

WHAM Committee Meeting



Wednesday, September 15, 2021

Attendees: (right click the bullet point to change it to a check mark)* = here

Minute taker: Stephanie Alden

Admin & Finance

- *Jason Dempster
- *Kelly Fang
- *Deanna Seppanen

Student Affairs

- *Jen Jacobsen
- *Steve Murray
- *Kyllian Griffin

Academic Affairs

- *Susan Fox
- *Stephanie Alden
- *Ariel James

Admissions

- Sarah Schmidt

Advancement

- *Dylan Walker

Information Tech. Services

- *Ian Robinson

Additional support

- *Randi Hartman
- *Annie McBurney
- *Blake Wise,
HealthPartners

Agenda

30 min: Plan for Meeting with President Rivera

- **Presentation**

- Review slides, share ideas and provide feedback

Kelly provided background on the meeting request, and then reviewed slides with us - used a template from Health Partners. Blake provided an overview ? how is online Living Well product coupling with on-campus programming/WHAM

- Help form our "ask"

Blake reviewed the slides (*Kelly - should we include these slides in the meeting notes? It was too much for me to summarize/type during the meeting*). Jason made a suggestion during the presentation to make sure that the focus on the information that we share is on Macalester and not Health Partners in general.

In 2020 we added spouses to the "n" size. Jason had a question about this - the graph should also be clarified. He also suggested that we include specifics on data elements for the president.

Key risk indicators that Blake highlighted - adding spouses, changing the incentive. The threshold has changed. Jason suggested that data is also not clear - need to make sure that a higher level indicates higher risk (i.e. = bad).

Steve asked whether or not data could be broken down between faculty/staff. Could we even get more granular? Steve is suggesting that these numbers could potentially be helpful to the division leaders.

Only 42% of the participants have taken the health assessment survey (*Kelly - correct my stats if I said this wrong*)

Discussion about clarifying the data - how it was collected, why it was collected, how it was aggregated. Our committee had lots of questions about this slide.

Need to define the risk category for each question - what is it? How is it defined?

Goal: Give some definition for why we are building the strategies that we are building (from the Health Partners perspective).

The three categories were picked out because they were statistically significant (although fruits and vegetables were also significant)

Steve - pointed out that Covid has altered data from the last year, so we should focus on previous years data, not 2020.

Another debate is whether or not we should require the Health Assessment

Slide: Health and Wellness Coaching (Kelly is explaining)

Majority of Kelly's clients come back monthly - more than 50%

On-campus well-being activities - topics chosen based on data from health assessments.

Provides a different way for people to interact around topics.

WHAM activities: overview presented in slide

ASK:

Overall goal is engagement

Need more participation!

Get more senior leaders involved. Provide senior leaders data, so they see how their division is doing

Kelly also talked about lack of work/life balance - this is a theme she consistently hears from her clients (greatest asset is becoming a weakness). She wants to emphasize that we have great employees; but need to promote balance in life.

How can we incorporate Pres. Rivera's recent message to the campus community about how we envision Macalester's future - this can help to frame our ask/messaging.

Leaders can help move the needle: offer - permission - encourage and promote - demonstrate participation - help hold others accountable

Tactic Slide - Jason liked this one - has specific items

Goal for presenting this to Pres. is October

Our next meeting is Oct. 13. Decided that this presentation should be pushed back until after Inauguration -

Kelly will send out questions from the President in a google form so we can take some time to respond in a thoughtful way.

Make a Move Team Challenge

- **Participation as of 9/13/21**

Team name	Team size
Administration and Finance	18
Admissions	13
Advancement	26
Information Technology	2
Macalester Spouse/Domestic Partner	1
Office of the President	0
Provost and Academic Affairs	4
Student Affairs	19

- **Share successes with promoting the challenge**
- **Review ways to maintain motivation and tracking throughout the challenge**
 - Send a weekly reminder to track on Fridays before the week is over
 - Announce the top 3 teams on the leaderboard each Monday or Tuesday.
 - Schedule a team walk once a week
 - Encourage participation in the Family Fest 5K coming up in October

Going well! Special shout out to Dylan who presented to their division

Crowd-sourced a playlist; division leader agreed to give Macalester swag to top 3, tea-time Tuesday walk to Sencha; Kyllian also promoted in his division;

Role - keep people engaged in tracking. Personal touch goes a long way (i.e. send out weekly reminders to your team, don't rely on the "portal reminder"). Include the leaderboard. Great time to also plug other WHAM stuff

Activity Classes - In Person with masks until further notice

- **Fall Session 1: 58 total participants**
 - Strength training: 26
 - Yoga W: 11
 - Mindfulness Th: 12
 - Dance Cardio F: 8
 - Decision was made to allow the class to move forward after multiple requests
 - Kelly to plan a back strengthening class with Taylor for Fall 2

