

2017 Wellness Center Activities Summary

Highlights

- 8001 visits in the year
- Averaged 667 visits/month
- 58% of participants used the Wellness Center for group exercise
- 16 special events were offered including two health screenings, SFHSS Open House (during Open Enrollment), Play Your Way Week, and more.
- The Wellness Center was officially named the Catherine Dodd Wellness Center in May 2017.

Wellness Center: 2016 Compared to 2017

- 5% decrease in visits to the Wellness Center (7305 vs. 7730)*
- 30% decrease in group exercise participation at the Wellness Center
- 30% decrease in the number of group exercise classes
- 48% decrease in the number of seminars
- 12% decrease in average monthly seminar participation
- Coaching was eliminated on a regular basis and offered four times as a special event.
- The Healthy Weight Program was offered twice in 2017. This was a new program which included 6 classes and 6 coaching sessions over the course of 14 weeks.

Wellness Center Participation	2015	2016	2017
Total Visits	8136	7730	8001*
Average Visits/Month	678	644	667
Wellness Center Group Exercise: Total Classes	491	563	462
Wellness Center Group Exercise: Total Visits	6367	6636	4649
Wellness Center Group Exercise: Visits/Month	531	553	387
Seminars: Total Classes	48	55	29
Seminars: Total Visits	593	528	315
Seminars: Visits/Month	46	44	32
Special Events: Total Visits	313	missing	1689
Special Events: Visits/Month	26	missing	188
Coaching: Total Visits	273	151	see special events
Coaching: Average Visits/Month	17	13	see special events
Healthy Weight Program: Total Cohorts	N/A	N/A	2
Healthy Weight: Individuals Registered	N/A	N/A	38
Healthy Weight: Total Visits	N/A	N/A	374

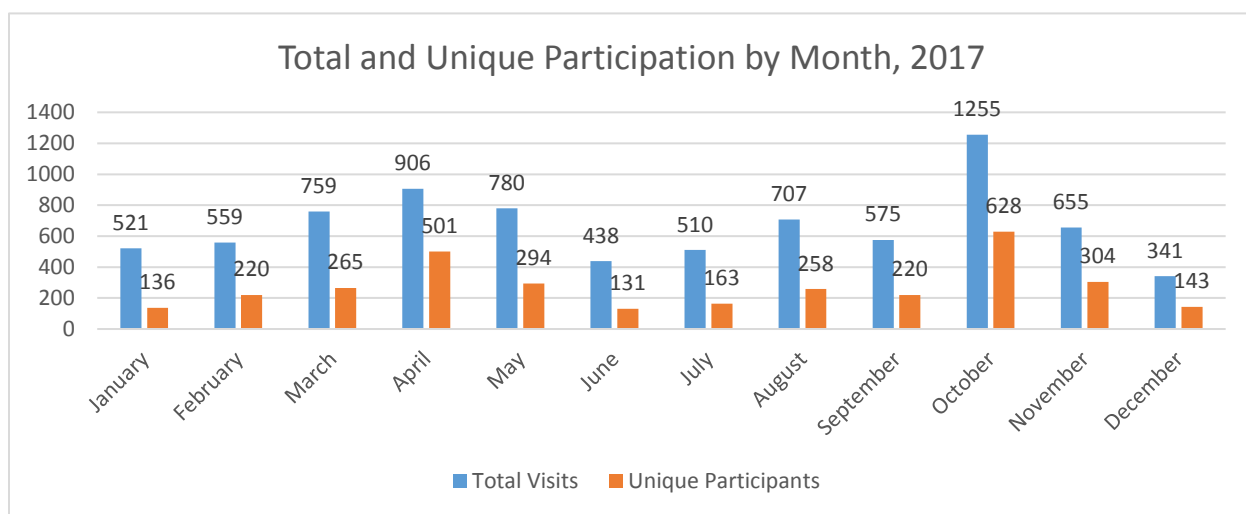
* In 2017 visits to the Wellness Center that occurred during Vendor Week were recorded. In previous years, they were not recorded as part of this total. 2017 visits excluding those visits = 7305. For the most accurate comparison between 2016 and 2017, 7305 should be used.

