I. Introduction

II. Public Input

III. Presentations and Discussion
   a. Student Health & Well-being data (Maria)
      i. Conducted health behavior survey 2014.
      ii. Presentation now is to give an idea of the NCHA data that gets collected, and where we get our information from when we plan for programs throughout the year.
      iii. Survey was given out Spring 2014 to 11,000 students – 824 completed: Female 66.7%, Male 33%
      iv. Top 10 impediments to individual academic performance; have been consistent throughout the years.
         1. Stress 48%
         2. Sleep difficulties 29%
         3. Anxiety 29%
         4. Col/flu/sore throat 27%
         5. Concern for a troubled friend or family member 23%
         6. Participation in extracurricular activities
         7. Depression
         8. Internet use/computer games
         9. Work
         10. Relationship difficulties 18%
      v. Tobacco use 4-7%
         1. Most of it considered social smokers. Less than 1% are regular cigarette smokers.
      vi. Top reported drug use: marijuana and MDMA (ecstasy, molly). Close to national average.
      vii. Non-medical use of Rx drugs 2-4.4%, all below national average.
      viii. Alcohol trends
         1. 70% of students reported using alcohol within the last 30 days (note: Sun God timing)
         2. 29% of students reported binge drinking
         3. 89% use a sober DD
         4. 88% stayed with the same group of friends the entire time they were drinking
         5. 85% eat before and/or during drinking.
         6. 26% drove after drinking any alcohol at all
         7. 93% did NOT drive after drinking 5 or more drinks that day
8. Sun God 2013: 57.6% of students reported not drinking on that day – important because when they ask other students how many they think drank, they say like 80%. But in reality that’s not so!

ix. Sexual Health
1. Used protective barrier during sex – close to national averages.
3. Tested for HIV: 59% no, Yes 37%
4. Tested for other STDs 49% yes 47% no

x. Nutrition and Exercise
1. 5 or more servings of fruits/veggies a day: 16% at UCSD say yes (national average 6%, target Healthy Campus 2020 6.6%)
2. Sedentary Behavior: weekend days worse than weekdays. Should not sit longer than 2 hours at a time.
3. BMI: 67% normal weight
   a. 19% overweight
   b. 7% obese, 7% underweight
4. 16% moderate exercise 5+days/week, 29% vigorous 3+ days/week
   a. 33% are meeting one or the other aerobic recommendation
   b. 11% are meeting both
5. Technology not for Coursework
   a. 9.7% 4 hours/day, 5.1% 8+ hours/day

xi. Sleep
1. Most students don’t get enough sleep – major goals of this year to emphasize getting at least 7-9 hours of quality sleep a night. Those students get higher GPAs.

xii. Vaccines
1. 47% flu, 44% HPV

xiii. 71% moderately or strongly supportive of tobacco free campus
xiv. 66% moderately or strongly supportive of comprehensive well-being center.

xv. These kinds of questions are asked on the NCHA – better sample size = better programs.

IV. Unfinished Business
a. NCHA Survey incentives, email subject line
   i. FEBRUARY – hope to admit the NCHA survey then. Random sample of grads and undergrads. Get an email inviting them to do it.
   ii. Students will get to return to the survey, but they will need the original link. They can click “no, I’m not interested” in the first email, and that will stop any further reminder emails
   iii. Visa $500, $100, etc down to $10 dollars. 19 different gift cards that students have the chance of winning.
   iv. Title: include “UCSD” “$$” “help UCSD/students” Suggestions include:
1. Take UCSD survey, chance to win Visa $ gift card
2. Take a survey, help UCSD Students. Chance to win VISA $ Gift Card
3. Chance to win $ and help UCSD students.

4. **New ideas**
   a. “How Healthy is Our Campus?” + chance to win $$
      i. How Healthy is UCSD, to know it’s campus-specific.
      ii. Many voted for this title
   b. You are invited to participate... (personal address). Could put the first name.
   c. Make it clear that this survey gets sent to offices, chancellors – if there’s a low response rate, we get ignored for 2 years.
   d. Help Save Our Campus – since the information can show the administration what the problems are.

