



THE WHOLE U  
UNIVERSITY of WASHINGTON

# THE FACES AND VOICES OF THE WHOLE U



# 2022

# BY THE NUMBERS

2022

## PARTICIPATION

**83,266** **993**  
Total Participation Total events

## UW DISCOUNTS

**122,766** **303**  
Total Visits Discounts

## WEBSITE

**1,095,526** **503,895**  
Web views Unique Web views

**304,821** **130**  
Article Views Total Articles

## TOP ENGAGED ORGANIZATIONS

UW Medical Center  
UW Human Resources  
UW School of Medicine  
UW Office of the Provost

UW College of Arts and Sciences  
UW College of the Environment  
UW School of Public Health  
UW College of Engineering

UW Office of the Provost  
UW Student Life  
UW Facilities



## HUSKY STRONG

### THE WHOLE U CHARITABLE GIVING PROGRAM

**\$19,900+**  
Donated to UW non-profit organizations

**1,172**  
Unique donors

**7**  
Fundraising events

## COMMUNITY ENHANCERS

	Daily Moving Break	14,031
	Self Paced Programs	7,199
	Financial Partner Webinars	5,336
	Weight Training	4,283
	Mental Health Support Seminars	3,293
	UWMC Breakroom Project	3,000
	Dare to Do New Years Challenge	2,625
	UW Photo Day	1,932
	Yoga Month	1,621
	UW Facilities Engagement	1,411
	UW Fitness Day	1,022
	UW Athletics Games	734

## PARTNERSHIPS

UW Athletics  
UW Medicine  
CARE4U  
UW Recreation

UW Sustainability  
UW Work-Life & UW CareLink  
UW Student Well-Being Committee  
Harborview Resilience Committee

The UW Combined Fund Drive  
University Book Store  
UW Professional & Organizational Development

## SOCIAL CONNECTIONS

	<b>2,800</b> Followers		<b>9,700</b> Views		<b>272</b> Subscribers
	<b>1,719</b> Followers		<b>578</b> Subscribers		<b>212</b> Subscribers



## Supporting Neurodiverse Colleagues in the Workplace

This was by far the most impactful event I've ever attended at the UW. It was thoughtfully prepared, and the panel was dynamic, open, respectful and informative. It was a really paradigm-changing moment for me in terms of how I relate to the people around me and what I can reasonably expect from others.

**Elin Martin**

Grants Manager, Principal Accounts

## UW Fitness Day

Had a really nice time and the energy was great. Really appreciate the involvement of UW coaches and student-athletes. Very happy I did it and looking forward to next year already!

**Victor Balta**

Director of News and Information, Development Administration

## Tostada Cooking Class

What a wonderful time my family had. My teenage daughter wasn't too keen on doing this, but I signed us up as a family. She did all of the cooking and couldn't stop telling me how much she loved the Tostada. She even asked us to cook it again the next night. Thank you!

**Donna Painchaud**

Computer Services Consultant, Biomedical Informatics and Medical Education

## Yoga for Every Body

The instructor was wonderfully inclusive and mindful of the fact that we all have different body types and mobility/stance needs. It was a very affirming and comfortable yoga class.

**Melissa Becker**

Community Liaison, Dean of Education

## Financial Wellness Seminar

The instructor had a wonderful personality and made the class approachable and inclusive. She gave very helpful suggestions on a variety of ways to tackle debt, no matter how big or small. I enjoyed the class and would recommend to friends and colleagues.

**Jodi Van Matre**

Program Operations Specialist, Pharmacy

## People of UW Column

The Whole U's Nicole reached out to me to share my story. She truly created a safe space for me to share not only my successes, but my challenges as well. Nicole took the time to work with me over the weekend, knowing that I am an on-call administrator with little time. I truly enjoyed this experience and her kindness helped me to share my story. I am grateful.

**Joseph de Veyra, July edition**

Associate Chief Nursing Officer, Harborview Medical Center

I really think this is the most beautiful (yet accurate) thing someone could write about me. THANK YOU! Your investigative journalism is IMPRESSIVE.

**Chantel Pratt, September edition**

Professor, Department of Psychology

## Connect with us

 [thewholeu.uw.edu](http://thewholeu.uw.edu)

 [@TheWholeU](https://www.youtube.com/@TheWholeU)

 The Whole U

 For UW, By UW

 [@TheWholeU](https://www.facebook.com/TheWholeU)

 [@uwwholeu](https://www.instagram.com/uwwholeu)

## The Whole U Program

What impresses me about The Whole U events is the structure. I never feel like I can't reach goals because there are small-scale components, low-stakes suggestions and activities to improve your life. I appreciate the amount of thought and time put in to organizing activities in a way that makes you feel good about yourself, even if you made just a small change to a routine, fitness, nutrition or mindfulness goal. Thank you!

**Susan Morgan**

Learning Technologies Coordinator, The Information School

## Dare to Do 2022 New Years Challenge

Stress and anxiety is a constant with busy, full time projects and the COVID-19 pandemic. The Mindfulness Challenge helped me focus on something other than work and problems. The suggestions were doable and easy to incorporate into busy work days.

**Robin Hendricks**

Administrator, Office of Research

## Forest Bathing Exercise

As our human reality continues to be so topsy turvy and challenging, self care through grounding and listening to the earth is essential. Thank you, Whole U! Once again, another thoughtful, inspiring and transformative program!

**Laura Straight**

Program Coordinator, Pediatrics

## Global Running Day

This got me outside on a day where I would have likely been stuck at my desk all day!

**David Warren**

Software Engineer, Department of Atmospheric Sciences

## Preventing and Detecting Gynecological Cancers

This was excellent information for women to know what questions to ask at their doctor visits. I love to see health related women-centric info sessions. The learning is invaluable!

**Jennifer Kim**

International Student Advisor, BR-B Student Services

## Cultivating a Culture of Health with Dr. Sharon Laing

As an employee working in equity in primary care, this gave me a lot of things to consider and I encounter with populations who are marginalized. So many great tools and ideas to share with leadership and coworkers!

**Jerry Wood**

Clinical Laboratory Technician, UWMC Laboratory Medicine

## Bike Safety Event

It was a great reminder on what things to quality check, and I love giving to Bike Works through the UWCFD. It was so fun to see their space!

**Lisa Nordlund**

Undergraduate Advisor, Environmental and Forest Sciences

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