THE FACES AND VOICES
OF THE WHOLE U
2017
BOUNDLESS COMMUNITY
Connecting faculty and staff to each other and to our greater institution
## BY THE NUMBERS

### Participants

<table>
<thead>
<tr>
<th>Category</th>
<th>Participants</th>
<th>Interactions</th>
<th>Unique Participants</th>
<th>Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students</td>
<td>6%</td>
<td></td>
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<tr>
<td>Faculty/Staff</td>
<td>14%</td>
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<tr>
<td>Professional Staff</td>
<td>41%</td>
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<tr>
<td>Committee</td>
<td>12%</td>
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<tr>
<td>Faculty</td>
<td>14%</td>
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<tr>
<td>5 Most Engaged Organizations/Groups</td>
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<tr>
<td>Medical Centers</td>
<td></td>
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<tr>
<td>School of Medicine</td>
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<tr>
<td>Arts &amp; Sciences</td>
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<tr>
<td>College of Engineering</td>
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<tr>
<td>Finance &amp; Administration</td>
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</tbody>
</table>

### Virtual Training

**Total Participation**: 14,603

<table>
<thead>
<tr>
<th>Virtual Handouts and Self-Paced Programs</th>
<th>7904</th>
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</thead>
<tbody>
<tr>
<td>Eating Well</td>
<td>1354</td>
</tr>
<tr>
<td>Yoga</td>
<td>1200</td>
</tr>
</tbody>
</table>

**Departmental Wellness Challenges**: 2650

**Dare to Do 2017**: 1497

**Eating Well**: 1354

**Yoga**: 1200

### Pillar Breakdown

#### BEING ACTIVE
- 45 Articles
- 46 Events
- 12 Social Groups

#### EATING WELL
- 40 Articles
- 17 Events
- 1 Social Group

#### ENGAGING INTERESTS
- 28 Articles
- 43 Events
- 6 Social Groups

#### LIFE EVENTS & CHANGES
- 5 Articles
- 11 Events
- 2 Social Groups

#### STAYING HEALTHY
- 60 Articles
- 38 Events

#### VOLUNTEERISM
- 12 Articles
- 11 Events

*Does not include partner events co-promoted by The Whole U or activities only promoted to members of a social group under The Whole U umbrella.*

### Community Enhancers

- UW Fitness Day*: 750 participants
- UW Free Photo Day*: 2,600 participants
- National Nutrition Month*: 1,354 participants
- Raise the Bar Wellness Challenge*: 220 teams
- Ovations Talent Showcase: 975 participants
- Volunteering: 1,200 participants
- Yoga Month*: 1,200 participants
- Whole U at Husky Athletic Events: 3,705 participants

### Faculty Spotlight

- 26 Faculty Friday Articles
- 19 Staff Story Articles

### The Whole U Discount Network

- 215 Discounts in 2015
- 88,615 Discount network visits

### Website Stats

- 619,235 Page Views
- 360,877 Users
- 1,692 Average Daily Page Views

### Departmental Wellness Challenges

- UW Fitness Day: 750 participants
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THE WHOLE U TIMELINE

A selection of our 166 events in 2017

2017

JAN 17

Dare to Do Kick-Off Event

FEB 2

Read "We Could Not Fail" with The DUB Club

Gymnastics vs. Arizona

MARCH

Tai Chi Yang Style

Sweeten Valentine’s Day for UW Medical Center Patients

APRIL

Lunch and Learn with The Whole U and the Race & Equity Initiative

FEB 19

Stay Organized Seminar

FEB 27

Take Control of your Finances Workshop

FEB 28

Celebrate Heart Month with Heart Healthy

MAY 11

Cooking Demo with Chef Tracey

JUN 1

Do Probiotics Really Work? Deciphering Fact from Hype with Prof. Will DePaolo

JUN 2

Movement Matters with Laura Houston

2018

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JUL 10

Raise the Bar Team Challenge Began

JUL 11

Summer Throwdown: UW Team Fitness Challenge begins

OCT 1

FareStart’s 25th Annual Gala Auction

Whole U Volunteer Team

OCT 4

Glamorous China Performance

OCT 1

FareStart’s 25th Annual Gala Auction

Whole U Volunteer Team

OCT 5

How do Diets Affect your Gut Health?

OCT 11

What are Leaky Gut and Inflammation Anyway?

