

Follow us!

Join us on social media for health and wellness news, recipe ideas, motivation to reach your goals and more!



[/WFHTN](#)



[@WFHTN](#)



[/TNSiteChampions](#)



[@WorkingForAHealthierTN](#)



WORKING FOR A
HEALTHIER **TN**

WORKING FOR A HEALTHIER TENNESSEE

April Wellness Council Webinar



WORKING FOR
A
HEALTHIER **TN**

In collaboration with the ParTNers for Health Wellness Program

Today's Agenda

- **Monthly Fun Fact Challenge**
- **Guest Speakers**
- **Important Challenge Updates**
- **April Health Observances & Holidays**
- **Upcoming Dates**
- **Roll Call & New Program Ideas**

Monthly Fun Fact Challenge



Rules of the “Fun Fact Challenge”

- The first Wellness Council representative to get **2 *out of the 3*** answers correct using the **chat feature** will be crowned this month’s **Fun Fact Champion!**
- In the event of a tie, a 4th question will be used as a tie breaker.
- The questions will be centered on our three focus areas, weekly handout information and/or information from the previous month’s webinar.

Fun Fact Question #1:

True or False: Selecting healthier options when eating away from home is one way you can start eating healthier.

- a) True**
- b) False**

Fun Fact Question #2:

Name ONE way your office can celebrate National Nutrition Month and promote healthier eating habits.

Answer: _____

Fun Fact Question #3:

The following Point Tracker activity is worth how many points? *“Invite your Regional Wellness Coordinator to share information on Working for a Healthier TN at your next All Staff or Regional Meeting.”*

- a) 15 points b) 20 points c) 30 points

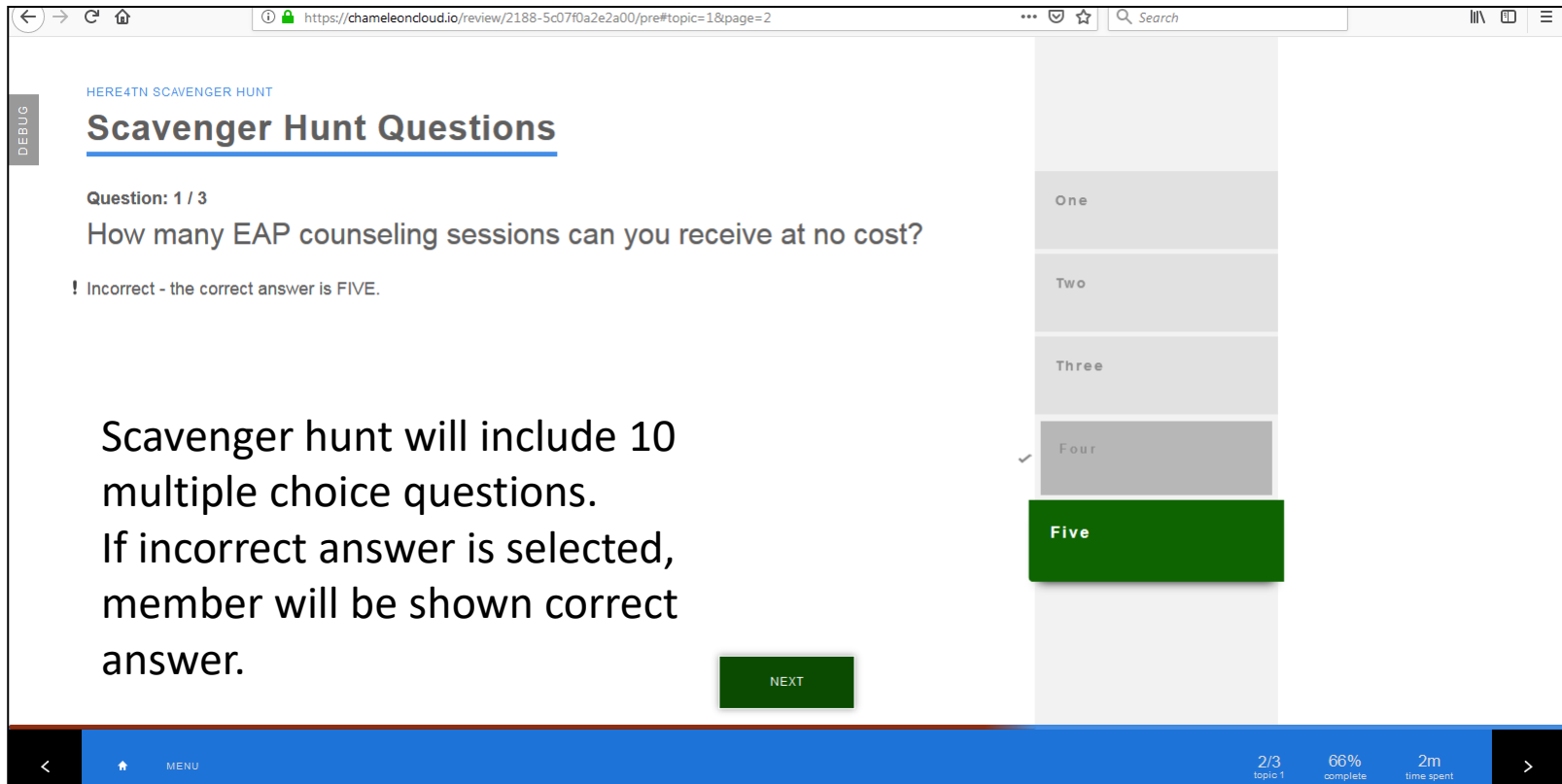
Fun Fact Tie Breaker:

