

WFHTN Wellness Council Webinar Notes October 7, 2021

Welcome

- Hello everyone! Thank you for joining our October 2021 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:
 - Wellness Whiz Quiz
 - Special Guest
 - WFHTN Quarterly Activity List
 - Now Available
 - Wellness Council Spotlight
 - October Health Observances
 - Upcoming WFHTN Schedule
 - Sharing
 - WFHTN "Team Talk" (optional)

Wellness Whiz Quiz

- Congratulations to our October 2021 Wellness Whiz, Christina Lovari from the Department of Commerce & Insurance!
 - Here are our rules for how the Wellness Whiz Quiz 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 Wellness Whiz.
 - In the event of a tie, a fourth question will be used as a tie breaker.
 - Please type out the complete answer.
 - Using the chat feature, let me know who's ready to play our October Wellness Whiz Quiz!
1. **TRUE or FALSE: When a grain is "whole," this means that some of the grain kernel is still there.**
1. FALSE
 2. **The "Active Health Index" is a single value metric between 0 and __ __.**
1. 100
 3. **Suicide touches everyone—but especially ____ -age adults.**
1. working
 4. **TIE BREAKER: Nearly one in __ adults has high blood pressure.**
1. two

WFHTN Quarterly Activity List

- We are in a new quarter of the fiscal year! Quarter two includes October, November and December 2021.
 - A new quarter means another chance to solidify your Achievement Level status for the fiscal year. Is your Wellness Council going to be a bronze, silver or gold level Wellness Council!?
- **October 2021 Suggestions**
 - Here are some suggestions for October to start the second quarter strong and put your Wellness Council in a position to potentially achieve GOLD LEVEL status!

- Starting with the top WELLNESS COUNCIL Focus Area row – you can knock out this entire row by (a) simply sharing the Q2 Activity List with your Wellness Council members; (b) you are already attending this October Wellness Council Webinar; and (c) schedule a Wellness Council meeting with your Wellness Council members to get their input and ideas for the rest of this calendar year.
- For the PHYSICAL ACTIVITY Focus Area:
 - Don't miss your chance to highlight '[Bone and Joint Action Week](#)' mid-October; as well as encourage a fun, family-friendly way to get active outdoors this season – visit a [corn or hay maze](#)!
- You can take a similar approach in the HEALTHY EATING Focus Area by encouraging your staff to go [Pick TN Products](#)!
 - ASK: Has anyone done either of these things in years past? Do you have any insider tips or recommendations?
- That brings us our last Focus Area, WELL-BEING.
 - Let me share a bit more about [NATIONAL HEALTH EDUCATION WEEK](#) before touching on the ActiveHealth webinar opportunities.
 - NATIONAL HEALTH EDUCATION WEEK
 - This pre-made one-week challenge is intended to help employees increase their health literacy.
 - One of the wonderful things we get to do in adulthood is take our health into our own hands.
 - Using a six-step checklist, participants will work their way through topics like: how to talk with their doctor, understanding medical terminology, evaluating internet health info and spotting bad science!
 - The last October activity I want to call out before handing things over to our special guest, is the two “Behavioral Health and Wellness” webinars WFHTN has scheduled for you on October 15 and 20. We selected this topic for “Emotional Wellness Month”. All you have to do is share about these events to get credit toward your Achievement Level status.

Special Guest - Nicole Rieman, Onsite Wellness Coordinator, ActiveHealth

- Nicole Rieman Onsite Wellness Coordinator with ActiveHealth is here with us today to review the ActiveHealth Management Lunch and Learn Series for ParTNers for Health that's available to you.

Now Available from WFHTN

- **Fueling Your Fit & Active Lifestyle Webinar** - Learn the basics of feeding and hydrating your body for an active lifestyle!
- [Gut Health Handout](#)
- [Find Your Flow Yoga Challenge](#) - Take on this beginner-friendly challenge to discover which style of yoga feels good to you by trying a variety of forms (seated, standing and on the floor), while also boosting your physical and mental health.
- **THINK YOUR WELLNESS COUNCIL IS AWARD-WORTHY?!**
 - You can now nominate your Wellness Council (or another agency's) for one or more of WFHTN's Wellness Awards this fiscal year. These awards include:

- Communicator of the Year, Innovator Award, Most AWS-Friendly, Most Engaging, Most Improved, Most Inspiring, Most Well-Rounded Wellness Council, Thinking Outside the Desktop Award and the WFHTN All-Star
- Submit your nominations [HERE](#).

