

THE FACES AND VOICES

OF THE WHOLE U



2023

10 YEAR EDITION

BY THE NUMBERS

2023

PARTICIPATION

91,445

Participation

642

Events

UW DISCOUNTS

317

Discounts

WEBSITE

1,181,029

Web Views

291,315

Article Views

138

Total Articles

HUSKY STRONG

THE WHOLE U CHARITABLE GIVING PROGRAM

\$24,040

Donated to UW non-profit organizations

1,445

Unique donors

SOCIAL CONNECTIONS

 **11,703** Views













 **733** Subscribers

 **2,800** Followers

 **1,937** Followers

 **214** Subscribers

COMMUNITY ENHANCERS

 Daily Moving Break	12,402	 UWMC Nurses Week	2,500
 Weight Training	7,576	 UW Yoga Month	1,758
 Financial Partner Webinars	5,147	 New Years Challenge	1,702
 Self Paced Resources	3,682	 UW Fitness Day	1,305
 UW Athletics Games	3,047	 National Nutrition Month	996
 UW Photo Day and Picnic	2,600	 DEI Forums	879

THANK YOU TO OUR 2023 SPONSORS



AT&T

B|E|C|U

UW Medicine

THE WHOLE U PROGRAM

Thank you, The Whole U! I am new to the UW and love seeing all the amazing work for employee health and wellness.

Brady C Lucas
Associate Director for Philanthropy, UW Medicine

SOCIAL SECURITY WEBINAR

Great seminar!! SO MUCH information...I may have to attend regularly! Thanks for providing this event. I really appreciate the Whole U.

Maureen Ni
Program Coordinator, Laboratory Medicine and Pathology

DAILY MOVEMENT BREAKS

I absolutely love the daily movement breaks. They're energizing and help to keep me going throughout the workday, and I think the stretching helps with some repetitive motion strain I have from typing all day. I especially like the yoga breaks and the Bollywood dancing. Love live daily movement breaks!

Samantha Herndon
Marketing & Communications Manager, Information School

RAISED ON TECHNOLOGY: CHILD DEVELOPMENT AND DIGITAL MEDIA

I really appreciate getting to hear about research our UW colleagues are doing and being able to utilize it in a real way. Thanks for putting this together!

Maryn Gerdes
Human Resources Manager, CoMotion

VOLUNTEER AT THE SEATTLE MARATHON

It was fun to help at the marathon while also making connections with the UW community. I would absolutely do it again!

Kate Kerschbaum
Assistant Director for Academic Services, Information School

FLU SHOT CLINICS

I love having flu shot clinics onsite! I always get my shots because you have made it so easy to do. Thank you!

Sarah Demun
Administrative Assistant, Environmental Health & Safety

YOGA MONTH

I'm a total beginner but really enjoyed this class. It has motivated me to pursue yoga further.

Paul Nichol
Clinical Professor of Medicine

I haven't taken an hour yoga class before, and I wasn't sure I could do it. The instructor was great, allowed for modifications, injected humor into the class and was so wonderfully positive. It was my most favorite yoga class ever!

Louise Simpson
Administrator, Post-Acute Care, Principal Accounts

INCLUSIVITY IN THE HOLIDAY SEASON WITH UW PROFESSIONAL & ORGANIZATIONAL DEVELOPMENT

Working within UW Medicine, I don't have many opportunities to share experiences with UW staff outside of medicine. Not only did this make me appreciate the community we have within UW but also value the diversity we have within this institution. I learned about other cultures and traditions.

Leila Armas-Valencia
Program Operations Specialist, Pulmonary/Critical Care

UNIVERSITY BOOK STORE SHOPPING NIGHT

I loved this event! And I loved that the gift-wrapping proceeds went to a good cause. We had so much fun at the event.

Holly Schneidmiller
International Scholars Operations Specialist,
Office of the Provost

UW PHOTO DAY AND PICNIC

Loved Photo Day! It was so organized, and lines were much quicker this year. We really enjoyed and appreciated the bonus BBQ. The food was delicious, thank you!

Michelle Brot
Research Coordinator, HSA Operations

DOES SELF-COMPASSION REALLY WORK?

This was so great—giving permissions to self for compassion, learning the difference of self-indulgence and compassion. I loved the practice session at the end and the statements to use.

