



Compton College District – Health Benefits Committee

Meeting Minutes

Meeting Date: February 12, 2019

Meeting Time: 1:00 pm – 2:00 pm

Vision

Compton College will be the leading institution of student learning and success in higher education.

Mission Statement

Compton College is a welcoming environment where the diversity of our students is supported to pursue and attain academic and professional excellence. Compton College promotes solutions to challenges, utilizes the latest techniques for preparing the workforce and provides clear pathways for transfer, completion and lifelong learning.

Meeting Participants

Angela Boyer	Reuben James
Colleen Edwards	Travis Martin
Kayla Ellis	Donald Roach
Jerome Evans	Rachelle Sasser

Absent from the Meeting

Dalia Juarez
Rashid Yahye

Meeting Minutes

➤ **Welcome**

Committee co-chair, Rachelle Sasser welcomed the committee. New attendance to the group at today’s meeting was Jerome Evans, with Dalia Juarez and Rashid Yahye not in attendance.

➤ **Committee Action Item Status Reports**

Action items for individual report outcomes from the various committee members were discussed and a brief report was provided as follows:

Action Item Results:

Colleen Edwards	Provide a status update on the Compton College District weight room and equipment condition.	Colleen Edwards reported that the college weight room facility was not yet open to the public. She provided and passed out to the group copies of a sketch of the weight room layout and available equipment.
Kayla Ellis	Contact Anthem Blue Cross PPO Select to determine if the carrier has any health & wellness offerings that can be incorporated into the District sponsored employee wellness program.	Kayla Ellis reported that Anthem Blue Cross PPO Select carriers offer services to health care plan members only, but can be prompted through the area representative to attend a given number campus health fair events or scheduled seminars. She noted that the committee would have to come up with some dates and coordinate event sequences, but establishing a more global dissemination of information is doable. She cautioned that each health care provider, while they could be enlisted to join a collaborative environment, would not have a lasting engagement with campus employees over more than a few scheduled sessions. K. Ellis commented that the initial committee ideal was to provide something on-going, noting that this might prove limited in scope for the committee’s stated objectives/focus.

Committee Member	Action Item	Report
Donald Roach	Contact the two main health insurance carriers and find out what links are available that relate to: diet, diabetes, high blood pressure, weight control, high cholesterol and smoking cessation. Research whether or not informational discovery is accessible to all employees of the District or by a plan-by-plan basis.	Our current health insurance carriers have their individual websites and cover certain health topics. The only thing is that the employee has to be a member of the plan to get access to the information that is available on their site.
Rachelle Sasser	<ol style="list-style-type: none"> 1. Seek approval from administration cabinet to accomplish a campus lunch hour walking for fitness daily session. 2. Seek approval from administration cabinet to provide financial registration support for employees to enroll in and attend after-work-hours exercise course at no cost to the employee. 3. Contact St. John's to see if they could participate in periodic & continuous faculty/staff health-based forums. 	<p>R. Sasser informed that administration is currently under consideration of action items assigned to her from the last meeting. In the interim of administrative response, she recommended the following actions take place:</p> <ol style="list-style-type: none"> 1. We should establish an interest base for the lunch hour daily walking for fitness sessions, starting with committee members and any employee they wanted to bring along. The group will meet in front of the flag pole during lunch hour each day. 2. Rachelle Sasser noted that the District is still attempting to stabilize with FTEs and that it was not an ideal time for the District to participate with an employee tuition based subsidy at this time. She recommend that employees entertain paying a course audit fee to take the fitness class as an alternative. Course audit fees, she continued, are approximately \$15.00 per course. While auditing a course does not offer college credits, we a most concerned about helping to establish employee wellness for our District members so getting college credit for a course may not be a real issue to anyone. 3. R. Sasser commented that Kayla Ellis has brought to the group information on St. John's and noted that she wanted that information presented to the group.

➤ **District Health Fair Logistics for 2019**

Kayla Ellis reported in conjunction with Rachelle Sasser's report item 3, informing that she had an opportunity to meet with individuals from St. Johns in their effort to join 3rd & 4th semester nursing students to a wellness health fair project they were attempting to put together. She informed that a collaboration is underway with entities such as the California Department of Public Health (CDPH), The American Heart Association, Mental Health, The Village Health Foundation and The Association for Obesity & Weight Control for an event day of May 8, 2019.

➤ **District Health Fair Logistics for 2019 (continued)**

Kayla Ellis commented that the 2019 committee focus for providing a health fair environment for faculty, staff and administration would work well inside of a collaborated effort with the St. Johns' facility, and recommended that event committee members from St. John's be invited to the next Health & Benefits committee meeting to give a brief overview of the event focus.

Specific to the action assignment for Dr. Donald Roach, Kayla Ellis commented that St. John's is providing a health climate of services and information structured around diabetes, high blood pressure, healthy eating, HIV/STD testing, recipes for preparation of health based foods and healthy alternative water-based drinks, as well as blood typing. She passed out a sample of healthy cookbooks that would be made available for participants and information on rethink your drink statewide day of action fact sheets.

The Health Benefits Committee agreed to invite St. John's to the next meeting, which is scheduled to occur on Tuesday, April 16, 2019, at 1:00 pm.

➤ **Meeting Conclusion**

The committee will meet again on The Health & Benefits Committee Meeting concluded at 1:50 pm.

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Meeting minutes transcribed by Kayla Ellis