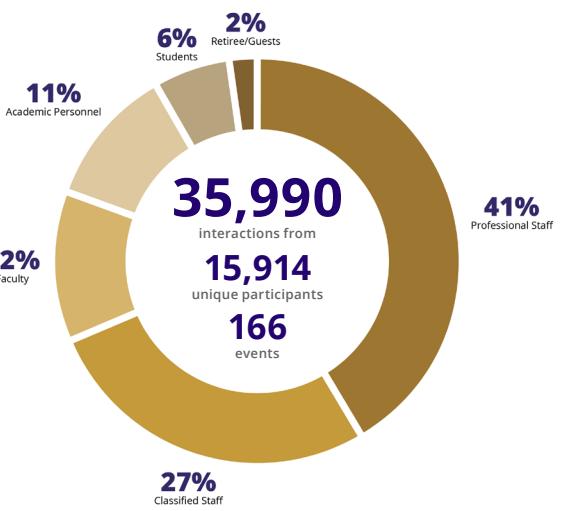


BY THE NUMBERS

Participants



5 Most Engaged Organizations/Groups

Medical Centers	Arts & Sciences
School of Medicine	College of Engineering
Finance & Administration	

Virtual Training

Total Participation **14,603**

Virtual Handouts and Self-paced programs 7904	Dare to Do 2017 1497
Eating Well 1354	
Departmental Wellness Challenges 2650	Yoga 1200

Community Enhancers

UW Fitness Day* 750 Participants	UW Free Photo Day* 2,600 Participants
National Nutrition Month* 1,354 Participants	Raise the Bar Wellness Challenge* 220 Teams

Pillar Breakdown

BEING ACTIVE		
45 Articles	46 Events	12 Social Groups
EATING WELL		
40 Articles	17 Events	1 Social Group
ENGAGING INTERESTS		
28 Articles	43 Events	6 Social Groups
LIFE EVENTS & CHANGES		
5 Articles	11 Events	2 Social Groups
STAYING HEALTHY		
60 Articles	38 Events	
VOLUNTEERISM		
12 Articles	11 Events	

Does not include partner events co-promoted by The Whole U or activities only promoted to members of a social group under The Whole U umbrella.

Faculty Spotlight

26 Faculty Friday Articles	20,017 Page views
19 Staff Story Articles	18,005 Page views

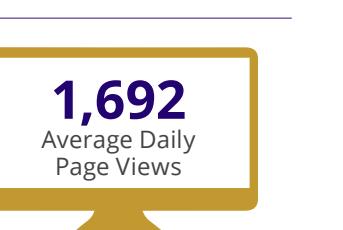
The Whole U Discount Network

215 Discounts in 2015

Website Stats

619,235 Page Views

360,877 Users



Ovations Talent Showcase

975 Participants

Yoga Month*

1,200 Participants

Whole U at Husky Athletic Events

3,705 Participants

WHAT PEOPLE ARE SAYING

PROGRAM COMMENTS

OVATIONS

"This program was amazing. My kids and I really enjoyed it. Finding family friendly events can be challenging. Thank you."

Elizabeth Oestreich
Graduate Student
School of Public Health

UW ATHLETICS PARTNERSHIPS

"Thanks for making the opportunity to attend a Husky women's soccer game available for me and my family. It was a fun family outing that we would not have likely done without the free tickets from Whole U."

David Iyall
Senior Director of Corporate and Foundation Relations
College of Engineering

FACULTY FRIDAY

"This is a wonderful representation of our conversation, my class, and my motivations behind the class. Thank you so much—I am deeply honored to have this."

Kristi Strauss
Lecturer
Program on the Environment

YOGA MONTH

"So glad the UW is making this type of wellness a priority for all ages and groups on campus. Thank you!"

Ann Nez
Technical Services Coordinator
Law Library

UW PHOTO DAY

"We had a great time. Everyone was kind and helpful. Our toddler loved running around and exploring the campus. Thanks so much for hosting this event!"

David Schneider
Web Computing Specialist
Institute for Health Metrics and Evaluation

PUT YOUR BEST FORK FORWARD FOR 28 DAYS CHALLENGE

"Becoming more aware of what I was eating, how I was preparing my food, and being more mindful of my experience at meals has improved my relationship with food."

Mary Jane Lohr
Project Director
School of Nursing and School of Social Work

SWEETEN VALENTINE'S DAY FOR UW MEDICAL CENTER PATIENTS

"This is a Win-Win event. The patients get to feel some kindness on a special day while they are going through some maybe not so good times, and the staff get a warm, friendly, creative break in their day that is fulfilling and helps others."

Hailie Colson
Senior Technologies Specialist
School of Medicine

STAFF STORY

"Gene Woodard's staff story is one of the most wonderfully inspiring stories I've read about leadership and values at UW!"

Kim Johnson-Bogart
Senior Director
Foundation Relations

Frankie Streeter
Alternate Facility Security Officer
Applied Physics Laboratory

GET READY FOR THE GREAT AMERICAN ECLIPSE!

"It was a great presentation. Several of my staff attended with me, and they also seem to have enjoyed it themselves. We've been talking about the eclipse at the office, and several of us are traveling to experience the total eclipse, so it was relevant and good team building."

Brad Coston
Assistant Director of Learning and Information Technologies
School of Nursing

RAISE THE BAR CHALLENGE

"We spend our working hours taking care of sick patients with cancer. This can be physically and emotionally demanding work. As a team, we think it's important to take time out of the day to reach out and support each other and to integrate healthy behaviors into our daily routine in order to better care for ourselves. The Raise the Bar challenge has been a fun way to accomplish this!"

Lisa Hayward
Communications Coordinator
Climate Impacts Group

UW WALK WEEK

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

Frankie Streeter
Alternate Facility Security Officer
Applied Physics Laboratory

UW PHOTO DAY

"We had a great time. Everyone was kind and helpful. Our toddler loved running around and exploring the campus. Thanks so much for hosting this event!"

Brad Coston
Assistant Director of Learning and Information Technologies
School of Nursing

THE FACES AND VOICES OF THE WHOLE U

2017

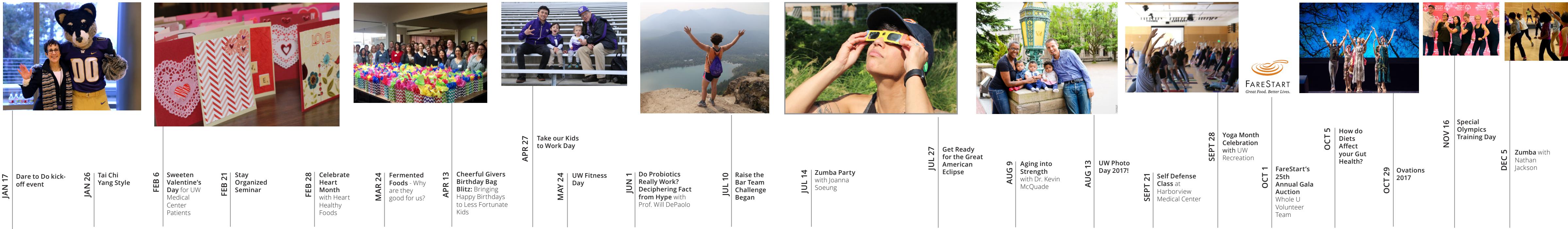
THE WHOLE U
UNIVERSITY of WASHINGTON



BOUNDLESS COMMUNITY

Connecting faculty and staff to each other and to our greater institution

THE WHOLE U TIMELINE



2017 2018