V. **New Business**
   a. Sub-Committee Updates
      i. Student Health Insurance Plan (SHIP)
         1. Issue: SHIP waivers. Students on-campus who don’t have adequate access to care. They have Medi-Cal, which is difficult to transfer your county of primary care. These students are still waiving out of SHIP, so when they need care, they might not even have care available. Or might not even have access to it, even if their insurance meets the insurance waiver criteria. This results in students who don’t have care, or have to buy health insurance twice to cover them here. May have to do with Financial Aid Office (FAO). Maybe change the way SHIP is paid for in financial aid packages so that you take it or leave it. Currently, if you waive it, you still get SHIP money in your financial aid package. Many students take that money, waive, and end up without coverage, or access to that coverage.
            a. Where is the issue from?
               i. Our own FAO on campus can make this decision. Different for grad students, but those who are not on financial aid – it’s a take it or leave it. They don’t give you the money and expect you to pay for it.
               b. FAO gives money to your account, and SHIP will take money from that. But if you waived out of SHIP, you’d keep that money that would’ve gone toward SHIP. The money isn’t tracked. Most students would rather take the money, and try to not get sick.
            c. Keep it consistent with the grad students.
d. If you make it a take it or leave it... FAO pays more for SHIP. Pushback from students, maybe FAO. Increasing the amount of SHIP coverage mean FAO has to cover more money.

e. In order to waive care, you need care within 40 miles – but that might be too far anyways. They can’t audit everyone.

f. Several people have been hospitalized, then need to follow up with PC or specialist. If they don't have care here, they have to go home, maybe missing class or midterms. That impacts academics. We want them to have care in SD so care doesn’t get delayed.

g. Issue is strongest with Medi-Cal. It takes months to transfer counties.

h. If the state finds out you have financial aid for SHIP, you could lose Medi-Cal.

i. Working at UCOP level to make this easier for students who have Medi-Cal.

j. **Ask:** what would students think, if SHIP was a take it or leave it option? Many students count on an extra $611/quarter to be paid to them, so this would impact their budgeting.

k. Are you anticipating more pushback from students or financial aid? Students... This probably doesn’t increase the amount FAO has to pay.

l. It’s okay to have extra insurance at home – but don’t waive out of SHIP. If the parents cover them with their insurance, they may or may not qualify for financial aid in the first place- that’s why Medi-Cal gets hit the hardest.

b. Department Updates
   i. Health Promotion Services: SHIP FAQ Flyer (Maria)
      1. **If any graphic designers, please help.**
      2. Do you know which insurance you have?
         a. Yes → SHIP/RAFT/Other Insurance
            i. Put RAFT under Other Insurance – it’s not a form of insurance itself.
         b. No → time to find out
      3. FAQ List
         a. Working with Cindy, our insurance manager.
         b. We’ll need your help disseminating these once they’re ready.
      4. Begin to brainstorm Flyer Titles
         ii. Download the “studenthealth” app. Turns out you need three apps – studenthealth, Catamaran (pharmacy), and Delta Dental (dentist)
1. Hopefully streamline this. But include a step by step of how you can get it on your phone.

   iii. Check out the new website – it’s been updated with a lot of information, SHAs explaining, etc.

   iv. Andrew will draft the step-by-step of the app downloads.

   c. Student Representative Updates

      i. Active Minds: Out of Darkness Walk

         1. Event went fairly well, were joined by the CAPS WPE.

         2. Raised awareness and support for victims and survivors of suicide.

   VI. Reminders

   a. Action Plans

      i. Send any agenda items to Kaitlin Cheng (kncheng@usd.edu)

   b. Reminders

      i. Future WCSAB & SHIP Meeting(s): Fall Quarter 2014

         1. SHIP Sub-committee Meeting Times: 4:00PM – 5:00PM

         2. WCSAB Meeting Times: 5:00PM – 6:00PM

         3. (Week 8) Monday, November 16, 2015 @ Murray’s Place (SHS Conference Rm)

   c. Questions to think about and/or ask your councils/orgs:

      i. What would students think if SHIP was a take it or leave it option?

         Many students count on an extra $611/quarter to be paid to them, so this would impact their budgeting.

      ii. If you are a graphic designer, please help for the SHIP FAQ Flyer

      iii. Brainstorm flyer titles