BY THE NUMBERS

**PARTICIPANTS**

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

**COMMUNITY ENHANCERS**

- PARTICIPANTS: 3,242
- RAISE THE BAR CHALLENGE: 3,705
- EVENTS: 2,500
- WHOLE U AT HUSKY ATHLETIC EVENTS: 1,692
- SELF-PACED PROGRAMS: 1,492
- NATIONAL NUTRITION MONTH: 1,285
- VOLUNTEERISM: 655

**VIRTUAL PARTICIPATION**

- TOTAL PARTICIPATION: 13,232
- DEPARTMENTAL WELLNESS CHALLENGES: 7,974
- SELF-PACED PROGRAMS: 3,016
- YOGA MONTH: 2,242

**WEBSITE STATS**

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

**DISCOUNTS NETWORK**

- DISCOUNTS: 275
- VISITS: 124,623

**PILLAR BREAKDOWN**

<table>
<thead>
<tr>
<th>ARTICLES</th>
<th>EVENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEING ACTIVE</td>
<td>19</td>
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<tr>
<td>EATING WELL</td>
<td>22</td>
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<tr>
<td>STAYING HEALTHY</td>
<td>34</td>
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<td>ENGAGING INTERESTS</td>
<td>23</td>
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<tr>
<td>LIFE EVENTS + CHANGES</td>
<td>6</td>
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<td>VOLUNTEERISM</td>
<td>9</td>
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<tr>
<td>FINANCIALLY FIT</td>
<td>4</td>
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</tbody>
</table>

**ORGANIZATIONS WITH MOST PARTICIPANTS**

- MEDICAL CENTERS: 2,756
- SCHOOL OF MEDICINE: 2,604
- COLLEGE OF ARTS & SCIENCES: 872
- COLLEGE OF ENGINEERING: 386
- UW FUNDRAISING: 869
- UW FACULTY: 381
- UW STAFF: 275
- UW STUDENTS: 13,658
- UW STAFF: 12,716

**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
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

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

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

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