Wellness Center Participation

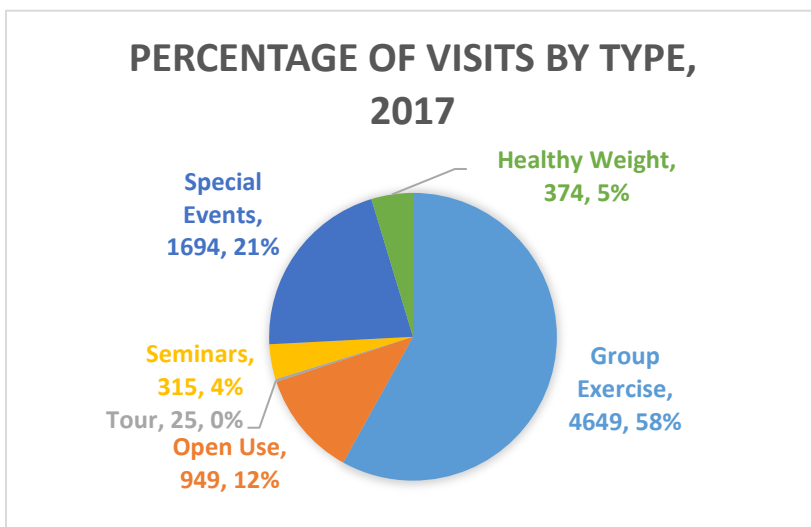
- 8001 visits during 2017, with an average of 667 per month.
- Peak participation/month was reached in October with 1255 visits. This is mostly due to Vendor Week during Open Enrollment.

These counts do not include individuals who came to the Wellness Center for Employee Assistance Program (EAP) counseling, non-wellness related activities, such as department staff meetings and New Employee Orientations (NEOs).

March, April and May had the highest participation mostly because the average number of group exercise classes was 47 compared to an average of 31 classes the rest of the year. Additionally there were special events in these months: a health screening, Play Your Way Week, and the Wellness Center Anniversary and Naming Celebration.



- 58% of visits to the Wellness Center were for group exercise (compared to 84% in 2016).
- Open Use increased to 12% of visits (compared to 7% in 2016).

