



Committee Goals and Progress Report 2017-18

Committee name: Employee Wellness Committee

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

Instructions: By June 1, 2018: Columns 1 and 2 can be transferred from the Goals submitted on your committee's purpose and function statement. Please enter your committee's outcomes and accomplishments in column 3 and submit electronically to bhebert3@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	Website is updated monthly.
GOAL #2: Offer a variety of programs and opportunities to improve employee's health, wellness, and awareness.	1,2,4,7, 9,10,11, 13	<p>The third annual Employee Wellness Fair was held on November 3, 2017 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 screenings to 45 employees.</p> <p>The Wellness Center continues to offer all Mt. SAC employees free access to exercise equipment, group exercise classes, lap swimming, fitness assessments, program design and personal training.</p> <p>Provided a variety of wellness lectures through Professional Development including: Healthy Habits, Healthy Heart, Better Sleep, Stress Reduction and Nutrition.</p> <p>Encouraged employees to maintain their weight through the holidays by launching the Maintain Don't Gain Campaign.</p>

		<p>Encouraged employees to build stress resilience by launching the Finding Balance Campaign.</p> <p>Offered a Healthy Cooking workshop.</p>
GOAL #3:	Assess and evaluate wellness needs and interests to inform planning for employee wellness programs.	<p>12,13, 14</p> <p>The Employee Wellness Committee is currently working on 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.	<p>8,12,14</p> <p>The Exercise Science/Wellness Center webpage was updated to include an Employee Wellness section with resources and links.</p> <p>Distributed emails celebrating Breast Cancer Awareness month, National Nutrition Month, Move More Month and Skin Cancer Awareness Month.</p>