

**WFHTN Wellness Council Webinar Notes**  
**March 5, 2020 @ 9:00 a.m. CST**

**Welcome**

- Good morning everyone! Thank you for joining the March Wellness Council webinar.
- Today's agenda includes:
  - Fun Fact Challenge
  - WFHTN Team Update
  - Guest Speaker – ParTNers for Health
  - Q3 (January-March) Point Tracker
  - Wellness Council Spotlight
  - March Health Observances & Holidays
  - Upcoming Schedule
  - Roll Call & Sharing

**Fun Fact Challenge**

- Congratulations to our March Fun Fact winner, Rachel Clark from TennCare!

**WFHTN Team Update**

- Please help us welcome Morgan McFarlane.
- Morgan is our new West Tennessee Regional Wellness Coordinator.
- She has a Bachelor's degree in Nutrition: Dietetics from the University of Tennessee Chattanooga and completed her dietetic internship in Washington, D.C. It was there she fell in love with the public health side of dietetics which inspired her career path and her decision to obtain a Master's degree in Public Health, with an emphasis in health promotion, from Northern Illinois University. Morgan lived in Atlanta, Georgia for two years and worked with two Meals on Wheels non-profit agencies. She decided to return to her home state and became the dietitian for the middle Tennessee office for the Department of Intellectual and Developmental Disabilities (DIDD). During her 3+ years with DIDD, Morgan was actively involved with her department's wellness council, leading their middle Tennessee council for two years. In her spare time, Morgan enjoys taking care of animals, biking, and games of all kinds.

**Guest Speaker – ParTNers for Health**

We are pleased to welcome Scott Money, Strategic Account Director, with ActiveHealth Management to announce an exciting opportunity for state employees who are not enrolled in the health plan.

**Q3 (Jan-Mar) Point Tracker**

- **Taste Test**
  - Plan a healthy "[Taste Test](#)" in honor of March's National Nutrition Month.
  - Who doesn't love trying new foods?
  - This activity is a fun way to encourage your co-workers to engage in healthier eating habits at the office. Plus, it's worth 20 points on the current Q3 Point Tracker.
  - Themes for your Taste Test are truly endless, but here are a few ideas that Wellness Councils have done in the past:
    - Chips
    - Smoothies
    - Chocolate

- Nut butters
    - Whole grains
  - As always, don't hesitate to reach out to your WFHTN Regional Wellness Coordinator for assistance with planning this tasty activity at your office.
- **2020 All-Department Physical Activity Challenge**
  - We are so excited about our 2020 All-Department Physical Activity Challenge happening March 23-April 19.
  - The goal of this challenge is to move more than you normally would and to complete all four weeks of the challenge.
  - **This year's participating departments include:**
    - Agriculture
    - Children's Services
    - Commerce & Insurance
    - Correction
    - Human Resources
    - Human Services
    - Finance & Administration
    - General Services
    - Health
    - Intellectual & Developmental Disabilities
    - LWFD
    - MHSAS
    - Military
    - Revenue
    - Safety & Homeland Security
    - TBI
    - TennCare
    - TN Courts
    - Tourist Development
  - We will be sending a link for your employees to register today.
  - And as a reminder: Please make sure ALL participants have completed a Liability Waiver prior to the start of this challenge on March 23rd. (We will send an email today for you to share with your department which will include a registration link. Once employee registration ends on Friday, March 13th, we will share a list of your department's employees who registered so you can ensure a Liability Waiver has been completed by each participant.)
- **2020 Top 6 Tournament**
  - The top two departments from each division will be placed in this year's Top 6 Tournament for our Overall Wellness Award!
  - Top 6 departments will be determined after Q3.
  - Competing departments will be announced on Monday, April 6.
  - Challenge dates: April 27-May 22
  - How does your department stack up to the competition?
    - Based on the current Point Tracker Standings after Q2, these departments are currently the top three departments in each division:
      - Division A: DHS, Safety & Homeland Security, Correction
      - Division B: DIDD, Agriculture, Labor & Workforce
      - Division C: General Services, HR, Tourist Development

