

ESEBT Board Report November 2012

- **The Wellness Challenge**
 - 119 participants updated their activity to date in November
 - 402 logged activity in October compared to 328 this time last year.
 - Wellness Challenge 2013 has been designed and is in the development process.
 - Launch Date January 7th 2013
- **Seasonal Campaign**
 - **Walktober** concluded October 31st
 - 464 participants registered, 35 teams
 - 249 participants logged physical activity 21 or more days of the month
 - **Prior** to participating in Walktober 34% (161 participants) of the 464 who registered were exercising 3 days or less a week.
 - **After** participating in Walktober 64% (300 participants) were exercising 4 or more days a week
 - **Survey Monkey Post Walktober Survey:**
 - **88 respondents**
 - 87% said that they were more physically active as a result of participating in Walktober
 - 94% said they would like to see Walktober back again next year
- **Health Fairs and Flu Vaccine Clinics**
 - 656 **Flu Vaccines** at 6 district locations
 - Over 40 health and wellness vendors
 - **Survey Monkey Post Vaccine Clinic Survey:**
 - **325 respondents**
 - 91% said it was not their first flu vaccine
 - 93% chose to have their vaccine at one of our clinics because it was convenient
 - 91% chose to have their vaccine at one of our clinics because it was FREE
 - 75% visited with the health fair vendors
 - 92% said they felt they would have fewer sick days this year as a result of getting a flu vaccine
- **Community Events:**
 - **Making Strides Walk Snohomish**
 - **Team Everett Public Schools** 25 walkers compared to 8 last year.
 - Raised \$850 compared to \$250 last year.
 - Goal for next year: 100 walkers
- **Fitness Classes**
 - YMCA-70 participants
 - Personal Safety-18 participants
- **Weight Watchers at Work**
 - 3 meetings: Longfellow, North and Eisenhower. 45 participants. Waiting for WW to train more leaders so we can have additional meetings.



**EPS Making Strides Team
2012**

- **Stress Management Course for Everett Public School Employees**
 - In collaboration with the Anxiety Reduction Center of Seattle. 5 hour course taught by Gail Buquicchio, and Dr. Lisa Emerson. 2- 2 ½ hour classes scheduled 1) Eisenhower October 25th and November 8th had 23 participants.
- **Presentations**
 - **2012 SEW Award recognized at the American School Health Conference:** San Antonio, TX. Panelist in national webinar with information from the conference for those who could not attend the conference.
 - **Healthy Worksite Summit, Bellevue Washington:** Everett Public Schools represented at evening panel discussion on employee wellness programs.
 - **Coordinated School Health Interagency Committee, Olympia Washington:** Monday November 5th, 2012. In attendance: representatives from OSPI, Dept. of Health, Dept. of Agriculture, Dept. of Environmental Health and Safety, DSHS, Employment Securities who work in areas such as HIV and Sexual Health, Health and Fitness Education, Health Services, Mental Health, Nutrition and Physical Activity.