Sandra Johnson
Senior Research Scientist, Radiology

10 YEAR TIMELINE



KETTLEBELL GUINNESS WORLD RECORD

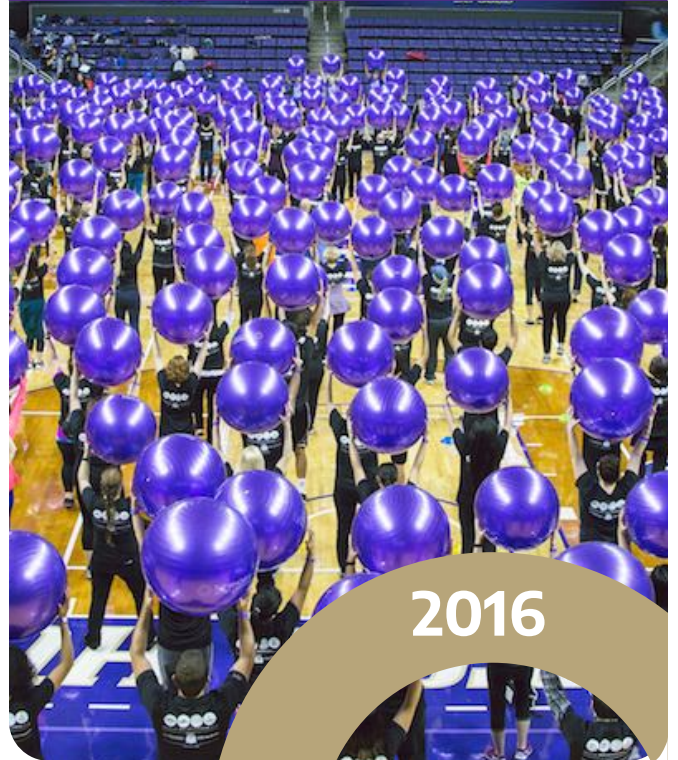


OVATIONS!

Nothing could have been better. The show was dazzling. You did an outstanding job in every detail.

Gerald H Pollack, PhD
Professor, Bioengineering

2014



2016



2015

UMBRELLA DANCE GUINNESS WORLD RECORD

That was SO FUN! I think taking moments away from work for laughter, play, and silliness is so crucial to overall wellness and job satisfaction. Thank you so much for doing this!

May Lim

Director of Industry and
Professional Programs,
Electrical and Computer
Engineering

EXERCISE BALL GUINNESS WORLD RECORD

This was a wonderful event for my mental and physical well-being! It was nice to see staff that I have not seen for years and to make new friends from many different departments. Thank you!

Rosemarie Topacio Alfano

Administrative Specialist,
Patient Financial Services

UW PHOTO DAY

We participate almost every year and love the time with our family. There is a special sense of community happening on campus that day. People are relaxed, open and happy to share their workplace with their loved ones. The photographers are real pros and take wonderful pictures that capture special moments in time.

Gene Woodard
Director, Building Services,
UW Facilities



TAKE OUR KIDS TO WORK DAY

It makes such a difference to feel that I am welcomed on this campus as a working mother. Having this event completely made my day and made my son so excited to see where I worked. Thank you for putting this on, it truly made a difference and made me very proud to work at UW Bothell.

Sara Eleanore McDermott
Academic Counselor

2019

RAISE THE BAR SUMMER SOCIAL

Great event to enjoy sunshine, great music and time with colleagues!

Mary Schweikl
Program Administrator, Operating Resources

YOGA CLASS AT UW BOTHELL

I spend most days eating lunch at my desk, 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

2018



2017

UW WALK WEEK

It was a great way to bond with co-workers and gave opportunities to be active on campus. We walked all over the campus and had a wonderful time!

Frankie Streeter
Facility Security Officer,
Applied Physics Laboratory



DARE TO DO: NEW YEAR CHALLENGE



UW WELLNESS WEEK

Thank you for putting on the Wellness Week programming. It felt SO necessary in these times. I enjoyed the fitness classes which provided a structured opportunity to focus on myself and unplug from work.

