

THE **FACES** AND VOICES OF THE WHOLE U



2019

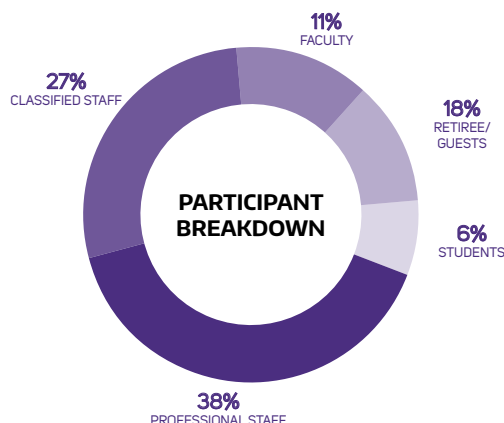


THE WHOLE U
UNIVERSITY of WASHINGTON

BY THE NUMBERS

PARTICIPANTS

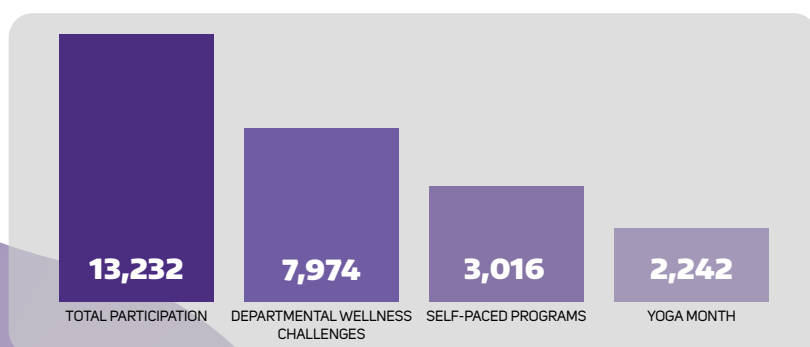
33,651 TOTAL PARTICIPATION
14,729 UNIQUE PARTICIPANTS
218 EVENTS



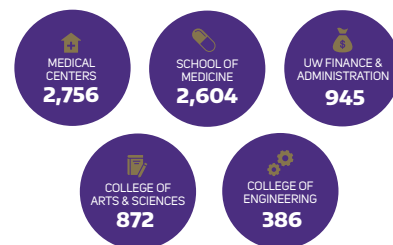
COMMUNITY ENHANCERS

3,242 RAISE THE BAR CHALLENGE	3,705 WHOLE U AT HUSKY ATHLETIC EVENTS
2,500 UW FREE PHOTO DAY	1,300 BENEFITS AND RESOURCES FAIR
1,492 NATIONAL NUTRITION MONTH	1,152 UW WALK WEEK
1,285 UW FITNESS DAY	655 PATIENT VALENTINE'S DAY CARDS

VIRTUAL PARTICIPATION



ORGANIZATIONS WITH MOST PARTICIPANTS



WEBSITE STATS

832,872
PAGE VIEWS
720,437
USERS
2,281
AVG. DAILY PAGE USERS

DISCOUNTS NETWORK

275
DISCOUNTS
124,623
VISITS

EMPLOYEE SPOTLIGHT

FACULTY FRIDAY ARTICLES	19
STAFF STORY ARTICLES	16
FACULTY FRIDAY PAGE VIEWS	13,658
STAFF STORY PAGE VIEWS	14,634

PILLAR BREAKDOWN

	ARTICLES	EVENTS
BEING ACTIVE	19	60
EATING WELL	22	16
STAYING HEALTHY	34	23
ENGAGING INTERESTS	23	35
LIFE EVENTS + CHANGES	6	27
VOLUNTEERISM	9	35
FINANCIALLY FIT	4	22

CAMPUS PARTNERSHIPS

UW ATHLETICS
 UW RECREATION
 UW MEDICINE
 STUDENT WELL-BEING COMMITTEE
 HARBORVIEW RESILIENCE COMMITTEE
 BE THE MATCH CAMPAIGN
 UW HOUSING AND FOOD SERVICES
 UW BOOKSTORE
 UW PANTRY
 UW SUSTAINABILITY
 UW HALL HEALTH

THE WHOLE U TIMELINE



JANUARY + FEBRUARY
DARE TO DO
NEW YEAR'S CHALLENGE



MARCH
NATIONAL NUTRITION
MONTH POTLUCKS



UW
T

JAN.
Reinvent Yourself
in 2019 Seminar
with Elise Ray!

