

**Board Report
May 2012**

May Highlights:

- **The Wellness Challenge: 2012**
 - 439 actively participating to date compared to 340 this time last year.
 - 110 new users this year.
- **Weight Watchers at Work:**
 - 125 participants-4 district meetings
 - Weight loss to date: 1500 lbs since January.
- **Stress Management Classes**
 - 2 part 4 hour series in collaboration with the Anxiety Reduction Center of Seattle concluded last week. We had over 100 participants. Very well received. Excellent feedback. See attached.

Comments about the class:

So useful in school and at home, I started using relaxing techniques right after the class and showed many students and friends what I learned.

This is the first after school workshop that I have ever left feeling relaxed, much better able to face the next day and next week. I will try to practice the breathing and relaxation techniques to help me limit my own stress.

This class was so incredibly valuable. I suggest that it become a longer course and available more frequently. Maybe it should begin with school startup for all staff. Incredibly valuable for all!

I have already used some of the strategies you taught us in my classroom after the first class. Due to the students taking the MSP right now, I talked to my students about what they could do if they were feeling anxious or stressed to calm down. I shared with them the breathing techniques you showed us. I would love to have more opportunities to share things like this with my class. I hope you will continue to offer classes like this so we can share the ideas with our students.

- **Fitness Classes in collaboration with the YMCA-** 7 classes district wide. Approximately 55 participants.
- **May is National Physical Fitness Month.**
 - Spring Challenges
 - Tour de France-110 participants
 - Bike to Work-42 participants
- **Wellness Matters Newsletter:** Spring readership: 400

Wellness Program Year End Survey 2011-2012

1. Please select your school or site from the drop down menu below.

-
2. Do you feel the EPS Wellness Program is a benefit to you?

- ☐ Yes
☐ No
-

3. What do you feel the goals of the wellness program should be now that our benefits are through the WEA and medical claims are no longer a driver?

Provide programs that help district staff lose weight.	Drag items here to rank them
Provide programs that help district staff manage stress	
Provide opportunities for district staff to be more physically active	
Provide opportunities for district staff to be more conscientious about healthy eating.	
To be a resource for health related information	
To create a healthier district culture.	

4. Please rank how important the following wellness activities are to you.

	Not Important	Somewhat	Very Important
The Wellness Challenge	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
EPS Fitness Classes	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Seasonal Campaigns like WALKTOBER, 31 Day Nutrition Challenge, etc.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Weight Watchers at Work	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Free and Clear Smoking	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3

Cessation
Program

Stress
Management
Classes

☐ 1

☐ 2

☐ 3

Free Flu
Vaccine
Clinics

☐ 1

☐ 2

☐ 3

Health Fairs

☐ 1

☐ 2

☐ 3

Wellness
Matters
Newsletter

☐ 1

☐ 2

☐ 3

Enter an
answer

☐ 1

☐ 2

☐ 3

5. Has your health improved as a result of having the EPS Wellness Program in place? If so, how? Please list ALL that apply below.

- ☐ Weight loss 5-25 lbs
- ☐ Weight loss 25-50 lbs
- ☐ Weight loss of more than 50 lbs
- ☐ Lower blood pressure
- ☐ Lower cholesterol
- ☐ Healthier eating habits
- ☐ More physically active
- ☐ Less stress
- ☐ Improved sleep
- ☐ Need less medicine for chronic disease/condition
- ☐ Received a FREE flu shot and did not get the flu this year
- ☐ Fewer sick days this year
- ☐ Other, please specify

6. One of the main goals of the EPS Wellness Program is to "create a culture" of Wellness. Please read the statements below and then rate all that apply.

Do not agree Agree somewhat Strongly agree

I notice that
my colleagues
and I are

☐ 1

☐ 2

☐ 3

more
conscientious
about our
health since
the inception
of the
wellness
program.

Wellness
Program
activities have
helped to
create a
greater sense
of
camaraderie
at my
workplace.

