

**Board Report
March/April 2012**

March/April Highlights:

- **The Wellness Challenge: 2012**
 - 636 enrolled in the program
 - 592 took the HRA (results attached)
 - 455 actively participating to date
- **Weight Watchers at Work:**
 - 125 participants-4 district meetings
 - Weight loss to date: 1345 lbs in 16 weeks.
- **31 Day Eat Smart Nutrition Challenge**
 - Different nutritional challenge every day during March: National Nutrition Month.
 - 218 participants
- **Stress Management Classes**
 - 2 part 4 hour series in collaboration with the Anxiety Reduction Center of Seattle.
 - 125 participants with a waiting list for the next session
- **Fitness Classes in collaboration with the YMCA-** 7 classes district wide. Approximately 55 participants.
- **Next Month: May is National Physical Fitness Month.**
 - Spring Challenges
 - Tour de France
 - Bike to Work
- **Wellness Matters Newsletter:** Monthly readership last month 349.

Good News: Our employee wellness program has been recognized as one of three school districts in the nation to receive a gold-level award in the annual 2011-12 School Employee Wellness Program Awards. Fifty-seven school districts from around the country submitted applications for the School Employee Wellness Awards Program.

The program is sponsored by the Washington D.C. based Directors of Health Promotion and Education (DHPE) a membership association of high level professionals from national public health departments including the Center for Disease Control (CDC). The DHPE notified both our state governor and state superintendant of our gold-level award.

As recipients of this award the Trust will receive a \$1,000 grant from the DHPE.

