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Artist & Owner of Kincs by Nicki



**SEATED  
STRETCHES**



# HEALTHY WORKPLACE PLATINUM AWARD WINNER

Columbus City Schools' Staff Wellness Initiative received the 2022 Healthy Worksite Platinum Level Award distinction from the Healthy Business Council of Ohio (HBCO) in recognition of its healthy worksite practices. The District is among 96 Ohio employers recognized by the HBCO for their healthy worksite initiatives within the state-wide organization's tiered designation program, the Healthy Worksite Award.



The Healthy Worksite Award recognizes Ohio employers who demonstrate a commitment to employee wellness through comprehensive worksite health promotion and wellness programs. Applicants are scored on how their wellness programs facilitate and encourage employee health, enhance productivity, and ensure a healthy work environment.

## Cumulative Participation



**10,785**



62% increase from 2021-2022 school year

## Unique Participants\*



**5,090**



32% increase from 2021-2022 school year

## New Participants\*



**2,744**



96% increase from 2021-2022 school year

## Returning Participants\*



**2,346**



8% decrease from 2021-2022 school year

## Average Age\*

**48**

## Percent of total staff who participated\*

**56%**



11% increase from 2021-2022 school year

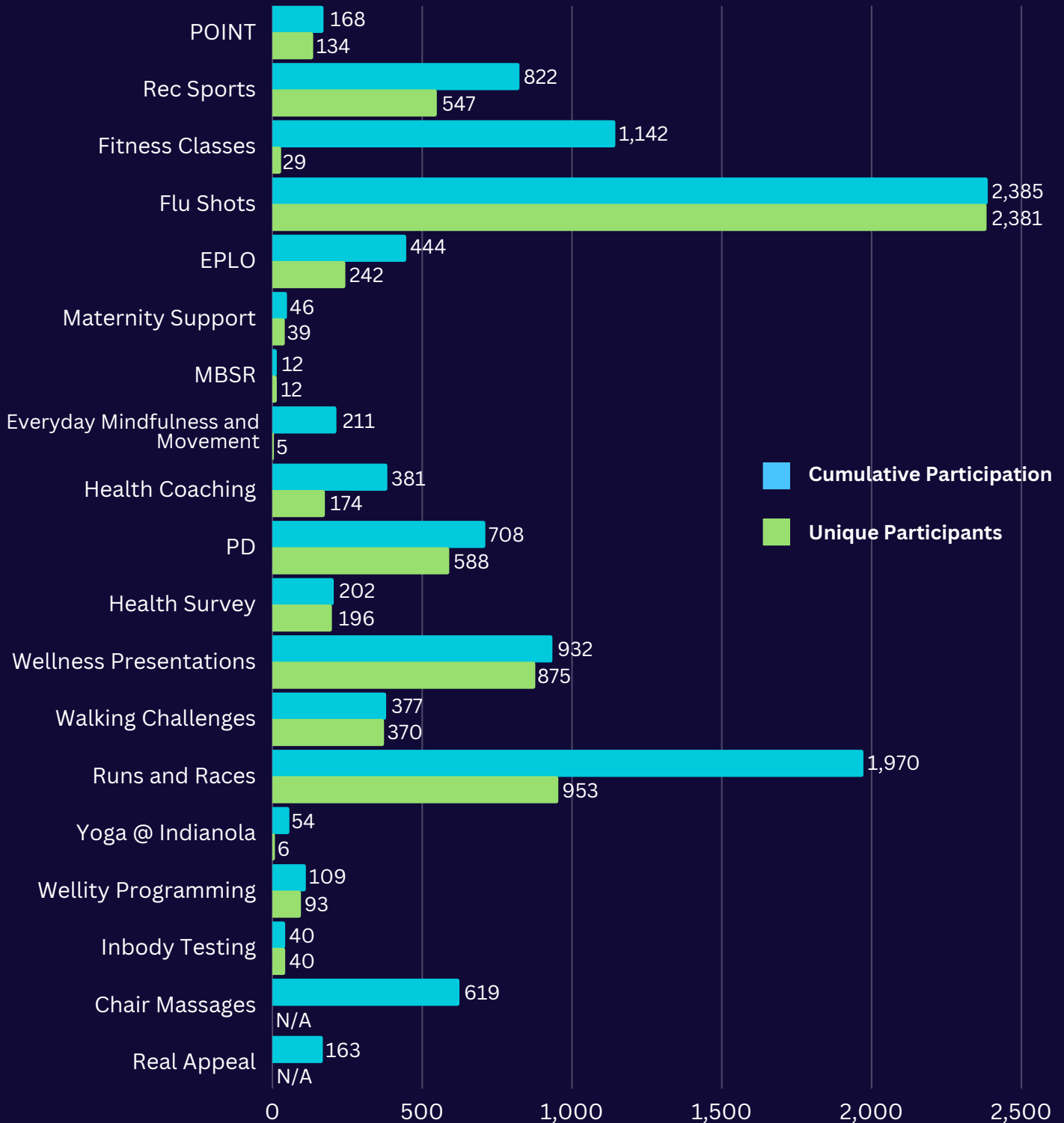
*\*excludes Real Appeal, health coaching, chair massages*



