Date: November 1, 2018

To: JLMBC

From: Staff

Subject: LIVEwell Wellness Program Update

RECOMMENDATION
That the JLMBC receive and file staff report regarding LIVEwell Wellness Program (LIVEwell Program) developments, updates, and activities.

DISCUSSION

A. Engagement Plan & Events Update

(1) Communications

September 2018 focused on healthy nutrition for employees and their families with a Back-to-School Lunch Ideas email (Attachment A). The September classes and webinar also addressed the nutrition topic. Staff sent emails with the September class and fourth quarter 2018 webinar schedules (Attachment B-C). October communications further promoted the October 13, 2018 Rock N’ Stroll Event as well as the Fall Flu Vaccination and Health Screening Clinics (Attachment D).

(2) Regular Events: Education Classes, Clinics, and Webinars

Education Classes
Staff worked with Anthem to develop the September Virtual Grocery Store Tour Class to help employees better shop the grocery store, read food labels, and try new foods to help them make healthy, economical food choices. The classes began on August 9th with seven City locations overall.

Two special Cooking Demonstrations were held, one for human resource liaisons, and another for Personnel Department managers, on October 11th and October 22nd, respectively. The Cooking Demonstrations were conducted by Anthem’s Chef Ann Johnson. The purpose of these events was to inform leadership about LIVEwell Program activities and help foster a culture of wellness. Together, approximately 73 participants attended the two events. See Attachments E-F for healthy recipes from these classes.
The results from the August-September Eyemed post-clinic evaluation surveys were very positive. Overall, 272 employees attended four Pop-up Clinics and 96 of the participants completed the survey. Below are highlights from the survey results.

- Overall, 95% of City Employees were satisfied with the clinic, rating the clinics Excellent, Very Good, or Good. This result is slightly below Eyemed’s overall member satisfaction rate with clinics of 98%.
- Also, 86% of City Employees indicated that the Pop-up Clinic enhanced satisfaction with their City of LA employee benefits package.

### Summary of 2018 City of LA Pop-up Clinic Survey Results

<table>
<thead>
<tr>
<th>Clinic #</th>
<th>Dates</th>
<th>Location</th>
<th>Number of Appts Available*</th>
<th>Number of Appts Utilized</th>
<th>Appt. Utilization Rate</th>
<th>Survey Responses</th>
<th>Member Satisfaction Rate**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinic 1</td>
<td>7/16 - 7/20</td>
<td>City Hall East</td>
<td>100</td>
<td>73</td>
<td>73%</td>
<td>31</td>
<td>90%</td>
</tr>
<tr>
<td>Clinic 2</td>
<td>7/23 - 7/27</td>
<td>1200 W. 7th St</td>
<td>92</td>
<td>72</td>
<td>78%</td>
<td>21</td>
<td>100%</td>
</tr>
<tr>
<td>Clinic 3</td>
<td>7/30 - 8/3</td>
<td>1149 S. Broadway</td>
<td>92</td>
<td>56</td>
<td>61%</td>
<td>22</td>
<td>100%</td>
</tr>
<tr>
<td>Clinic 4</td>
<td>8/6 - 8/7</td>
<td>Figueroa Plaza</td>
<td>92</td>
<td>71</td>
<td>77%</td>
<td>23</td>
<td>91%</td>
</tr>
</tbody>
</table>

*Clinic 1 offered extended hours to accommodate the City’s request.

**The percentage of members surveyed who indicated their experience was "excellent," "very good," or "good."

### 2018 City of LA Pop-up Clinic Employee Participant Feedback

- “It was a really good experience. The optometrist and other staff was wonderful and I am extremely happy with the glasses I ordered and they arrived in just a few days.”
- “Nice, friendly people. Have more events at City Hall!”
- “I thought this was super convenient. I was highly satisfied that I did not have to drive to the mall or other location to have my eyes examined. My last exam was almost two years ago.”
- “It’s awesome! If it wasn’t for this I wouldn’t be going to see a doctor.”
- “The staff and optometrist were very friendly and helpful. I overall had a great experience.”
While the majority of employee survey participants had an exam in the last one-to-two years, 26 had an exam three or more years ago. In addition, seven employee participants had never had an eye exam before they received one at the Pop-up Clinic.