October 2021 Holidays & Health Observances

- [Eat Better, Eat Together Month](#)
- [National Breast Cancer Awareness Month](#)
- [National Dental Hygiene Month](#)
- [National Physical Therapy Month](#)
- [Mental Illness Awareness Week](#)
- [Bone and Joint Health Action Week](#)
- [National Health Education Week](#)
- [National Depression Screening Day](#) (October 7)
- [World Food Day](#) (October 16)
- You can always access our National Health Observances Calendar on our website at: <https://www.tn.gov/wfhtn/achievement-levels.html>

Wellness Council Spotlight

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past month.
 - **Tennessee Government Management Institute “USO Run for the Brave 5K” Fundraiser**
 - Thank you to all who shared about the TGMI fundraising effort to support the military and their families.
 - Pictured: Susan Sagash (Department of Revenue)
 - **Labor & Workforce Development**
 - Congratulations to Kyle Jones, one of the leaders in the Labor & Workforce Development Wellness Council! Kyle recently was awarded the “NextGen Award” from the International Association of Industrial Accident Boards and Commissions. Here is more information from a newsletter article about his achievement:
 - *The IAIABC is an international association that shares best practices and facilitates conversations to further the advancements in the workers’ compensation industry. One such way they do this is by recognizing talented individuals under the age of 40 who are having a substantial and positive impact on workers’ compensation and leading the industry into the future.*
 - *Kyle’s fingerprints can be seen across many of the public-facing outlets like the LWD website, videos, brochures, social media, and in the newsletter. He likes to say that his job is to help make state government services more visual through video and graphic design. One major motivator for his nomination for the NextGen Award was his undertaking of converting a 2020 conference into a virtual experience. With no reported glitches, no “technical difficulties”, and a cost-savings approach, the conference was an overwhelming success!*
 - He will officially receive his award later this month. Way to go, Kyle!!
 - **Pet Photo Contest**
 - Correction hosted a pet photo contest. They had 135 entries and more than 1,000 votes! The winners from each category are pictured. Best Action Shot – Scrappy, Best Pack – Ozzer and Storm, Best in Show – Latte, Best Dressed – Jefe.

- **Fit for Fall Challenge**
 - Human Services hosted a Fit for Fall Challenge. They had more than 30 participants. The goal was to commit to being active every day in September.
- Keep up the great work and please continue to share all your successes and photos with us. Don't forget, you can even send them to us directly on social media! Tag us, or send them in a comment or a direct message.

Upcoming WFHTN Schedule

- **November Wellness Council Webinar**
 - Thursday, November 4 from 9-9:30 a.m. Central
WFHTN Team Talk! from 9:30-9:45 a.m. Central
- **Quarter 2 Activity List**
 - Due Friday, January 7

Your 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 Development
 - 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 discuss, please do! This is an open forum and we are here to help.
- Let's start with...
 - **INCREASING EMPLOYEE AWARENESS**
 - "You don't know what you don't know until you know it."
 - Let's take a step back to better understand the bigger picture. The State of Tennessee provides us with several options to be well. (Link: [YOUR WELLNESS OPTIONS](#))
 - Each entity is separate and unique in terms of the services it offers.
 - We want your help in spreading the WFHTN word – as we feel it will all come full circle. (The more employees know about your Wellness Council efforts, the more they can engage with you and practice healthier habits.)
 - It's likely you have co-workers (new and old) who really don't know what WFHTN is all about.
 - But the good news is - there are SO many ways to "spread the word" about your Wellness Council and the WFHTN initiative.
 - Here are some of our ideas:
 - Share WFHTN's website: tn.gov/wfhtn
 - Share the [WFHTN Recorded Overview](#)
 - Request a WFHTN activity to be included in an all-staff meeting. (Your WFHTN Wellness Coordinator can come to the meeting and speak/lead activities!)
 - Personally invite others!
 - Invite one or two co-workers to event.
 - Invite leadership to be involved. (For example: Serve as "judges" in a competition.)
 - ASK: What else would you add?

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