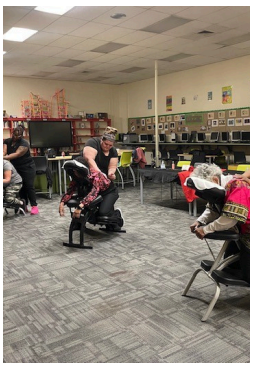
HEALTHY BODIES
ACTIVE MINDS
COLUMBUS CITY SCHOOLS

Annual Report

2023-2024









A summary of CCS Staff Wellness Initiative Programming throughout the 2023-2024 school year.







Healthy Workplace Gold Award Winner and Cancer Excellence Award Winner

Our Staff Wellness Initiative not only received the 2023 Healthy Worksite Gold Level Award distinction from the Healthy Business Council of Ohio (HBCO) in recognition of its healthy worksite practices, but was also recognized by the Ohio Department of Health (ODH) with the Cancer Screening Excellence Award seal.



These prestigious awards not only recognize our dedication to providing comprehensive wellness programs, but also serve as a powerful motivator for us to continue prioritizing the health of our staff.



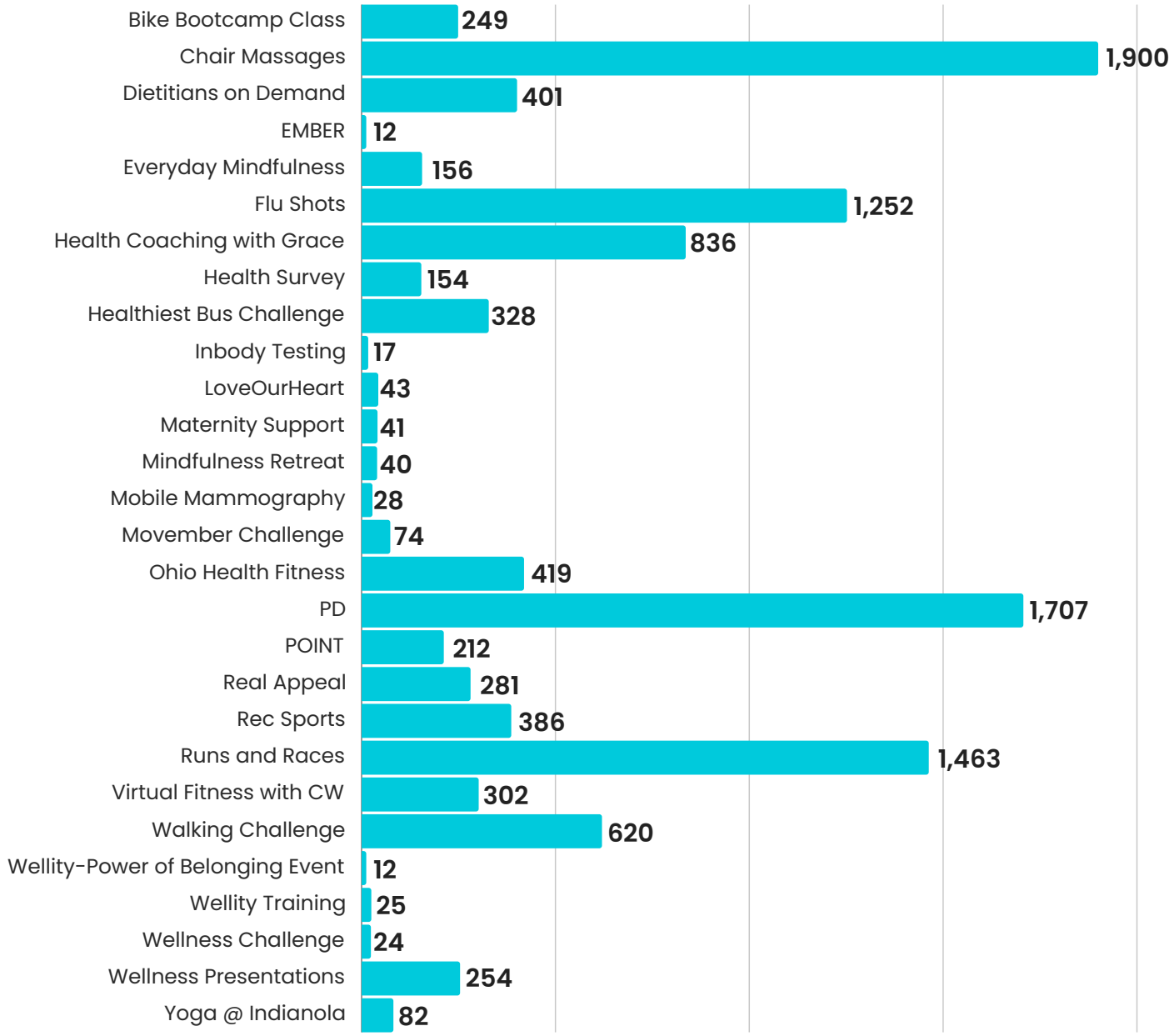
By the Numbers

