



Program Results

Logging: **March 9 - May 3, 2020**

Total registered participants: **3194**

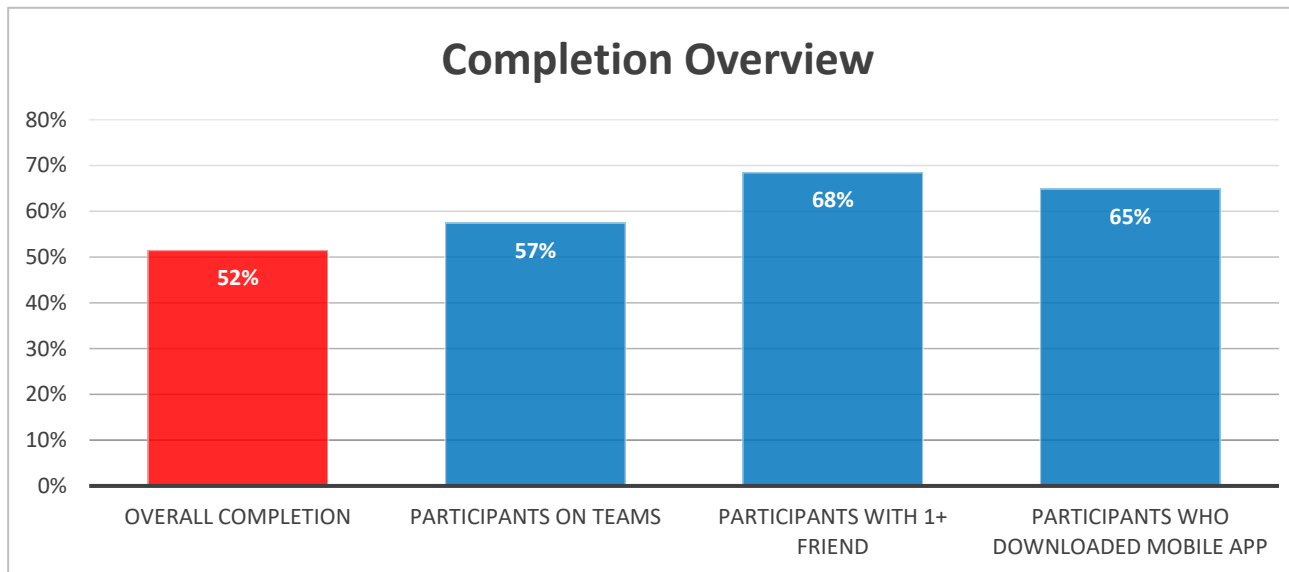
Total completed evaluations: **1088**

Evaluation completion percentage*: **34%**

Mobile app participants: **1231**

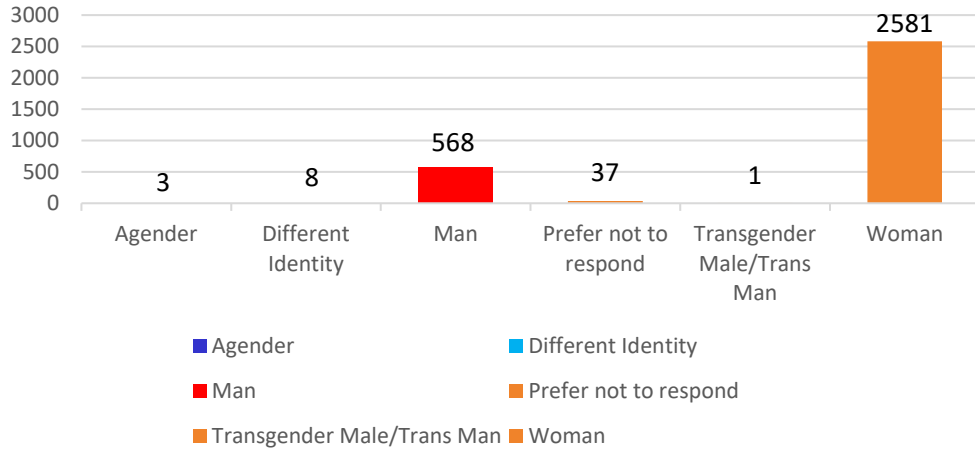


*The following data is based on participants who completed the *8ight Ways to Wellness* End of Program evaluation.