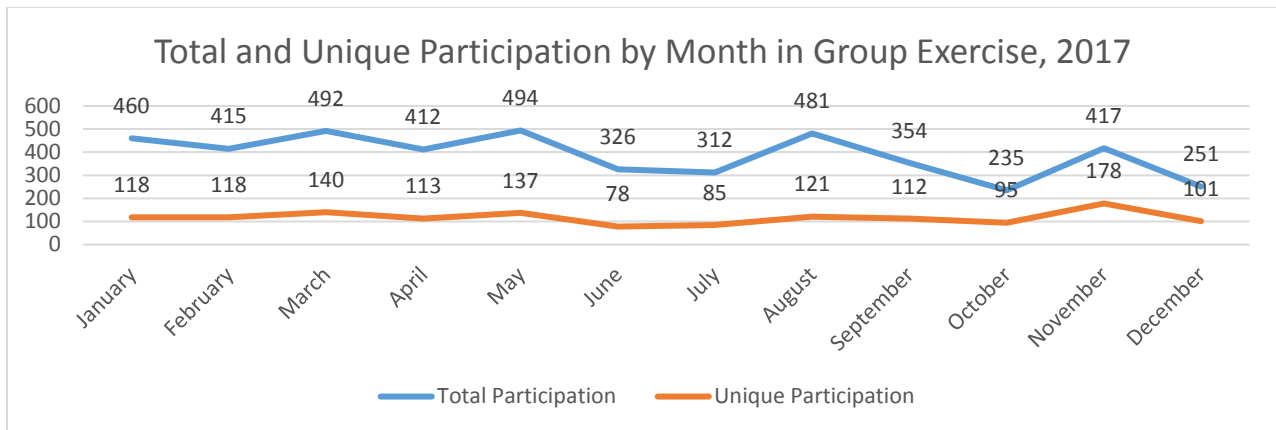


2017 Wellness Center Activities Detailed Report

Group Exercise

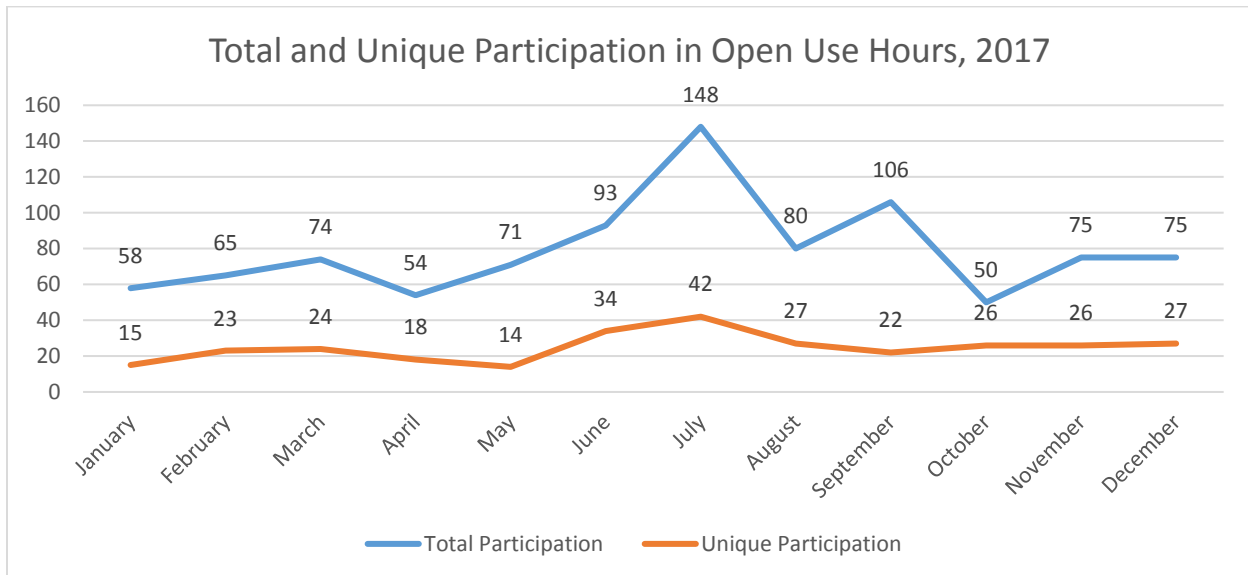
Highlights

- Averaged 39 classes/month (decreased from 47 in 2016)
- 4649 visits were for group exercise (decreased from 6636 in 2016)
- Averaged 387 visits/month (decreased from 553 in 2016)
- Averaged 10 participants/class (decreased from 12 in 2016)
- Averaged 116 unique participants/month (decreased from 143 in 2016)



Open Use Hours

- Participation in Open Use hours grew from an average of 25 people/month
- Participation peaked in July after the purchase and announcement of the ping pong table
- Additional efforts to promote Open Use were regularly made from July on