### 2018 City of LA Pop-up Clinic Survey: Q1: When was your last eye exam?

<table>
<thead>
<tr>
<th>Clinic:</th>
<th>City Hall</th>
<th>Garland</th>
<th>Public Works</th>
<th>Fig Plaza</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>This was my first!</td>
<td>0</td>
<td>3</td>
<td>2</td>
<td>2</td>
<td>7</td>
</tr>
<tr>
<td>1-2 years ago</td>
<td>25</td>
<td>10</td>
<td>11</td>
<td>17</td>
<td>63</td>
</tr>
<tr>
<td>3-4 years ago</td>
<td>6</td>
<td>4</td>
<td>4</td>
<td>2</td>
<td>16</td>
</tr>
<tr>
<td>5 or more years ago</td>
<td>0</td>
<td>4</td>
<td>4</td>
<td>2</td>
<td>10</td>
</tr>
</tbody>
</table>

Class and Clinic Participation by Location
For the period August 2 – October 22, 2018, 27 classes and clinics were held, with 1,236 employees having attended those events. Following is a chart showing the distribution of class and clinic attendees by location:

### Share of Participants by Location

**August 2 - October 22, 2018**

- City Hall: 20%
- Garlands: 13%
- LAWA Skyview: 5%
- Public Works: 15%
- Personnels: 7%
- LAWA Admin West: 6%
- Hyperion: 10%
- Figueroa Plaza: 8%
- Braude: 6%

In response to a request from the September 6, 2018 JLMBC meeting, following is a recap of class participation and share by MOU, as reported by employees through the Wellness Survey from April 2018. The largest share of overall survey respondents who said they take classes came from EAA at 45.8%, with AFSCME second at 31.1%. By MOU, one-third of LAAPSA’s survey respondents said they took wellness classes while 23.9% of EAA survey respondents said they took wellness classes. Please
Webinars
Two webinars took place. In September, a Kaiser seminar focused on strategies for healthy meal planning with the Healthy Eating for the Whole Family webinar which was attended by 58 employees. Staff worked with Anthem to develop an October webinar presentation supporting Breast Cancer Awareness Month. This webinar, presented by a physician, helped employees learn about risk factors, detection methods, and more. This webinar was attended by 31 employees.
(3) Special Events

LIVEwell Local

Targeted building outreach moved ahead as part of the LIVEwell Program’s strategic engagement plan. This effort, referred to by the new sub-brand name LIVEwell Local, targets appearance at a building and/or participation in departmental or union events. Staff promotes these events by reaching out to key personnel and posting flyers (Attachment H).

In September, staff hosted LIVEwell Local events at Figueroa Plaza, Garland Building, Hyperion Treatment Plant, and the Harbor Department, for a total of 180 employee contacts. In March 2018 staff was present at a booth at the LADOT Health Fair (300 contacts) and in September 2018 staff was present at a booth at LAWA’s Employee Appreciation Fair (625 contacts). At each event staff promotes LIVEwell Program events, activities, and resources to encourage healthy behaviors. Staff also distributes wellness tools such as physical activity equipment.

Joint Los Angeles City-County Family Event “Rock N’ Stroll” – October 13, 2018

As previously reported to the JLMBC, the LIVEwell program partnered with LA County to co-sponsor a joint family fitness event called Rock N’ Stroll on Saturday, October 13, 2018, at Griffith Park. Employees were informed of the event by postcard mailer to their homes. Staff also issued two emails and distributed posters and flyers throughout City buildings (Attachments I-M).

For the City, 394 employees registered for the event. Based on LA County’s extensive experience with these events, 40%-50% of those who registered were expected to actually attend. However, following a night of substantial storms and continued rain, actual attendance was much lower, with a total of 234 City employees/family members and 265 County employees/family members (501 participants overall). Given the much larger size of the County Employee population, the City’s stronger relative participation was an encouraging sign for future event planning. Upon checking in, staff provided attendees with a variety of wellness tools and resource information. The City also conducted two raffles for City adult attendees.