*excludes data with aggregate reporting including: Real Appeal, health coaching with Grace, chair massages, Dietitians on Demand, healthiest bus challenge, mobile mammography, PD presentations without sign in, Ohio Health fitness

Category	2023-2024 (Current)	2022-2023 (Past)	Change
Cumulative Participation	11,318	10,785	4.9% increase
Unique Participants*	3,504	5,090	31.2% decrease
New Participants*	2,086	2,744	24.0% decrease
Returning Participants*	1,418	2,346	39.6% decrease
Average Age*	47	48	1 year decrease

Cumulative Participation in Programming

Cumulative participation counts employees each time they participated in the specific programming listed, even if it was more than once. The graph below shows the distribution of cumulative participation across Wellness programming.

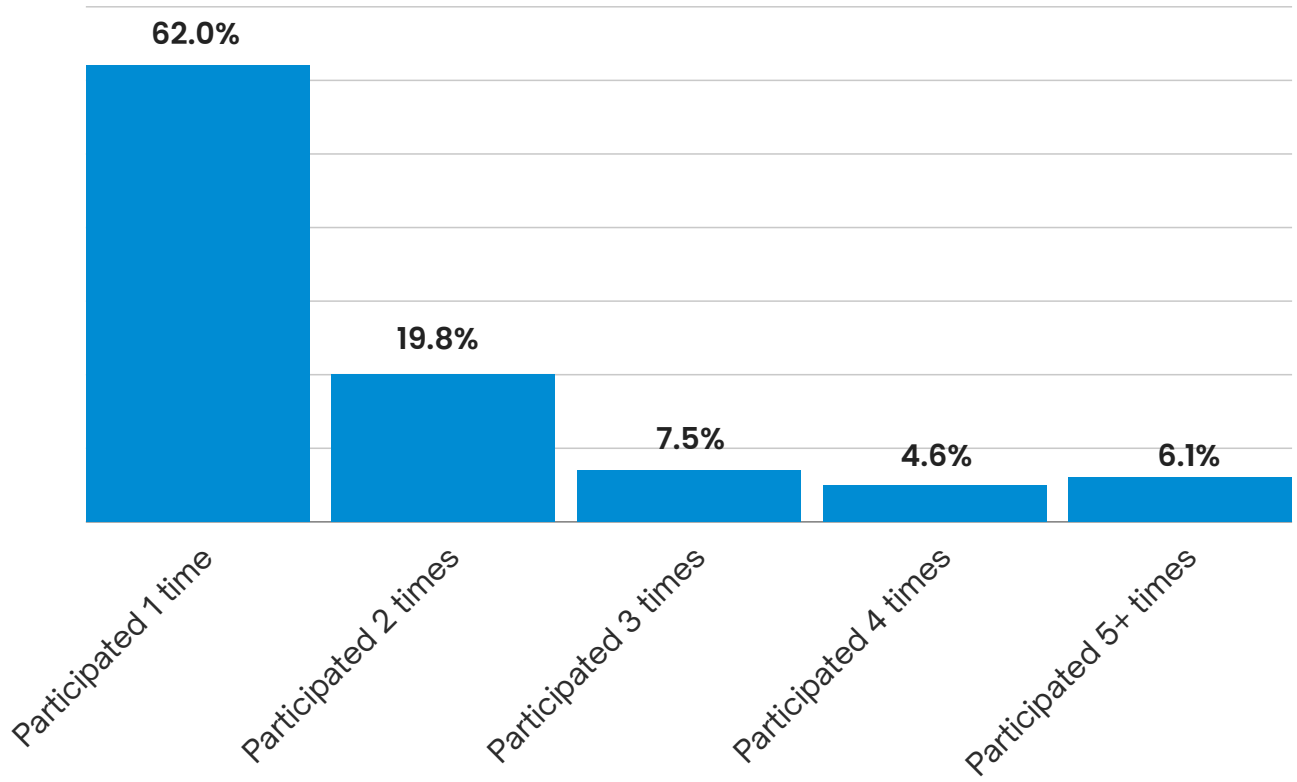




40
total vendors partnered with

70%
small business, local, or LEDE vendors

Employee Engagement



49%

of those who participated 3+ times participated in both PD presentations and runs/races.



