

Lakeside Union School District  
Wellness Committee Meeting #4  
May 19th, 2022

**Attendees:**

Keri Wutzki

Robin Bowmen

Staci Arnold

Kristie Summers

Denise Beals

Amanda Thomas

Meeting Began at 9:00 AM

**Meeting Minutes**

- Discussed a recap of the last Wellness Committee meeting back in February 2022
- Recapped the established goals as a committee, and specifically the goal to improve employee wellness initiatives
- Briefly reviewed the timeline of implementation and action items delegated to different committee members in order to roll out Noom to all district employees
- Data includes:
  - 662 total eligible to sign up
  - 231 total enrolled = 35% of district employees
  - Enrolled = they downloaded the app and signed up
  - 220 total engaged = 33% of district employees
  - Engaged = staff members that consistently utilizing the app
  - Average app actions/ day = 2.33, meaning that district employees are logging into the app over 2 times per day on average
  - Total pounds lost = 343 #'s, based on 155 participants that logged their weight
- Additionally successes include improved overall wellness work culture, the app helped foster a greater sense of wellness throughout the district:
  - Walk with Cabinet Wednesday's
  - Salad Bar Wednesday's @ DO
  - Continues to cultivate a support system b/t co-workers
- Obstacles and Barriers to the Noom App that district staff vocalized:
  - Some people felt it was time consuming to log everything
  - Others were confused by the app, not as user friendly as they would like
- Successes of the App:
  - Taught users how to implement healthy habits
  - Articles/ educational resources are extremely helpful
- Communicating Success:
  - A flyer in the district's newsletter regarding the success of Noom and the data as of May 2022

- Employee user testimonials to include in the flyer
- Post the flyer in the Child Nutrition section of the district website, under Wellness

Meeting ended @ 9:30 AM