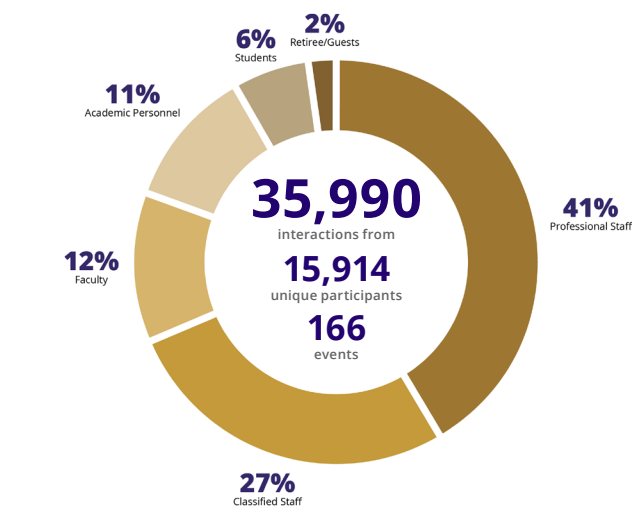


BY THE NUMBERS

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

Ovations Talent Showcase

975

Participants

Yoga Month\*

1,200

Participants

National Nutrition Month\*

1,354

Participants

Raise the Bar Wellness Challenge\*

220

Teams

Whole U at Husky Athletic Events

3,705

Participants

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

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

88,615

Discount network visits

Website Stats

619,235

Page Views

360,877

Users

1,692

Average Daily Page Views

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

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

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

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

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

THE FACES AND VOICES OF THE WHOLE U 2017



BOUNDLESS COMMUNITY

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



A selection of our 166 events in 2017

# THE WHOLE U TIMELINE



JAN 17

Dare to Do kick-off event

JAN 26

Tai Chi Yang Style

FEB 6

Sweeten Valentine's Day for UW Medical Center Patients

FEB 21

Stay Organized Seminar

FEB 28

Celebrate Heart Month with Heart Healthy Foods

MAR 24

Fermented Foods - Why are they good for us?

APR 13

Cheerful Givers Birthday Bag Blitz: Bringing Happy Birthdays to Less Fortunate Kids

APR 27

Take our Kids to Work Day

MAY 24

UW Fitness Day

JUN 1

Do Probiotics Really Work? Deciphering Fact from Hype with Prof. Will DePaolo

JUL 10

Raise the Bar Team Challenge Began

JUL 14

Zumba Party with Joanna Soeung

JUL 27

Get Ready for the Great American Eclipse

AUG 9

Aging into Strength with Dr. Kevin McQuade

AUG 13

UW Photo Day 2017!

SEPT 21

Self Defense Class at Harborview Medical Center

SEPT 28

Yoga Month Celebration with UW Recreation

OCT 1

FareStart's 25th Annual Gala Auction Whole U Volunteer Team

OCT 5

How do Diets Affect your Gut Health?

OCT 29

Ovations 2017

NOV 16

Special Olympics Training Day

DEC 5

Zumba with Nathan Jackson

2017

JAN 17

Wulin Hanyun Performance

FEB 2

Read "We Could Not Fail" with The DUB Club

FEB 19

Husky Athletics Appreciation Night Gymnastics vs. Arizona

FEB 22

Lunch and Learn with The Whole U and the Race & Equity Initiative

FEB 27

Take Control of your Finances Workshop

MAR 1

National Nutrition Month Healthy Potluck Competition begins

APR 5

Lead a Walk

APR 18

Constructing Our Future: Exploring the building blocks of regional climate resilience

MAY 11

Cooking Demo with Chef Tracey

JUN 2

Movement Matters with Laura Houston

JUN 16

Machine Learning: What is it and why is it so important?

JUL 11

Summer Throwdown: UW Team Fitness Challenge begins

JUL 25

Bootcamp with IanFitness

JUL 21

Boot Camp on the Quad with OrangeTheory Fitness

AUG 8

Cooking Demo with UW Club Sous Chef Joanna Soeung

AUG 11

Running Clinic

SEPT 12

Explore Mindfulness with Danny Arguetty

SEPT 24

UW Bothell Photo Day

OCT 4

Glamorous China Performance

OCT 11

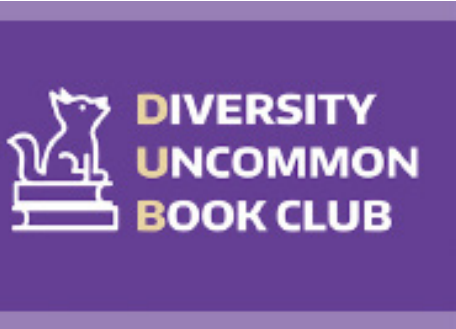
Husky Athletics Appreciation Night Volleyball vs. Oregon

NOV 1

So What are Leaky Gut and Inflammation Anyway?

DEC 7

Considerations for an Ergonomic Workplace with Prof. Peter Johnson



2018