Debra with DIDD shared her Success Story and how she took charge of her health! Which did Debra NOT do?

- a) bought a wearable device**
- b) followed a Keto Diet**
- c) walked five days a week**
- d) competed with co-workers in wellness challenges**

Here4TN Scavenger Hunt

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 10 multiple choice questions. If incorrect answer is selected, member will be shown correct answer.

One

Two

Three

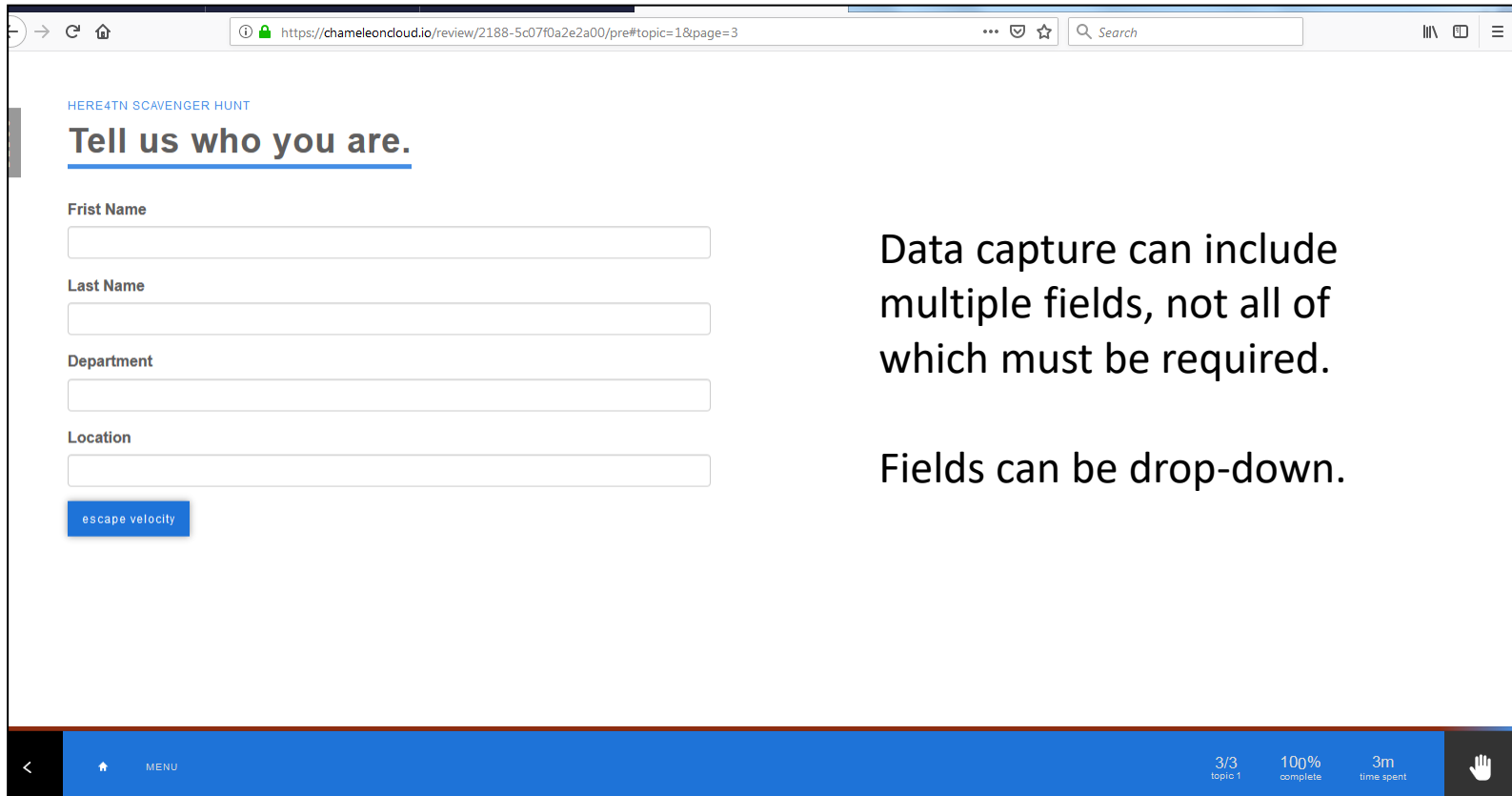
Four

Five

NEXT

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

Scavenger Hunt



HERE4TN SCAVENGER HUNT

Tell us who you are.

Frist Name

Last Name

Department

Location

escape velocity

Data capture can include multiple fields, not all of which must be required.

Fields can be drop-down.

3/3 topic 1 100% complete 3m time spent

Timeline



Task	Responsible	Q2 Date	Q3 Date	Q4 Date
Go live	Optum	5/1	9/1	11/1
Close scavenger hunt	Optum	5/10	9/10	11/10





American Red Cross

State of Tennessee - Andrew Johnson



Mission

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.

DOWN THE STREET ■ ACROSS OUR COUNTRY ■ AROUND THE WORLD

Our Services Today

Down the Street. Across the Country. Around the World.®



**Preparedness
and Health &
Safety Services**



Disaster Services



**Service to the
Armed Forces**



International



Biomedical

Primary reason for our visit today is to talk about our blood program at the State of Tennessee Buildings!



Audience Participation.....

Have you or a loved one of yours ever been treated for:

- Major surgery like open heart surgery?
- Cancer or leukemia treatments?
- Major car accident?
- Sickle cell anemia?



Audience Participation...

- Have you ever donated blood?
- Have you donated blood in the last 12 months?
- Have you donated MORE than once in the last 12 months?

EVERY TWO SECONDS, SOMEONE IN THE U.S. NEEDS BLOOD!

Donors CAN donate every 56 days – most people donate 2 or fewer times per year!



Blood Donation Facts

- Every 2 seconds, someone in the U.S. needs blood
- Approx 36,000 units of red cells, 7,000 units of platelets, and 10,000 units of plasma are needed each day in the U.S.
- Average red blood cell transfusion is approx 3 pints
- A single car accident victim can require as many as 100 pints of blood
- Blood products expire – just like milk



