

WELLNESS COUNCIL WEBINAR

October 2021



[/WFHTN](#)



[@WFHTN](#)



[@WorkingForAHealthierTN](#)



[/TNSiteChampions](#)

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

Wellness Whiz Quiz

Special Guest

WFHTN Quarterly Activity List

Now Available

Wellness Council Spotlight

October Health Observances

Upcoming WFHTN Schedule

Sharing

WFHTN "Team Talk" (*optional*)

Wellness Whiz Quiz

Congratulations to our Sept 2021 Wellness Whiz:

ABBY SPARKS
Department of Human Services



WFHTN Wellness Whiz Quiz

The Rules

The first Wellness Council representative to get two out of the three answers correct using the chat feature will be crowned this month's "WFHTN Wellness Whiz."

In the event of a tie, a fourth question will be used as a tie breaker.

Please type out the complete answer.

WFHTN Wellness Whiz Quiz

Are you ready?

Wellness Whiz Quiz

Question #1

TRUE or FALSE:

When a grain is “whole,” this means that some of the grain kernel is still there.

TRUE or FALSE

Wellness Whiz Quiz

Question #2

The “Active Health Index” is a single value metric between 0 and _ _ _.

— — —

Wellness Whiz Quiz

Question #3

Suicide touches everyone — but especially _____
-age adults.

Young
Middle
Working

Wellness Whiz Quiz

Tie Breaker

Nearly one in ___ adults has high blood pressure.

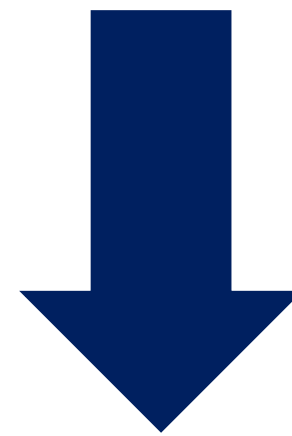
—

WFHTN Quarterly Activity List

Friendly Reminders

Fiscal Year 2022




July 2021 – June 2022

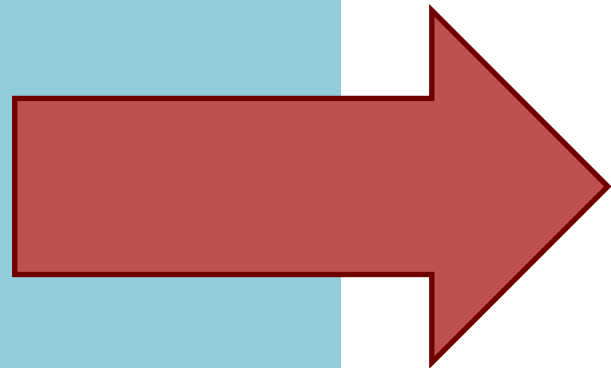


Q1	Q2	Q3	Q4
July Aug Sept	Oct Nov Dec	Jan Feb March	April May June

October 2021 Suggestions To Achieve GOLD Level Status

ACHIEVEMENT LEVEL GOALS

<u>Level</u>	<u>Communicate</u>	<u>Engage</u>	<u>Inspire Change</u>	<u>Focus Areas</u> (WC, PA, HE, WB)
 GOLD	1 activity	1 activity	1 activity	4
 SILVER	1 activity	1 activity	1 activity	3
 BRONZE	1 activity	1 activity	1 activity	2



October 2021 Suggestions To Achieve GOLD Level Status

FOCUS AREA	COMMUNICATE	ENGAGE	INSPIRE CHANGE
WELLNESS COUNCIL	<ul style="list-style-type: none"> Share this Quarterly Activity List with your Wellness Council members 	<ul style="list-style-type: none"> Participate in the monthly WFHTN Wellness Council Webinar. (Click here to join.) 	<ul style="list-style-type: none"> Host a Wellness Council meeting.
PHYSICAL ACTIVITY	<ul style="list-style-type: none"> Share Tips for Taking Care of Your Joints in recognition of Bone and Joint Action Week (October 12-20) 	<ul style="list-style-type: none"> Encourage employees to get active outdoors at a corn or hay maze! 	
HEALTHY EATING		<ul style="list-style-type: none"> Encourage employees to Pick TN Products (pumpkins, apples, etc.). 	
WELL-BEING		<ul style="list-style-type: none"> Invite employees to join our "Behavioral Health & Wellness" webinar with ActiveHealth on Friday, October 15 from 9-10 a.m. Central or Wednesday, October 20 from 1-2 p.m. Central in honor of Emotional Wellness Month (October). 	<ul style="list-style-type: none"> Help employees increase their health literacy during National Health Education Week (third week of October) with this one-week challenge.