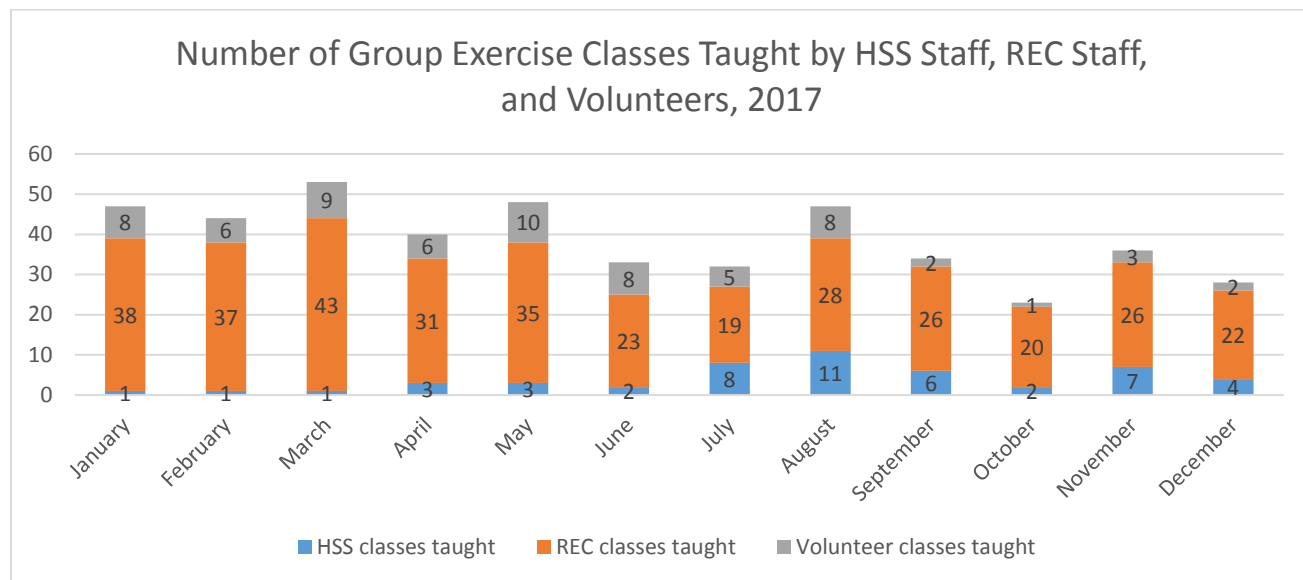
Group Exercise Class Providers

- 82% of classes were taught by REC
- 12% were taught by HSS
- 16% were taught by a volunteer

Reduction in Number of Classes

Much of the decrease in attendance for group exercise is related to the decreased number of classes. Several instructors were unable to continue teaching for various reasons and REC was unable to find replacement instructors sometimes for months, sometimes at all. Below is a list of classes that were eliminated temporarily or permanently. These are not reflected in the cancellation data.

- Evening Zumba cancelled in early April – REC unable to provide instructor
- Monday 1:10 Total Body Toning cancelled in June and August – REC unable to provide instructor
- Tuesday 1:10 Total Body Conditioning cancelled in June and July – REC unable to provide instructor, HSS started to sub this class in late July and continues to do so
- Thursday 1:10 Total Body Toning cancelled in June and July – REC unable to provide instructor, HSS started to sub this class in August and continues to do so
- 1:10 Yoga cancelled in early May - REC unable to provide instructor, replaced with Feldenkrais in July
- Evening Interval Training cancelled in June and July- REC unable to provide instructor
- Bellywood cancelled in September – low turnout



Class Cancellations

Classes are cancelled for four reasons:

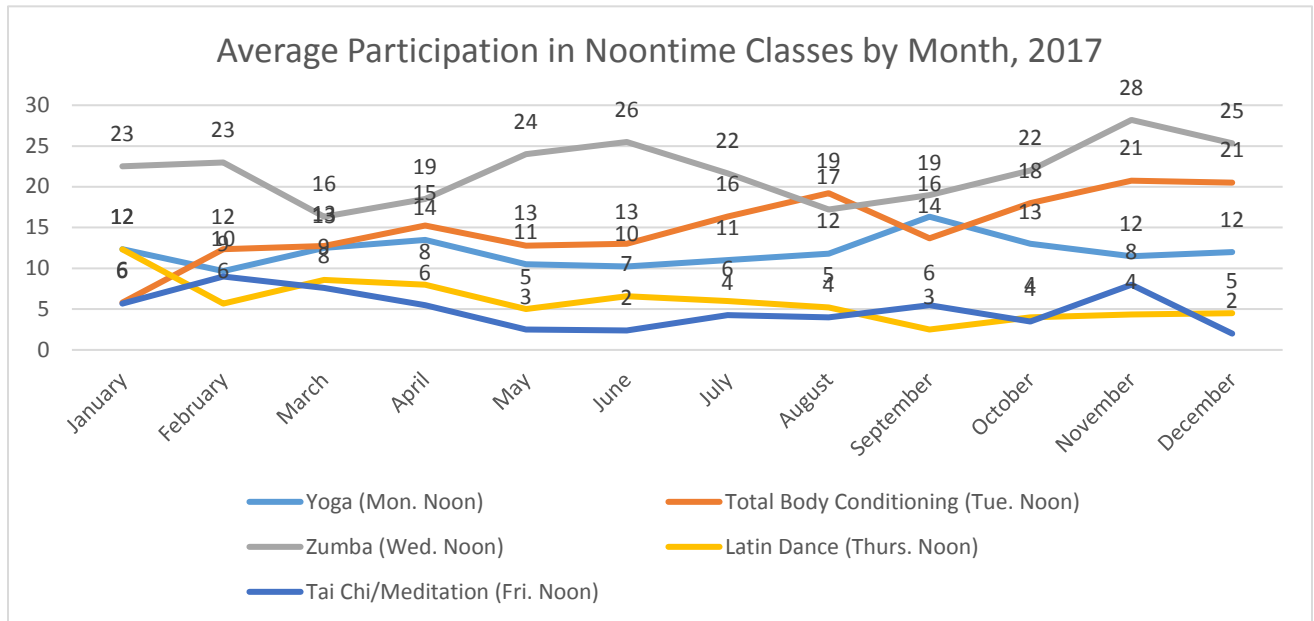
- REC instructor is unable to teach - 39%. This does not include classes that were indefinitely cancelled (listed above) because the instructor was no longer available.
- Volunteer instructor is unable to teach – 24%
- HSS instructor is unable to teach and HSS cancels because the space is not available – 37%. 12 of the 25 classes cancelled by HSS were cancelled in October due to something related with Open Enrollment.

Classes by Time of Day

- Noontime classes = 12 participants per class on average.
- PM classes = 8 participants per class on average.
- 1:10 pm classes = 7 participants per class on average.
- All of these averages are lower than 2016.

