

Wellness Council Webinar Notes January 9, 2020

Welcome

- Good morning everyone! Thank you for joining the January Wellness Council webinar.
- Today's agenda includes:
 - Fun Fact Challenge
 - Q3 (Jan-Mar) Point Tracker
 - 29 Days to a Healthy Heart
 - All-Department Physical Activity Challenge
 - Top 6 Tournament
 - Wellness Council Spotlight
 - January Health Observances & Holidays
 - Upcoming Monthly Handout Topics
 - Upcoming Schedule
 - Roll Call & New Activity Ideas

Fun Fact Challenge

- Congratulations to our January Fun Fact winner, the team from the **Department of Finance & Administration**.

#4Mind4Body Lunch and Learns

- ActiveHealth and Optum will present eight lunch and learns throughout 2020.
 - The sessions will be on a variety of topics, ranging from aging and mindfulness to exercise and quitting nicotine. The goal is to focus on the whole person.
 - We will share a flier in the coming weeks with the dates for the first four sessions and encourage you to promote the sessions to your employees.
 - You may attend in person or join via WebEx. No pre-registration is required.
 - The sessions will meet in Conference Rooms A & C in the TN Tower and will start at 11:30 a.m. and last one hour.

Q3 (Jan-Mar) Point Tracker

- **29 Days to a Healthy Heart Challenge**
 - We heard your feedback and we're bringing you MORE challenges to participate in this year!
 - This February, WFHTN invites ALL departments to join us for the 29 Days to a Healthy Heart Challenge.
 - The 29 Days to a Healthy Heart Challenge is a month-long, individual challenge aimed at encouraging simple habits that will put you on the road to a heart healthy lifestyle.
 - Your WFHTN Regional Wellness Coordinator will be sharing more details on this challenge (including a promotional flier, messaging, and how to compete against other agencies).
- **All-Department Physical Activity Challenge**
 - In March, all departments can compete in the All-Department Physical Activity Challenge!
 - Each department represents ONE team.
 - The department to reach the highest average physical activity miles will be the challenge winner.

- There are no set minimum or maximum number of team members.
 - Each participant sets their own personal physical activity goal.
 - Challenge Dates: March 23-April 19
 - Weekly challenge is from Monday-Sunday.
 - More information about this challenge coming soon!
- **Top 6 Tournament**
 - The top two departments from each division will be placed in this year's Top 6 Tournament for the Overall Award!
 - Top 6 departments will be determined after Q3.
 - Competing departments will be announced on Monday, April 6.
 - Challenge dates: April 27-May 22

Wellness Council Spotlight

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past quarter.
- **Holiday Dash Challenge**
 - 73 participants – including employees from Tourist Development, TBI, Safety & Homeland Security, DIDD and Correction
 - 12,999,151 Total Steps!
- **General Services Food Drive**
 - DGS delivered 1,705 pounds of donated food!
 - They focused on collecting healthier food donations.
 - Thanks to team members across General Services that supported the project, including Gary Ryan (with the division of Vehicle Asset Management) for his contribution of 111 pounds of food!
- **TennCare Healthy Harvest Challenge**
 - 106 registrants
 - Worked up to an average of 1,011 minutes/week by Week #4!
 - The best/most helpful part of this activity was... “I was not alone in the challenge.”
- **F&A Stair Climb Challenge**
 - 19 teams
 - Teams of five tackled 25 flights in TN Tower – relay-style!
 - Final run times:
 - Team Lunch Wrap (TDOR) - 1:44.02
 - Team Dave Matthews Farewell Tour (TDEC) - 1:57.42
- Keep up the great work and please continue to share all of your successes and photos with us – including tagging us on your department's social media!

January Health Observances

- [Glaucoma Awareness Month](#) (January)

Upcoming Monthly Handout Topics

- Working for a Healthier TN 101 (Jan)
- American Heart Month (Feb)
- National Nutrition Month (Mar)
- These are perfect to share with your department to earn an easy five points on the Point Tracker!

- Reminder that these can always be found on our website at tn.gov/wfhtn/resources/monthly-handout.html
- **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.
 - Link: bit.ly/WFHTNpoll

Upcoming Schedule

- February Wellness Council Webinar
 - Thursday, February 6th at 9 a.m. Central
- 29 Days to a Healthy Heart Challenge
 - February 1st-29th
- All-Department Physical Activity Challenge
 - March 23rd-April 19th (Registration: March 9th)
- Q3 (Jan-Mar) Point Tracker
 - Due March 31st
- You can access all WFHTN Monthly Webinar Archives at <https://www.tn.gov/wfhtn/archives.html>

Roll Call

- 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 or would like to share ideas.