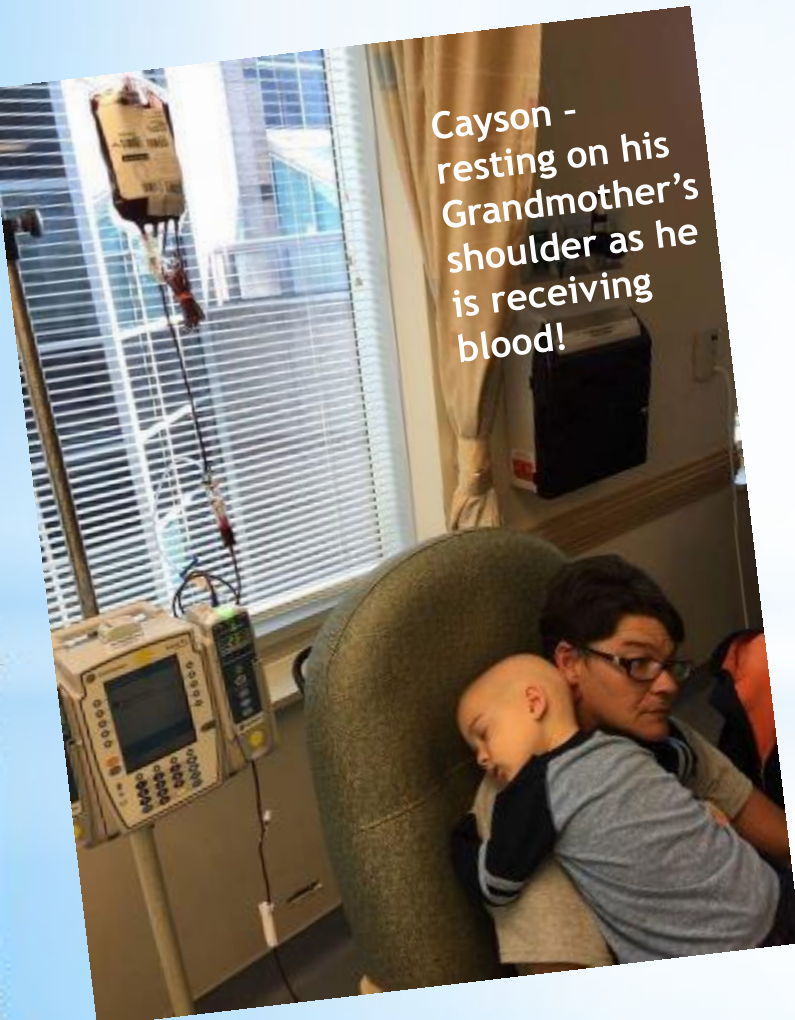
Common Reasons People Do Not Donate

- Fear of needles
- Convenience
- Nobody ever asked me - #1 reason

- Donors lost through attrition
- Importing blood to meet patient needs



Meet Cayson Spray



- * Cayson is 3 years old and he was diagnosed with Leukemia in April 2015
- * Cayson and his family travel weekly to Vanderbilt Children's Hospital -
- * In addition to all the chemo, Cayson has already received 5 blood transfusions -
- * Cayson's family would like to thank every blood donor for taking the time to donate blood - his quality of life has been greatly improved because of donors like you!

This is how much it matters...

*<https://youtu.be/o5WIFIA4XoM>.

It matters everyday to patients like this...

The Face Of The Recipient: Emily Rodgers



- Emily is diagnosed with **Cooley's Anemia**.
- Emily is a **five-year old little girl** from Charlotte, TN.
- Cooley's Anemia is a **very rare blood disorder** that does not allow her body to produce red blood cells on her own.
- The **only available treatment** for Cooley's Anemia requires Emily to undergo **regular blood transfusions** about once per month.
- Emily celebrated her **50th blood transfusion** just before her 4th birthday.
- Emily is a **life-long recipient** and will always rely on the generous donations of blood donors.