# PARTICIPATION IN PROGRAMMING

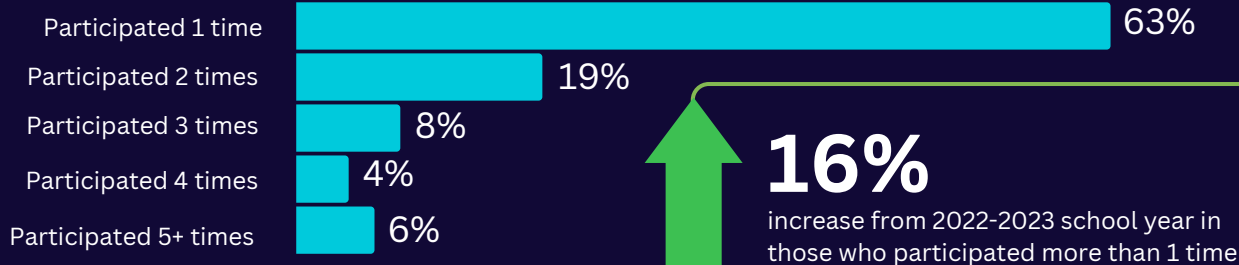
## Cumulative and Unique Participation Distribution by Programming

**Cumulative** participation counts employees each time they participated in the specific programming listed, even if it was more than once. **Unique** participation counts employees only one time that they participated in the specific programming listed. E.g. There was 822 cumulative participation in Rec Sports, amongst 547 unique participants.



