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WORKING FOR A HEALTHIER TN

WORKING FOR A HEALTHIER TENNESSEE

August 2019 Wellness Council Webinar

WORKING FOR A HEALTHIER TN

In collaboration with the ParTNers for Health Wellness Program

Today's Agenda

- Monthly Fun Fact Challenge
- Guest Speaker
- WFHT Updates
- Upcoming Dates
- Roll Call & Sharing

Monthly Fun Fact Challenge

Rules of the "Fun Fact Challenge"

- The first Wellness Council representative to get ***2 out of the 3*** answers correct using the **chat feature** will be crowned this month's **Fun Fact Champion!**
- In the event of a tie, a 4th question will be used as a tie breaker.
- The questions will be centered on our three focus areas, weekly handout information and/or information from the previous month's webinar.

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Fun Fact Question #1:

This national observance *"promotes the great opportunities and resources that local parks and recreation agencies provide and to let the public know that July is a great time to get out and see all of the incredible things that are happening in their communities."*

a) **Great Outdoors Month**
b) **Park and Recreation Month**
c) **Leslie Knope Month**

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Fun Fact Question #2:

All the following are healthy snacks you can pack for travel, except...

a) Fresh fruit

b) Frozen fruit

c) Unsalted nuts

d) Turkey jerky

Fun Fact Question #3:

In our Mind-Body Challenge, *"mind-body wellness is about the connection between our mental thoughts and how we feel _____."*

a) **Mentally**

b) **Spiritually**

c) **Physically**

Fun Fact Tie Breaker:

WFHT's Q1 runs from July-September.

a) True

b) False

GUEST SPEAKER – ADAM JARVIS

YOUNG PROFESSIONALS IN GOVERNMENT

WORKING FOR A HEALTHIER TN

Young Professionals in Government

Wellness Council Webinar – August 2019

Adam Jarvis and Noelle Suarez-Murias

The YPG Story

In 2016, a group of friends were at a young professionals event hosted by the Nashville Chamber and noticed that, as usual, an organization for young people in government was missing.

Naturally, we asked, "why not a group for Young Professionals in Government?"

Young Professionals in Government launched in 2017 with one goal in mind: Inspire young professionals in local, state, and federal government through connection, development, and social impact.

Mission and Vision

MISSION

Inspiring young professionals in local, state, and federal government through connection, development, and social impact.

VISION

To be recognized as the premier community of purpose-driven young professionals in the public sector.

Our Motto

CONNECT
LEARN
SERVE

2019 Kickball Tournament

- September 14, 2019
- Bicentennial Capitol Mall State Park
- Benefits the State Parks Conservancy and the Nashville Parks Foundation

2019 Kickball Tournament Details

- Open to state, local and federal government employees
  - Cross-agency teams permitted
  - Families encouraged to attend
- 14 player max per team
- $250 team registration - includes event t-shirt
- Sponsorship opportunities available

WFHT UPDATES

3-Time Fun Fact Champion

Denise Galben
3-time Monthly Fun Fact Champion
Department of Human Services

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Well-Being Awards

Human Services
Well-Being Activities Winner
Division A

Agriculture
Well-Being Activities Winner
Division B

Financial Institutions
Well-Being Activities Winner
Division C

Physical Activity Awards

Human Services
Physical Activities Winner, Division A

Agriculture
Physical Activities Winner
Division B

Military
Physical Activities Winner
Division C

Healthy Eating Awards

Correction
Healthy Eating Winner
Division A

Finance & Administration
Healthy Eating Winner
Division B

Financial Institutions
Healthy Eating Winner
Division C

Tobacco Cessation Awards

Health
Tobacco Cessation Winner
Division A

Revenue
Tobacco Cessation Winner
Division B

Military
Tobacco Cessation Winner
Division C

All-Department Physical Activity Challenge Champions

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Labor & Workforce Development All-Department Challenge Champions