National Health Education Week

October 18-22, 2021



- One week
- Six-step checklist

October 2021 Suggestions

To Achieve GOLD Level Status

FOCUS AREA	COMMUNICATE	ENGAGE	INSPIRE CHANGE
WELLNESS COUNCIL	<ul style="list-style-type: none"> Share this Quarterly Activity List with your Wellness Council members 	<ul style="list-style-type: none"> Participate in the monthly WFHTN Wellness Council Webinar. (Click here to join.) 	<ul style="list-style-type: none"> Host a Wellness Council meeting.
PHYSICAL ACTIVITY	<ul style="list-style-type: none"> Share Tips for Taking Care of Your Joints in recognition of Bone and Joint Action Week (October 12-20) 	<ul style="list-style-type: none"> Encourage employees to get active outdoors at a corn or hay maze! 	
HEALTHY EATING		<ul style="list-style-type: none"> Encourage employees to Pick TN Products (pumpkins, apples, etc.). 	
WELL-BEING		<ul style="list-style-type: none"> Invite employees to join our "Behavioral Health & Wellness" webinar with ActiveHealth on Friday, October 15 from 9-10 a.m. Central or Wednesday, October 20 from 1-2 p.m. Central in honor of Emotional Wellness Month (October). 	<ul style="list-style-type: none"> Help employees increase their health literacy during National Health Education Week (third week of October) with this one-week challenge.

Special Guest

Nicole Rieman

Onsite Wellness Coordinator, ActiveHealth

Lunch and learn sessions

- 30 – 45-minute presentations by ActiveHealth health coaches
- Participants learn about a topic that interests them
- We share information about how to maximize available benefits

ActiveHealth Management

Lunch and Learn session

An ActiveHealth presentation



Lunch and learn sessions

More than 40 topics available covering areas like:



Activity

- Fit fitness into your workday
- Get up, get active
- Team Family: Getting active together



Nutrition

- Ditch the diet mentality
- Fall in love with veggies
- Shop smart and meal plan



Stress management

- Healthy mind, healthy body
- Slowing stress
- Work, life and you



Conditions and general health

- A look at your well-being
- Cholesterol 101
- Get the details on diabetes

And many more ...

NOW AVAILABLE!



Now Available from WFHTN

- **Fueling Your Fit & Active Lifestyle Webinar** - Learn the basics of feeding and hydrating your body for an active lifestyle!
- [Gut Health Handout](#)
- [Find Your Flow Yoga Challenge](#) - Take on this beginner-friendly challenge to discover which style of yoga feels good to you by trying a variety of forms (seated, standing and on the floor), while also boosting physical and mental health.

GUT HEALTH UNDERSTANDING YOUR BODY'S MICROBIOME

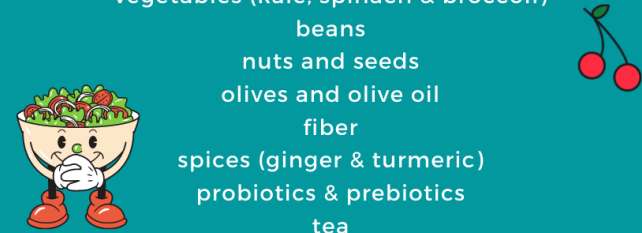
The gut microbiome is an ecosystem of bacteria that live in your large intestine. It's important for your physical health and mental wellbeing.

Gut microbiome health is reflected in many processes in our bodies, including chronic inflammation and associated disease risks. Changes in your body's microbes are linked with many health problems including: diabetes, obesity, inflammatory bowel diseases, cancer, skin disorders and tooth decay.

Diet is the major driver that shapes a person's microbiome. Eat a healthy and diverse diet, and make sure it's rich in fiber. Limit types of foods that may harm your microbiome (foods high in carbohydrates, rich in sugar or with too many artificial ingredients).

ANTI-INFLAMMATORY FOODS:

oily fish (tuna & salmon)
 fruits (blueberries, blackberries, strawberries & cherries)
 vegetables (kale, spinach & broccoli)
 beans
 nuts and seeds
 olives and olive oil
 fiber
 spices (ginger & turmeric)
 probiotics & prebiotics
 tea
 some herbs




FOOD FOR THOUGHT:

- No single food will boost a person's health. It's important to include a variety of healthful ingredients in your diet.
- Fresh, simple ingredients are best. Processing can change the nutritional content.
- Check the labels of premade foods. While cocoa can be a good choice, for example, the products that contain cocoa often also contain sugar and fat.
- A colorful plate will provide a range of antioxidants and other nutrients. Be sure to vary the colors of fruits and vegetables.

RESOURCES:

- [Your Body's Bugs](#)
- [Can Diet Help with Inflammation?](#)
- [Anti-Inflammatory Diet: What to Know](#)
- [Anti-Inflammatory Diet Do's and Don'ts](#)
- [Cut Check: What You Need to Know About the Microbiome and Nutrition](#)

Now Available from WFHTN



- **Do you think your Wellness Council is award-worthy?!**
- You can now nominate your Wellness Council (or another agency's) for one or more of WFHTN's Wellness Awards this fiscal year.
- Submit your nominations [HERE](#).

