

WFHTN Wellness Council Webinar Notes
March 4, 2021

Welcome

- Hello everyone! Thank you for joining our March Wellness Council webinar.
 - Please go ahead and type your department or agency in the chat box to let us know who you are representing!
- Today's webinar agenda includes:
 - Fun Fact Challenge
 - National Nutrition Month
 - Quarterly Checklist and Tournament
 - Wellness Council Spotlight
 - March Health Observances
 - Upcoming WFHTN Schedule
 - Who or What Am I? Guessing Game
 - Sharing
 - Optional WFHTN "Team Talk"

Fun Fact Challenge

- Congratulations to our March Fun Fact Challenge winner, Abby Sparks from Department of Human Services!
- 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.
 - Please type out the complete answer – These are all true or false, so T and F will not count.
 - Using the chat feature, let me know who's ready to play our March Fun Fact Challenge!?

1. True or False. A vegetarian diet can provide the recommended amount of protein for people of all ages.

- **TRUE.** *A vegetarian eating style can meet nutrient needs, including protein, for infants to older adults, if it's well-planned and includes a variety of foods.*

2. True or False. All types of dietary fat are the same.

- **FALSE.** *Healthier types of fat come from plant-based sources, such as vegetable oils and nuts. Fish, like salmon, also contain heart healthy forms of fat. Saturated fats and trans fats may increase the risk of heart disease, so it is recommended that these types of fat be limited. You can do this by choosing lean cuts of meat, skinless poultry and low-fat or fat-free dairy products and by reviewing the Nutrition Facts Label.*

3. True or False. A gluten-free diet is recommended for weight loss.

- **FALSE.** *A gluten-free diet is medically necessary for individuals who have been diagnosed with celiac disease or non-celiac gluten sensitivity. It is not recommended for weight loss and is often customized by a registered dietitian nutritionist to help meet nutrient needs.*

TIE BREAKER: True or False. Frozen and canned fruits and vegetables can be nutritious choices.

- **TRUE.** *Frozen and canned fruits and vegetables can be just as nutritious as fresh produce. Look for products with no added sugars and ones that are lower in sodium.*

National Nutrition Month

- National Nutrition Month is a great time to focus on healthier eating habits. This year's theme, "Personalize Your Plate," encourages us to think about the foods we choose to eat. Fruits, vegetables, grains, protein foods, and dairy come in all sizes, shapes and colors. The combination of foods and amounts will depend on you. Many foods can fit into a healthy eating routine. Personalize your plate to find the ones that work best for you!
- A healthy eating routine, which is also known as a healthy dietary pattern, includes a combination of nutritious foods from all of the food groups (fruits, vegetables, grains, protein foods, and dairy) in the recommended amounts and within calorie limits.
- This approach to eating is important at every life stage and can have a positive effect on our health over time.
- Research has shown that a healthy dietary pattern can help to reduce the risk of many chronic conditions, including heart disease, Type 2 diabetes, some types of cancer, as well as overweight and obesity.
- Start Simple with MyPlate
 - To help you make healthier food choices, you can "Start Simple with MyPlate".
 - MyPlate serves as a reminder to include the right mix of foods when you eat. Choosing a variety of foods from each food group will help you meet your nutrient needs.
 - And remember, a healthy eating routine that includes a variety of nutritious foods from all of the food groups, and in the amounts recommended, is encouraged to help reduce the risk of diet-related chronic diseases.
 - To find out your personal food group targets, visit the MyPlate website at MyPlate.gov and "Get Your MyPlate Plan": <https://www.myplate.gov/myplate-plan>.
- If you're interested in more information about National Nutrition Month or MyPlate, please reach out to your Regional Wellness Coordinator.

Quarterly Checklist and Tournament for the Wellness Warriors Award

- **Who's in the running?!?**
 - Many of you are in the running to win our 2021 Wellness Warriors Award for this fiscal year! Remember, there will be a Wellness Warriors Award for EACH division. You're almost ready to compete in the tournament.

Q3 Quarterly Checklist

- Make sure to complete all Q3 checklist requirements by March 31st to remain eligible. Please let your Regional Wellness Coordinator know if you need help completing any of the requirements.