☐ 1

☐ 2

☐ 3

There is more
general
conversation
and
discussion
about health
and wellness
topics.

☐ 1

☐ 2

☐ 3

We have
become more
conscientious
about having
healthier food
options for
staff meetings
and
gatherings.

☐ 1

☐ 2

☐ 3

Having a
district
wellness
program in
place makes
me feel that
my health and
well being are
an important
priority for
district
administrators
and
leadership.

☐ 1

☐ 2

☐ 3

Seeing district
administrators
and the
leadership
team involved
in wellness
activities
inspires and
motivates me

☐ 1

☐ 2

☐ 3

to participate
too.

7. Information about wellness program activities and general information about health and wellness are being dispersed in several ways, please indicate below the various ways you hear about wellness in the district (select all that apply).

- ☐ Wellness Program Bulletin Board at my site
 - ☐ Wellness Program quarterly Newsletter
 - ☐ HR Payroll Monthly Newsletter
 - ☐ Newslinks
 - ☐ Email messages from "Wellness"
 - ☐ Wellness Website
 - ☐ Wellness Representative at my workplace
 - ☐ Other, please specify
-
-

-
8. Does the quarterly newsletter Wellness Matters have an influence on your health and well-being?

- ☐ Yes
 - ☐ No
 - ☐ Other comments?
-
-

-
9. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?
-
-
-

-
10. Are there additional services or programs you would like to see as part of the EPS Wellness Program in the future?

-
11. Offer a testimonial as to how you have benefited by having the EPS Wellness Program in place.

Submit

Survey Page 1

Everett School Employee Benefit Trust Wellness Program Budget

Item	Actual 2008-2009	Actual 2009-2010	Actual 2010-2011	Approved 2011-2012
Health Awareness				
Hope Health	13,011.05	9,460.00	6,818.96	0.00
Constant Contact Newsletter, Surveys, PayPal				750.00
Health Fair Materials & Incentives			991.06	1,500.00
Total Health Awareness	13,011.05	9,460.00	7,810.02	2,250.00
Health Promotion & Risk Management				
Education	1,088.17	170.00	0.00	750.00
Fitness	0.00	100.00	0.00	0.00
Nutrition	250.00	425.00	0.00	1,000.00
Weight Management	1,415.00	5,353.00	1,520.78	6,000.00
Stress Management	130.00	0.00	0.00	2,500.00
Seasonal Campaigns and Incentives				13,000.00
Flu Vaccine Clinic	11,456.44	10,625.68	14,140.93	16,250.00
Health Screenings 100 @ \$35 each		14,075.00	16,350.00	3,500.00
Total Health Promotion & Risk Mgmt:	14,339.61	30,748.68	32,011.71	43,000.00
Health Care Consumerism				
Self Care Books	0	0	4,801.00	0
EAP Promotion	0	0	0.00	0
Total Health Care Consumerism	0	0	4,801.00	0
WP Marketing and Promotion				
Marketing and Promotional Items	203.46	0.00	677.81	1,500.00
Logo	0.00	3,000.00	0.00	0.00
Wellness Challenge Letter	0.00	0.00	1,876.48	0.00
Total WP Marketing and Promotion	203.46	3,000.00	2,554.29	1,500.00
Wellness Program Salaries & Benefits				
Wellness Coordinator	91,651.18	87,174.81	96,858.60	96,858.60
Administrative Assistant/Intern	0.00	22,255.00	18,253.01	5,000.00
Office Supplies/Equipment/Reference	265.00	0.00	0.00	500
Professional Development	150.00	2,500.00	2,508.55	1500
Subscriptions/Memberships	0.00	375.00	0.00	500
Total Wellness Program Salaries & Benefits	92,066.18	112,304.81	117,620.16	104,358.60
Actual Year End Budget Totals	119,620.30	155,513.49	164,797.18	151,108.60
Proposed or Approved Budget				