Student Health Advisory Committee
Meeting Minutes
March 13, 2015
3:00pm-4:00pm
Ford Alumni Center Room 202

Guest(s): Kathleen Berry, Caroline Reverman

Present: Kyile LeBlanc, Marisa Polonsky, Eliza Hallett, Caorline Revermen, Jessica Daniel, Catherine Hamby, Kathleen Beardsworth, Ale Gutierrez, Annie Hanson, Melina Hughes, Shatgul Abulikemu, Brittney Guzzi, Olivia Reynoldson, Alya Rosen, Priscilla Cardenas, Shao-Wei Wang, Paula Staight, Mike Eyster, Ashley Penington

Excused: Candace Joyner, Calvin Lee, Deborah Wang

1. Introduction – “what one word describes how you are feeling right now?”

2. 3/6/15 Minutes - minutes approved.

3. Debrief SHAC Participation Survey (extra surveys available). De-brief at future SHAC due to time constraints.

4. Director’s Report—Mike Eyster

   - There has been a 5th case of Meningitis. They were not nearly as ill as the previous students that were in the hospital. The hope is for a full and quick recovery
   - Approximately 8500 – 9000 doses of the vaccine have been administered. We would like to have seen more. The best protection is the vaccine.
   - The question has been asked if we are mandating the vaccine and the answer is, no. The CDC (Center for Disease Control) does not allow mandating of this vaccine because it is only available during an outbreak.
   - There will be a meeting held in June to determine if they will be making it readily available for college students.
   - The health center currently has both the 2 shot and 3 shot options. However, we do not direct bill your insurance for you at this time unless you have the Student Health Insurance Plan, OHP or GTF PacificSource ins.
   - A doctor from the CDC has spoke with Mike regarding returning to campus during the next phase of vaccine. They were here for round one to collect data. They will return to gather more information. One objective of is to determine if there is a common link.
   - The Oregon Health Authority determines who is allowed to receive the vaccine and they have broadened that scope to include 18-25 year old students from other area colleges.
• Side effects are possible and some students did have a strong reaction to the vaccine. This is a three step process (or two step depending on brand of vaccine). We want to encourage students to return for the next round. The effects may be the same as the first round but they will not be any worse.
• During the April 10th SHAC meeting there will be a question and answer discussion regarding the new health plan.

5. Research Project Presentation Practice—Robyn Brigham

• Study on global Ageing and adult health (SAGE): The effects of social cohesion and personal relationships on depression diagnosis among older adults in India.
• Robyn will be presenting this study at a conference in Missouri over spring break. Please email her if you have any feedback you’d like to share.

6. “The Nest”, EMU Wellness Center Presentation—Jessica Daniel and Caroline Reverman

• The top five answers from surveyed students when asked what they would like to see at “The Nest”:

  1. Naptime
  2. Yoga
  3. Stress Reduction Options
  4. Chair Massage
  5. Farmers Market

• According to the NCHA of 2012 the number 1 answer from students for what gets in the way of academic success was stress. That same study showed 55% of students did not receive information on where on campus to find relief.
• When designing a space that students would like to come to they concentrated on four main components:
  1. Stress/Relaxation
  2. Nutrition
  3. Physical Activity
  4. Resources (i.e. website with calendars)
• The Nest will have permanent staff, an information desk staffed by Peer Health, a Meditation room, flexible furniture and a large area for programming and for drop-in time.
• Jessica and Caroline will be presenting to the health center executive team next week, to offer feedback on their presentation please contact them directly.

7. SHAC Group Photo!
8. Adjourn

Next SHAC meeting Friday April 3rd. at 3:00 PM    Ford Alumni Center Room 202