Tournament for the Wellness Warriors Award

- The tournament will take place from May 10th through the 14th.
- Eligible departments will be notified by their Regional Wellness Coordinator on April 12th.
- Daily challenges and all other related tournament information will be given to eligible departments two weeks prior to tournament (April 26th).
- We will have optional WFHTN 2021 Tournament Q&A Webinars on April 27th at 10 a.m. and April 28th at 12 p.m. Central. We will share calendar invites closer to those dates for those who would like to attend.

March 2021 Activity Planner

- Today I'll highlight a few activities suggested on the March Activity Planner.

- **Here4TN Scavenger Hunt**
 - The next Here4TN Scavenger Hunt will begin on Monday, March 8th and end Friday, March 19th.
 - Be on the lookout for the link from your Regional Wellness Coordinator. A prize will be given to 50 random employees who complete the scavenger hunt. Those who win a prize will be notified by the Working for a Healthier Tennessee team.
- **Frozen Foods Month**
 - Share these WFHTN recipes:
 - Sheet Pan Shrimp Fajitas (from frozen)
 - Quick & Easy Stir Fry (from frozen)
 - Roasted Brussels Sprouts (from frozen)
- **International Day of Happiness is Saturday March 20th**
 - Plan a two-week “Happiness Fest” leading up to the holiday to encourage employees to experience and uncover their inner joy(s) in life.
- **Share Your Rainbow**
 - Have your co-workers share a picture in which they are enjoying at least two different colors of vegetables and/or fruit.

Wellness Council Spotlight

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past month.
- **Wear Red for American Heart Month**
 - Many employees across the state participated in Wear Red Day on Friday, February 5th.
- **Department of Revenue** hosted a Mile-Per-Day Challenge. They shared a sidewalk message of *“Love everyone. Be the light. Words matter.”*
- **Departments of Health and Human Services** collaborated to host a virtual yoga class. They had over 50 attendees. Shout out to Denise and Kristina!
- 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!

March Health Observances

- [National Colorectal Cancer Awareness Month](#)
- [National Kidney Month](#)
- [National Nutrition Month](#)
- [National Frozen Food Month](#)
- **Save Your Vision Month**
- **Workplace Eye Wellness Month**
- [World Salt Awareness Week](#) (March 8-14)
- [National Sleep Awareness Week](#)
- [World Kidney Day](#) (March 11)
- [World Sleep Day](#) (March 19)
- [World Water Day](#) (March 22)
- [American Diabetes Alert Day](#) (March 25)
- You can always access this National Health Observances Calendar on our website at: <https://www.tn.gov/wfhtn/activity-planner-progress.html>

Upcoming WFHTN Schedule

- **March Activity Planner**
 - Due March 31st
- **Q3 (Jan-Mar) Checklist**
 - Due March 31st
- **March Wellness Council Webinar**
 - Thursday, April 1st 9-9:30 a.m. Central
 - 9:30-9:45 a.m. Central – WFHTN Team Talk!

Who or What Am I?

- Who's ready to play a fun guessing game?!
- I will start the game by giving you clues about my word and you all will guess. Please use the chat to submit your guesses.
- The person who guesses correctly first will get a word via private chat from Morgan.
- You will unmute yourself and give us clues until someone correctly guesses your word.
- We will continue as time permits. Whoever guesses the most correct will win a prize! Does anyone have any questions before we get started?
- *(Kayla will start by giving clues for "stairs".)*
- Word List:
 - Stairs
 - Wellness Break
 - Water Bottle
 - Deskercise
 - Blueberry
 - Meditation
 - Yoga
 - Nature
 - Green Bean
 - Book
 - Almond
 - Sun
 - Push-Up
 - Grocery Store
 - Teacher

Congratulations to Abby Sparks from Department of Human Services for winning this Team Building activity!

Updates

- If you haven't already, please let us know in the chat box 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 TN 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 are here to help.
- Let's start with...
 - Wellness Council Survey Feedback
 - *Suggestion: Guest speaker at meetings*
 - *Question for group: What topics would you be interested in?*
 - *Suggestion: More WFHTN hosted challenges and activities*
 - *Question for group: What types of challenges and activities interest your employees most or which get you the most participation?*
 - *Suggestion: More virtual (work-from-home) activities*

- *Question for group: Do you have any suggestions for more virtual activities?*

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 WFHTN Regional Wellness Coordinator if you have any follow-up questions or suggested discussion items. Have a great rest of your day!