

## WFHTN Wellness Council Webinar Notes June 3, 2021

### Welcome

- Hello everyone! Thank you for joining our June Wellness Council webinar.
  - Please go ahead and type your department or agency in the chat to let us know who you're representing!
- Today's webinar agenda includes:
  - Tournament Highlights
  - WFHTN Achievement Levels
  - Fun Fact Challenge
  - June Activity Planner Highlights
  - Wellness Council Spotlight
  - June Health Observances
  - Upcoming WFHTN Schedule
  - Sharing
  - (Optional) WFHTN "Team Talk" – our topic today is what motivates you to be on the Wellness Council and how we may be able to increase your motivation if you need a boost.

### 2021 Tournament for the Wellness Warriors Awards

- Thank you to everyone who participated in the Tournament for the 2021 Wellness Warriors Awards! The winners will be announced during our *virtual* Annual Awards Celebration in July. More details and a link to register will be available soon!
- 14 departments competed and there were an incredible 4,118 challenge submissions.
- Here are some highlights from our daily challenges!
  - Motivation Monday
  - Take a Walk Tuesday
  - Water Wednesday
  - Think Positive Thursday
  - Foodie Friday

### WFHTN Achievement Levels

- For fiscal year 2022 (starting July 2021) we will be shifting to an *achievement levels recognition system*. With this system, agencies will not compete head to head. Instead agencies will compete with themselves. So, your own employees will work together to try to obtain a gold, silver or bronze level. Wellness Councils will engage in activities throughout the year to achieve a level.
- We will still have the Annual Celebration and will recognize Wellness Councils for their achievement levels and other accomplishments. These will be explained more during the August Wellness Council webinar.
- Now, I'll walk you through the achievement level system. Let's start with a couple of graphics.
- There are four Achievement Levels: Bronze, Silver, Gold and Platinum.
- Here is a description of each level.
- Next, let's go over some frequently asked questions.

- **Do the Achievement Levels “reset” each year?** Yes, therefore, you can try to reach the Gold Achievement Level every fiscal year. (As a reminder, the fiscal year starts July 1 and ends June 30.)
- **What happened to the Wellness Warriors Award (aka the Overall Award)?** Based on your feedback, we noticed the desire to compete against other agencies has diminished. Therefore, each agency will have the opportunity to focus on engagement in their own department to achieve a level.
- **What happened to the Monthly Activity Planner?** We are transitioning to a Quarterly Activity List, which is like the previous Monthly Activity Planners. The Quarterly Activity List will provide ideas for each focus area. The expectation is not to complete all activities listed, but rather to focus on offering a variety of quality wellness activities by communicating, engaging and inspiring change within your agency.
- **Are agencies eligible to achieve an Achievement Level if they don’t complete activities in every quarter?** If a Wellness Council completes activities at the beginning of a fiscal year (starting July 1), they are eligible to achieve an Achievement Level. If a Wellness Council only completes activities after Quarter 1 (July-September) of the fiscal year, they are eligible for other awards, but not an Achievement Level.
- **Do we need to complete activities in the same focus area(s) each quarter?** We encourage you to offer a variety of wellness activities from each focus area (Wellness Council, Physical Activity, Healthy Eating, Tobacco Cessation and Well-Being Activities).
- **What if we complete activities in only two focus areas in one quarter, but complete activities in three focus areas in the other quarters?** You will only be eligible for the Bronze Achievement Level.
- **Can my agency meet all our Achievement Level goals at once?** No. There are goals that need to be met during each quarter to be eligible for an Achievement Level.
- **Will my agency be able to “make up” goals during the year?** No, but keep in mind your agency *will* still be eligible for other awards!
- **What’s the difference between “Engage” and “Inspire Change”?** Activities in the “Engage” column are meant to involve/invite others to join in. Activities in the “Inspire Change” column are meant to encourage people to take action. We realize there is some gray area between these categories. If you have questions about where an activity fits, reach out to your Regional Wellness Coordinator.
- **How much participation is needed? If I plan something but no one shows up, will I receive credit?** We recognize that you cannot control whether employees participate in an activity, therefore you will “receive credit” for planning and promoting activities.
- **How should my agency track our goals to achieve a WFHTN Achievement Level?** We have created several planning/tracking options (Excel spreadsheet, Word document or fillable PDF) that you can choose from to track your quarterly activities. You can also highlight completed activities on the Quarterly Activity List. If another way works better for you, that’s fine! Your WFHTN Regional Wellness Coordinator can always assist you with tracking.
- **Do any items have to be turned in to my WFHTN Regional Wellness Coordinator to “count” for my agency?** You should work with your Regional Wellness Coordinator to determine the best tracking system for your department. She can assist with tracking your wellness programming each quarter. An Excel spreadsheet, Word document or fillable PDF tracker is available upon request.
- Finally, let’s look at the Q1 Activity List.

