

Wellness Program Report January 2016

Fall 2015 Recap

- Fall Campaign: *Walktober*
 - Summary of 2015 participation rates
 - 595 participants, 59 teams
 - 71% participants logged activity 4 out of 7 days during the first week
 - 253 people (43%) logged all 7 days
 - 54% of participants logged activity 9 out of 14 days
 - 61% of participants logged activity 15 out of 21 days
 - 63% of participants logged activity 20 out of 31 days
 - Overall average = 58 minutes per day of activity
 - Overall average days logged = 20 days (~ 4 days per week)
 - *Refer to table on next page for site specific data*
- Onsite with Wellness: Fall 2015 Drop-In Sessions
 - Onsite at all locations between November 13 – December 17
 - “Tips to lighten up holiday favorites and winter recipes”
 - Provided an opportunity for employees to meet the new Wellness Coordinator, ask questions about the program/activities and/or general health and wellness. Also provided information and recipes for cooking.
 - Overall participation: ~287 (12% of total population, 59% of those in break areas)
- Onsite opportunities
 - Weight Watchers
 - 2 meetings running through mid-February 2016
 - 28 participants, 171 pounds lost to date
 - Fitness Classes
 - 8 yoga classes currently offered
- Other
 - Monthly Wellness with Maintenance Crew
 - December SLT Meeting
 - Principal and Wellness Team monthly support
 - Online Book Club

Walktober Participation by Location, 2015

Location	# Participants	# Location	% Location
Penny Creek	25	56	45%
Jackson	22	50	44%
Woodside	26	61	43%
Community Resource Center	78	199	40%
Emerson	24	61	39%
Gateway	24	66	38%
Evergreen	30	85	35%
Mill Creek	36	59	34%
North	22	65	34%
Sequoia/Port Gardner/Online High School	18	54	33%
View Ridge	15	50	32%
Everett	41	149	28%
James Monroe	18	64	28%
Whittier	13	47	28%
Jefferson	17	68	26%
Lowell	18	69	26%
Hawthorne	17	67	25%
Forest View	15	63	24%
Garfield	13	55	24%
Athletics Stadium/Transportation	8	37	22%
Heatherwood	16	76	21%
Cascade	35	172	20%
Eisenhower	12	70	17%
HM Jackson	28	171	16%
Madison	10	64	16%
Silver Lake	6	64	9%
Cedar Wood	5	59	8%
Silver Firs	3	48	6%

Spring 2016: Upcoming Wellness Initiatives and Programming

- District Wide Campaigns
 - Heart Month Challenge – February
 - Physical Activity Challenge – May
- Site Specific Initiatives
 - CRC: 1,000 Mile Resolve
 - Wellness Team led TEAM campaign to encourage CRC staff to be more physically active throughout their day while encouraging usage of the CRC Wellness Room
 - Emerson ES: Walk Across America
- Monthly Wellness with Maintenance Crew
- Online Book Club
- Onsite Opportunities
 - Weight Watchers
 - Fitness Classes
 - Stress Management
- Culture of Wellness at ESD
 - Blythe Young, Vice Principal at HM Jackson “Winter Wellness” article for Wolf Tracks
 - Gratitude Walls
 - Promoting safe and accessible onsite walking routes
 - Beginning work with CRC Wellness Team

Other News

- Communications
 - Weekly Wellness + Monthly “Print and Post” PDF
 - Monthly wellness support - *expanded*
 - Wellness Teams
 - Principals
 - Food Service
 - Transportation
 - Custodial/Maintenance
- Speaking/Community Engagements
 - Co-presented with Gail at Fit Friendly forum in December 2015
 - Co-presenting with Gail at the Verdant Healthier Community Conference February 29, 2016
 - AHA Fit Friendly Award for 2015. Recognition at School Board Meeting February 9th
 - Live Healthy2020 Initiative