

WFHTN Wellness Council Webinar Notes
March 3, 2022

Welcome

- Hello everyone! Thank you for joining our March Wellness Council Webinar.
 - Please go ahead and type your agency in the chat to let us know who you're representing!
- Today's webinar agenda includes:
 - National Nutrition Month Expert Panel
 - Quarterly Activity List
 - Wellness Council Spotlight
 - What's New?!
 - Healthy Eating Activity
 - Upcoming Schedule
 - Sharing

National Nutrition Month Panel

- As you may already know, we have two registered dietitian nutritionists on our team, Lindsey Joe and Morgan McFarlane.
- Lindsey has a bachelor's degree in human ecology from The University of Tennessee Knoxville and completed the dietetic internship program at Vanderbilt University Medical Center.
- Morgan has a bachelor's degree in nutrition: dietetics from the University of Tennessee Chattanooga. She completed her dietetic internship in Washington, D.C. It was there she fell in love with the public health side of dietetics, which inspired her career path and decision to obtain a master's degree in public health, with an emphasis in health promotion, from Northern Illinois University.
- Today, they're going to share why they chose this career path, their top three tips for eating healthier and clear up some common healthy eating myths.
- Let's jump right in. We'll start with why they chose this career path.
 - Lindsey
 - Morgan
- Now, let's shift to their top three tips for eating healthier.
 - Lindsey
 - 1) Plan – address meal planning
 - 2) K.I.S.S. (Keep It Simple, Silly)
 - 3) Forget Labels – meaning don't worry about being a “healthy eater” vs. “unhealthy eater”
 - Morgan
 - 1) Plan
 - 2) Figure out your “why” (regarding eating habits)
 - 3) Be kind, gentle and true to yourself
- Finally, any common myths you would like to clear up for us today?
 - Lindsey
 - Myth: Eating before bed is bad; you shouldn't eat late at night/after ___ o'clock
 - Morgan
 - Myth: Healthy eating/living has to be expensive

- A big thanks to Lindsey and Morgan for sharing so much wonderful information with us today. I hope you found this helpful to get to know our subject-matter experts and learn some of their top tips. Please remember to utilize them as a resource if you need any information or programming for your agency.

WFHTN Quarterly Activity List

- We're in the last month of quarter three of the fiscal year! Don't forget to submit your Wellness Council award nominations using the provided Google Form ([HERE](#)).
- **March 2022 Suggestions**
 - I'd like to share some March activity suggestions:
 - **Well-being, Engage:** In honor of International Day of Happiness on March 20, have employees submit what makes them happy in our virtual [Joy Jar](#).
 - **Well-being, Inspire Change:** Host a [Sound Sleep Challenge](#) in honor of Sleep Awareness Week (March 13-19).
 - **Healthy Eating, Inspire Change:** Share your most flavorful recipe(s) in honor of [National Nutrition Month's](#) "Celebrate a World of Flavors" theme! Employees can submit food photos and recipes to WFHT.TN@tn.gov.
 - Did you know each month we create a wellness calendar? These calendars have daily activities for employees to complete. Here are two of the activities from this month's wellness calendar:
 - Be Kind to Your Mind (Well-being, Inspire Change)
 - Self-care is not selfish. While it's important to show others kindness, you should also be mindful that your needs are critical. You'll complete at least one daily action during this wellness week activity.
 - Just Breathe (Well-being, Inspire Change)
 - This one-week activity will help participants decrease stress by learning and practicing different breathing techniques.

Wellness Council Spotlight

- ECD Steps Challenge
 - The Department of Economic and Community Development just wrapped up a six-week steps challenge. Twenty-nine employees from across ECD joined in the fun. This represents nearly a third of their entire department! Pictured are three ECD employees getting in some steps in the office.
 - They had an impressive, combined step count of over 8.5 million steps! Way to go ECD!!
- The Department of Revenue hosted a Random Acts of Kindness Week (February 14-18).
 - Each day, employees were invited to participate in the day's theme to do something nice for another person, for themselves or for their community.
 - Those who completed the challenge and filled out the day's provided form, had their names entered into a drawing for prizes. Those who submitted pictures received extra entries in the drawing.