41%

of those who participated only one time participated in PD presentations.



New Programming for 2023-2024



Embodied Mindfulness-Based Emotional Resilience (EMBER)

This 6-week training utilized tools and techniques from trauma healing approaches including Trauma Sensitive Yoga, Polyvagal Theory, Somatic Experiencing, and Yoga Nidra, to teach the key indicators of resilience. The focus of each class changed from week to week, exploring key skills that help staff bounce back from adversity.



Onsite Bike Bootcamp at Fort Hayes

Partnering with CCS alumnae Christina Wilson from CW Wellness by Design, Wellness was able to bring onsite bike bootcamp to Fort Hayes Health Science Building. This onsite class combines elements of indoor cycling with full-body strength training exercises. Bike Bootcamp was launched in March 2024, and continues to be offered due to its popularity among staff.



Everyday Mindfulness & Movement Retreat

Hosted by Jennifer Gebhart and Janine Harris, co-founders of Everyday Mindfulness and Movement, this retreat was held in January 2024 at Sharon Woods Spring Hollow Lodge. This retreat provided a holistic experience, combining mindfulness practices, movement, education and creative expression to foster a sense of well-being and resilience.



LoveOurHeart Fitness & Financial Wellness Program

The LoveOurHeart Program blended fitness and financial education to enhance overall well-being. This 7-week series helped women learn practical strategies for managing debt, track progress in physical wellness, and practice healthy money habits for long-term wellbeing.

New Programming for 2023-2024



Dietitians on Demand

Partnering with Lifecare Alliance, CCS staff were able to schedule a private session with a Registered Dietitian (R.D.). Staff members receive individualized coaching and customized education on weight management, blood pressure control, blood sugar regulation, and more.



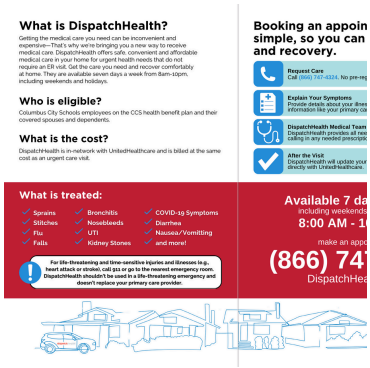
Wellness on Wheels

The Ohio Health Wellness on Wheels (WOW) mobile unit provides reliable, convenient care for everything from routine health needs and minor illnesses and injuries, to the management of chronic health conditions. The WOW clinic was located at Fort Hayes Bus Center and Moler Transportation Center this school year.



Wellity - Power of Belonging Event Sponsorship

Our Wellness Initiative sponsored 25 staff members to attend *The Power of Belonging: Our Journey to Health, Healing, and Hope*. This event was sponsored by Wellity Education and included a powerful speaking engagement with Dr. Amy Acton on the impact of isolation. Resources on fostering connection were provided to staff.



Dispatch Health

Together with UnitedHealthcare and Employee Benefits, our Wellness Initiative helped launch DispatchHealth services to CCS staff. Dispatch Health provides same-day medical care directly to your home. Wellness created individual brochures that were mailed to staff insured under the District's health insurance plan in April 2024.

Spotlight: Transportation

Routinely and over many years, the CCS Staff Wellness Initiative has held programming, provided resources, and unique challenges designed to support the specific needs of our transportation staff.

Healthy Bus Center Project

As part of our Healthy Campus Initiative, Wellness along with the transportation leadership team, Human Resources, Capital Improvements, OAPSE, Information Technology, and Buildings and Grounds decided to use the Healthy Campus Funds, that are part of the Wellness budget, to support the Healthy Bus Center Project. Wellness partnered with LEDE vendor, Miracle Makeover Designs LLC, to design, plan and implement renovations at all 5 bus centers to help create an environment that is conducive to learning and demonstrates to our staff that the district is committed to their overall wellbeing. Renovations were completed June 2024.