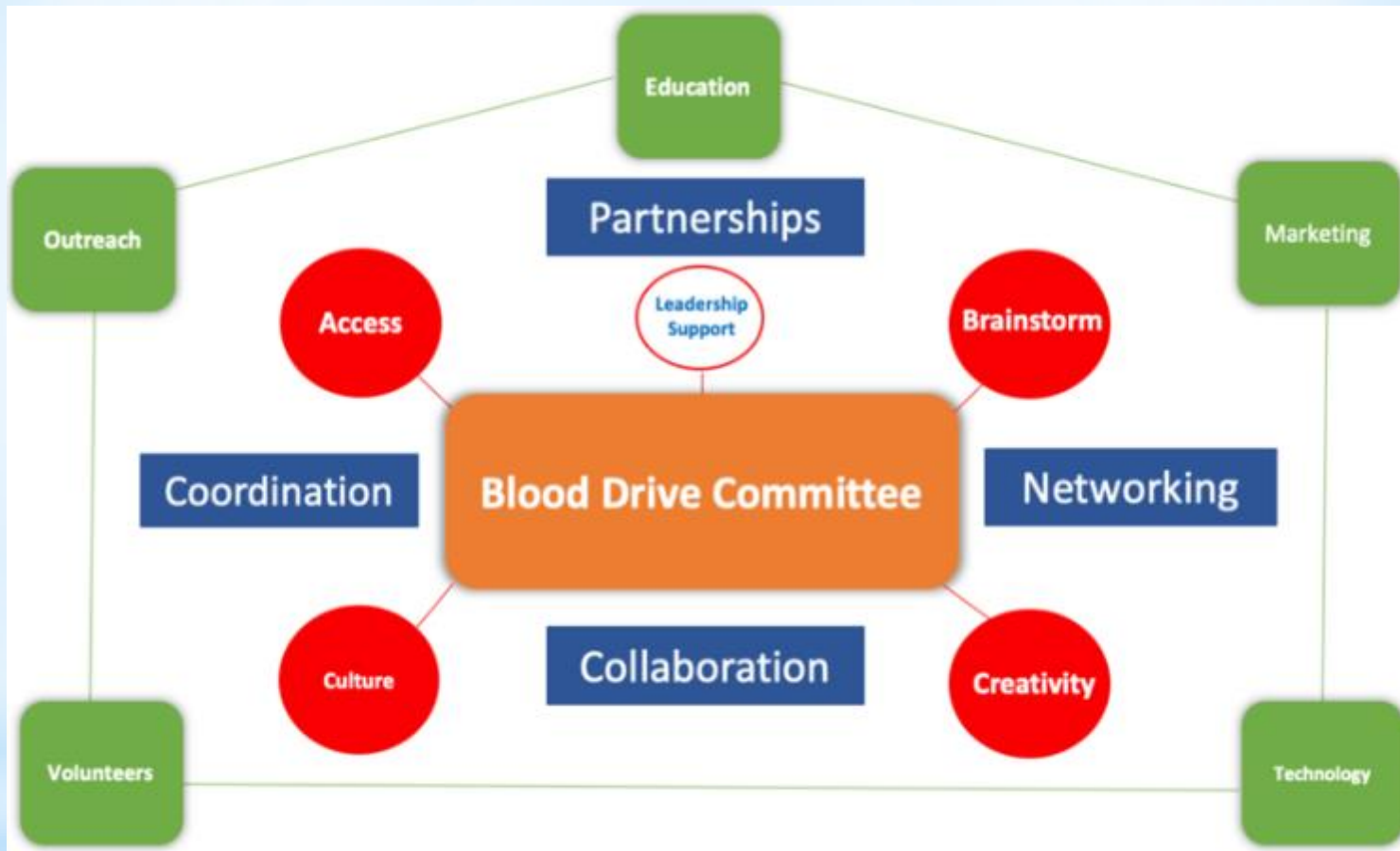


American Red Cross & Patients

NEED YOUR HELP

Will you turn your
compassion into action?

American Red Cross



FY	#BD	Total Collected	Avg./BD	Presented
2019	1	17	17	26
2018	2	53	27	57
2017	2	58	29	76
2016	2	58	29	71
2015	0	0	0	0
2014	0	0	0	0
2013	3	46	15	53
2012	4	82	21	92
2011	4	79	20	91
2010	3	59	20	74
2009	4	123	32	136
2008	6	134	32	145
2007	8	218	32	253
2006	8	229	32	266
2005	8	254	32	282
2004	8	269	32	300
2003	8	257	32	305
2002	8	311	32	373
2001	4	129	32	156
2000	2	62	31	67
Totals	85	2,438	29	2,823



Blood Drive June 19

8 a.m. - 2 p.m.

Need 40 people for this drive

American Red Cross



The GOAL IS TO GROW

- Do you have a story to share?
- Can you help by asking?

American Red Cross



American Red Cross

Blood Services Mission...

- Provide the RIGHT unit of blood
- For the RIGHT person
- At the RIGHT time

*American **R**ed **C**ross needs your continued support!*

Will you answer the call?



Thanks!

**We look forward to continuing our
partnership with you.**



**American
Red Cross**



Questions?



