

# THE WHOLE U IN 2020

Bringing our community together when wellness mattered most.



THE WHOLE U  
UNIVERSITY of WASHINGTON

## PARTICIPANTS

**80,946**

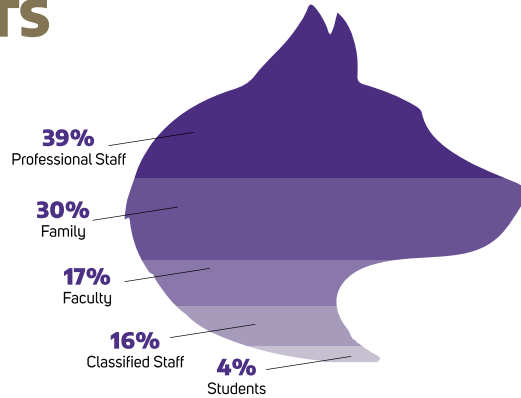
Total Participation

**22,167**

Unique Participation

**598**

Events



## MOST ENGAGED ORGANIZATIONS



School of Medicine



Student Life



Medical Centers



School of Public Health



College of Arts and Sciences



College of Environment

## CAMPUS PARTNERSHIPS

- UW Athletics
- UW Medicine
- UW Recreation
- UW Sustainability
- UW Hall Health
- UW Resilience Lab
- Work Life
- UW Carelink
- UW Pantry
- Student Well-Being Committee
- Harborview Resilience Committee
- The Sports Institute at UW Medicine
- The Heart Institute at UW Medicine
- Center for Child Well-Being
- The Combined Fund Drive
- Professional Organizational Development

## PILLAR BREAKDOWN

	Articles	Events
<b>Being Active</b>	7	329
<b>Eating Well</b>	28	18
<b>Staying Healthy</b>	28	101
<b>Engaging Interests</b>	16	63
<b>Life Events + Changes</b>	5	10
<b>Volunteerism</b>	6	43
<b>Financially Fit</b>	6	34

## DISCOUNTS

**274**

Discounts

**69,027**

Visits

## WEBSITE

**1,050,085**

Page Views

**517,414**

Unique Page Views

# HUSKY STRONG

**1,106**

T-Shirts Sold

**\$13,272**

Donated to the COVID-19 Employee Emergency Fund

## COMMUNITY ENHANCERS

Program	Attendance
<b>UW Summer Wellness Challenge</b>	1,500
<b>UW Wellness Week</b>	1,193
<b>UW Yoga Month</b>	1,440
<b>Dare to Do 2020</b>	2,098

## ONLINE ENGAGEMENT

**2,684**

Page Likes

**1,599**

Members

**1,469**

Followers

**2,025**

Followers

Facebook

Facebook Groups

Instagram

Twitter

**YOUTUBE:**

**8,326**

Total Video Views

**SOUNDCLOUD:**

**3,029**

Listeners

# 2020 WORDS OF INSPIRATION

## BUYING A HOME WEBINAR

"Great intro workshop, great presenter, great moderator. Felt like my time was respected. Thank you!"

— **Troy Bonnes**, Student Relations Coordinator || College of Arts & Sciences

## CHALLENGING THE EMBODIMENT OF ANTI-BLACKNESS WORKSHOP

"I'd never considered the dismantling of white-body supremacy before, but hearing Dr. Salazar-Nunez speak it resonated with me! I appreciated the opportunity to sit with my discomfort and the normalization of the discomfort."

— **Kelli Corning**, Associate Director || School of Medicine

## CHILDREN'S MENTAL AND PHYSICAL HEALTH DURING COVID-19 WEBINAR

"The best thing was hearing from others who face the same challenges and feel similarly daunted by them. The panel was super knowledgeable and really balanced and empathetic in what they shared. Together we'll get through this, and may one day even be thankful for the experience!"

— **Brent Holterman**, Director || UW-IT

## UW RECESS

"This was such an amazing experience. Our kids and neighbors looked forward to it every time. It was a bright spot for our family. Thank you to UW and the athletes!!"

— **Kathleen Meeker**, Assistant Professor || College of Education

## STRENGTH AND CONDITIONING

"First a huge thank you for posting the link to the strength and conditioning video. I have my wife also exercising with me as we watch and exercise along with you every other day."

— **Richard Pelman**, MD Clinical Professor || Emeritus Department of Urology, School of Medicine

## STAYING GROUNDED WORKSHOP

"It was great to be in a Zoom with a lot of other UW people hearing their stories and thoughts about the current events. It's hard being so isolated working from home. Hard to make that connection without the Whole U putting on a cool meeting like this that can gather us all together at once."

— **Kyle Braucher**, Budget/Fiscal Analyst || UW Facilities

## DARE TO REDUCE WITH UW RECYCLING AND UW SUSTAINABILITY

"Practical, important topic that can be applied both to UW environment and home environment. I learned a lot, and felt inspired by the speakers and all that UW is doing to promote sustainability. Thank you for offering this!"

— **Lauren Tuck**, Thai Language Cataloger || UW Libraries

## VIRTUAL WEIGHT TRAINING CLASS

"The Whole U's virtual weight training and daily workouts are one of the silver linings of the corona virus era. And one of the reasons that working for the UW is awesome."

— **John Gannon**, Senior Applications Systems Engineer || UW-IT

## ADDRESSING RACISM WITH MINDFULNESS WEBINAR

"What a wonderful experience. Dr. Bonnie Duran and Dr. Anu Taranath were both enlightening and insightful, while restoring and emboldening our collective spirit."

— **Kate Johnson**, Employment Specialist || UW Human Resources

## 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

## THE WHOLE U PROGRAM

"I love to participate in group activities and build community through the activities I love to do. The Whole U continues to provide super opportunities to try new things and for participation in activities I already love to do. Thanks for all you do for the UW Community!"

— **Kelly Chapman**, Administrator || Undergraduate Academic Affairs

## WOMEN'S HEART HEALTH SEMINAR

"This was a fantastic seminar! I have been telling my co-workers, family and friends about what I learned about women's heart health. It was just the right balance of every day advice and science facts told in a compelling way. I feel better prepared to advocate for my own health."

— **Sarah Mangold**, Program Manager || UW Continuum College