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Registration Check In</td>
</tr>
<tr>
<td>8:20 a.m.</td>
<td>Warm-Up Exercises</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>5K Fun Run</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>2 Mile Fitness Walk</td>
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<tr>
<td>8:45 a.m.</td>
<td>Fitness Hike</td>
</tr>
<tr>
<td>9:00 a.m. - 9:45 a.m.</td>
<td>Silent Disco Party Walk</td>
</tr>
<tr>
<td>9:15 a.m.</td>
<td>Bootcamp</td>
</tr>
<tr>
<td>9:45 a.m.</td>
<td>Raffle Prize Drawings</td>
</tr>
<tr>
<td>10:15 a.m. - 11:00 a.m.</td>
<td>Groov3 Dance Party</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>30 Minute Pilates Session</td>
</tr>
<tr>
<td>11:15 a.m.</td>
<td>Raffle Prize Drawings</td>
</tr>
<tr>
<td>All Day</td>
<td>Kids Zone</td>
</tr>
<tr>
<td>All Day</td>
<td>Chair Massages</td>
</tr>
<tr>
<td>All Day</td>
<td>Healthy Cooking Tips</td>
</tr>
<tr>
<td>All Day</td>
<td>Flu Vaccinations</td>
</tr>
</tbody>
</table>
The four-hour event was introduced by Personnel General Manager Wendy Macy and LA County CEO Sachi Hamai, who welcomed participants to the event. Event activities supported the LIVEwell Building Blocks of Prevention, Physical Activity, Nutrition, and Stress Management. Attendees enthusiastically participated in each of the events. A late addition to the schedule, the Silent Disco Party Walk, was very popular. Also, approximately 15 people ran the 5K Fun Run, led by City staff, and everyone who participated in that event was given a medal. Eighteen City Employees received flu shots and 210 total massages given (massages were not tracked by agency).

**Feel Like A Million Team Challenge Event**

Preparations for the 2019 Feel Like A Million Team Challenge are underway. Staff has worked with the vendor to develop and pilot the beta test program. The event is on schedule to take place January 24 through February 24, 2019.

<table>
<thead>
<tr>
<th>Key Activity</th>
<th>Timing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staff works on customization specs with vendor</td>
<td>October 22 – November 16, 2018</td>
</tr>
<tr>
<td>Vendor builds custom City website</td>
<td>November 19 – December 11, 2018</td>
</tr>
<tr>
<td>Staff tests website and identifies changes</td>
<td>December 1 – 7, 2018</td>
</tr>
<tr>
<td>Prepare promotional materials</td>
<td>December 8 – 28, 2018</td>
</tr>
<tr>
<td>Mail postcards to all members</td>
<td>January 2 – 4, 2019</td>
</tr>
<tr>
<td>1st Citywide program announcement</td>
<td>January 9, 2019</td>
</tr>
<tr>
<td>Registration (two weeks)</td>
<td>January 14 – 25, 2019</td>
</tr>
<tr>
<td>Competition (four weeks)</td>
<td>January 28 – February 24, 2019</td>
</tr>
<tr>
<td>Last week to enter activity</td>
<td>February 24 – March 3, 2019</td>
</tr>
<tr>
<td>Winners announced</td>
<td>March 6, 2019</td>
</tr>
</tbody>
</table>

Submitted by:

__________________________________________
Joan Centanno

Approved by:

__________________________________________
Steven Montagna
It’s back to school time so here are some budget-friendly, creative ideas to keep kids happy and healthy at lunchtime.

**Make a Smarter Sandwich** - While some kids prefer the same thing, others may be okay with a change.
- Use different breads, like 100% whole-wheat pita pockets or tortilla wraps (choose wraps low in saturated fat, with no hydrogenated oils).
- In addition to lettuce and tomato, try shredded carrot or zucchini, and sliced apple or pear with a turkey sandwich.
- Try avocado or hummus as a swap for cheese or mayo.
- Try leftover grilled chicken as a switch for lunch meat.

**Love those Leftovers** - Think about using the leftovers from a family favorite dinner for a next day lunch. Use a thermos to keep foods hot or cold until lunch time. Some ideas include:
- Soup - tomato, vegetable, or bean (choose a low sodium version).
- Chili (vegetarian or made with lean/extra lean ground chicken).
- Spaghetti (whole wheat with tomato, pesto, or marinara sauce).
- Bean casserole or beans and rice.

**Let Them Dunk** - Sometimes it’s okay to let your kids play with their food, especially when it’s nutritious. Try packing one of these fun dippers:
- Apple or pear slices to dip in low-fat, plain yogurt or peanut butter.
- Carrot, celery, or sweet pepper strips to dip in hummus, fresh salsa, or homemade bean dip.
Get Them Involved - When kids help pack their lunch, they’re more likely to eat it!
☆ On nights when you have a bit more time, have the kids choose which piece of fruit or what type of whole grain bread they want for their school lunch.
☆ Then let them assemble their lunch.
☆ Make this a weekly routine for a great way to spend family time together.