American
Red Cross

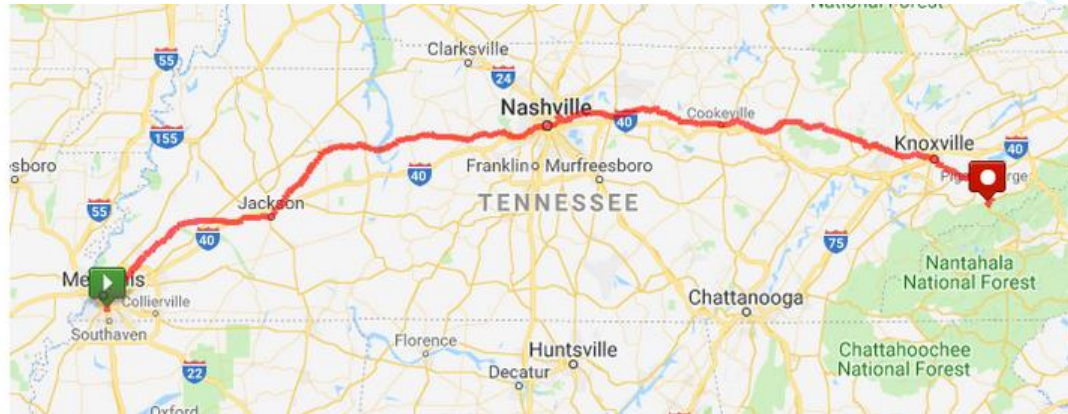


IMPORTANT CHALLENGE UPDATES



2019 ALL-DEPARTMENT PHYSICAL ACTIVITY CHALLENGE

2019 All-Department Physical Activity Challenge: Tour of Tennessee



- The goal of the **2019 All-Department Physical Activity Challenge: Tour of Tennessee** is to move more than you normally would and complete all 4 weeks of the challenge!
- Each team will move across the Tour of Tennessee Map, reaching milestones along the way, from Memphis to Gatlinburg!

2019 All-Department Physical Activity Challenge: Tour of Tennessee

- The winning team will be determined by the *average total physical activity miles*.
 - No set minimum or maximum number of team members.
 - Each participant should set their own personal physical activity goal.
 - Each participant will report their total weekly miles to their Team Captain.
- Team progress charts as well as weekly newsletters with healthy tips to help you succeed will be shared weekly!



2019 All-Department Physical Activity Challenge: Tour of Tennessee

- What counts as 1 mile of physical activity?
 - *15 minutes of moderate aerobic activity* (a handout of activities will be provided)
 - *2,000 steps*
- Physical activity can be done anywhere and anytime!
- Weekly bonus activities will be available for teams to participate in.



2019 All-Department Physical Activity Challenge: Tour of Tennessee

This challenge will begin on May 13th and end on June 7th.



More information about team registration coming soon!



2019 TOP 8 TOURNAMENT

2019 Top 8 Tournament



The top 2 departments from *each division* and the next 2 *highest performing* departments will be placed in this year's **2019 Top 8 Tournament** for the Overall Award!



