

WFHTN Wellness Council Webinar Notes September 3, 2020

Welcome

- Good morning everyone! Thank you for joining the September Wellness Council webinar. We won't be doing an official roll call at the end, so please go ahead and type in your department in the chat box!
- Today's agenda includes:
 - Fun Fact Challenge
 - Q1 Quarterly Checklist
 - What's New
 - WFHTN Poll Results
 - Wellness Council Spotlight
 - September Health Observances
 - Upcoming Schedule
 - Sharing Ideas

Fun Fact Challenge

- Congratulations to our September Fun Fact winner, Shannon Klonowski from the Department of Agriculture!

Q1 Quarterly Checklist

- Just a friendly reminder that the Q1 Quarterly Checklist activities must be completed by September 30th to remain eligible for a chance to win the WFHTN Wellness Warriors Award for this fiscal year.
- The activities for this quarter include:
 - Read the Service Delivery Guidelines.
 - Create a Liability Waiver for this fiscal year.
 - Share our WFHTN monthly poll question.
 - Host at least one four-week challenge.
 - Our Celebrate a Healthier YOU challenge that's happening now counts if your department is participating.
 - Host at least one webinar or lunch 'n learn.
 - And, schedule a meeting with your Regional Wellness Coordinator to discuss the ActiveHealth Index.
 - Reach out to your Regional Wellness Coordinator with available dates/times for scheduling.
- These quarterly checklists are designed for consistent programming throughout the year. By the end of the third quarter, all departments that have completed the checklists will be placed in a tournament.
- Questions?

What's New

- We've updated our Challenges section on our website.
- We have created a number of activities and challenges for each of our focus areas. You can use these as-is or easily customize them for your department. If you need assistance with customizing a challenge to meet your needs, please reach out to your WFHTN Regional Wellness

Coordinator. Once you've completed an activity or challenge, please ask participants to fill out a post-challenge survey so we can create the best possible wellness programs and activities for you. Your Regional Wellness Coordinator is available to customize the survey for each activity, event or challenge.

- Be on the lookout for some of our newer challenges in our upcoming monthly activity planners!
- You'll also notice a new 'Team-Building Activities' section. You will find different activities for overall well-being, physical activity and healthy eating. Best of all, most of these activities can be done virtually!
 - This new section includes activities like Focus Word Breathing, Getting to Know Your Co-workers, Who or What Am I? and a Food Label Activity. This is also where you can find fun scavenger hunts, word searches, word scrambles and mindfulness coloring pages.
 - Reach out to your Regional Wellness Coordinator if you need assistance hosting a virtual or in-person team building activity.

WFHTN Poll Results

- As always, we truly value your feedback and want to show how we not only gather your feedback but how we make adjustments based on that feedback.
 - June's poll question was 'What monthly handout topics most interest you?'. We received 227 responses from 18 departments.
 - Healthy Eating (132)
 - Well-being (Mental health, Social health, Financial health, etc.) (129)
 - Physical Activity (112)
 - Tobacco Cessation (13)
 - We will continue to provide information on these topics in our monthly handouts, weekly messaging, on social media, challenges and activities.
 - July's poll question was 'What kinds of challenges do you want to see from WFHTN?'. We received 443 responses from 20 departments. *Some responses included multiple selections (i.e. individual AND team, etc.)
 - Individual (287)
 - Department vs. Department (155)
 - Team (146)
 - Our team continues to create new challenges and activities. You can find those on our website at tn.gov/wfhtn/challenges. We will continue to offer All-Wellness Council challenges a couple of times each year as well. If you have suggestions on topics for a new challenge or activity, reach out to us any time.

Wellness Council Spotlight

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past month.
- Department of Correction hosted Brain Teasers Trivia and Nutrition Jeopardy webinars. They had over 50 participants combined!
- Intellectual and Developmental Disabilities hosted Physical Activity Trivia and Healthy Eating webinars. They had 84 employees participate!
- Human Services hosted two Virtual Resources Webinars presented by Optum.

- Labor & Workforce hosted a series of healthy eating webinars. The delicious picture on the left is from a webinar attendee who was inspired after the “Create Your Plate” webinar to cook up this salmon and wild rice dish piled high with vegetables.
- Education hosted a Summer Steps Challenge. The goal was to take as many steps as possible during the four weeks.
- Commerce and Insurance hosted AWS Olympics. Teams earned points for various daily activities. Activities included: S.M.A.R.T. Goal setting, desk workout relay and volunteering
- Children’s Services hosted a Home Scavenger Hunt.
- 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!

September Health Observances

- [Better Breakfast Month](#)
- [Family Meals Month](#)
- [Healthy Aging[®] Month](#)
- [National Food Safety Education Month](#)
- [National Fruits & Veggies Month](#)
- [National Suicide Prevention Month](#)
- [National Yoga Awareness Month](#)
- [Whole Grains Month](#)
- [National Suicide Prevention Week](#) (September 6th–12th)
- [World Suicide Prevention Day](#) (Thursday, September 10th)
- [National Women's Health & Fitness Day](#) (last Wednesday in September)
- [World Heart Day](#) (Tuesday, September 29th)
- [Better Breakfast Day](#) (September 26th)

Upcoming WFHTN Schedule

- **Celebrate a Healthier YOU Challenge**
 - September 1st-30th
- **October Wellness Council Webinar**
 - Thursday, October 1st from 9 a.m. – 9:30 a.m. Central

Sharing Ideas

- If you haven’t already, please let us know in the chat box what department you’re representing. This is how we will be taking attendance moving forward so that we don’t take up your time with the roll call.
- Let’s take some time to share what’s going on in your department. What wellness activities, challenges, etc. would you 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.