2018

THE FACES AND VOICES OF THE WHOLE U

BOUNDLESS COMMUNITY
Connecting faculty and staff to one another and to our greater institution

THE WHOLE U
UNIVERSITY OF WASHINGTON
**BY THE NUMBERS**

**Participants**
- 204 Events & Activities
- 28,036 Total Participation
- 12,372 Unique Participation

**Participant Breakdown**
- 13% Faculty
- 28% Classified Staff
- 12% Family/Retirees
- 7% Students
- 40% Professional Staff

**5 Most Engaged Organizations**
- Medical Centers
- School of Medicine
- Arts & Sciences
- College of Engineering
- Finance & Administration

**Pillar Breakdown**

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**Program Participation**
- Virtual Training: 11,794 Total
- 5,386 Wellness Challenges
- 3,626 Virtual handouts & self-paced programs
- 2,800 Yoga Month

**Campus Partnerships**
- UW Athletics
- UW Recreation
- UW Medicine
- Student Well-Being Committee
- Harborview Resilience Committee
- Be the Match Campaign
- UW Housing & Food Services
- UW Bookstore

**Faculty Spotlight**
- 24 Faculty Friday Articles
- 15 Staff Story Articles

**Website**
- 775,597 Page Views
- 603,894 Users

**Discount Network**
- 266 Discounts
- 100,768 Visits

**Community Enhancers Participation**
- Raise the Bar Summer Wellness Challenge
- National Nutrition Month Potlucks
- Global Running Day
- UW Fitness Day
- Whole U Husky Athletic Events
- UW Photo Day
WHAT PEOPLE ARE SAYING

FITNESS DAY
“This was tremendously fun, a good workout, and a real lift to the week. I’ve participated in many of the Whole U events and have always come away grateful to be part of the UW community. Thank you for another great Whole U adventure—I can’t wait for the next one!”

Stephanie Kirschner
Database Developer, UW School of Nursing

PHOTO DAY
“This is one of my favorite events of the year. What a treat to have access to professional photographers on campus. We love to bring the family!”

Sara Kover
Assistant Professor, Speech and Hearing Sciences

YOGA AT UW BOTHELL
“I work a lot and spend most of my days eating lunch at my desk while working. Taking lunchtime to do yoga made my whole day just more pleasant. I was kinder and more productive. It was wonderful.”

Robin Lynn Angotti
Associate Professor, Mathematics

BE THE MATCH
“This was an excellent event. The panel was uniformly outstanding and covered a wide range of perspectives. Sensitive issues were handled very thoughtfully. Thank you for putting it together.”

George Lovell
Professor and Chair, Political Science

MANAGING STRESS IN THE WORKPLACE
“I really appreciated the mix of perspectives and personalities in the choice of presenters. They were very complementary and that combination made the event more impactful for me.”

Emilio Mayorga
Oceanographer, Applied Physics Lab

CUBAN DANCE CLASS
“It was different from the other events that I have done. It was fun. It was a workout and yet a learning event. I love to dance so I truly enjoyed it.”

Rachel Bungay
Fiscal Specialist Supervisor, Administrative Services

WANT VALENTINE’S DAY FOR UWMC PATIENTS
“This is a favorite Whole U activity that I do with my co-workers every year! Makes you feel good and team building all in one.”

Katherine Forbush
Research Specialist, Recreation Group Fitness

LEARNING HAPPINESS
“Outstanding presentation delivered in a very appealing way. I liked the little exercises and the practical approach as to how to enhance your happiness.”

Stefan Wiktor
Acting Professor, Global Health

TAKE OUR KIDS TO WORK DAY
“LOVED the information shared by Eric Chudler; my 2nd grader took notes during the presentation, and used the info to write up his own presentation to share with his class the next day.”

Lori Finch
Analyst, UW-IT

RUNNING CLINIC
“I was feeling tense, overwhelmed, and not focused on my studies before attending the event. I felt so energized and focused. Thank you for doing this amazing job.”

Afnan Al Swayan
PhD Candidate, Family and Child Nursing

RAISE THE BAR SUMMER SOCIAL
“Great event to enjoy some sunshine, great music and time with co-workers!”

Mary Schweikl
Program Administrator, Operating Resources

FACULTY FRIDAY
“The article was beautifully written and researched. I was touched by your care, attention, and interest.”

Sonal Khullar
Associate Professor, Art History
THE WHOLE U TIMELINE
A selection of our 204 events in 2018

JAN 2
Dam to Bar Wellness Challenge Kick-Off

FEB 16
Mindfulness Workshop at UW Bothell

FEB 23
Stay Organized Seminar

MAY 1
National Nutrition Month Health Product Competition

JUN 4
Whole U Living Work

JUN 6
Global Running Day (Together we run 500 miles)

JULY 5
Raise the Bar Summer Wellness Challenge Kick-Off

AUG 9
Raise the Bar Summer Soiree

SEPT 12
Whole U Living South Training Run

NOV 5
Be The Match and Why Race Matters Kick-Off Event

JAN 25
"The Under-ground tunnels" with BoD

FEB 18
Mindfulness Workshop at UW Bothell

FEB 28
Stay Organized Seminar

MAR 8
Unit 21 Editing on the Run Seminar

APR 20
Whole U Speaker Series: Happiness

MAY 18
Whole U Speaker Series: Skin Cancer Prevention

JUN 13
Raise the Bar Sleep Series: Information

JULY 20
Raising the Bar Sleep Series: Lunch Series

AUG 2
Raising the Bar Sleep Series: Lunch Series

AUG 29
Learn the Basics of Home Mortgages Seminar

SEPT 17
Whole U Speaker Series: Managing Stress in the Workplace

OCT 3
Running on "F"! Adding Energy and Fun to Your Life

OCT 12
Whole U Speaker Series: Inner Peace and Interdependence

NOV 7
Managing Holiday Stress

DEC 5
Whole U Speaker Series: Climate Change

DEC 9
Forefront Suicide Prevention LEARN Training

JAN 16
Cheese Tasting Language Class Series

JAN 29
Personal Privacy and Digital Wellness

FEB 15
Resilience Playshop: Releasing Stress and Recovery Confidence

MAR 5
Earthquake Awareness and Personal Preparedness

APR 5
Tai Chi Series

APR 10
Tai Chi Series

MAY 15
Latin Rumba Class with La Candy Kabana

MAY 25
Photobooth TRIP: Shooting in Natural Light

JUN 13
Create Your Own Workshop

JULY 19
Raising the Bar Yoga and Meditation Series

JULY 31
Whole U Speaker Series: Cultivating a Loving Heart

SEPT 12
Whole U Speaker Series: Memory, Creativity, and Aging

SEPT 23
UW Bedell Photo Day

OCT 11
Whole U Speaker Series: Mental Health Benefits of Yoga

OCT 22
Happiness Journal of Everyone when Creating Digital Resources

OCT 22
Whole U Speaker Series: Happiness

DEC 6
Whole U Training: Mental Health First Aid

JAN 14
Cooking Demo with Chef Tracey