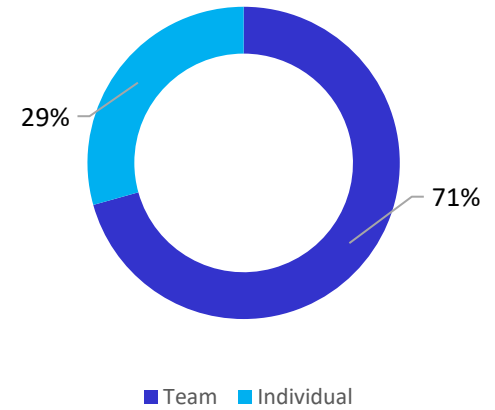


Completion rates are based on the number of participants who achieved the program goal.

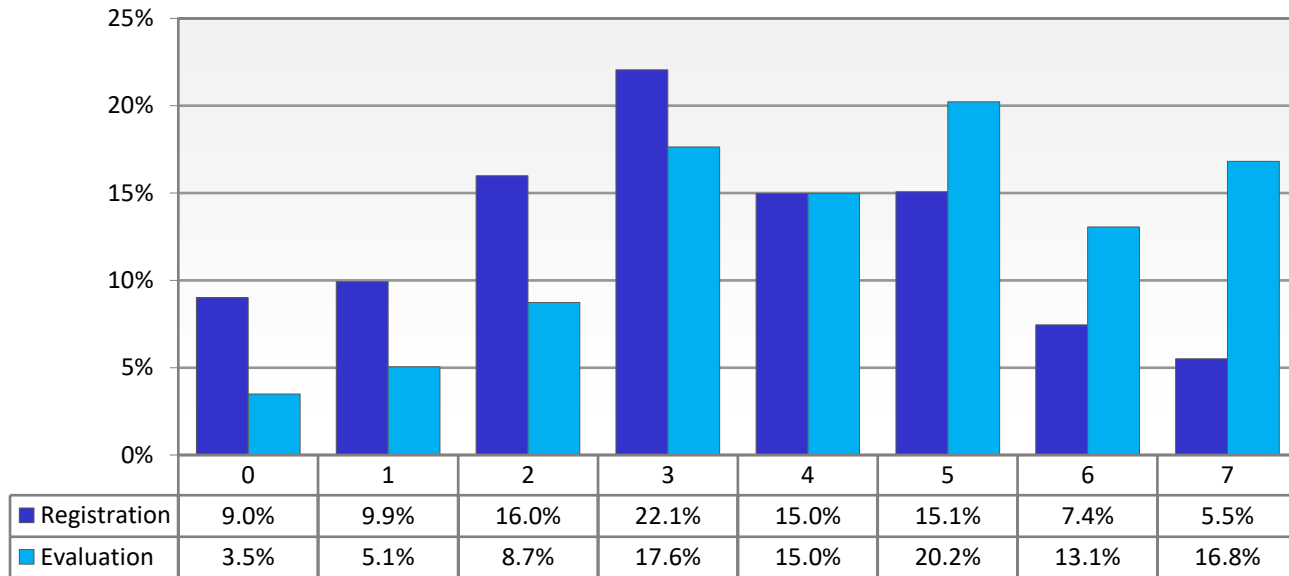
Gender Ratio