WORKING FOR A
HEALTHIER TN

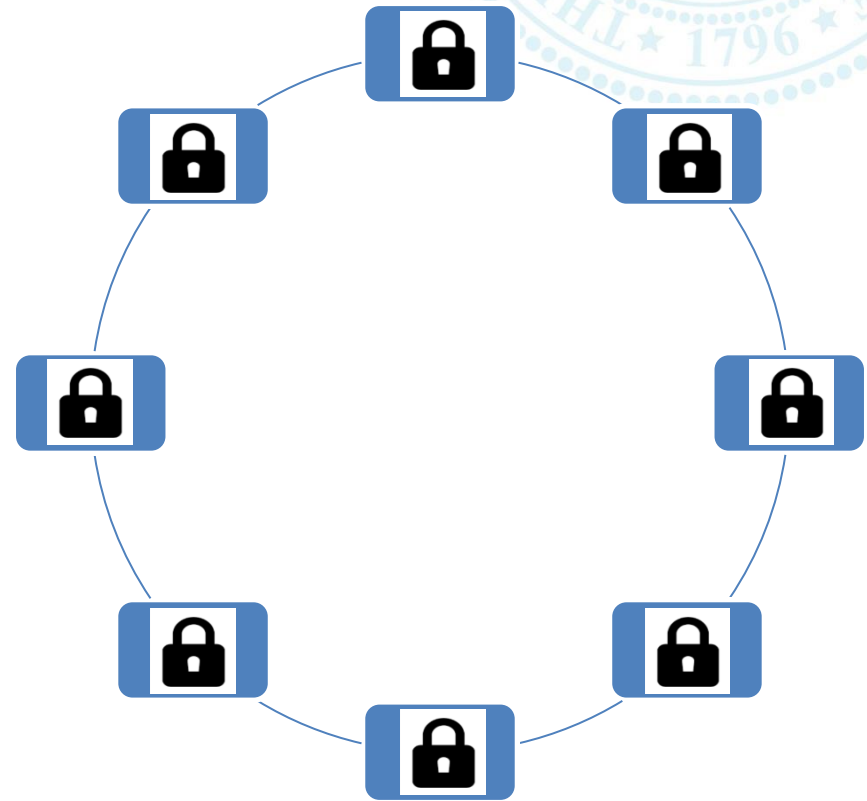
Human Services
2018 Overall Champions



WORKING FOR A
HEALTHIER TN

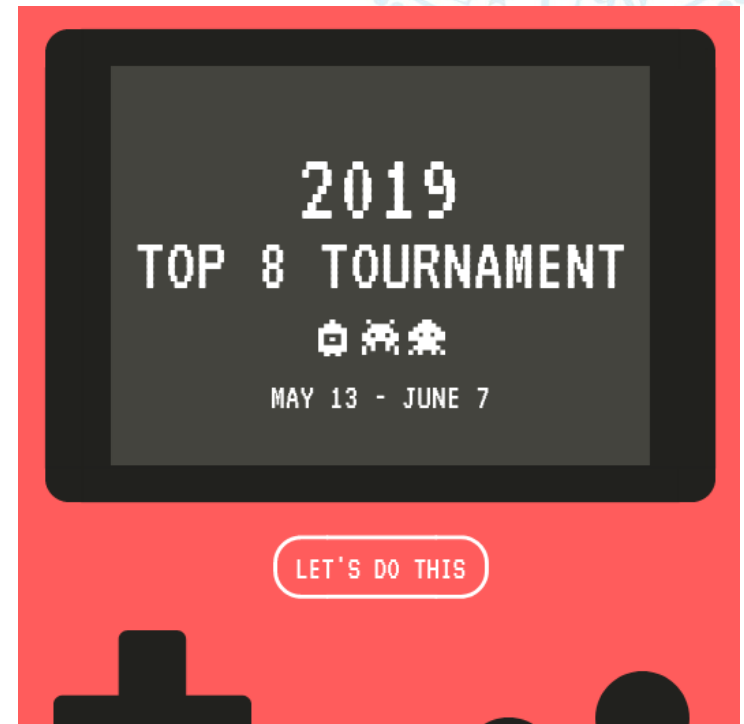
2019 Top 8 Tournament Details

- This year, departments will not need to recruit a team ahead of time and a steps challenge will not be a component of the tournament.
- The Overall Award Winner will be determined using a total of 8 separate challenges over the course of the 4-week tournament.



2019 Top 8 Tournament Details

- The Wellness Council Chair and/or Site Champion will be expected to participate throughout the tournament.
- The Top 8 Tournament will take place from May 13th through June 7th
- The top 8 departments will be announced on Monday, April 22nd!



April Health Observances & Holidays

- Stress Awareness Month (April)
- National Public Health Week (April 1-7)
- World Health Day (April 7)
- National Healthcare Decisions Day (April 16)
- National Park Week (April 20-28)

Upcoming Dates

- **May Wellness Council Webinar**
 - Thursday, May 2nd @ 9 a.m. Central
- **Q4 (April-June) Point Tracker**
 - Ends Friday, June 28th
- **2019 All-Department Physical Activity Challenge and 2019 Top 8 Tournament**
 - May 13th – June 7th



Roll Call & New Program Ideas



Questions?



Follow us!

Join us on social media for health and wellness news, recipe ideas, motivation to reach your goals and more!



[/WFHTN](#)



[@TNSiteChampions](#)



[/TNSiteChampions](#)



[@WorkingForAHealthierTN](#)



WORKING FOR A
HEALTHIER TN

WORKING FOR A HEALTHIER TENNESSEE

April Wellness Council Webinar



WORKING FOR
A
HEALTHIER **TN**

In collaboration with the ParTNers for Health Wellness Program