See the attachment for healthy snack ideas that your kids can even make for themselves!
MyPlate snack tips for kids
10 tips for making great tasting snacks

If you’re a budding chef, it’s easy to create a great tasting snack! Below are some quick ideas that you can make on your own.

1. **Create a yogurt sundae!**
   - Top plain, low-fat or fat-free yogurt with fresh, frozen, or canned fruit, like bananas, strawberries, or peaches. Sprinkle whole-grain cereal on top for crunch.

2. **Make pita pockets**
   - Stuff a small whole-wheat pita with sliced bell peppers, salsa, and a slice of low-fat cheese. Melt in the microwave for 15-20 seconds.

3. **Jazz up your favorite cereal**
   - Make a trail mix! Stir 1/4 cup of unsalted nuts, 1/4 cup of dried raisins or cranberries, and 1/4 cup of whole-grain cereal together.

4. **Make a fruit sandwich**
   - Cut an apple into thin slices. Spread peanut butter or almond butter between two slices to create “apple sandwiches.”

5. **Dip your veggies**
   - Create veggie treats by dipping slices of cucumbers, peppers, and carrots in a low-fat salad dressing or hummus.

6. **Pack an afterschool snack**
   - For a healthy afterschool snack, keep a fruit cup packed in 100% juice or water in your bag. Some fresh fruit, like bananas and oranges, are also easy to pack and eat any time.

7. **Try a piece of cheesy toast!**
   - Toast a slice of whole-wheat bread and top with a slice of your favorite low-fat cheese.

8. **Freeze your fruit**
   - For a frozen treat on hot days, try freezing grapes or bananas! Don’t forget to peel bananas and pull grapes from the stem before freezing.

9. **Power up with ‘roll-ups’**
   - Roll a slice of low-salt deli turkey or ham around an apple wedge or around a slice of low-fat cheese.

10. **Build a fruit salad**
    - Mix your favorite sliced fruits such as pineapple, grapes, and melon.

Go to www.ChooseMyPlate.gov for more information.
How do you shop healthy?
This Virtual Grocery Store Tour Class will help you shop the grocery store, read food labels, and try new foods to help you make healthy food choices.

2018 September Virtual Grocery Store Tour Classes

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Room</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>LAWA Skyview</td>
<td>9/6/2018</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>Room 211-B2</td>
<td>6053 W. Century Blvd Los Angeles, CA</td>
</tr>
<tr>
<td>Public Works Building</td>
<td>9/13/2018</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>Sub-Basement Room 7</td>
<td>1149 S. Broadway Los Angeles, CA</td>
</tr>
<tr>
<td>City Hall South</td>
<td>9/18/2018</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>1st Floor Auditorium</td>
<td>111 E. 1st Street, Los Angeles, CA</td>
</tr>
<tr>
<td>Figueroa Plaza</td>
<td>9/19/2018</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>5th Floor Conference Center Room</td>
<td>221 N. Figueroa St., Los Angeles, CA</td>
</tr>
<tr>
<td>Marvin Braude Building</td>
<td>9/20/2018</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>Conference Room 1A &amp; B</td>
<td>6262 Van Nuys Blvd Van Nuys, CA</td>
</tr>
<tr>
<td>Hyperion Treatment Plant</td>
<td>9/25/2018</td>
<td>11:00 a.m. - 12:00 p.m.</td>
<td>Multipurpose Room Service Maintenance Facility</td>
<td>12000 Vista del Mar Playa del Rey, CA</td>
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<tr>
<td>LAWA Admin West</td>
<td>9/26/2018</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>MSD Lunch Room M2</td>
<td>7307-A World Way West Los Angeles, CA</td>
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<tr>
<td>Garland Building</td>
<td>9/27/2018</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>1st Floor Auditorium</td>
<td>1200 W. 7th Street Los Angeles, CA</td>
</tr>
</tbody>
</table>
These are the final webinars of 2018. You don’t want to miss them!

Knowledge = Power

These interactive webinars will help answer your questions about three important health and wellness topics.