# PARTICIPATION IN PROGRAMMING, CONT.

## Employee Engagement



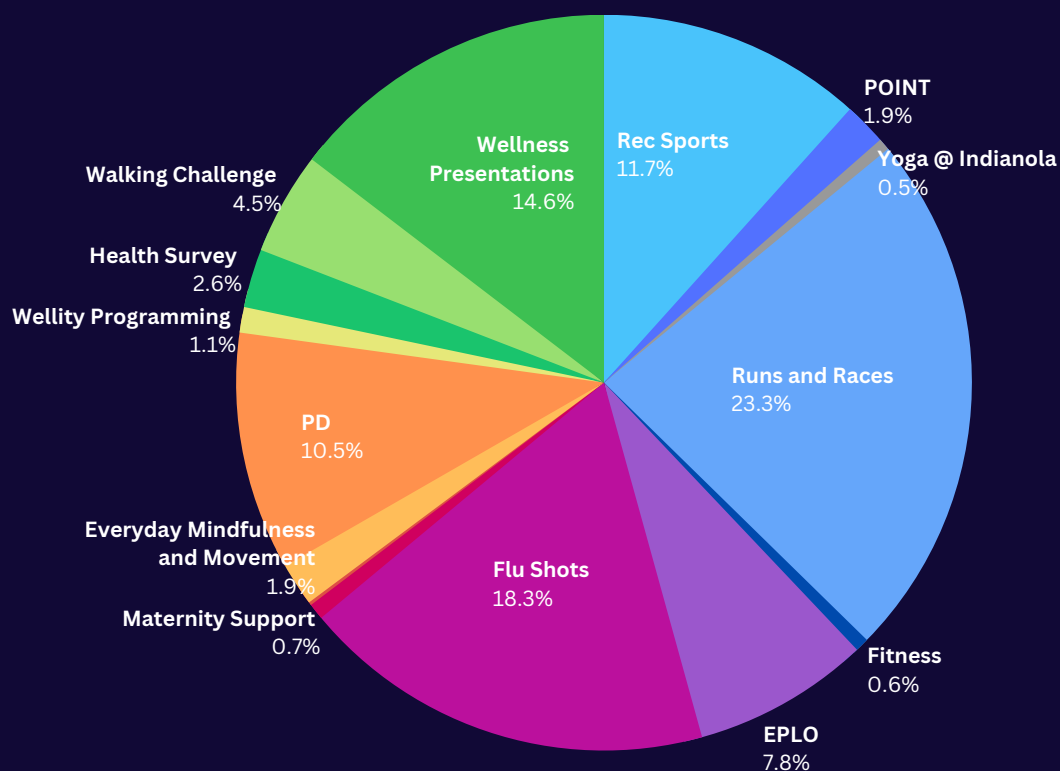
## New Participants



**23%**

of new participants chose to participate in Wellness-sponsored Runs and Races.

Flu Shots, Wellness Presentations, Rec Sports and PD accounted for the remaining majority of new participants.



### Highest Participating School Sites

80% or more of staff located at the building participated in some form of Wellness programming.

Weinland Park ES  
Cols. Africentric  
Marion Franklin HS  
Salem ES  
Cols. North International HS  
Forest Park ES



### Lowest Participating School Sites

Less than 35% of staff located at the building participated in some form of Wellness programming.

Arts Impact MS (AIMS)  
Wedgewood MS  
Yorktown MS  
Innis ES  
Southwood (K-6)



# NOTABLE NUMBERS

## Flu Shots

**2,385** Flu shots given  
↓ 23% decrease from 2021-2022

**68%** Redeemed a gift card  
↑ 39% increase from 2021-2022

## Health Coaching

**381** Cumulative 1:1 sessions held  
↑ 7% increase from 2021-2022

**174** Unique individuals

## Employee Appreciation

**12** Chair massage events held

**1,481** Wellness calendars sent

**878** New hire welcome kits sent

**1,975** Gift cards distributed



The Wellness Team created custom hats for bus drivers when routes were changed mid-year. Healthy snacks were also distributed at all the compounds as a way to say thank you.

## New Initiatives Launched

- Wellness Wednesdays
- POINT volunteer platform
- Health Chats with Grace
- 30 Miles, 30 Days Walking Challenge
- Disc Golf Club
- Runs and Walks: Student Success Walk, Scioto Miles Race Series & Ohio State 4-Miler
- Rec Sports: Bowling

