



Wellness Committee Meeting Agenda September 23, 2020

Members Sign In

Ruth Mauk, Julie Richardson, Gloria Stoverink, Erica Robbins, Dr. Jessica Maxwell

Student Wellness:

-Nutrition Education (w/ covid)

Same as normal

-Needs/ Priorities

-eating disorders (secondary), lots of anxiety/depression- incorporate into health classes

Employee Wellness:

- Screening Results
 - Blood Pressure 62% high
 - BMI 61% high
 - 41% unhealthy per health assessment
 - Highest risk for disease
 - Melanoma, diabetes, depression, breast cancer
 - Highest self-reported conditions
 - Anxiety, low back pain, high BP, depression
 - 84% interested in improving diet
 - Top diet needs
 - Sugar drinks, fast food, fried food, not enough fish
 - 89% interested in increasing exercise
 - Top stressors
 - Family life, financial worries, concern for children
- How can we tailor these results to this year's activities?
- Speakers, Calendar Challenge
- Priorities
- Anxiety/depression big theme, recommend books/resources, meal prep is a big interest- possibly figure out potluck style or recipe sharing
- Speaker Ideas

- Ruth to check on counselor speaker, “cook with me” session w/ RD, home workouts fitness professional
- Onsite vs. virtual fitness classes
- Contact HP for classes, Julie said JR high has cardio drumming equipment (show youtube video?), Offer free childcare

2020-2021 Wellness Meeting Dates

- May 3