The mission of Work Well is to advocate for a culture of wellness for UND faculty and staff through innovative engagement opportunities. The vision of the Work Well program is to have healthy, thriving employees and be an innovative national leader in worksite wellness.

Advisory Board: share expertise and knowledge of the group you represent to help shape Work Well’s programs, goals and objectives that support the mission.

Attendance: Terry Wynne, Tammy Anderson, Rebecca Jacobson, Tanis Walch, Renee Nilsen, Karina Knutson, Andria Spaeth

Minute Taker: Shelby Zillmer

I. Minutes Review (5 min)

Andria asked for a review of the minutes. Rebecca motioned to pass the minutes and Tammy seconded.

II. Updates (10 min)

a. Gratitude Campaign
   i. Campaign finished in November. There were tabletop events at the Memorial Union and Wilkerson.
   ii. The survey was 90% students. It was more an exercise of gratitude for faculty and staff rather than the participation piece.

b. Twamley Nutrition Mission
   i. Missions included only staff at Twamley and received feedback about the encouragement and excitement they had.
   ii. About 30 in attendance for oatmeal bar but timing may have been an issue here there were two big meetings going on during it. About 16 attended the potluck, again timing, it was Friday and many people were out on vacation.
   iii. Other locations would like to have their own nutrition mission.

c. 12 Days of Wellness
   i. Wrapping program up currently. Participants have until the end of this week (12/21) to turn in their sheets.
   ii. Would like to get a picture of the Wellness winner with their prize.

d. ACHA-NFSHA high level overview
   i. Brief snapshot of the data. Karina said that she will be digging deeper into the data and this is a quick brief overview
   ii. 20% response rate on the survey. Average is about 18%. 762 faculty and staff took the survey
   iii. 12% said that they did not have the knowledge to participate in Work Well programs so this will be something to work on
   iv. Looking at the health indicators and how our current programs do focus on them or how they can be changed to help improve them
e. WW (formerly known as Weight Watchers) Changes  
   i. WW new tag along is Wellness that Works  
   ii. On Nov. 17 WW at UND closed. No longer have a workplace coach.  
   iii. Work Well will still honor the $50 voucher for 14 of 17 meetings attended for locations around Grand Forks.  
   iv. May or may not get a new workplace coach depending upon new interest in the program  

f. Follow-up on comparing participants in Get Moving Challenge to BIKE IT Challenge  
   i. Out of the 117 participants in the BIKE IT challenge 47 of them participated in the Fall 2018 Get Moving Challenge. Many of those who participate in both are those who participate in many of Work Well programs  

III. Strategic Plan (15 min)  
   a. 2018-2019 Strategic Plan  
      i. No updates to the strategic plan  
   b. Upcoming Programming  
      Many 4 week challenges right after the other coming up  
      i. Ambassador Appreciation Event: January  
         1. Looking to have on January 23, 2019  
      ii. Wellness BINGO: Jan 13 – Feb 9  
      iii. Wear Red Day Photo Contest: Feb 1 – 15  
         1. Focus is on heart health for this  
   c. 2018-2019 Program Plan  
      i. Working to add Goal Setting, Financial Wellness, Stress/burn-out and Heart Health presentations for Spring 2019  
         1. Goal Setting presentation will be done by Peggy Varberg in Human Resources  
         2. Financial Wellness presentations will be done by Nikki from the University Credit Union. She is very excited to put them on.  
         3. Dr. Wynne will be holding a hearth health presentation  

IV. Stretch (2 min)  
V. Budget discussions (5 min)  
   a. FY19 Budget  
      i. Budget is on track for this year.  

VI. Advisory Board Charter (10 min)  
   a. Need more members, about 6-7  
   b. Looking for at large member, staff senator, and satellite campus member.  
   c. Changed offsite member wording to UND satellite campus member.  
   d. Terry recommended appointing members instead of recruiting  

VII. Adjournment  
   a. Terry recommended adding info related to ACHA into SafeColleges training. Andria will follow up to see if this is a possible option.  
   b. Discussed that Work Well is not in Human Resources new employee orientation  
   c. Next meeting – March 2019  
   d. Tammy motioned to adjourn and Rebecca seconded