Greatest Regional & AWS Employee Engagement

Intellectual & Developmental Disabilities
Regional & AWS Engagement

Finance & Administration
Regional & AWS Engagement

Financial Institutions
Regional & AWS Engagement

Most Improved & Most Creative

Children's Services
Most Improved
Wellness Council

Mental Health & Substance Abuse Services
Most Creative
Wellness Council

Overall Award Winner

Intellectual & Developmental Disabilities
2019 Overall Champions

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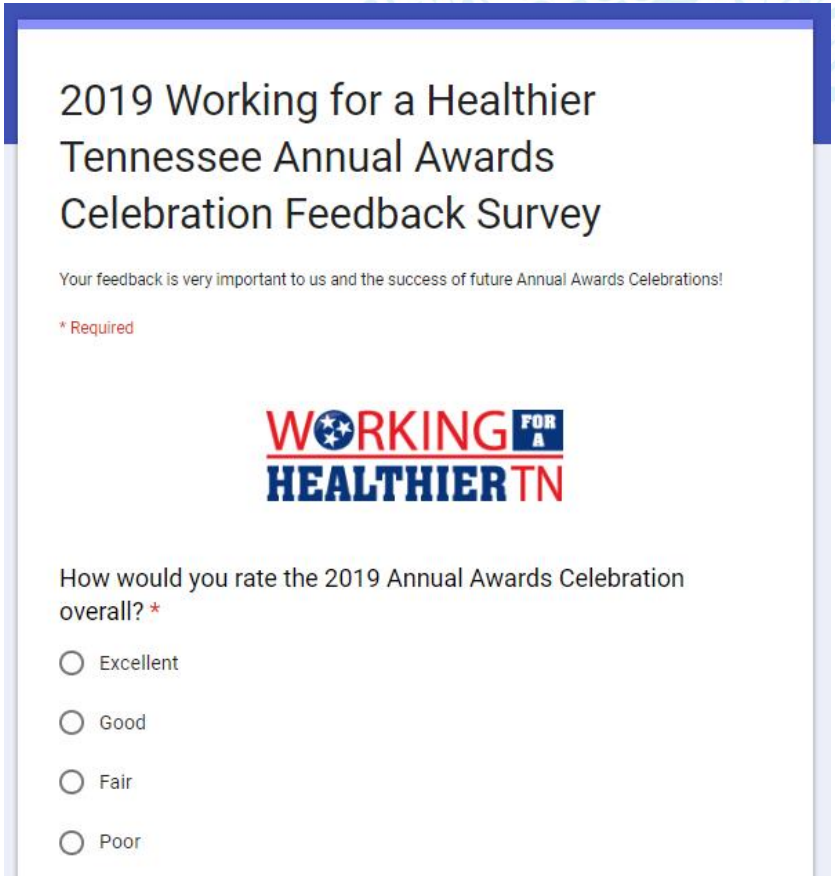
2019 Annual Awards Celebration Recap

- Don't forget to let us know what you thought of this year's Awards Celebration!
- You should have received the survey link via email.
- Please keep in mind that the survey closes August 9th.



2019 Working for a Healthier Tennessee Annual Awards Celebration Feedback Survey

Your feedback is very important to us and the success of future Annual Awards Celebrations!

* Required

How would you rate the 2019 Annual Awards Celebration overall? *

- Excellent
- Good
- Fair
- Poor

2020 Division Update!

DIVISION A	DIVISION B	DIVISION C
Correction	*DIDD*	General Services
Transportation	TennCare	Military
Children's Services	Education	Tourism
Human Services	LWFD	Financial Institutions
Health	Revenue	Human Resources
Environment & Conservation	TWRA	Tricor
MHSAS	Agriculture	Economic & Community Development
Safety	Commerce & Insurance	Veterans Services
Finance & Administration	TBI	Commission on Aging & Disability

September Here4TN Scavenger Hunt

- **The Here4TN Scavenger Hunt is back this September!**
- **Important Dates:**
  - Go Live: 9/1
  - Close: 9/10
- **Prizes will be announced at a later date.**
- **This activity is worth 30 points in Q1!**

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Post-Challenge Survey

You can't manage
what you can't **measure**
Peter Drucker

- We want to encourage your Wellness Councils to regularly collect feedback from employees so we can create the best possible wellness programs and activities for YOU!

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Post-Challenge Survey

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Go to TN.gov

Search Working for a Healthier Tennessee

About Us | WGOAT | Success Stories | Challenges | Resources | Wellness Council Dashboard | Forms | Point Tracker Update

Challenges

Challenges

We have created a number of challenges for each focus area. You can use these as-is or easily customize them for your Wellness Council. Once you've completed a challenge, please ask participants to fill out this survey so that we can create the best possible wellness programs and activities for you.

- Well-Being Activities
- Physical Activity
- Healthy Eating
- Tobacco Cessation
- Random Acts of Wellness

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WFHT Healthier Recipes

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Black Bean and Tomato Salsa

Prep Time: 10 minutes **Servings:** 4

Ingredients:
- 1 cup seeded, diced plum tomatoes (3-4 tomatoes)
- 1 cup canned black beans, rinsed
- 2 tablespoons chopped scallions
- 1 tablespoon chopped fresh cilantro (or parsley)
- 1 tablespoon lime juice
- 1 ½ teaspoons extra-virgin olive oil
- ½ to 1 teaspoon minced canned chipotle in adobo sauce (see ingredient note)
- 1/8 teaspoon salt

Directions:
1. Combine all ingredients in a medium bowl; stir to blend. Refrigerate until ready to serve.

Notes:
This salsa is also a good accompaniment for burgers or scrambled egg burritos.
Chipotle peppers are smoked jalapenos with a fiery taste that are canned in adobo sauce. Look for them in the Hispanic section of large supermarkets and in specialty stores.

Nutrition:
Per serving: 78 calories; 2 g fat; 11 g carbohydrates; 3 g protein; 3 g fiber; 283 mg sodium; 118 mg potassium

Recipe source: www.eatingwell.com

- Challenge your culinary skills and submit your healthier recipe(s) to us at WFHT.TN@tn.gov
- You can access the Recipe Card Template at tn.gov/wfhtn (under Resources > Healthy Eating)

Upcoming Dates

- **September Wellness Council Webinar**
  - Thursday, Sept. 5th at 9 a.m. Central
- **September Here4TN Scavenger Hunt**
  - September 1st – 10th
- **Q1 (Aug-Sept) Point Tracker**
  - Ends Monday, September 30th

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Roll Call & New Program Ideas

Questions?

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