

Employee Wellness Program Committee

Tuesday February, 2016

10:00-11:00 am

1080 Emeline Ave, Large Auditorium

MINUTES

PRESENT: Giang Nguyen, Robert Smith, Katrina Rogers, Henry Montes, Julio Juarez, David Brown, Leticia Preciado, Carol Johnson, Mike Pruger, Olivia Martinez, David Cariaga, Lisa Hernandez, Margaret Ingraham, Judy Webster

1. Introductions: Since a number of new members have joined the Committee, the meeting began with a round of introductions, welcome and updates from past meetings.
2. Healthy Food Choices/Vending and Cafeteria
Carol Johnson shared a sample cafeteria menu. While it does include healthy choices, they are not labeled as such. She is waiting for response from vending company regarding healthy choices and labeling. Dr. Hernandez will get information regarding who the vendors are for HSA and HSD on the Emeline Campus.
3. Survey Feedback
Introduction is too long. Judy Webster will edit to a shorter version. A question should be included to indicate work location of respondents. David Brown will provide a list of these to Judy to include in survey. A question will also be added regarding how individuals prefer to exercise (alone or in groups).
4. Branding
A question will be added to survey to ask employees to suggest names for the wellness program.
5. Draft of Operational Plan
The plans for Aerobics and Walking programs were reviewed. The need to make outcomes more clear and concise was discussed. David Brown and Judy Webster will work on this for next meeting. The remaining plans should be reviewed by members and any suggestions brought to next meeting.
6. Other
 - Margaret Ingraham gave an overview of Fitness on Demand to Committee. This may be a possible alternative to group aerobics classes with a live instructor.
 - Giang Nguyen inquired what departments do to boost morale and shared some activities HSA has done. It was suggested the Committee start each meeting with some type of activity. Dr. Hernandez will lead an activity at the March meeting
 - Overall Committee outcomes were discussed. It was mentioned that these have been indicated by the BOS and include affordability, sustainability, and changing/improving the health of employees.
 - Minutes of past meetings will be sent to new members to update them on past agendas.

7. Next Steps:
Review operational plans for each area.
8. Next Meeting
Committee will meet in two weeks to continue plan review.
9. Adjourn