OCT 29

Ovations 2017

DECEMBER

Yoga Month Celebration with UW Recreation

Zumba with Nathan

APRIL

Wireless Analytics Performance

Read "We Could Not Fail" with The DUB Club

Gymnastics vs. Arizona

MARCH

Tai Chi Yang Style

Sweeten Valentine’s Day for UW Medical Center Patients

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Ovations 2017

DECEMBER

Yoga Month Celebration with UW Recreation

Zumba with Nathan

JUL 25

Boot Camp with IanFitness

JUL 21

Considerations for an Ergonomic Workplace with Prof. Peter Johnson

JUN 16

Movement Masters with Aaron Medick

JUN 11

Summer Camps: Youth Sports Camps - Baseball and Basketball

MAY 13

So What are Leaky Gut and Inflammation Anyway?

MAY 24

UW Fitness Day

JUL 14

Zumba Party with Joanna Soeung

JUL 27

Get Ready for the Great American Eclipse

JUL 14

Cooking Demo with UW Club Sous Chef Joanna Soeung

JUL 11

Summer Throwdown: UW Team Fitness Challenge begins

AUG 8

Cooking Demo with UW Club Sous Chef Joanna Soeung

AUG 9

Aging into Strength with Dr. Kevin McQuade

AUG 11

Running Clinic

AUG 13

UW Photo Day 2017!

SEPT 21

Self Defense Class at Harborview Medical Center

SEPT 24

UW Bothell Photo Day

SEPT 28

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<table>
<thead>
<tr>
<th>WHAT PEOPLE ARE SAYING</th>
<th>PROGRAM COMMENTS</th>
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</thead>
</table>
| **OVATIONS** | “This program was amazing. My kids and I really enjoyed it. Finding family friendly events can be challenging. Thank you.”  
*Elizabeth Oestreich*  
Graduate Student  
School of Public Health |
| **UW ATHLETICS PARTNERSHIPS** | “Thanks for making the opportunity to attend a Husky women's soccer game available for me and my family. It was a fun family outing that we would not have likely done without the free tickets from Whole U.”  
*David Iyall*  
Senior Director of Corporate and Foundation Relations  
College of Engineering |
| **PUT YOUR BEST FORK FORWARD FOR 28 DAYS CHALLENGE** | “Becoming more aware of what I was eating, how I was preparing my food, and being more mindful of my experience at meals has improved my relationship with food.”  
*Mary Jane Lohr*  
Project Director  
School of Nursing and School of Social Work |
| **SWEETEN VALENTINE’S DAY FOR UW MEDICAL CENTER PATIENTS** | “This is a Win-Win event. The patients get to feel some kindness on a special day while they are going through some maybe not so good times, and the staff get a warm, friendly, creative break in their day that is fulfilling and helps others.”  
*Hailie Colson*  
Senior Technologies Specialist  
School of Medicine |
| **FACULTY FRIDAY** | “This is a wonderful representation of our conversation, my class, and my motivations behind the class. Thank you so much—I am deeply honored to have this.”  
*Kristi Strauss*  
Lecturer  
Program on the Environment |
| **STAFF STORY** | “Gene Woodard’s staff story is one of the most wonderfully inspiring stories I’ve read about leadership and values at UW!”  
*Kim Johnson-Bogart*  
Senior Director  
Foundation Relations |
| **UW WALK WEEK** | “It was a great way to bond with co-workers and afforded opportunities to talk and be active on campus. We walked all over the campus and had a wonderful time!”  
*Frankie Streeter*  
Alternate Facility Security Officer  
Applied Physics Laboratory |
| **UW PHOTO DAY** | “We had a great time. Everyone was kind and helpful. Our toddler loved running around and exploring the campus. Thanks so much for hosting this event!”  
*David Schneider*  
Web Computing Specialist  
Institute for Health Metrics and Evaluation |
| **RAISE THE BAR CHALLENGE** | “We spend our working hours taking care of sick patients with cancer. This can be physically and emotionally demanding work. As a team, we think it's important to take time out of the day to reach out and support each other and to integrate healthy behaviors into our daily routine in order to better care for ourselves. The Raise the Bar challenge has been a fun way to accomplish this!”  
*Lisa Hayward*  
Communications Coordinator  
Climate Impacts Group |
| **UW BOTHELL PHOTO DAY** | “This is the best gift to UW employees!”  
*Lisa Hayward*  
Communications Coordinator  
Climate Impacts Group |
| **YOGA MONTH** | “So glad the UW is making this type of wellness a priority for all ages and groups on campus. Thank you!”  
*Ann Nez*  
Technical Services Coordinator  
Law Library |
| **GET READY FOR THE GREAT AMERICAN ECLIPSE!** | “It was a great presentation. Several of my staff attended with me, and they also seem to have enjoyed it themselves. We’ve been talking about the eclipse at the office, and several of us are traveling to experience the total eclipse, so it was relevant and good team building.”  
*Brad Coston*  
Assistant Director of Learning and Information Technologies  
School of Nursing |