

**Board Report
June 2012**

June Highlights:

- **Recognition:**
 - **SEW Award presented** at June 12th school board meeting. Danny Kenneweg, Manager of the Office of Health Promotion in Olympia and Greg Williamson the Director of Learning and Teaching Support with OSPI presented the award and a check for \$1000 to the Trust for the GOLD School Employee Wellness Award 2012.
 - **American School Health Association** conference has asked “us” (along with other Gold SEW award winners) to present at their conference in San Antonio in October.
- **The Wellness Challenge: 2012**
 - 413 actively participating to date (anticipate that number going up as the month comes to a close) compared to 394 this time last year. 1st program cycle closes June 30th. New cycle begins July 1st.
- **Weight Watchers at Work:**
 - 125 participants-4 district meetings
 - 3 meetings (and subsidy) to conclude at the end of this month
 - Longfellow meeting will continue with close to 20 who have committed to continue.
 - Weight loss to date: over 1700 lbs since January.
- **Mind Body Weight Management Program**
 - Re-launched the program 6/6/2012. Open to 50 people (district staff only) who have a body mass index over 30. Will get a report from Alere at the end of the month regarding enrollments.
- **Fitness**
 - **Tour de France**
 - **130 participants, 95% logged in throughout the tour and completed the challenge.** Heatherwood, Transportation, Lowell and North teams top 4 finishers.
- **Wellness Summit July 2012:** A gathering of district staff (so far 10 confirmed) to review participation rates, survey responses and strategic plan to assess and reassess wellness program activities. Meeting on Tuesday July 10th from 9:30-1:30 at Mill Creek Elementary with Brenda Fuglevand as facilitator.
 - Goals for the summit:
 - Review Wellness Program strategic plan and revise, setting realistic goals for 2012-2013 school year.
 - Brainstorm about increasing district participation in all wellness program activities.

- Organize a **Wellness Council** that meets every other month to provide feedback, and support in wellness programming.
- Brainstorm about how to revitalize Wellness Teams
- **Building Community Partnerships:**
 - Met with George Kosovich, Director of Verdant Health Commission/Snohomish Hospital District #2 to discuss how we can partner and collaborate in wellness programming.
 - Met with Dept. Chair of Physical Education, Dr. Gordon Chalmers to discuss how we can partner in bringing more interns in to our program.
 - Met with Scott Washburn, President and CEO YMCA Snohomish County to brainstorm about their adoption of an employee wellness program as well as to how we can increase our collaboration with them.
- **Health Fairs and Free Flu Vaccine Clinics 2012**
 - Scheduled 6 flu vaccine clinics and fairs for October 2012.
 - Intern, Taylor Pilkenton from Whittier University is working with me this summer to secure vendors, and produce educational materials and activities for the fairs.
- **Data:**
 - **Absentee Reports (Ingrid Stafford)** 17% decrease from last year
 - **Year End Wellness Program Survey**
 - Year end **Wellness Program Survey:** To date 328 respondents (expect more before the end of the month). Survey results to date below with year to year comparisons.

Has your health improved as a result of having the EPS Wellness Program in place? If so, how? Please list ALL that apply below.									
	2011-2012	328	% surveyed	2010-2011	705	% surveyed	2009-2010	740	% surveyed
Weight loss 5-25 lbs		143	49.00%		284	45.00%			
Weight loss 25-50 lbs		26	9.00%		36	6.00%			
Weight loss of more than 50 lbs		6	2.00%		6	1.00%			
Weight Loss 2011-2012		175	61.00%						
Weight Loss 2010-2011					326	52.00%			
Weight Loss 2009-2010								245	45%
Lower blood pressure		66	23%		81	13.00%		88	16%
Lower cholesterol		51	18%		71	11.00%		58	11%
Healthier eating habits		211	73%		379	59.00%		282	52%
More physically active		199	69%		374	59.00%		406	75%
Less stress		115	40%		164	26.00%		231	43%
Improved sleep		85	29%		132	21.00%		152	28%
Need less medicine for chronic disease/condition		14	5%		20	3.00%		22	4.00%
Received a FREE flu shot and did not get the flu this year		138	48%		242	38.00%		220	32%
Fewer sick days this year		76	26%		125	20.00%		75	11%
Improved Fasting Blood Sugar (new question)		16	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.

	2011 2012	Agree somewhat	Strongly agree	2010 2011	Agree somewhat	Strongly agree	2009 2010	Agree somewhat	Strongly agree
I notice that my colleagues and I are more conscientious about our health since the inception of the wellness program.		160	156		341	315		349	295
		49%	48%		17%	16%		17%	15%
Wellness Program activities have helped to create a greater sense of camaraderie at my workplace.		164	129		387	225		345	265
		50%	40%		19%	11%		17%	13%
There is more general conversation and discussion about health and wellness topics.		130	168		341	282		323	286
		40%	52%		17%	14%		16%	14%
We have become more conscientious about having healthier food options for staff meetings and gatherings.		125	148		300	274		324	230
		39%	46%		15%	14%		16%	12%
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.		83	228		203	453		223	430
		25%	70%		10%	23%		11%	22%
Seeing district administrators and the leadership team involved in wellness activities inspires and motivates me to participate too.		308	122		308	228		272	207
		43%	38%		15%	11%		14%	10%

4. Which of the following goals of the wellness program is important to YOU personally in pursuing a healthier lifestyle? Please drag the items from the left to the right column in the order that you feel that are most important to improving your health.

Weight Loss	143	25	38
	55%	10%	15%
Managing Stress	54	51	43
	24%	23%	19%
Increasing or Maintaining Physical Activity	76	119	66
	26%	41%	23%
Healthy Eating (nutrition)	30	94	83
	11%	35%	31%
Quitting Smoking	2	0	2
	2%	0%	2%
Reducing risk factors like high blood pressure, high cholesterol or diabetes	14	23	37
	7%	12%	19%

Free and Clear Smoking Cessation Program	278	21	12
	89%	7%	4%
Stress Management Classes	87	133	97
	27%	42%	31%
Free Flu Vaccine Clinics	66	63	192
	21%	20%	60%
Health Fairs	79	155	86
	25%	48%	27%
Wellness Matters Newsletter	41	137	142
	13%	43%	44%
The Wellness Challenge	37	79	204
	12%	25%	64%
	26%	41%	33%
Weight Watchers at Work	160	88	72
	50%	28%	22%