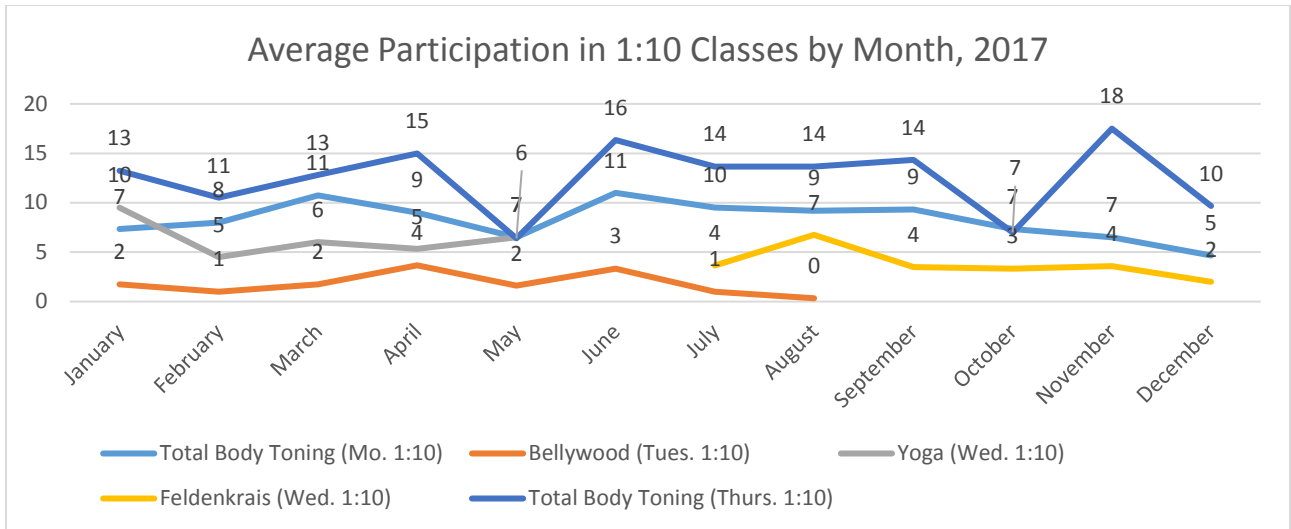
Noontime Classes

- Zumba at noon represents the highest number of average participants per class (22).
- Total Body Conditioning averaged 15 and Yoga averaged 12.
- The Total Body Conditioning instructor varied throughout 2017 which may explain the overall lower average compared to 2016.



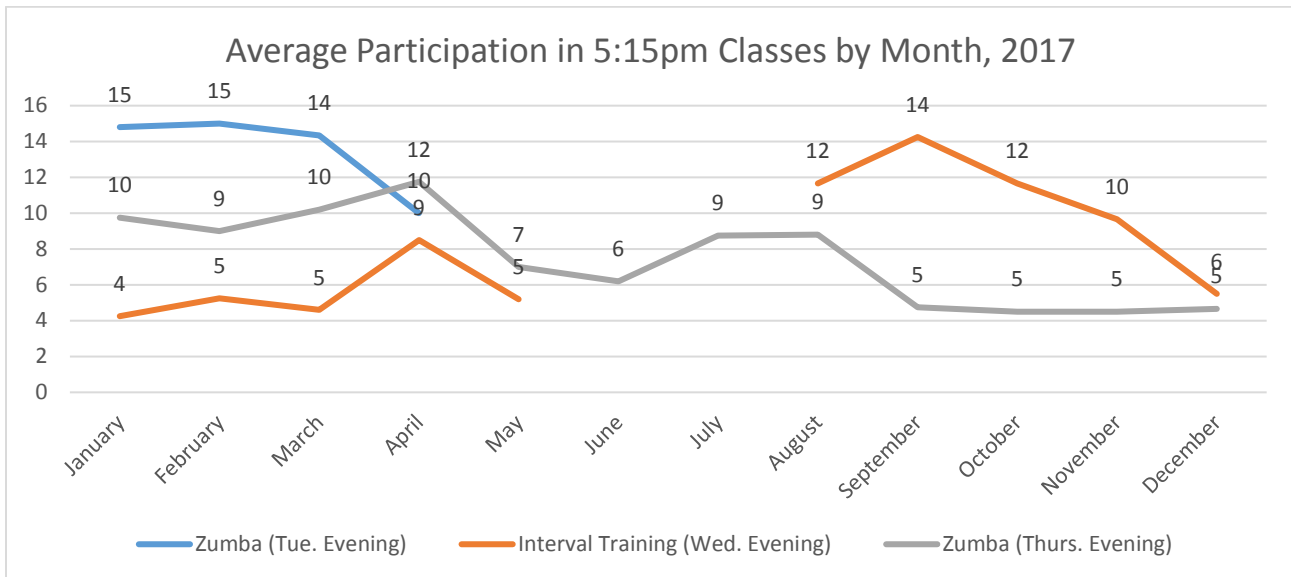
1:10 PM Classes

- The Total Body Toning class on Thursdays yields the highest average participation (12/class)
- Attendance in these classes is relatively stable across the year. The two visible drops in participation in Total Body Toning occurred in months with many cancellations.



PM Classes

- The Zumba class was the most successful class until it was cancelled permanently due to lack of instructor availability.
- A new instructor started teaching the Interval Training class at the end of the year. Attendance has increased.