Wellness on Wheels

Partnering with Ohio Health, the Wellness on Wheels mobile unit held 3 clinics at Fort Hayes Bus Center in spring of 2024, and 3 subsequent clinics at Moler Transportation Center in summer of 2024. The unit worked just like a doctor's office, delivering primary care to staff.

Healthiest Bus Center Challenge

Wellness held the Healthiest Bus Center Challenge from January - May 2024. Staff were asked to complete a wellness activity each month. Morse Road was awarded the Healthiest Bus Center for having the highest percentage of staff complete the challenge. A celebration including a catered lunch was held at Morse Road to recognize staff for achieving this award.





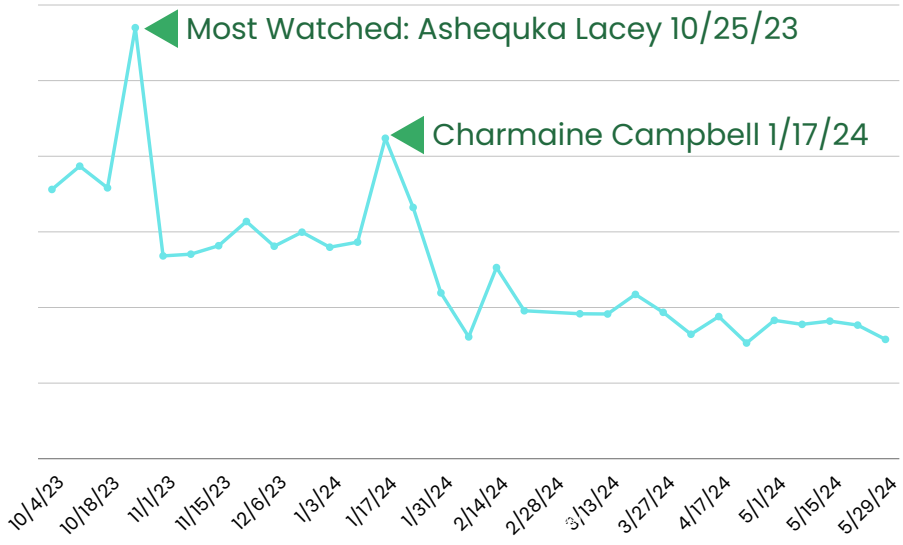


Spotlight: Wellness Wednesdays

This year's Wellness Wednesdays theme was *Wellness in Schools*. The goal of the campaign was to showcase CCS staff members who are promoting a culture of wellness in buildings, with their students, colleagues and around the CCS community. The project was designed to highlight health and wellbeing, and the amazing work of staff members who are integrating wellness in their schools.

Most Watched		**Engagement** (Likes+Views)
1)	Ashequka Lacey	5,700
2)	Dr. Charmaine Campbell	4,238
3)	Rochelle Wilkerson	3,869
4)	Woww!Factor Intro	3,582
5)	Yvonne Roberson	3,561

Engagement by Date Videos were Launched



31
Total videos launched

76,248
Total views, all videos

20%
Increase in total views from last school year

2,460
Average views /video

38
Average likes/video





Spotlight: Health Engagement Nurse

When employees want one-to-one help with their health or health plan, our Health Engagement Nurse, Grace Crawford provides personalized guidance. Grace provides valuable services to our CCS staff including health promotion and prevention, navigation of UnitedHealth Care tools and resources, referral to appropriate wellness programs and services, support for chronic conditions, helping staff find health care providers, among other services. Grace is embedded within our transportation centers and is onsite four days a week to meet with staff.


Grace Crawford, MHA, BSN, RN

Location Breakout

Location	# of Sessions	Total Participantion
Fort Hayes Special	242	242
Morse Road	239	239
Fort Hayes Regular	131	131
Frebis	79	79
Fort Hayes (both)	55	154
Moler Transportation Center	53	53
3700 South High	11	608
Mifflin HS	5	204
Ecole Kenwood	4	4
17th B&G	4	43
Cassady Alternative	3	3
Clinton	2	2
Huy ES/AG Bell	2	2
Multiple (Presentations)	10	4,881

Top 3 Areas of Focus

1) Biometric results
2) Hypertension
3) Appropriate Care Setting

231
Unique staff members met one-on-one with Grace

836
Total one-on-one sessions district-wide

16
Total group sessions district-wide











Thank You

wellness@columbus.k12.oh.us

3700 South High St. Columbus, OH 43207

ccsoh.us/wellness