October Holidays & Health Observances

- [Eat Better, Eat Together Month](#)
- [National Breast Cancer Awareness Month](#)
- [National Dental Hygiene Month](#)
- [National Physical Therapy Month](#)
- [Mental Illness Awareness Week Bone and Joint Health Action Week National Health Education Week](#)
- [National Depression Screening Day](#) (October 7)
- [World Food Day](#) (October 16)

***Access our National Health Observances Calendar on our website at: <https://www.tn.gov/wfhtn/achievement-levels.html>*

Wellness Council Spotlight



TGMI “USO Run for the Brave 5K” Fundraiser

Department of Revenue



Susan Sagash

Labor & Workforce Development
Congratulations,
Kyle Jones!

IAIABC

NextGen

NextGen Award

2021 AWARD RECIPIENTS



Pet Photo Contest

Department of Correction

Best Action Shot
Scrappy
Owner: Nicole Whited



Best Pack
Ozzer & Storm
Owner: Tammy O'Dell



**TDOC
PET
PHOTO
CONTEST**

Best in Show
Latte
Owner: Bridgette Vaughn



Best Dressed
Jefe
Owner: Victoria Thornton



Fit for Fall Challenge

**Department of
Human Services**

FIT FOR FALL

30-day Activity Streak

SEPTEMBER 1 TO 30, 2021

Join the Challenge [HERE](#)

COMMIT to stay FIT this FALL!

- Run/walk 1 mile, or complete 20 minutes of other activity (bike, yoga, Pilates, weights, etc.) every day during the month of September
- Join an optional private Facebook group for accountability and encouragement
- Report your activity weekly
- Participants who complete the entire streak (completed 1 mile and/or 20 minutes of activity every day during September) will be entered into a drawing for PRIZES!

Upcoming WFHTN Schedule

November Wellness Council Webinar

Thursday, November 4 from 9-9:30 a.m. Central
WFHTN Team Talk! from 9:30-9:45 a.m. Central

Quarter 2 Activity List

Due Friday, January 7



Your Updates!



Questions



***Stay on for
“Team Talk”!***

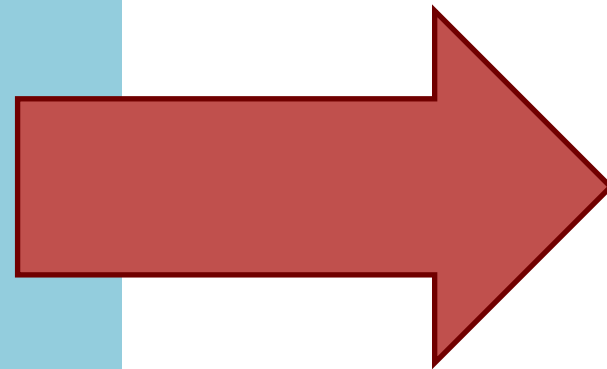
WFHTN Team Talk

Today's Topic:

INCREASING EMPLOYEE AWARENESS



Increasing Employee Awareness



YOUR WELLNESS OPTIONS

Working for a Healthier TN

This workplace wellness initiative encourages and enables state employees to lead healthier lives by providing wellness tools and support to state agencies.

Each agency has a **Wellness Council**. This is a team of employees who organize activities that promote good health for their co-workers.

We provide activities, challenges, handouts, healthy recipes, success stories, team building exercises, webinars and more that focus on the following areas:

- Well-being
- Physical Activity
- Healthy Eating
- Tobacco Cessation

Website: tn.gov/wfhtn



Here4TN Employee Assistance Program

Here4TN helps state employees and their families get the most out of life. They can help with small questions, big problems and everything in-between, such as:

- Managing stress
- Improving relationships at home or work
- Addressing legal and financial concerns
- Getting the most out of your career
- Finding child development, childcare or eldercare resources
- Getting past emotional issues or grief
- Addressing depression, anxiety or substance use issues

This service is confidential, and specialists are available 24/7 for all state employees.

Website: www.here4tn.com



ActiveHealth Management

This wellness program is available to state health plan members. It includes:

- a health assessment and onsite biometric screenings
- coaching support (one on one personal coaching by phone, group coaching and online)
- support for chronic conditions such as asthma, diabetes, COPD and other conditions
- help with quitting tobacco
- a web portal and mobile app, allowing access to many other online resources
- cash incentives for completing certain activities

Website: <http://go.activehealth.com/wellnesstn>



Increasing Employee Awareness

HELP US SPREAD THE WFHTN WORD!

- Share WFHTN's website: tn.gov/wfhtn
- Share the [WFHTN Recorded Overview](#).
- Request a WFHTN activity to be included in an all-staff meeting.
- Personally invite others!
 - Invite 1-2 co-workers to events
 - Invite leadership to be involved.
- *What else!?*



Follow Us on Social Media!



[/WFHTN](#)



[@WFHTN](#)



[@WorkingForAHealthierTN](#)



[/TNSiteChampions](#)