Lunch and Learns - Weyerhaeuser Boardroom & Zoom

- **In-Person without food or over Zoom?**
- **October 20**
 - [Add ideas for topics and speakers](#)

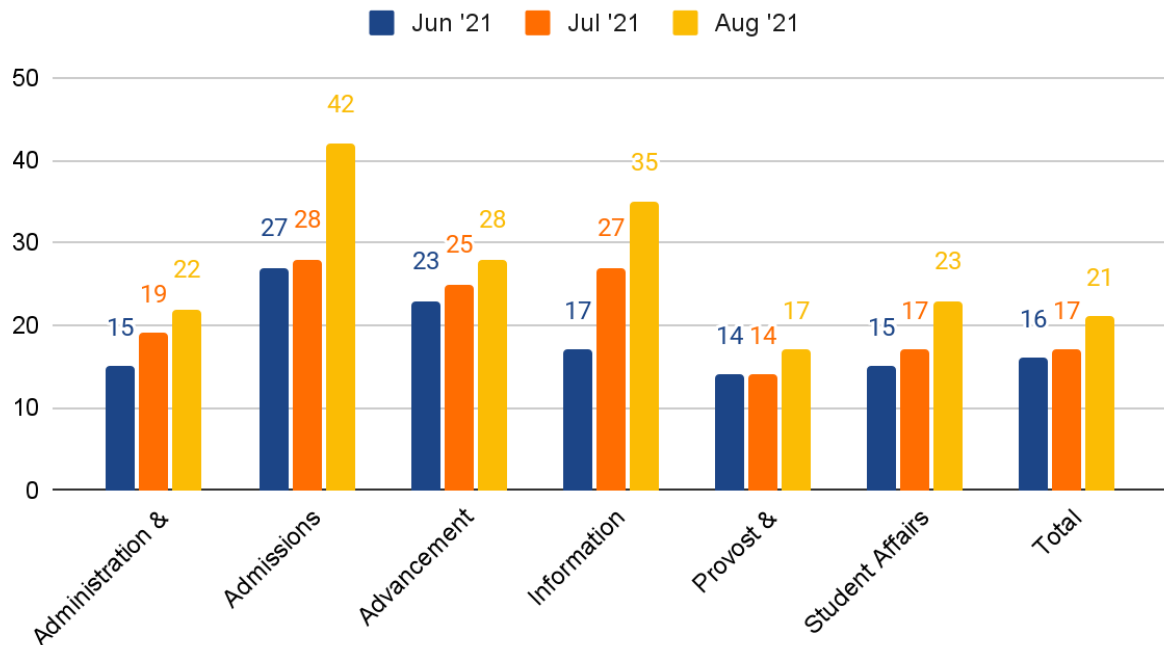
Kelly needs ideas! She will send out survey link after the meeting to get more ideas from our networks, more local. Ideally, three areas that we are focusing on this year, but okay to submit other ideas too

- Looking for a WHAM host
- **November 18**
- **February 2**
- **February 23 (back-up date)**
- **March 24**
- **April 27**

Well-being Program Update:

- **Wellness incentive deadline: 10/31**
 - Promos in the Mac Daily led to:
 - 5% increase in health assessment participation
 - 6% increase in first activity completion
 - 4% increase in overall incentive achievement
 - Admission led the way with a 14% increase in incentive achievement, followed by an 8% increase from Information Technology.
 - 42% completed the health assessments so far vs. 37% last month and 51% this time last year

Percentage of Incentive Achieved



Other important dates:

- **Flu Shots: 9/23 from 8:30 to 12:30 in the Campus Center**
 - [Make an appointment](#)
 - Bring your completed [Flu Vaccine Registration Form \(Fillable PDF\)](#)
 - Kelly will send out a volunteer sign-up to help staff the event (will be a google form - Randy and Jason both gone, so Kelly will definitely need help, will ask us to help people sign in).
- **Family Fest 5K: SUNDAY 10/17**
 - In-person and virtual option
 - A great event to promote with your Make a Move teams!

Will be on a Sunday, Jen will be filling in info - still waiting for more info. Kelly will share it when she has it.

- **Mammo a-go-go: 10/12**
- **Benefits Fair: 10/27**
 - Order a give-away for the WHAM table?

Budget Update (Randi)

FY 21/22 Reserve Dollars	\$3,000.00
FY 21/22 Revenue Dollars	\$3,860.00
FY 21/22 Expense to Date	\$705.96
Balance	\$5,379.68

Next Meeting Date & Agenda Items:

Wednesday, October 13, at 1:30

TBD: Meeting with President Rivera