What's New?!

- Here4TN Scavenger Hunt
 - Our next Here4TN Scavenger Hunt will be available March 7-18.
 - Your Wellness Coordinator will provide the link on Monday, March 7 for you to share with employees.
 - Fifty employees, chosen at random, who complete the scavenger hunt will win a Here4TN notebook!

- Fun Facts & Facebook Series
 - We mentioned our new Meet the Team series last month. This month, we'll be spotlighting Lindsey Joe! Make sure you're following us on Facebook! In case you missed Morgan's February spotlight, did you know she wants to travel to New Zealand to see all the beautiful scenery and of course, visit Hobbiton? To learn even more about Morgan, visit https://www.tn.gov/content/dam/tn/wfhtn/documents/wfhtn_get_to_know_morgan_mcfarlane.pdf.
- WFHTN Survey
 - We'd like to share some of the results from last month's WFHTN survey. One question was "How long would you be willing to participate in a workplace wellness activity during your workday?" 1,274 out of 1,602 employees (80%) said they prefer 15-to-30-minute activities.
 - Another question we asked was "Which type of workplace wellness challenge(s) would you be most willing to participate in?" Eighty-two percent of employees said they prefer individual challenges and 49% prefer group challenges.
 - We also asked employees to rate their interest in a variety of health and wellness topics. The responses on this graph are those that said they were very interested. Our team will make sure to continue to offer a variety of topics to meet employees' needs. If you need additional information or resources on any of these topics to share with your agencies, please reach out to your Wellness Coordinator.
- WFHTN Restructure
 - In the next months, you'll notice some restructuring within our initiative. We will be shifting from an individual agency approach to statewide outreach. With this plan, our hope is to give all agencies and employees the same resources and opportunities. Our team will be hosting more regular webinars, activities and workouts that will be open to all state employees. Since this is our full-time job, we want to take any burden of wellness planning and hosting off you all. You'll notice more activities from the quarterly activity lists being hosted by us. We'll also share about national health observances and other relevant information in our weekly newsletters. These newsletters will be sent to you for you to easily forward to your agency's employees if you choose. For those of you who truly enjoy and have the time to be creative and offer your employees agency-specific opportunities, we are still here to support you 100%. I'm happy to answer any questions now and throughout the next couple of months while we transition into this new approach.

Healthy Eating Activity (LJ)

- At WFHTN, when it comes to food, we embrace the approach of "making every bite count" and we aim to honor an individual's personal preferences, cultural traditions and budgetary considerations when encouraging healthier eating practices.
 - Part of this means being more mindful about how we talk about food as it has the power to shape our eating attitudes and behaviors over time.
 - For example, you'll be hard pressed to ever hear us say, "*Fries are bad!*"
 - Instead, we encourage you to talk about food objectively. This might sound more like, "*Fries are a higher calorie choice, and you are allowed to make different choices about what you want to eat for your health and goals.*"
- Let's practice with a few rounds of TABOO!

- Taboo Rules:
 - We will select someone (or a volunteer) and chat your CLUE WORD to you.
 - You will try to get everyone to guess your CLUE WORD without using one of the taboo words listed on the CLUE CARD.
 - (Clue cards will be shown on the screen and have a list of taboo words you cannot say.)
- ROUND 1 -- Clue word to chat: DONUTS
- ROUND 2 -- Clue word to chat: SALAD
- ROUND 3 -- Clue word to chat: AVOCADO

Upcoming Schedule

- **April Wellness Council Webinar**
 - Thursday, April 7 from 9-9:45 a.m. Central
- **Quarter 3 Activity List**
 - Due Thursday, March 31
- *For our full virtual event list, please visit tn.gov/wfhtn and scroll down to 'Activities, Workouts & Webinars'.*

Your Updates

- If you haven't already, please let us know in the chat box which agency you're representing.
- Let's take some time to share what's going on in your agency. What wellness activities, challenges or programs would you like to share?

Questions

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

Thank you for joining our Wellness Council Webinar! As always, please reach out to your Wellness Coordinator if you have any follow-up questions or suggested discussion items. Have a great rest of your day!