



CALS Wellness Committee

2017 Annual Report/Summary of Activities

Committee Members in 2017

Sarah Marcotte, Research
Victoria Szewczyk, Business Services
Devika Suri, Nutritional Sciences
Phil Dunigan, ARS
Kelly Tomko-Ewing, Arlington ARS
Kyle McMillen, Research

Well Wisconsin Biometric Screening

CALS hosted a Well Wisconsin event on April 27, 2017 in Microbial Sciences Room 6201. There were 142 registrants and the event served 135 total participants. The event was a success in that attendees did not encounter long wait times and the event started and finished roughly on time. In future years, CALS may want to consider finding a more spacious room for actually conducting the assessments (anecdotally, the room was perceived as small by the event coordinator). One major issue with the logistics of the event was having access to MSB and being able to navigate the restricted-access elevator during non-business hours (7:00AM setup requested by the event staff).

Dietetics and Nutrition Club Lunch and Learns

The UW undergraduate student organization Dietetics and Nutrition Club has partnered with CALS Wellness to offer nutrition-themed lunch and learns for faculty, staff and students. These consist of a presentation around a theme, put together and presented by the DNC students, followed by a group discussion/Q&A. In 2017, we offered a total of 5 Lunch and Learns:

- March 1 – “Squash the Winter Blues: Eating Healthy in the Winter” (2 attendees)
- March 31 – “Myth Busting around Diet and Exercise” (9 attendees)
- April 21 – “Packing and Snacking (2.0)” (7 attendees)
- October 13 – “Have a Healthy Halloween!” (5 attendees)
- December 7 – “Winter Nutrition” (6 attendees)

CrazyLegs Team

Approximately 12 participants for the team with the split being pretty much even between 2nd floor of Ag Hall employees and others. One issue that came up was that the entry fee for walkers to register as individuals is less than the cost of registering as part of a team, which disincentivizes including walkers on the team. A committee member or participant contacted the CrazyLegs race organizers to let them know about this and to find out if that could be corrected in future years. Unknown whether a response was received.

Ag Research Stations

ARS overall

- Did a “7 Dimensions of Wellness” presentation at Ag Station Office Managers fall conference, and discussed interests, program ideas for the outlying station employees
- January Superintendent conference included a session on Building and Managing Work Relationships

Arlington ARS

- Onsite biometric screening for employees, spouses as well as open to the public. Plenty of interest, filled most spots, had several walk-ins
- Incorporated ergonomic “sit/stand” workstations to reduce desk job fatigue
- Station wide Safety Trainings
 - Worker Protection Standard
 - Manure Gas Safety Training
 - Grain Bin Safety Training
- Department level: Monthly tailgate trainings on misc. safety/wellness topics
- Bi-monthly safety committee meetings to address ongoing ideas, concerns. Plan monthly training topics, annual trainings.
- Building and managing positive work relationships through facilitating job sharing, communications, and cross training