- This is for Quarter 1 (from July to September). You'll notice several options for each category (communication, engage and inspire) for each focus area. There are also some additional options that apply to the related focus area, such as sharing information on a national health observance, sharing a success story or hosting a team-building activity.
- Use this activity list as a guide for possible activities instead of trying to complete every activity suggested. Your Regional Wellness Coordinator can assist if you need additional options.
- We realize this may seem a bit overwhelming, but that's why we wanted to take time to walk you through all the pieces to this new achievement levels system. Your Regional Wellness Coordinator can assist to meet your department's needs. We will be sharing all these documents and graphics with you in the next couple of weeks.
- What questions do you have currently?

### **Fun Fact Challenge**

- Congratulations to our June Fun Fact Challenge winner, Shannon Geames from Department of Safety & Homeland Security!
- First, here's a reminder on how our Fun Fact Challenge works:
  - The first Wellness Council representative to get two out of the three answers correct using the chat feature will be crowned this month's Fun Fact Champion.
  - In the event of a tie, a fourth question will be used as a tie breaker.
  - Today, I'll be testing your knowledge on our new achievement levels systems we just discussed. Is everyone ready to play!?
- 1. **Question #1: How many achievement levels are there?**
  - Four (Bronze, Silver, Gold, Platinum)
- 2. **Question #2: When does the new achievement levels system begin?**
  - FY2022 Q1 (July 2021)
- 3. **Question #3: How many focus areas are on the quarterly activity list?**
  - Five
- 4. **TIE BREAKER: If you need help with planning or promoting activities, who can you ask?**
  - Regional Wellness Coordinator (*Kayla, Lindsey or Morgan are also acceptable answers*)

### **June 2021 Activity Planner**

- We're in the last month of quarter four which runs April through June. Today I'll highlight a few activities suggested on the June Activity Planner.
- Help the men in your life lead longer, healthier lives in honor of National Men's Health Week and National Men's Health Month by encouraging your employees to learn about their family health history.
- Encourage employees to wear BLUE on Friday, June 18th for Men's Health Month.
- As always, these activities are ideas for consideration. You absolutely can be creative and put your own spin on an idea or think of something else to best fit your agency's needs. We have lots of new [challenges and activities available on our website](#), including:
  - [WFHTN Scavenger Hunt](#) – Are you familiar with Working for a Healthier TN and all the great resources they offer? Learn more while you search for specific items on the WFHTN website.
  - [Personalize My Plate Challenge](#) – Take a more personalized approach to the nutrition your body needs in this two-week challenge.

### **June Holidays & Health Observances**

- [Alzheimer's & Brain Awareness Month](#)
- [Great Outdoors Month](#)
- [Men's Health Month](#)
- [National Fresh Fruit and Vegetable Month](#)
- [National Safety Month](#)
- [Men's Health Week](#) (Week leading up to Father's Day)
- [National Garden Week](#) (First full week in June)
- [World Bicycle Day](#) (June 3)
- [National Herbs & Spices Day](#) (June 10)
- [National Get Outdoors Day](#) (Second Saturday in June - June 12)
- [Family Health & Fitness Day USA®](#) (Second Saturday in June - June 12)
- [National Eat Your Vegetables Day](#) (June 17)
- [International Day of Yoga](#) (June 21)
- [National Smoothie Day](#) (June 21)
- [National Hydration Day](#) (June 23)
- National Work from Home Day (June 24)
- As you can see, there are many health observances during the month of June. Reach out to your Regional Wellness Coordinator if you'd like assistance celebrating any of these (or any we might have missed).
- You can always access this National Health Observances Calendar on our website at <https://www.tn.gov/wfhtn/activity-planner-progress.html>

### **Wellness Council Spotlight**

We'd like to highlight some activities and challenges from different Wellness Councils during the past month.

