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## **WORKING FOR A** HEALTHIER TENNESSEE

**December Wellness Council Webinar** 











## 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**



#### 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:**

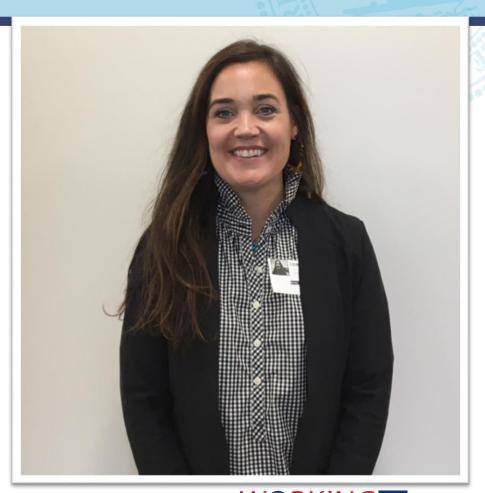
## Who can participate in the 2020 All-Department Physical Activity Challenge?

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



#### **New West TN Wellness Coordinator**

Meet Courtney!

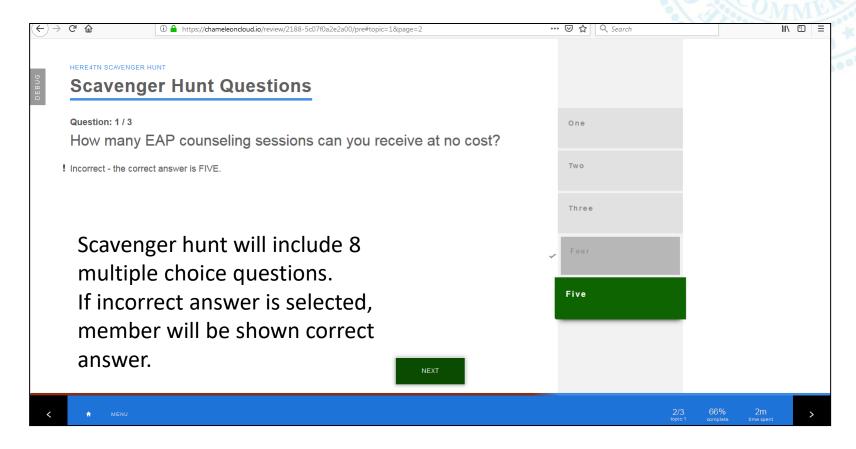




# HERE4TN SCAVENGER HUNT (DECEMBER 6-20, 2019)



## **Here4TN Scavenger Hunt**





### **Here4TN Scavenger Hunt**

- Link to <u>Here4TN Scavenger Hunt</u> will be sent to Wellness Council Chairs on Friday,
   December 6<sup>th</sup> 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 18<sup>th</sup>, 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. 1<sup>st</sup> Place (for the second year in a row) - Donathan Knowles; 2<sup>nd</sup> Place - Dwan Grey; 3<sup>rd</sup> 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 9<sup>th</sup> at 9 a.m. Central
- Q2 (Oct-Dec) Point Tracker
  - Due December 30<sup>th</sup>





## **Roll Call & New Program Ideas**



## Questions





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