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December Wellness Council Webinar



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HEALTHIER TN

In collaboration with the ParTNers for Health Wellness Program

Today's Agenda

- **Fun Fact Challenge**
- **WFHTN Team Update**
- **Here4TN Scavenger Hunt**
- **All-Department Physical Activity Challenge & Top 6 Tournament**
- **Wellness Council Spotlight**
- **Upcoming Monthly Handout Topics**
- **December Health Observances**
- **Upcoming Schedule**
- **Roll Call & New Program Ideas**

Fun Fact Challenge



Are you ready for the Fun Fact Challenge?

Kayla Livesay



Are you ready for the Fun Fact Challenge?

Lindsey Joe

Fun Fact Question #1:

Adults with diabetes are nearly _____ as likely to die from heart disease or stroke as people without diabetes.

- 2 times
- 3 times
- 4 times

Fun Fact Question #2:

When is the Q3 Point Tracker due?

Answer: MM/DD

Fun Fact Question #3:

Who is our Employee Assistance Program (EAP) provider?

Answer: _____

Tie-Breaker Fun Fact Question:

Who can participate in the 2020 All-Department Physical Activity Challenge?

- **The top 6 departments**
- **Departments by invite-only**
- **Any department**

New West TN Wellness Coordinator

- Meet Courtney!





HERE4TN SCAVENGER HUNT (DECEMBER 6-20, 2019)

Here4TN Scavenger Hunt



HERE4TN SCAVENGER HUNT

Scavenger Hunt Questions

Question: 1 / 3
How many EAP counseling sessions can you receive at no cost?

! Incorrect - the correct answer is FIVE.

Scavenger hunt will include 8 multiple choice questions. If incorrect answer is selected, member will be shown correct answer.

One

Two

Three

Four

Five

NEXT

MENU 2/3 topic 1 66% complete 2m time spent

Here4TN Scavenger Hunt

- Link to [Here4TN Scavenger Hunt](#) will be sent to Wellness Council Chairs on **Friday, December 6th at 8 a.m. Central.**
- First 50 employees to complete the Scavenger Hunt will win a Here4TN Journal.

All-Dept. Physical Activity Challenge

During Spring 2020, 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.
- No set minimum or maximum number of team members.
- Each department represents ONE team.
- Each participant sets their own personal physical activity goal.
- Challenge dates: March 23-April 19.

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 six departments determined after Q3 (January-March 2020)
- Challenge dates: April 27-May 22





WELLNESS COUNCIL SPOTLIGHT

Get Fit Bit by Bit Challenge

- 62 participants
- Departments that participated:
 - Agriculture
 - Correction
 - DIDD
 - Human Services
 - Safety & Homeland Security



Dept. of Human Services

- **Department of Human Services** – fitting fitness into their workday!
- Wednesday WebEx 10-minute fitness videos
- Line dancing classes
- Thriller dance break for Halloween
- Participated in kickball tournament
- Participated in tug-of-war event



DCS September Step-Up to Health Challenge

- 718 registrants
- >53,908 points for healthy habits were accrued over the four weeks
- *“I plan on continuing to strive to be healthier because I feel so much better being healthier. It just really helps to have all the support and understanding. I have truly enjoyed and would definitely do other challenges to become a healthier me.”*



F&A Mindfulness RENEW Challenge

- 64 registrants
- Week long challenge to practice becoming more present in the moment
- *“Having a reason to make time for mindfulness. I seldom make the time for it.”*



JOIN THE F&A WELLNESS COUNCIL FOR A

MINDFULNESS RENEW CHALLENGE

According to research, regular practice of mindfulness – even for short periods – provides a variety of health benefits, such as improving your focus, decreasing anxiety, reducing depression and boosting your immune system.

Participate in this week-long challenge to practice becoming more present in the moment!

Monday, September 23rd - 30th

Sign-up for this challenge at:
bit.ly/FAwellnessRSVP

Labor & Workforce Development

Every Friday in October, LFWD employees had a Pink Out—wearing pink to raise awareness in recognition of Breast Cancer Awareness Month. Employees from Dyersburg, Chattanooga, Memphis, Johnson City, Jackson and Nashville participated!



Mental Health & Substance Abuse Services

On November 18th, the TDMHSAS Wellness Council hosted their annual Healthy Chili Cook-Off. This year's theme was "Chili for Charity" as a few charities who participate in the TECC were available to answer questions about their organizations. Department leadership was in attendance to award the winners of the cook-off. Winners were chosen by a panel of five judges who tasted each chili prior to the event. 1st Place (for the second year in a row) - Donathan Knowles; 2nd Place - Dwan Grey; 3rd Place - Don Walker



Upcoming Monthly Handout Topics

- Healthy Holidays
- Working for a Healthier TN 101
- American Heart Month



December Health Observances

- National Influenza Vaccination Week
(December 1-7)
- National Handwashing Awareness Week
(December 1-7)

Upcoming Schedule

- **January Wellness Council Webinar**
 - Thursday, January 9th at 9 a.m. Central
- **Q2 (Oct-Dec) Point Tracker**
 - Due December 30th



Roll Call & New Program Ideas



Questions



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