communication skills and delivering health education to others
- Quality and safety standards in college health
- Best practices in college student wellbeing including programs, strategies, and service delivery

Meeting Website and Registration

You can learn more about the meeting, including a link to register here:

<https://umncpd.cloud-cme.com/course/courseoverview?P=1&EID=3213>

Continuing education credits will be available for attendees. More information is available on our website. You will also find a draft outline of the meeting with the full meeting program coming this summer!

IF YOU NEED ASSISTANCE, PLEASE CONTACT BRIANV1@IASTATE.EDU

