



UNM HSC HSSC
Health Sciences Student Council

Agenda



Date: September 12th, 2022

Time: 6:00 PM

Location: DCNW 2710

Agenda Created By: Emily Alden, President

Minute Taker: Kylee Hamilton, Secretary

Facilitator: Emily Alden, President

Number of Attendees: 27

Zoom ID: 933 9561 1429

Zoom Passcode: HSSC

Meeting started by Emily Alden at 6:00 PM.

Welcome: Emily Alden

Healthy and Fit Children's Clinic, Dr. Sylvia Negrete

- Why was it developed? In late 2000 Dr. Sylvia witness a child get stuck in a playground slide due to his size. She then went on to learn about childhood obesity. Since the early 70s, childhood obesity has almost tripled. In 2018, according to the NMDOH over a third of children in 3rd grade were obese. New Mexico also has a very high poverty rate. 1 in 4 families are receiving SNAP benefits.
- In 2009 she developed the children clinic that helps intervene in the lives of children and families at risk and dealing with obesity. The clinic evaluates children and provides education to families.
- Risks of obesity: cardiovascular risk factors, endocrine disorders, NAFLD, orthopedic problems, asthma, psychosocial problems.
- In 2013, a medical student rotating in the clinic noticed that when physical activity was prescribed by clinic doctors, the children and families often didn't have the resources to perform these activities. The Fit for Fun 5k was then established to help raise funds to solve this problem.
- In 2013, Fit for Fun 5k was started and got taken over by HSSC in 2016. The event has been taken over by Run Fit in 2021 and is put on by them. Run fit then donates the funds to the Healthy and Fit Children's Clinic.
- The funds helped supplement fitness tools for children and families, like providing bikes to families, putting on summer events on healthy activities and eating, and sending children to summer camp.
- The funds from the 5k also went to purchasing supplies for the clinic, such as food portion plates, posters, and healthy snacks for children.

- It is a referral clinic, so PCP's can refer children and families to the clinic. The children get a tool kit that contains a water bottle, a portion plate, and a jump rope to take home with them.
- Fit for Fun 5k to take place at an undetermined date in October of 2022
- Website: <https://unmhealth.org/childrens-hospital/services/primary-care/>

Lexiam Heart Foundation a NM based non-profit, Courtney Grassham

- Have fun and run to help raise money to help New Mexico families who are the 1 in 100 with a baby born with a Congenital Heart Defect (CHD). 100% of the proceeds stay in New Mexico. The foundation was started by a mom who lost a child to CHD as well as a child who is living with CHD. The foundation helps pay for travel expenses for families, funds places to stay for families traveling for medical care, as well as funeral costs for children with CHD who lost their lives. The foundation has given over \$75,000 to New Mexico families.
- Fun run September 17th, 2022 from 9-12 PM at Sandia Lakes
- Looking for volunteers to help from 6:30AM to 1PM (passing water, releasing balloons, and cleanup)
- Email point of contact for volunteering: maryann@lexiamheartfoundation.org

Healthy Democracy Voter Registration Volunteer Experience, Bianca Avalos and Amanda Collar

- A nonpartisan voter registration drive that's taking place at UNM hospital. Oct 3rd-Oct.7th. Using a Vot-ER model to integrate voter registration into the healthcare system to empower people to vote. There is a QR code on posters that can be scanned. Hoping to recruit students to volunteer for a 2 our shift to help sign up voters for voter registration. Approval was given by IPE honors program in the interactive category for any volunteers who complete this activity. A sign-up sheet will be distributed to the student body soon.
- Point of contact email: collaral@salud.unm.edu

BGSP Fall Retreat Guest Speaker Lab Shenanigans, Michael Bennett and Natalie Pinkowski

- Every year, a fall retreat is hosted. This year there will be a seminar on science and technology with guest speaker Darrion Nguyen on Friday, Sept. 16th from 1-2:30 PM in the DOM auditorium.

Officer Introductions and Updates, HSSC Executive Board

- President, Emily Alden
- Vice President, Michael Bennett (Candidate)
- Vice President of Outreach, Sahana Ummadi
- Secretary, Kylee Hamilton

- Treasurer, Robyn Turner

Faculty Advisor

- Dr. Amy Levi is the main advisor
- Della Willis
- Todd Hynson

Upcoming Events

- Next General Meeting, Oct. 3
- Coffee and Bagels event, Oct. 5
- Student Organization Fair, Oct. 4
- 5K TBD

Goals for the Year

- Re-establish the council of representatives and return to “normal”
- Community outreach through volunteer opportunities
- Create opportunities/host events for interprofessional networking
- Increased presence on campus
- Solidify election procedures for HSSC executive committee and representatives

Confirming new VP

- Michael Bennet has a BS in Biochemistry from NMSU. He is a PhD Candidate in the BSGP, working on preclinical stroke therapies.
- Michael Bennet elected as VP

Other Business

- Bylaws and Constitution are updated
- More microwaves needed in Domenici and first floor of the HSC library
- Gift card raffle winners will be emailed

Meeting Adjourned at 6:58 PM.

- Motion by Emily Alden.
- Seconded by all executive committee members.