

Manteno CUSD No. 5 Wellness Committee  
May 4<sup>th</sup>, 2017  
3:20 – 4:00 HS Office Conference Room  
Meeting Minutes

Those in attendance: S. Hoots, K. Lengel, K. Trumble, M. Saathoff, L. Weedon, C. Yacobi, R.J. Haines, D. Murphy, K. Couch, L. Davis and D. Fortin.

Everyone introduced themselves and shared their building positions.

The Wellness Health Evaluation screening results were reviewed.

- There were 147 total participants (24 males and 123 females)
- Average BMI (Female/Male) 29.3/32.1
- Percentage of tobacco users 4.8%
- Percentage of members referred to a physician – 55.8%
- Members at risk of a heart attack over the next 10 years – 15
- Average number of days of exercise – 3
- Members actively taking steps to improve their health - 45
- Newly Discovered Conditions
  - Anemia 1
  - Blood Pressure 14
  - High Cholesterol 6
  - Liver Condition 4
  - Thyroid Condition 3
  - Metabolic Syndrome 25
- The District's IHI (Interactive Health Index) score was:
  - High Risk 9%
  - Moderate Risk 18%
  - Low Risk 73%

The Wellness Survey was reviewed which was completed on 02/21/2017. Findings include:

- How likely are you to participate in a wellness/health promotion program at work?
  - Very likely – 42.19%
  - Somewhat likely – 56.25%
  - Not likely – 1.56%
- Wellness activities are preferred after work 44.09% - before work – 40.16%
- Most interest wellbeing initiatives:
  - On-site massage therapy, blood test screening, yoga, Pilates, personal training, walking club, weight management program
- Most wellness/health promotion program topics:
  - Nutrition, stress management, physical activity
- Other activities would you like to see offered
  - Treadmills, yoga, discounts to Riverside based programs
- Which incentives motivate you the most:
  - Gift certificates, food (complimentary lunch)
- What might prevent you from participating in a wellness/health program

- Lack of time, money, motivation
- What way is the best to disseminate health information
  - Email, posters/flyers
- Do you believe District #5 provides opportunities for me to be physically active
  - Agree – 73.02%      Disagree – 26.98%
- What aspects of your work environment should be changed to be more supportive of a healthy lifestyle?
  - Healthier lunches offered for staff
  - Exercise equipment available
  - Allowed to work out on prep
  - Stress management
  - Alternative seating
- Which charitable causes interest you for participation?
  - Cancer – 62.16%
  - Children and Youth – 70.91%
  - Education – 54.81%

#### Suggestions for Staff Food Service Lunches for FY18

- Soup/Salad bars

#### Plans to move forward

- Possibility of fitness room at the EL?

Moved by Lengel, seconded by Yacobi to close the meeting at 4:00. Voice vote – all ayes.

Respectfully submitted,

*Deb Fortin*