- Remember, the Top 6 departments are determined after Q3 which is January-March. You still have until March 31 to get more points! Good luck!
- **#4Mind4Body Lunch & Learns**
  - The second lunch and learn in the series is Wednesday, March 18, 11:30 a.m. to 12:30 p.m. CT and is presented by ActiveHealth.
  - Participants will learn how to balance diet and life by discovering how food provides energy for our bodies. And how to develop healthy eating habits. The presenter will also discuss how to set goals to help you change your eating habits for good. Participants will also learn about positive thinking and its contribution to healthy aging.
  - You can join in person or via WebEx. All sessions will meet in the TN Tower, 3<sup>rd</sup> floor, conference rooms A&C or you can join by going to JJ's personal room in Webex.
  - We will email you another copy of the flier so you can send it to your co-workers and remind them how to participate. You can also direct them to the Employee Assistance Program page where they can find more information about how to log into the webinar.
  - We will provide feedback on how many of your employees attended, so please be sure to remind them to sign-in or share their department when attending.
- **Upcoming WFHTN Monthly Handout Topics**
  - National Nutrition Month (March)
  - Stress Awareness Month (April)
  - Mental Health Month (May)
  - These are perfect to share with your department to earn an easy five points on the Point Tracker!
  - **NEW Monthly WFHTN Poll**
    - We need your valuable feedback! Complete this ANONYMOUS one-question poll to help us provide wellness information and programming that meets YOUR needs.
    - The link to complete the poll questions will be included in an email with each month's WFHTN handout.

### Wellness Council Spotlight

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past quarter.
- **DIDD Valentine's Day Taste Test**
  - DIDD's Middle TN Regional Office hosted a healthier chocolate taste test for Valentine's Day.
  - 29 employees participated.
- **The 29 Days to a Healthy Heart challenge**
  - Here are some photos from the 29 Days to a Healthy Heart challenge.
  - (LEFT) Tennessee Department of Revenue's John Lee shows just how simple it can be to take a quick streeetch break in the office.
  - (TOP RIGHT) Day 12: Tennessee Department of Human Services employees hydrating to complete the goal of drinking at least 48 ounces of water during the day.
  - (BOTTOM RIGHT) Day 12 of the 29 Days to a Healthy  Challenge! Let's see your hydration pics. Kayla, East TN Regional Wellness Coordinator, and Scooter stay hydrated while they work.

- During the Challenge, the DCS Central Office gathered for a 10-minute line dance session with the Commissioner!
- TDCI Dance Party held in honor of Day #19 of the WFHTN's 29 Days to A Healthy Heart Challenge
- Keep up the great work and please continue to share all your successes and photos with us – including tagging us on your department's social media!

### **March Health Observances**

- [National Colorectal Cancer Awareness Month](#)
- [National Kidney Month](#)
- [National Nutrition Month](#)
- [National Frozen Food Month](#)
- Save Your Vision Month
- Workplace Eye Wellness Month
- World Salt Awareness Week (March 9-15, 2020)
- [National Sleep Awareness Week](#)
- [World Kidney Day](#) (March 12, 2020)
- [World Sleep Day](#) (March 13, 2020)
- [World Water Day](#) (March 22, 2020)
- [American Diabetes Alert Day](#) (4<sup>th</sup> Tuesday in March - March 24, 2020)

### **Upcoming WFHTN Schedule**

- **April Wellness Council Webinar**
  - Thursday, April 2<sup>nd</sup> at 9 a.m. Central
- All-Department Physical Activity Challenge
  - March 23<sup>rd</sup>-April 19<sup>th</sup> (Registration: March 5<sup>th</sup> -13<sup>th</sup>)
- Q3 (Jan-Mar) Point Tracker
  - Due March 31<sup>st</sup>
- **Q4 (Apr-June) Point Tracker**
  - Available mid-March

### **Roll Call & Sharing**

- Let us know you are representing your Wellness Council by giving us a shout out in the chat box! (You'll have an opportunity to share your Wellness Council successes and ask questions once roll call is complete.)
  1. Agriculture
  2. Children's Services
  3. Commerce and Insurance
  4. Commission on Aging and Disability
  5. Correction
  6. Economic and Community Development
  7. Education
  8. Environment and Conservation
  9. Finance and Administration
  10. Financial Institutions
  11. General Services
  12. Health

13. Human Resources
  14. Human Services
  15. Intellectual and Developmental Disabilities
  16. Labor and Workforce
  17. Mental Health and Substance Abuse Services
  18. Military
  19. Revenue
  20. Safety and Homeland Security
  21. TBI
  22. TennCare
  23. TN Courts
  24. Tourist Development
  25. Transportation
  26. Tricor
  27. TWRA
  28. Veterans Services
- ...Thank you. Now, would anyone like to share?

Thank you all for attending today's webinar. Please reach out to your WFHTN Regional Wellness Coordinator if you have any questions.