- We love our pets!
  - We asked employees in several departments to share photos of their pets for National Pet Month. Look at all these sweet faces!
- The Department of Children's Services' Wellness Council hosted a PET PHOTO CONTEST in honor of National Pet Month. They received 385 votes and the winners were: SAGE – Best in Show, MAX – Best Senior, Lyla & KIKI – Best Pack
- You asked employees to share their best food puns. Here are a few of the great submissions we received.
- Department of Environment & Conservation
  - In April TDEC held a "Restore Our Earth" video contest where each division made an Earth Day video. TDEC's Office of External Affairs won by receiving the most likes! Together, the videos engaged nearly 1,500 individuals on how they can help Restore Our Earth.
  - Link: <https://www.tn.gov/environment/program-areas/opsp-policy-and-sustainable-practices/state-government-and-institutions/earth-day-2021.html>
- Department of Economic & Community Development
  - ECD has been joining together virtually the first Wednesday of each month to talk about different topics or play trivia. In April they talked about stress management and then did a virtual team building exercise. In May, they talked about technology addiction and ways to break the habit.

- During May, the DCS Wellness Council introduced a new Wellness Council member each week so staff could meet the employees who help plan and promote their workplace wellness activities.
- The F&A Wellness Council took advantage of the FOODIE FRIDAY theme during the 2021 Wellness Warriors Tournament and invited employees to swap healthy recipes on WebEx. Even Commissioner Eley shared a “Garlic Roasted Broccoli” recipe.

Keep up the great work and please continue to share all your successes and photos with us – including tagging us on your department’s social media!

### **Upcoming WFHTN Schedule**

- **June Activity Planner**
  - Due June 30
- **July Wellness Council Webinar**
  - Thursday, July 1, 9-9:30 a.m. Central
  - 9:30-9:45 a.m. Central – WFHTN Team Talk!
- **WFHTN Annual Awards Celebration (VIRTUAL)**
  - Thursday, July 22 9-10:30 a.m. Central
  - We will provide more details and a link to register soon!

### **Your Updates**

- If you haven’t already, please let us know in the chat which department you’re representing.
- Let’s take some time to share what’s going on in your department. What wellness activities, challenges or programs would you like to share?
  - Agriculture
  - Children’s Services
  - Commerce and Insurance
  - Commission on Aging and Disability
  - Correction
  - Economic and Community Development
  - Education
  - Environment and Conservation
  - Finance and Administration
  - Financial Institutions
  - General Services
  - Health
  - Human Resources
  - Human Services
  - Intellectual and Developmental Disabilities
  - Labor and Workforce
  - Mental Health and Substance Abuse Services
  - Military
  - Revenue
  - Safety and Homeland Security
  - TBI
  - TennCare
  - TN Courts
  - Tourist Development

- Transportation
- Tricor
- TWRA
- Veterans Services

### **Questions**

If you have any questions, we'd be happy to answer those now.

*Remember, stick around for our "Team Talk" if you'd like! If you need to leave this meeting, thank you for attending today's webinar!*

### **Team Talk**

- Welcome to our Working for a Healthier Tennessee Team Talk!
- Again, this opportunity is optional, but can be a different way to connect with fellow Wellness Council members across agencies and brainstorm with one another.
- As you can see, we already have some topics thanks to your outreach to us. I will help facilitate the discussion and the WFHTN Team will chime in, of course. However, if you have other topics you'd like to bring up, please do! This is an open forum and we're here to help.
- Let's start with...
  - What motivates you to be on the Wellness Council?
  - Is there something specific that would nudge you to want to do more?

Thank you for sticking around for our WFHTN Team Talk! We hope this was a good opportunity to bounce ideas off one another. As always, please reach out to your Regional Wellness Coordinator if you have any follow-up questions or suggested discussion items. Have a great rest of your day!