BY THE NUMBERS

 PARTICIPANTS

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

COMMUNITY ENHANCERS

WEBSITE STATS

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

VIRTUAL PARTICIPATION

PARTICIPANT BREAKDOWN

VOLUNTEERISM

ENGAGING INTERESTS

STAYING HEALTHY

EATING WELL

BEING ACTIVE

TOTAL PARTICIPATION

DEPARTMENTAL WELLNESS CHALLENGES

SELF-PACED PROGRAMS

YOGA MONTH

DISCOUNTS NETWORK

275 DISCOUNTS

124,623 VISITS

PILLAR BREAKDOWN

ARTICLES EVENTS

BEING ACTIVE

EATING WELL

STAYING HEALTHY

ENGAGING INTERESTS

LIFE EVENTS + CHANGES

VOLUNTEERISM

FINANCIALLY FIT

EMPLOYEE SPOTLIGHT

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

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

JAN.
Reinvent Yourself in 2019 Seminar with Elise Ray!

FEB.
Annual Diversity Forum: Activism in the Workplace

FEB.
Distinguished Staff Awards Reception

MARCH
NATIONAL NUTRITION MONTH POTLUCKS

MARCH
Forefront Suicide Prevention Training at UW Bothell

MARCH
Plated with Color Nutrition Workshop at Harborview Medical Center

JANUARY + FEBRUARY
VALENTINE’S CARD MAKING FOR UWMC PATIENTS

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

APRIL
UW WALK WEEK

MAY
Get in the Game with UW Football Block Party

APRIL
Earth Day Challenge: Skip the Elevator!

APRIL
UW Scavenger Hunt

FEB.
Reduce with UW Sustainability and UW Recycling

MARCH
Plated with Color Nutrition Workshop at Harborview Medical Center

APRIL
UW BOTHELL WETLANDS TOUR

APRIL
UW TAKE YOUR KIDS TO WORK DAY

JUNE
GLOBAL RUNNING DAY WITH YMCA

SEPTEMBER
HIIT BOOTCAMP WITH YMCA

OCTOBER
YOGA MONTH

SEPT.
UW Men’s Soccer Appreciation Game

OCT.
The Whole U Flu Shots

NOV.
Diversity and Inclusion in the Workplace Panel

NOV.
Benefits and Resource Fairs

MAY
Get in the Game with UW Football Block Party

APRIL
Earth Day Challenge: Skip the Elevator!

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NOV.
Benefits and Resource Fairs
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

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 FINNESS 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