

ESEBT Board Report Sept/Oct 2013

- **The Wellness Challenge 2013**
 - **300** actively logging in to date for Program Period II (July-December) 2013
- **Seasonal Campaigns**
 - **WALKTOBER**
 - **580 participants (compared to 454 last year)**
 - **48 teams**
- **Seasonal Flu Vaccine Clinics**
 - 6 clinics scheduled district wide
 - Vendor: Get-A-Flu Shot and Costco for **limited** number of staff w/o health insurance
- **Weight Watchers at Work**
 - **Total collective weight loss last year = 1,000 pounds**
 - New meetings forming with start dates in November and January
 - Smaller subsidy upfront with incentive for larger discount/subsidy with outcomes (5% weight reduction)
- **Summer Challenges 2013**
 - Nutrition Challenge: 67 completed
 - Fitness Challenge: 58 completed
- **Wellness Teams**
 - Re-established Wellness Teams at **most** every site
 - Over 75 Wellness Team Members district wide
 - Scorecard System and opportunity to earn "Wellness \$\$\$" for their school or site.
- **Health Promotion**
 - Wellness Wednesdays: district wide weekly newsletter, more consistent communication, weekly wellness tips, weekly **Wellness Champion**.
- **Fitness Classes**
 - New system this year. Encouraging wellness teams to survey their site and request classes. Classes: Yoga at Madison and Cascade, Zumba at Silver Lake, Boot Camp at North to date.