The Wellness Circle
United Tribes Technical College
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Overview
- United Tribes Technical College - Bismarck, ND
- Formation and Role of the Wellness Circle
- Accomplishments
- Challenges
- Next Steps

Background
- UTTC established in 1969
- 1994 Land Grant Tribal College
- Campus departments associated with health and wellness
  - HR
  - Land Grant Extension
  - Strengthening Lifestyles
  - Wellness Center/Student Health Clinic
Formation of the Wellness Circle

- Wellness Circle formed in 2003
- Recommendation from Administration
- Wellness Proclamation
- Campus-based healthy community coalition
  - Variety of departments
  - Informal working group
  - Budget
  - Job description/duties
  - Change in leadership roles

Mission Statement

“United Tribes Technical College is dedicated to serving staff and students by providing the leadership skills necessary to develop and enforce wellness policies and programs which are necessary to ensure the highest quality physical, mental, emotional, and spiritual health of individuals and prepare them to perform at their highest potential while on campus as well as when they leave the campus community.”

Role of the Wellness Circle

- Health fairs/other activities
- Resources
- Programs
  - Bike share program
- Policy development
  - Specific protocol must be followed
Accomplishments

- Health and Wellness Policy
  - Employees are encouraged to take, and supervisors are encouraged to provide 30 minutes per day for wellness activities
  - Healthy People 2010
  - Physical activity is Leading Health Indicator

Accomplishments (cont.)

- Breastfeeding Policies
  1) Breastfeeding Support
     - Allows mothers to bring infant to work/school for 6 months if the baby is being breastfed
  2) Infant Friendly Facility
     - Provides flexible break times and private space to pump
     - Partner with ND DoH

Accomplishments (cont.)

- Commercial Tobacco Free Policy
  - Adopted November 2013
  - Lengthy process
    - Survey to assess readiness for change, 2010
    - Collaborate with BBPH Tobacco Prevention
    - Funding, signage, policy development
  - Enforcement challenges
Accomplishments (cont.)

- Worksite Wellness
  - HR sought Wellness Circle leadership
  - Concerned about insurance utilization
- Different rationale, same goal
- Comprehensive plan

Recommendations/Next Steps

- Sustainability
- Budget
- Job descriptions
- Support and promote current policies
- Annual calendar
Recommendations/Next Steps (cont.)

- Clearly defined format, expectations
- Meetings, minutes, standard operating procedures
- Appointed/elected positions
- Strategic plan
- Revisit Mission Statement

Recommendations/Next Steps (cont.)

- Documentation
- Data collection, analysis, storage
- Policy enforcement
- Evaluation

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