Wellness Ambassador Mini-Grant Feature of the Month:
Community Clinic Billing (PCN Billing)
Wellness Ambassador: Tandra Clement

The Mini-Grant funds were used towards prizes for our Fall/Winter Fitness Challenge. This is normally a 3-4 month activity challenge where our staff receive points for the number of minutes of performing fitness activities. For example, if they walk or run for 30 minutes they record the numbers of minutes in their individual activity trackers (spreadsheets). They could also receive single points for drinking 8 glasses of water or 8 hours of sleep. Bonus points were awarded for additional activities such as; pounds lost, winning our annual healthy snack competition, and participation in local races.

Yes, we met our goals for the challenge which was to increase activity (points) among staff and increase the participation from our previous challenges. We also did something differently where we broke out the challenge into different fitness levels to even the chances of winning prizes. For example, we had a “Performance Group” for those who had won previous challenges, an “Intermediate Group” for those who had goals to increase their activity levels, and a “Finish Group” who were just starting out and had never participated. Ideally if all staff had smart watches or personal exercise trackers, where activities could be loaded automatically into a single platform like the “Walker Tracker” app this would greatly increase participation rather than manually updating a spreadsheet every day.

We’re a small department but we still had a good participation rate. About 13 staff finished the challenge and 9 won prizes. Overall we had about 15 staff participate but not all finished due to the holidays, being out sick etc. For those who didn’t participate, they still increased their activity because their co-workers were walking more or inviting them to join UC Fit classes. We also had three trophies that rotated among the monthly leaderboard winners, so this helped as a reminder to keep participating.

Our day to day tasks are very sedentary and therefore any increase in activities such as walking, running, etc. were beneficial. Staff increased their participation and promoted the UC Fit program as result of the challenge, while a few even lost weight and gained bonus points as part of the challenge.
A few of the participants lost weight as one of the byproducts of the challenge. They appreciated the different fitness levels to compete against each other and increased chances of winning. As well they complimented us on the quality of the prizes this time around, since our previous prizes were donated or hand made by us (the department supervisors/managers) in the past. Specifically we had a performance group (this was the highest activity level group in our challenge) and they got pretty competitive in order to win the Fitbit prizes.

We saw participation begin to wane as the holidays approached and the weather changed. We’ve found more success with this challenge in the past by starting it around spring/summer when better weather and less holidays encourages more participation. If we do another challenge we’ll probably start it in the spring before the summer heat.

The outcomes were definitely favorable with participation in healthy activities increasing, enthusiasm among the participants, participation in UC Fit activities, and walking during breaks. One of the best aspects of the challenge was that other departments in the building heard about it and wanted to start their own using our fitness challenge templates.

We hope to continue promoting fitness challenges such as these, and increase our staff participation for the next ones. This last year we completed the UC Davis Walking South America Challenge using the “Walker Tracker” app. This was very popular in our department, despite our small size we still beat the neighboring larger departments in our building and organized a pizza party to celebrate after the challenge. We’re excited to hear when the next UC Davis Walking/Activity Challenge will start again.