

WFHTN Wellness Council Webinar Notes September 2, 2021

Welcome

- Hello everyone! Thank you for joining our September Wellness Council Webinar.
 - Please go ahead and type your department or agency in the chat to let us know who you are representing!
- Today's webinar agenda includes:
 - Wellness Whiz Quiz
 - Wellness Council Spotlight
 - September Health Observances
 - Upcoming WFHTN Schedule
 - ActiveHealth Index
 - Sharing

Wellness Whiz Quiz

- Congratulations to our September Wellness Whiz, Abby Sparks from the Department of Human Services!
 - Here's a refresher on 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 win this month's Wellness Whiz Quiz!
1. **When is World Heart Day?**
 - September 29
 2. **Name one award up for grabs this fiscal year. (Hint: we shared these during last month's webinar.)**
 - Communicator of the Year
 - Most Engaging
 - Most Inspiring
 - Innovator Award
 - Most AWS-Friendly
 - Thinking Outside the Desktop Award
 - Most Improved
 - Most Well-Rounded Wellness Council
 - WFHTN All-Star
 3. **The Working for a Healthier Tennessee focus areas include Physical Activity, Healthy Eating and _____.**
 - Well-being
 4. **TIE BREAKER: True or False? Here4TN offers resources and services to help you and your family feel, live and work better.**
 - True

Wellness Council Spotlight

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past month.
 - The Department of Intellectual & Developmental Disabilities partnered with the Tennessee Bureau of Investigation for an Outdoor Office Olympics event! The event included an egg toss competition, three-legged race, softball throw, 50- and 100-yard dashes and sack races. It was such a fun time, and all are looking forward to more events like this in the future!
 - The Department of Commerce and Insurance's Wellness Council brought back their second annual *TDCILympic Games*. Teams competed for points in activities like creating SMART GOALS, creating a "Performance Plate," exercising in their DOG-CAT-HALON or KID-THALON, completing a DESKERCISE RELAY and engaging in FREESTYLE VOLUNTEERING OR FREESTYLE EXERCISE. PICTURED: Photos from their Gold Medal Winners – Team "Hung Up on You"
 - The Department of Children's Services' Wellness Council hosted a WHAT MAKES YOU SMILE CHALLENGE in honor of "National Smile Week". They asked staff members to show off their smiles by capturing a selfie or a photo of loved ones or things, pets and/or activities (like family or sporting events and hobbies) that make them smile.
- 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!

September Health Observances

- [Better Breakfast Month](#)
- [Family Meals Month](#)
- [Healthy Aging[®] Month](#)
- [National Cholesterol Education Month](#)
- [National Food Safety Education Month](#)
- [National Fruits & Veggies Month](#)
- [National Suicide Prevention Month](#)
 - [TN Crisis Services and Suicide Prevention](#)
- [National Yoga Awareness Month](#)
- [Whole Grains Month](#)
- [National Suicide Prevention Week](#) (September 6–12)
- [World Suicide Prevention Day](#) (September 10)
- [Better Breakfast Day](#) (September 26)
- [World Heart Day](#) (September 29)
- You can always access our National Health Observances Calendar on our website at: <https://www.tn.gov/wfhtn/achievement-levels.html>

Upcoming WFHTN Schedule

- **October Wellness Council Webinar**
 - Thursday, October 7 from 9-9:30 a.m. Central
WFHTN Team Talk! from 9:30-9:45 a.m. Central
- **Quarter 1 Activity List**
 - Due Monday, October 4

ActiveHealth Index

- Scott Money, Director of Account Client Management with ActiveHealth is here with us today to review the ActiveHealth Index report for 2020. As a reminder, we shared the 2019 baseline

report this time last year. This year's report will show any improvements or areas of opportunity, compared to the baseline year.

Questions

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

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

Thank you for attending today's Wellness Council webinar. Please reach out to your Regional Wellness Coordinator if you have questions or need anything at all. Have a wonderful day!