

Wellness Council Webinar Notes February 6, 2020

Welcome

- Good morning everyone! Thank you for joining the February Wellness Council webinar.
- Today's agenda includes:
 - Fun Fact Challenge
 - Q3 (Jan-Mar) Point Tracker
 - Nutrition Jeopardy
 - All-Department Physical Activity Challenge
 - Top 6 Tournament
 - 4Mind4Body Lunch & Learn
 - Wellness Council Spotlight
 - February Health Observances & Holidays
 - Upcoming Monthly Handout Topics
 - Upcoming Schedule
 - Roll Call & New Activity Ideas

Fun Fact Challenge

- Congratulations to our February Fun Fact winner, Denise Galben from the **Department of Human Services**.

Q3 (Jan-Mar) Point Tracker

- **Nutrition Jeopardy**
 - The 15-point healthy eating activity this quarter is to Host a virtual "Nutrition Jeopardy" challenge with your coworkers in honor of [National Nutrition Month](#) in March.
 - This nutrition-themed Jeopardy is done virtually (with the help of Jeopardy Labs) and is great as a stand-alone activity or as an icebreaker or team building exercise during a meeting.
 - Contact your WFHTN Regional Wellness Coordinator if you're interested in hosting or collaborating with another department for a Nutrition Jeopardy Challenge.
- **All-Department Physical Activity Challenge**
 - In March, all departments can compete in the All-Department Physical Activity Challenge. The department to reach the highest average physical activity miles will be the challenge winner.
 - **Challenge dates: March 23-April 19**
 - Weekly challenge newsletters and bonus activities will be sent each Monday.
 - Challenge progress will be provided each Wednesday on the [WFHTN website](#).
 - An activity conversion chart, tracking sheet and link to submit weekly miles will be provided.
 - 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**

4Mind4Body Lunch & Learn

- First lunch and learn in the series is Tuesday, February 11th from 11:30-12:30 CT
- The topic is Aging Gracefully and Healthfully and it will be co-presented by ActiveHealth and Optum
- Participants will learn how to enhance the “aging process” by staying active and discover types of safe and effective exercises for both cardiovascular and muscular conditioning. 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, 3rd floor, conference rooms A&C or you can join by going to JJ’s personal room in Webex.
- We will send you the flier after today’s webinar. Please feel free to share with your employees if you have not already done so.

Wellness Council Spotlight

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past quarter.
- **TN Courts** has established a Wellness Council! They invited us over for their All-Staff meeting and held their first WFHTN intro to their staff. Please help us welcome TN Courts to the wellness family!
- **Human Services and Revenue** competed in a four-week steps challenge, which lasted from mid-November through mid-December.
 - Both of the top teams for DHS and Revenue took almost 4 million steps!
 - **DHS Determined Healthier Sistahs:** 3,954,394 steps
 - **Revenue Rockstars:** 3,646,890 steps
- **DCS** held a Wear Blue Day. Employees were invited to wear blue in support of the Tennessee Titans and enjoy a blueberry snack!
- **Finance and Administration** held a “Soup & Stew Party”: They had 4 entries - Hoosier Stew, Potato Soup, Zuppa Toscano, and Chicken Tortilla. It was the perfect cold afternoon to warm up with a few bowls of soup and all have lunch together! The lunch boxes were a HUGE hit.
 - F&A’s Edison team hosted Nutrition Jeopardy: Overall, they enjoyed the meeting ice breaker and many people from the audience participated!
- **The 29 Days to a Healthy Heart challenge** is going on now! Here’s a list of participating departments:
 - **1. Agriculture** (including Commissioner Hatcher)
 - **2. Children’s Services** (including Commissioner Nichols)
 - **3. Commerce & Insurance**
 - **4. Correction**
 - **5. Environment & Conservation**
 - **6. Finance & Administration** (including Asst Commissioner Lea)
 - **7. General Services**
 - **8. Health** (including Commissioner Piercey, Deputy Commissioner McDonald, Chief of Staff)
 - **9. Human Resources** (including Commissioner Williams)
 - **10. Human Services**
 - **11. Intellectual & Developmental Disabilities** (including Commissioner Turner)
 - **12. Labor & Workforce**
 - **13. Military**
 - **14. Revenue** (including Deputy Commissioner Lapps)

- **15. Safety & Homeland Security**
- **16. TennCare**
- **17. TN Courts**
- **18. Tourist Development**
- Here are some photos from the 29 Days to a Healthy Heart challenge.
 - Pictured: (left) Health's Commissioner Piercey starting the day off right with a fruit-filled breakfast
 - (center) DIDD's Commissioner Turner with his daughter tackling Day 1 of the Challenge
 - (right) TennCare team member Kim speed walking on the greenway in Murfreesboro over the weekend
 - Pictured: (left) Children's Services' Wellness Chair Shayna Smith made sure to have her 5 servings of fruits and vegetables on Saturday by whipping up this delicious kale salad with homemade low-fat ranch, tons of beans, onions, broccoli, avocados, sunflower seeds, and quinoa croutons.
 - (right) Revenue's Deputy Commissioner Christine Lapps' healthy super bowl snack – sundried tomato and white bean hummus!
 - We love receiving your updates so please continue to share your challenge photos with us at WFHT.TN@tn.gov!
- 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!

February Health Observances

- [American Heart Month](#)
- [Go Red for Women](#) – February 7th

Upcoming Monthly Handout Topics

- American Heart Month (February)
- National Nutrition Month (March)
- 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 poll questions will be included in an email with each month's WFHTN handout.

Upcoming Schedule

- March Wellness Council Webinar
 - Thursday, March 5th 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

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.