
Committee Goal and Progress Report 2015-16

Committee name: Employee Wellness Committee

Name of person completing the report: K.C. Kranz

Instructions: By June 1, 2016: Complete Columns 1, 2, and 3 and submit electronically to cnelson@mtsac.edu (on behalf of the President's Advisory Council).

(EXPAND AS NECESSARY)

Committee Goal	Link to College Goal #	Completed Outcomes/Accomplishments (descriptive bullet list)
GOAL # 1: Committee website up-to-date	6, 11, 15	Risk management staff is currently working on updating the Committee website with current agendas, minutes and current committee members.
GOAL #2: Continue to offer a variety of programs and opportunities to improve employee's health and wellness and awareness.	1, 2, 4, 7, 9, 10, 11, 13	<p>The Healthy Wage Weight Loss Team Challenge started September 18, 2015. The challenge was a 12-week program that encouraged weight loss amongst teams nationwide. 60 Mt. SAC employees participated in the challenge. Mt. SAC employees lost a combined total of 531lbs. One of the teams from Mt. SAC won \$3000 for being third place winning team nationwide.</p> <p>Provided a variety of lunch and learn lectures through Professional Development including: Breast Cancer, Heart Health, Fitting Exercise Into Your Daily Life, Work-Life Balance, Building Stress Resilience, Blood Pressure, Back Care and Sleep Health.</p> <p>Encouraged employees to maintain their weight through the holidays by launching the Maintain Don't Gain Campaign from November 16, 2015 – January 4, 2016.</p>

		<p>The second annual Employee Wellness Fair was held on May 13, 2016 on the campus. Group Health benefit providers, along with other vendors provided health screenings and distributed health and wellness information. Donations from vendors were raffled for the employees that attended the Fair. The Kaiser Mobile Health vehicle provided biometric screening to 53 employees.</p> <p>The Wellness Center continues to offer all Mt. SAC employees free access to exercise equipment, group classes, lap swimming, fitness assessments, program design and personal training.</p>
GOAL #3: Assess and evaluate wellness needs and interests to inform planning for employee wellness programs.	12, 13, 14,	<p>Committee received <i>Partnership in Health Report for Mt.SAC Employees</i> from Kaiser Permanente in December 2015. Top rated conditions included obesity, hypertension and depression.</p> <p>Committee is currently developing an Employee Interest Survey that will be used to plan future wellness activities and events.</p>
GOAL #4: Communicate to employees healthy lifestyle education and opportunities.	8, 12, 14	<p>Distributed emails celebrating National Healthy Eating Day, Diabetes Awareness, National Nutrition Month, National Walking Day and Melanoma Monday.</p> <p>The Exercise Science/Wellness Center webpage is currently being updated to include an Employee Wellness section with resources and links.</p>