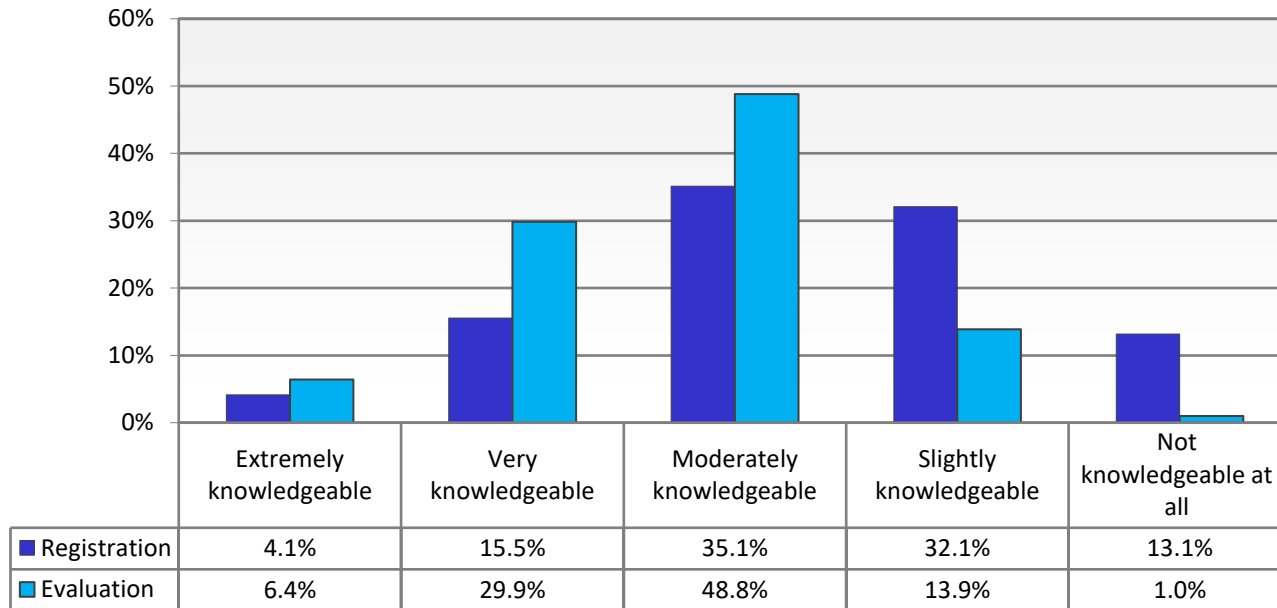
Team/Individual Participation



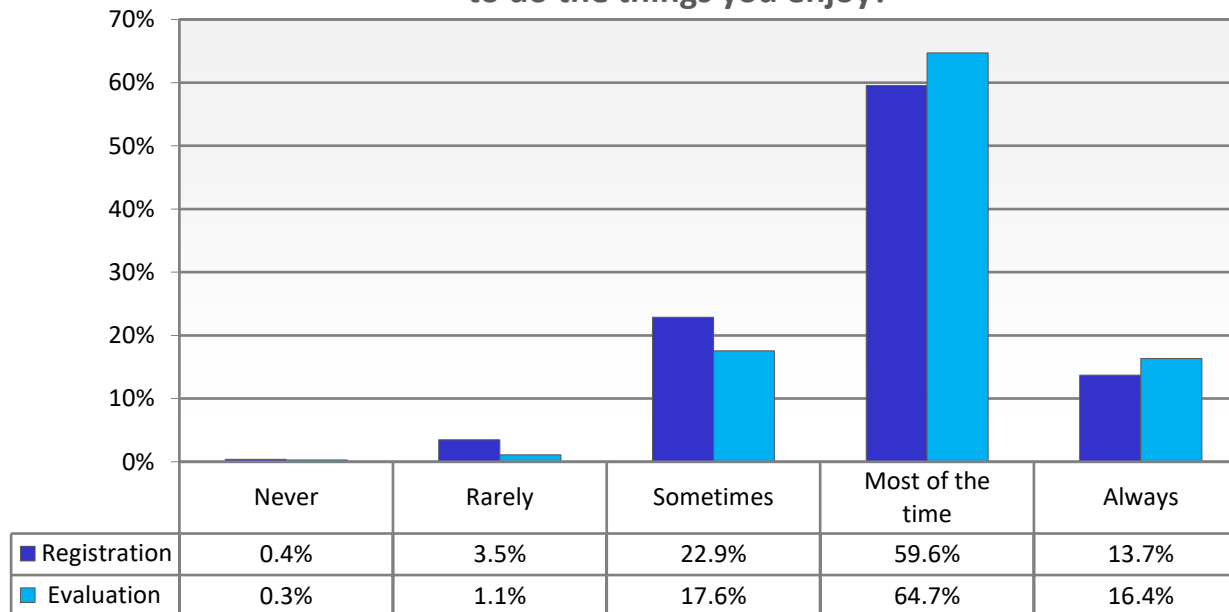
Average number of days a week you are physically active:



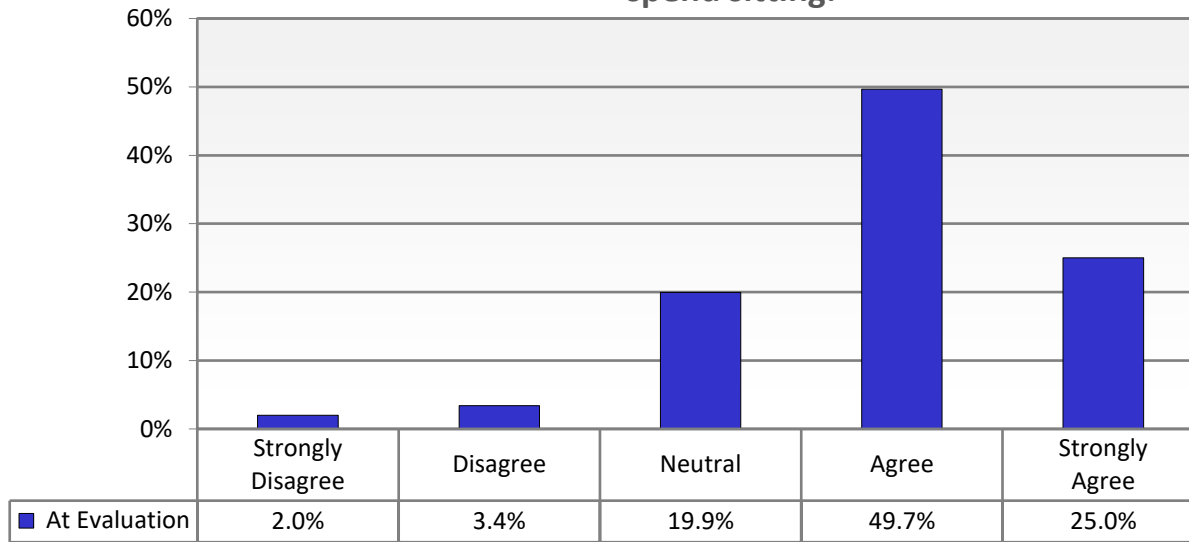
How knowledgeable are you about the 8ight Ways to Wellness:



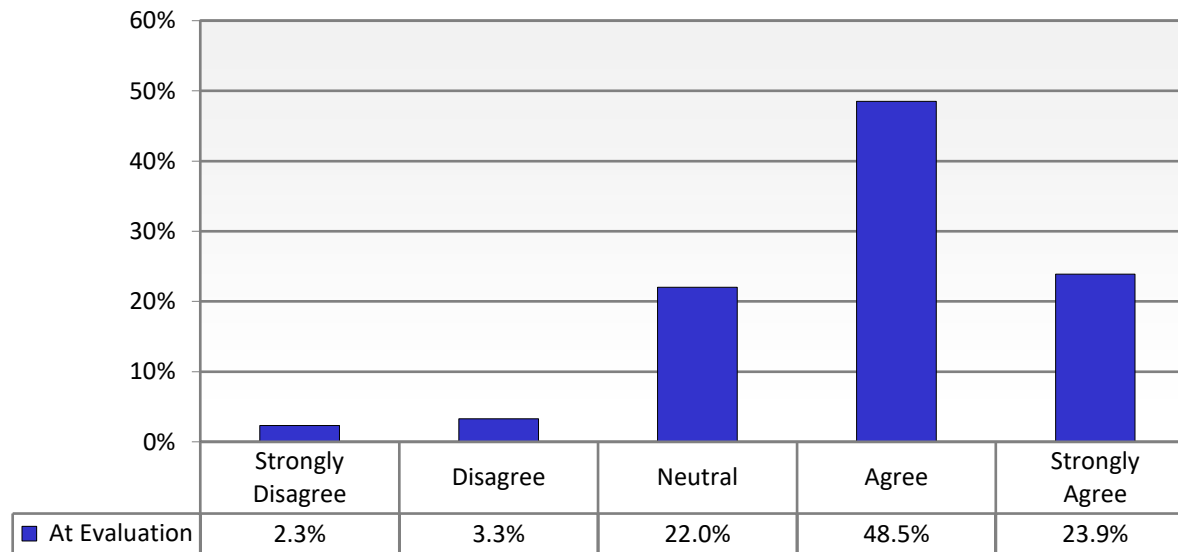
In the last month, how often did you have enough energy to do the things you enjoy?