Interactive Seminars and Series

Month	Topic	Presenter	Participation
February	Food Demonstration	KP	29
March	Your Kidneys and You	NKF	23
	Meal Planning	KP	13
	Babies, Bonding, and Benefits	DHR	7
	Your Strong and Healthy Back	KP	14
	Benefits of Standing	KP	7
April	Get Moving	KP	6
	Chair Yoga	KP	10
	Exercises at Your Workstation	KP	12
	Qigong	KP	5
	Healthy Food City Walk	HSS	10
	Venture City Walk	HSS	3
May	Metabolism Matters	KP	3
	Feldenkrais	KP	20
June	Back Injury Prevention 6/9	DPH	3
	Back Injury Prevention 6/16	DPH	5
	Meditation 6/5	Other	3
	Meditation 6/19	Other	4
July	Food Demonstration	KP	22
August	Kitchen Medicine	KP	16
	Savvy Grocery Shopping	KP	5
	Financial Literacy – Financial Fitness	F3E	21
	Financial Literacy – Financial Pitfalls	F3E	21
September	Nutrition Jeopardy	HSS	13
	Healthy Eating at Work	HSS	4
	Moderation and Mindfulness	HSS	4
November	EAP 101	EAP	19
December	Food Demonstration	KP	12
	Reset, Relax, Refresh, and RECHARGE	HSS	1

DHR – Department of Human Resources
 DPH – Department of Public Health
 EAP – Employee Assistance Program
 F3E – The Foundation for Financial Education
 HSS – Health Service System
 KP – Kaiser Permanente
 NKF – National Kidney Foundation

Special Events

- 16 special events were offered along with two donation events
- SFHSS Open House, Fitness Fair, Flu Shot Clinic, and Wellness Center Anniversary and Naming Celebration had the largest participation.

Special events raise awareness about the Wellness Center and help attract new users. Additionally, the events themselves have an immediate benefit. Some events focus on building a sense of community: Salsa Thursday, shoe and coat donations. Other events raise awareness about health: Wear Red Day, health screenings, and flu shot clinic. Play Your Way Week raised awareness about moving more during the work day and gave opportunities for employees to do so with a weeklong of scheduled activities. Colorful Choices Celebration wrapped up the nutrition challenge and provided healthy eating resources and highlighted participants goals and success. The Maintain, Don't Gain and RECHARGE event was a special event that was hosted during the Health Screening. Participants were able to get screened and learn about the different campaigns to help them with weight management or stress reduction during the holidays. It included the opportunity to weigh in and out and recruited participants

Event	Participation
Wear Red Day February 3, 2017 12:00pm - 2:00pm	23
Health Screening March 1, 2017 10:00am - 2:00pm	36
Walk, Reuse, Recycle: Shoe Donation April 3 - April 28, 2017	187 pairs of shoes collected
Play Your Way Week - Instant Recess April 24 - 28, 2017	72
Play Your Way Week - Fitness Fair April 26, 2017 11:00am - 2:00pm	244
Wellness Coaching May 1 - 2, 2017, 10:00am - 2:00pm	9
Wellness Center Anniversary & Naming Celebration May 19, 2017 12:00pm - 2:00pm	106
Wellness Coaching June 13, 14, 27, 28, 2017 10:00am - 2:00pm	20
Salsa Thursday August 17, 2017 12:00pm - 2:00pm	56
Colorful Choices Celebration October 19, 2017 12:00pm - 2:00pm	91
Flu Shot Clinic October 31, 2017 8:00am - 1:00pm	169
SFHSS Open House Well-Being Table Visits October 23 - 27, 2017	452
SFHSS Open House EAP Table Visits October 23 - 27, 2017	244
Health Screening November 3, 2017 10:00am - 2:00pm	62
Maintain, Don't Gain & RECHARGE Launch Event November 3, 2017 10:00am - 2:00pm	79
Wellness Coaching November 8, 15, 22, 29, 2017 10:00am - 2:00pm	19
One Warm Coat Donations December 4, 2017 - January 5, 2018	62 Coats were collected
Wellness Coaching December 13 & 20, 2017 10:00am - 2:00pm	7

for wellness coaching appointments. A wide range of special events are designed to maintain enthusiasm around well-being and the Wellness Center, recruit participation in ongoing events, and provide additional resources that are not regularly available.

