



Wellness Committee Meeting Agenda
May 6, 2021

Review Live Healthy Program

- Survey Results
 - 90 people completed survey, 177 gift cards went out (165 in 2020)
 - 70% ranked current program 5/5
 - Top priority results
 - 46% mental health/ stress management (!!)
 - 22% physical fitness
 - 16% cooking/meal prep
 - 14% Nutrition education
 - Webinar topic ideas
 - Meal prep, mental health/stress/depression
 - 88% did not use healthpoint discount
 - 60% ranked health improvement this year a 4+ from participation in Live Healthy
 - Suggestions for next year
 - Keep talks virtual, in-person fitness classes
- What changes would you like to see?

Discuss Student Wellness/School Environment

- What needs do you see?

- Review current initiatives
 - Nutrition education, EC education (new), FB cooking videos, wellness policy follow ups- ED education, vending, classroom policy, fundraisers

Goals for 21-22 School Year

- 2 for student wellness
- 2 for Live Healthy Program