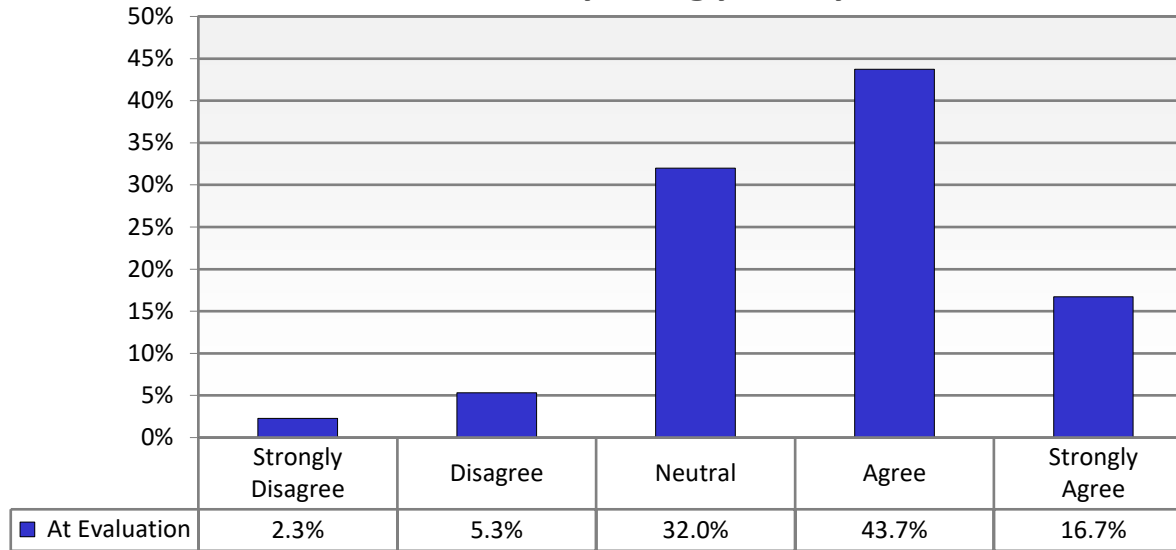
This campaign increased your awareness of the amount of time you spend sitting:



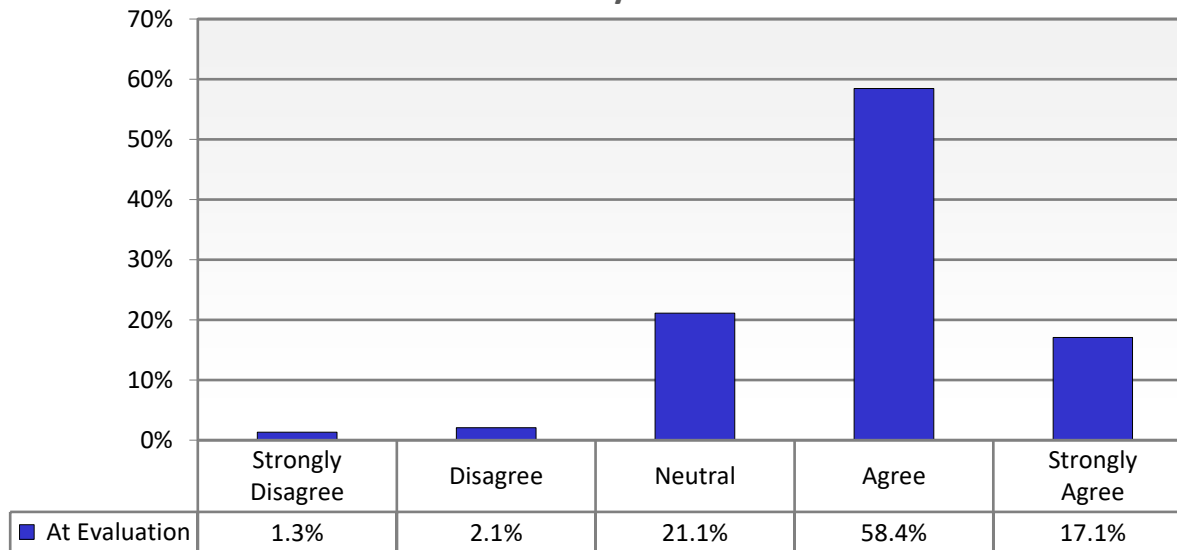
This campaign increased your daily activity level:



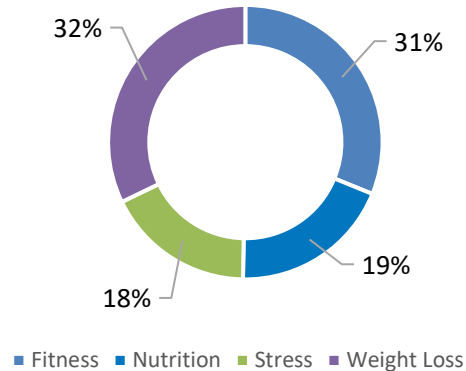
This campaign increased your confidence in scheduling physical activity during your day:



This campaign helped you increase your understanding of the 8ight Ways to Wellness:



Future Campaign Topics



What participants liked most:

"These challenges are just the motivation I need to get out and walk! Without them, and without having to record my steps, I put it off and don't realize how sedentary my lifestyle truly is."

"I liked the addition of try-it Tuesday -- those were especially great since we've been working at home."

"It's a great program to hold myself accountable for moving and learning about Washington University's campus along with nutrition."

"That it encourages you to commit with friends to reach a fitness goal."

"It kept me and my coworkers engaged and talking, even though we were all at home."

"I do like the star-point system. I don't feel left behind from those employees that seem to walk a half marathon every day."

"I really liked getting more information on resources WashU has to offer, such as estate planning."

"It gave me an extra push to achieve 10,000 steps each day, particularly in this time of social isolation. Without it, I may have been very inactive."

"The Tuesday challenge and the Weekly Behaviors. I've done the past 2 wellness challenges, and this has been my favorite."

"It was a fun and informative way to keep track of health, especially during the COVID-19 situation and I also really enjoyed that it focused on all 8 aspects of the 8 ways to wellness rather than the typical diet/exercise limited focus. Ability to link my phone/watch to the app was also nice. I don't think I would have been able to accurately track otherwise."



Success Stories:

"I have a pretty healthy diet and exercise routine w/o 8ight Ways, so I don't need it for motivation most of the time. But, because of the disruption to my routine caused by COVID-19, the fact that I am contributing to a team score does provide me with just enough extra motivation to push me to do a home routine I find boring and mildly useful to maintaining my health."

Participant

"My last job was in a warehouse. I spent sometimes upwards of 9 hours trekking around the place hauling pallets. My current job is 100% sedentary, and it's thanks to this program that I remember to move enough in the day to sleep at night." *Participant*

"The wellness wall has been the perfect gathering place for people to share their fitness achievements during the pandemic, however large or small, and has encouraged many people to go out and do the same. I used it more this challenge than previously, and found the community spirit we all shared there very uplifting during some dark times in the early months of quarantine." *Carolyn Fernandez*

"This challenge helped keep me motivated to move a little more while weathering the pandemic; I am grateful for that."

Participant

"This program motivated me to get back on track with my health, and I've lost 14 pounds since starting. It's been a great way to get back to feeling like me." *Participant*

"8ight Ways to Wellness has made me more aware of the things I can do to improve not only my health, but also manage my stress levels and become in a better mood." *Lena Zein*