Special Events Photos

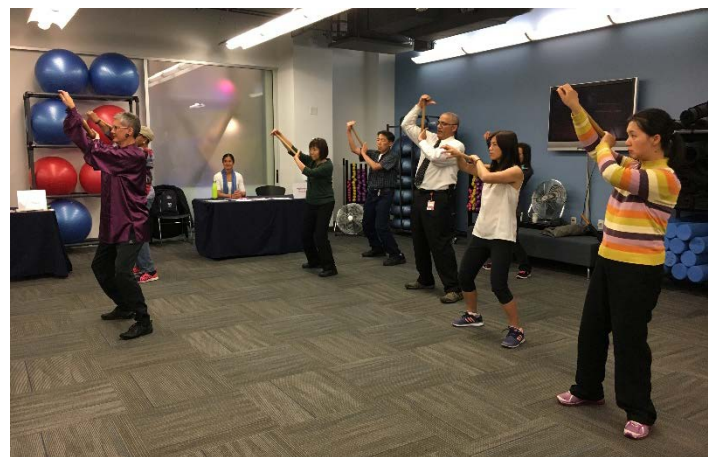
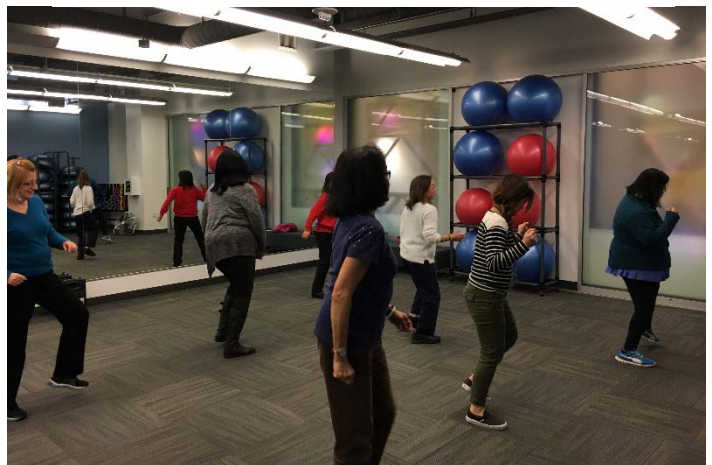
Wear Red Event



Shoe Donation



Play Your Way – Fitness Week



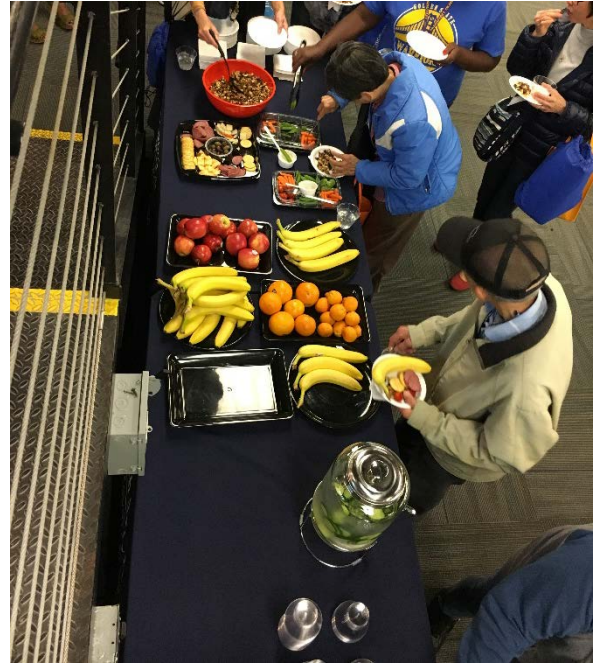
Fitness Fair



Maintain, Don't Gain & RECHARGE



Wellness Center Anniversary & Naming Celebration



One Warm Coat Donation



Salsa Thursday



Colorful Choices Celebration

