

Annual Report Wellness Committee Accomplishments June 1, 2006-May 31, 2007

- 7 Lunch-n-Learn sessions were offered for the VSU community and included the following topics:
 1. The Energy Balance Equation
 2. Healthy Restaurant Eating
 3. Breast Cancer Awareness
 4. The Stress Factor and Weight Gain
 5. Beyond Fad Diets
 6. Building a Well Community
 7. Diabetes and Nutrition

A total of 136 attendees were present (78 total individuals). Of the 78 individuals (17 Faculty, 56 Staff, 4 Student, 1 Guest), 28 of them attended more than one event.

- The Centennial Walking Club has 65 people participating with a total of 8140 miles walked. Three individuals are at the 100 miles milestone, 5 are at the 200 miles milestone, 1 is at the 400 miles milestone, 1 is at the 500 miles milestone and 5 are over 500 miles.
- Held the first annual Centennial Fun Run/Walk in August with over 300 people participating.
- Held two Wellness Fairs (September and April) that had over 100 faculty and staff participating.
- Participated in several PR/Marketing events such as New Faculty Orientation, Staff Appreciation Day, and the Monthly Staff Orientation sessions.
- Offered the opportunity for employees to complete the free Health Risk Appraisal in the fall of 2006. 191 individuals participated. The group consisted of 110 women and 81 males, with the average age of the group being 43. The top four intervention programs recommended based on the data included the following:
 1. Cancer Risk Reduction (82% have higher cancer risk)
 2. Better Nutrition (80% showed need for making nutritional changes)
 3. Weight Management (72% are above their recommended weight range)
 4. Improve Fitness (69% showed need for improving fitness levels)