

CCS WELLNESS INITIATIVE





SEPTEMBER 2016 - MAY 2017



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ONSITE PROGRAMMING

Totals by programming category. *Nutrition and General Health Education were held only at the CCS bus compounds.

	School Year	Fitness	Cooking Demos	Stress Less	Nutrition Education*	General Health Education*	Total
Offered	2015/16	482	148	120	23	27	796
	2016/17	403	85	8	15	12	509
Unique Locations	2015/16	30	41	53	3	6	130
	2016/17	19	31	7	3	3	63
Unique Participants	2015/16	317	615	423	63	426	1772
	2016/17	293	859	85	155	323	1715
Cumulative Participation	2015/16	2572	2264	1150	393	1358	7618
	2016/17	1903	1446	86	276	537	4248
Average Participation/class	2015/16	5.3	15.3	9.6	17.1	50.3	97.6
	2016/17	4.7	17.0	10.8	18.4	44.8	95.7

BIOMETRIC CLINICS

Round 3 biometric data is based on the following dates: January 2017 - May 2017

Calendar Year	2016	2017
Round	2	3
Length of Round	7 months	5 months
Total Benefits Eligible Employees	6627	6789
Total Available Appointments	2743	1852
Total Employees Screened	1890	1126
Total Returning Participants	-	770
Total Clinics Held	41	38
% Benefits Eligible Screened	28.5%	16.6%

FLU SHOTS

Flu shots were held Fall of 2016/17 School Year

School Year	2015/16	2016/17
Total Flu Shots Given	1638	1380
Total Clinics Held	83	51
Average Participants/Clinic	20	27

HRA

Targeted campaign March 2017

731
Total Employees Completed their HRA January 2017 - March 2017

OTHER PROGRAMMING AND EVENTS

Shape Fitness	2016	YTD
Total CCS Gym Memberships	1785	2183

Weight Watchers At Work	YTD Totals
Total Active Locations	5
Unique Participants	128
Cumulative Participation	313

Wellness Champion Dinner 2/28/17	
Cumulative Participation	34

2016/17 SY TOTALS

Cumulative Participation **7101**
*excludes Shape Fitness, HRA

Unique Participation **2330**
*excludes data not tracked in CCS Wellness Portal including: Shape Fitness, Weight Watchers, and Flu Shots

Cumulative Fitness Travelers.. **825**

Unique Locations Hosted Wellness Programming **69**

Active Wellness Champions.... **150**

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2016/ 17 SY Cumulative Participation per Month

