I. Introduction
   a. Tenaya, Maria, Karen, Kevin, Alex, Justin, Charlotte

II. Public Input

III. Presentations & Discussion
   a. Health Behavior Survey Results
      i. 824 Sample size
      ii. top 10 impediments to individual academic performance
          1. stress
          2. sleep difficulties
          3. anxiety
          4. cold/flu/sore throat
          5. concern for troubled friend/family member
          6. extracurricular activities
          7. depression
          8. internet use
          9. work
          10. relationship difficulties
      iii. Smoking used within the last 30 days
          1. Cigs 7%
          2. e-cigs 4%
          3. hookah 7%
      iv. Drug Use used within the last 30 days
          1. Marijuana 16.5%
          2. MDMA 2.6%
      v. Non-medical use of Rx drugs within the last 12 months
          1. Stimulants 4.4%
          2. Painkillers 3.4%
          3. Sedatives 2%
      vi. Alcohol
          1. 70% students used alcohol within last 30 days
      vii. Top reported protective strategies
          1. 88% sober designated driver
          2. 88% stayed with same group of friends
          3. 85% eat before or during drinking
      viii. drinking and driving
          1. 26% drove after drinking any alcohol at all
          2. 93% did not drive after drinking 5 or more drinks
      ix. Sun God 2013
          1. 57.6% of students reported not drinking on that day
      x. sexual health
      xi. nutrition
          1. 16% having more than 5 or more servings of fruits and veggies
      xii. time spent unrelated to academics
      xiii. physical activity
xiv. sleep
xv. 71% support smoking policy
xvi. would like to expand SHS building in the future so can offer more services such as integrative medicine
   1. The Zone can expand their space
   2. CAPS can have more of a central office

IV. Unfinished Business

V. New Business
   a. Sub-Committee Updates:
      i. Student Health Insurance Plan (SHIP)
         1. SHIP waiver criteria change
   b. Department Updates:
      i. Health Promotion Services
         1. World Aids Day on 12/1/14
            a. Bringing awareness to HIV/AIDS
         2. Great American Smokeout on 11/20/14
            a. on Library Walk
         3. Tritons in Motion
            a. Service for students to sign up to find a workout buddy
            b. Partnering with recreation for 10% off classes
   c. Student Representative Updates

VI. Reminders
   a. Action Plans
      i. Send any agenda items to Charlotte
   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 24, 2014 @ Murray's Place (SHS Conference Rm)