FEB.
Annual Diversity
Forum: Activism in
the Workplace

FEB.
Distinguished Staff
Awards Reception

MARCH
Forefront Suicide
Prevention Training
at UW Bothell

MARCH
Plated with Co
Nutrition Worksh
Harborview Medica

JAN.
Fuel for the Day with
UWMC Clinical Dietitian
Charlotte Furman

FEB.
Reduce with UW
Sustainability and
UW Recycling

MARCH
30 Days of Fruits
and Veggies
Challenge

MARCH
Husky Tennis Staff
Appreciation Day

UW

JANUARY + FEBRUARY
VALENTINE'S CARD MAKING
FOR UWMC PATIENTS



APRIL
UW WALK WEEK





APRIL
TAKE YOUR KIDS
TO WORK DAY

APRIL
Buying and
Remodeling a
Fixer Upper

APRIL
Scavenger
Hunt

APRIL
BE THE MATCH



APRIL
UW BOTHELL
WETLANDS TOUR

MAY
Get in the Game
with UW Football
Block Party

APRIL
22nd Annual
UW Home
Improvement Fair

MAY
UW FITNESS DAY 2019



JUNE
GLOBAL RUNNING

MAY
The Whole U Speaker
Series: Welcome to
Subirdia Seminar

MAY
Spring Maker's Fair
with the Husky
Union Building

JUNE
Harborview Pride
Flag Raising

JUNE
VOLUNTEER RESTOCK
AT THE UW PANTH





DAY

SEPTEMBER HIIT BOOTCAMP WITH YMCA

OCTOBER YOGA MONTH

JULY
Accupuncture
Workshop with UW
Hall Health

JULY
Youth Sports Injury
Prevention Seminar
with UW Sports
Medicine

AUG.
UW Women's Soccer
Appreciation Game

OCT.
Autumn
Mindfulness Series

NOV.
Diversity and
Inclusion in the
Workplace Panel

JULY
Summer Yoga and
Meditation with
Tony Arguetti

AUG.
Heart Health Panel
with UW Medicine
Heart Institute

SEPT.
UW Men's Soccer
Appreciation Game

OCT.
The Whole U
Flu Shots

NOV.
Benefits and
Resource Fairs

DEC.
The Whole U Speakers
Series: Getting a Good
Night's Sleep Seminar

CKING
RY

AUGUST UW PHOTO DAY

NOVEMBER UW GLOBAL MONTH



#UWTimeOff Employee Submission

WHAT ARE THE PEOPLE SAYING?

WHOLE U PROGRAM

"I love The Whole U and its events. I feel like they're diverse enough to reach a broad audience, no matter what healthy lifestyle change you're looking to achieve or learn more about. I definitely appreciate having this program and all of its offerings!"

- **SUZANNE L. LEMERE**
Program Support Supervisor II
Finance and Business Services

UW PHOTO DAY

"Photo Day brings families together for group photos at iconic locations across our beautiful campus. We participate almost every year and love the time with our children and grandchildren. 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
(Custodial & UW Recycling)
UW facilities

BOOTCAMP CLASS WITH IAN FITNESS

"I really enjoyed the bootcamp class. Everyone was really encouraging and had great energy. I didn't feel awkward when I couldn't physically do an exercise; instead, I felt encouraged to do what I could. I appreciated that different fitness levels were all welcome and celebrated. Thanks!"

- **MELINDA SCHULTZ**
Research Analyst II
Psychosocial and Community Health

COLLAGE WORKSHOP

"This was such a fun event and illustrated how just one hour can juice creativity and perk up flagging energy. I appreciated chatting with others from around campus. Please offer again!"

- **ALYSSA RAE DEUTSCHLER**
Online Reference Services +
Information Science Librarian
UW Libraries

UW BOTHELL TAKE OUR KIDS TO WORK DAY

"It makes such a difference to feel that I am welcomed on this campus as a working mother and it made such a difference for me to feel encouraged to bring my son with me to work. Having this event completely made my day and my son, who is only 2 was so excited to see where Mama worked. Thank you for putting this on and for all of the goodies - it truly made a difference and made me very proud to work at UW Bothell."

- **SARA ELEANORE MCDERMOTT**
Academic Counselor

SUSTAINABILITY SEMINAR WITH UW RECYCLING

"I learned about 'Buy Nothing' groups and as result, joined my hyper-local 'buy nothing' neighborhood group! I'm inspired to gift things to neighbors I no longer have use for, creating a stronger network of community along the way. Great presentation!"

- **ERICA BARTLETT**
MiniMax Program Coordinator
Custodial Services

UW FINESS DAY 2019

"Amazing event this year! The time and effort that goes into putting this on is apparent and appreciated. It was flawless and I was honored (and schooled) to be exposed to so many amazing professional athletes. I wish this could happen more often because it is the single best annual event and it truly renews and brings everyone together. High fives all around."

- **NINA BEAL**
Research Fellowship Coordinator
Pulmonary and Critical Care

FACULTY FRIDAY

"Thank you so much for the wonderful Faculty Friday piece on my work! It looks beautiful! I can't tell you how much I appreciate your attention to detail."

- **CHADWICK ALLEN**
Associate Vice Provost for Faculty Advancement
Professor of English / Adjunct Professor of American Indian Studies

DIVERSITY AND INCLUSION IN THE WORKFORCE PANEL

"It was refreshing hearing strong women advocating for change to improve the culture and community at the UW."

- **KELLI A. CORNING**
Associate Director
Medicine Staff UH

THE WHOLE U SPEAKER SERIES

"Awesome speaker, excellent presentation, really important topic. I was inspired by the talk and hope to incorporate some of these tips and approaches into my life."

- **CARRIE HEIKE**
Associate Professor
Pediatrics