Rosa Pazhouh
Program Operations Specialist,
School of Medicine



HUSKY STRONG DAY

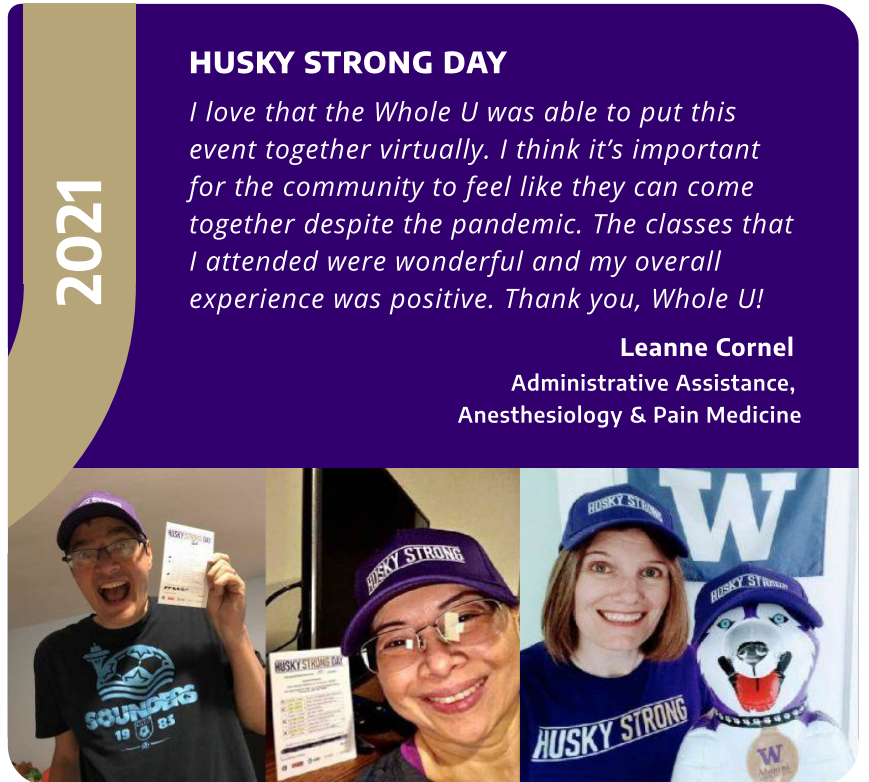
I love that the Whole U was able to put this event together virtually. I think it's important for the community to feel like they can come together despite the pandemic. The classes that I attended were wonderful and my overall experience was positive. Thank you, Whole U!

Leanne Cornel
Administrative Assistance,
Anesthesiology & Pain Medicine

**GET IN THE GAME
SAVE A LIFE**

This is a fun educational event where people can learn and have the opportunity to sign up for the registry. The Be The Match bone marrow registry literally cures cancer. For me, being an advocate for the registry helps me honor my donor, allows me to meet superheroes, and kick cancer!

Alexes Harris
Professor of Sociology,
UW Faculty Regent



PARTICIPATION

545,090

Participation

4,382

Events

\$74,849

Donations benefiting UW programs

TOP ENGAGED ORGANIZATIONS

UW Medicine
UW Human Resources

UW Office of the Provost
UW College of Arts and Sciences

UW Student Life
UW College of the Environment

UW Athletics
UW College of Engineering

UW Facilities
UW School of Public Health



PARTNERSHIPS

UW Athletics
UW WorkLife
UW Medicine
UW Hall Health
CARE4U
UW Recreation

UW Recycling
UW Facilities
UW LiveWell
UW Food Pantry
UW Student Life
UW Resilience Lab

UW Sustainability
University Book Store
UW Counseling Center
UW Combined Fund Drive
UW Student Well-Being Committee

Office of Minority Affairs & Diversity
UW Housing & Food Services
UW Center for Child & Family Well-Being

UW Professional Staff Organization
Harborview Resiliency Committee
UW Professional & Organizational Development

TOP 10 EVENTS & PROGRAMS

1. Daily Moving Break 53,829
2. Weight Training Class 16,921
3. UW Photo Day 11,680
4. UW Fitness Day & Guinness World Records 10,275
5. UW Yoga Month 7,672
6. The Whole U New Years Challenge 9,422
7. National Nutrition Month 3,025
8. UW Walk Week 3,000
9. DEI Forum 1,532
10. The Power of Positivity 700

TOP 10 SELF-PACED ACTIVITIES

1. Drinks in a Jar Handout 1,780
2. 30 Day Sustainability Challenge 1,699
3. Meals in a Jar Handout 1,616
4. Baked Snack Recipes 1,464
5. 30 Day BECU Financial Challenge 1,269
6. 5K Beginner Plan 1,140
7. Stretch at Your Desk 1,033
8. 30 Day Kindness Challenge 944
9. Building Sweet & Savory Power Bowls 834
10. 28 Day Hydration Challenge 762

TOP 10 ARTICLES

1. Guide to NW Berries 432,627
2. Benefits of Homemade Meals 333,768
3. Making of a Healthy Breakfast 182,064
4. Juicing vs. Blending 177,307
5. What does drinking water heal? 139,788
6. Art for Self-Care 90,656
7. Making of a Healthy Lunch 64,813
8. Top 10 Hikes in WA 54,111
9. Improving Your Posture 44,908
10. Yoga for Longevity 37,512

TOP 10 VIDEOS

1. Wine 101 368,000
2. Crows: Smarter Than You Think 16,000
3. Guided Cooking Series 11,000
4. Desk Yoga Series 10,500
5. Watercolor Painting 7,800
6. Mindful Parenting 6,400
7. Weight Training Series 5,655
8. Learn the Thriller Dance 4,000
9. Weather Forecasting 3,300
10. Restorative Yoga 2,900



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