NEW

## Community Partners

**40** Total vendors

**19** Small businesses and/or LEDE vendors



2023 OhioHealth  
Capital City  
Half Marathon

# SPOTLIGHT: PROFESSIONAL DEVELOPMENT

## Wellness Presentations

**29** Total presentations  
⬆ 52% increase from 2021-2022

**932** Cumulative Participation

## PD Presentations/Events

Includes PD, EPLO, and Wellity

**34** Total presentations  
⬆ 7% increase from 2021-2022

**1,261** Cumulative Participation  
⬆ 37% increase from 2021-2022

## PD Topics

Honest  
Dialogue

Get the Most Out of  
Your Staff Wellness  
Benefits

Employee  
Benefits

Mindfulness  
and Movement

Stress  
Management

Team Building  
and Conflict  
Resolution

Volunteering  
with POINT

Unwrapping  
the Gift of  
Happyness

Activating the  
Power of Play  
to Make  
Ambiguity an  
Ally

Reframing Stress  
Management and  
Relationships

Gratitude Can  
Change Your  
Attitude

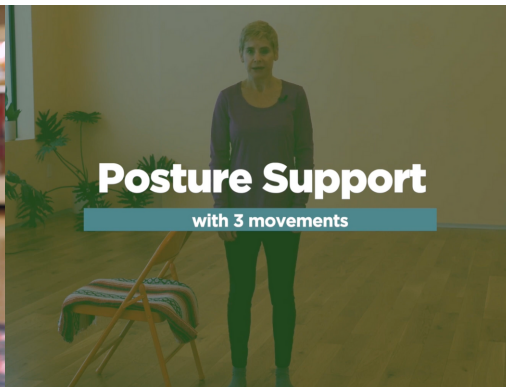
Wellbeing in  
Schools

## Most Requested Topics

1. Get the Most of Your Staff Wellness Benefits
2. Yoga, Mindfulness and Movement
3. Stress Management



# SPOTLIGHT: WELLNESS WEDNESDAYS



## Videos

**35** Total videos  
**12** Educational videos  
**23** Alumni videos

**Most Watched Overall: 4,032 views**



**Most Watched Educational: 1,663 views**



## Engagement per Post

 **554**  
Average Youtube views/video

 **931**  
Average Instagram views/video

 **38**  
Average Instagram likes/video

 **499**  
Average Facebook views/video

 **669**  
Average views/video, all platforms

## Total Views, All Videos

 **63,575**

# SPOTLIGHT: HEALTHY CAMPUS INITIATIVE

Wellness completed the staff wellness room project in the 2022-2023 school year. A wellness room is intended to help create a relaxing environment for staff to take a brief break. Nine (9) wellness rooms were rewarded on a first come, first serve basis.

As part of enhancing maternity support, two (2) designated lactation rooms were established.

## 9 Wellness rooms completed in 2022-2023

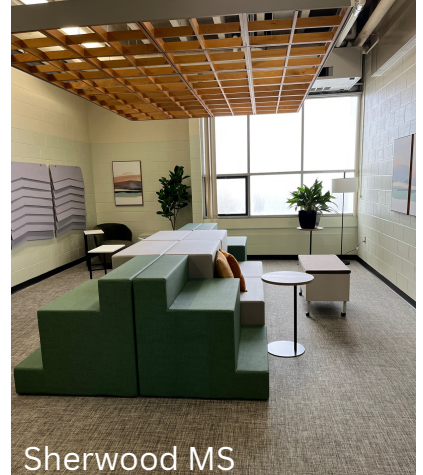
1. Colerain ES
2. Livingston ES
3. Parsons ES
4. West Mound ES
5. Duxberry ES
6. Hilltonia MS
7. Sherwood MS
8. Linden-Mckinley STEM
9. Northland HS

## 2 Lactation rooms completed

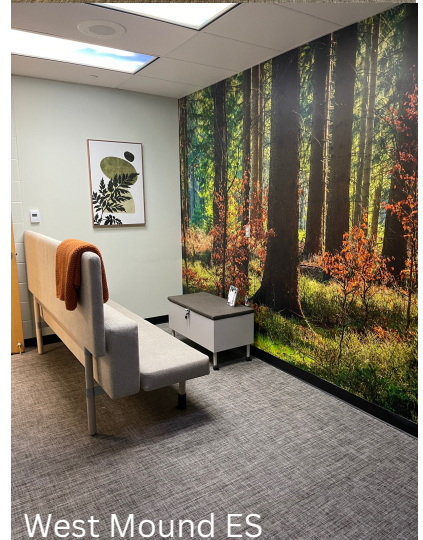
1. 3700 South High St
2. Columbus Education Center



Livingston ES



Sherwood MS



West Mound ES



Colerain ES



Columbus Education Center Lactation Room



[ccsoh.us/wellness](https://ccsoh.us/wellness)



**HEALTHY BODIES  
ACTIVE MINDS**  
COLUMBUS CITY SCHOOLS



# CCS STAFF WELLNESS INITIATIVE **ANNUAL REPORT**

July 2022 - June 2023