Employees can access these webinars by clicking [here](#) to find the unique link for each session.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 3</td>
<td>Breast Cancer Awareness</td>
<td>It's Breast Cancer Awareness Month so here's what you need to know. Breast Cancer is the second most common type of cancer among women. So join this session to learn about risk factors, detection methods, and more. You will also be able to ask questions in this interactive, anonymous forum.</td>
</tr>
<tr>
<td>November 7</td>
<td>Back Care</td>
<td>No pain. Your gain! Learn how to protect and strengthen your back. We'll also talk about posture, positioning, stretches, and gentle exercises that can help you maintain a healthy back.</td>
</tr>
<tr>
<td>December 5</td>
<td>Relaxation Techniques for Managing Stress</td>
<td>Relaxation helps decrease the effects of stress on your mind and body. Learn relaxation techniques that are easy to use and can be done just about anywhere. Plus, identify the symptoms of stress “build-up,” and practice strategies for stress reduction.</td>
</tr>
</tbody>
</table>
Take charge of your health and wellness with these free on-site flu shot and health screening clinics.

<table>
<thead>
<tr>
<th>Location (in alphabetical order)</th>
<th>Address</th>
<th>Room</th>
<th>FLU VACCINATIONS</th>
<th>HEALTH SCREENINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Library</td>
<td>630 W. 5th Street Los Angeles, CA</td>
<td>ERTC Room</td>
<td>10/23</td>
<td>12/4</td>
</tr>
<tr>
<td>City Hall East</td>
<td>200 N. Main St. Los Angeles, CA</td>
<td>Controller Room 351</td>
<td>10/16</td>
<td>11/8</td>
</tr>
<tr>
<td>Figueroa Plaza</td>
<td>221 N. Figueroa St. Los Angeles, CA</td>
<td>5th Floor Conference Center Room</td>
<td>10/17</td>
<td>11/13</td>
</tr>
<tr>
<td>Garland Building</td>
<td>1200 W. 7th Street Los Angeles, CA</td>
<td>EWDD 6th Floor Conference Room</td>
<td>10/11</td>
<td>11/15</td>
</tr>
<tr>
<td>Hyperion Treatment Plant</td>
<td>12000 Vista del Mar Playa del Rey, CA</td>
<td>Multi-Purpose Room</td>
<td>10/18</td>
<td>11/1</td>
</tr>
<tr>
<td>LAWA Admin West</td>
<td>7301 World Way West Los Angeles, CA</td>
<td>Flu Shots: Nurse's Office Screening</td>
<td>10/30</td>
<td>11/27</td>
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<td>Room 211</td>
<td>N/A</td>
<td>11/28</td>
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<tr>
<td>Marvin Braude Building</td>
<td>6262 Van Nuys Blvd. Van Nuys, CA</td>
<td>Conference Rooms 1A &amp; B</td>
<td>10/3</td>
<td>10/31</td>
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<tr>
<td>Personnel Building</td>
<td>700 E. Temple St. Los Angeles, CA</td>
<td>Room 115A</td>
<td>10/9</td>
<td>11/6</td>
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<tr>
<td>Police Admin Building</td>
<td>100 W. 1st St. Los Angeles, CA</td>
<td>Comstat Room</td>
<td>10/2</td>
<td>12/6</td>
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<tr>
<td>Public Works Building</td>
<td>1149 S. Broadway Los Angeles, CA</td>
<td>Sub-Basement Room 7</td>
<td>10/4</td>
<td>11/14</td>
</tr>
<tr>
<td>Rec &amp; Parks Central Service Yard</td>
<td>3900 W. Chevy Chase Dr. Los Angeles, CA</td>
<td>Conference Room 1</td>
<td>10/25</td>
<td>11/7</td>
</tr>
</tbody>
</table>
Click the arrow to sign up today at kp.org/wellnessevent – all Anthem and Kaiser members are eligible. New users enter signup code: LIVEmall

Note: No fasting is required for your health screening, which includes total cholesterol, HDL, glucose, blood pressure, BMI, height, weight, and body fat percentage. It takes just 10 minutes and you get your results right then.

Participants will need to show their City ID at the clinic.
Gingered Butternut Squash Soup

**Ingredients**

2 large butternut squash (5 1/2 pounds), halved lengthwise and seeded  
1 tablespoon extra-virgin olive oil  
2 tablespoons olive oil  
1 large onion, cut into 1/2-inch dice  
1 small fennel bulb—halved, cored and cut into 1/2-inch dice  
One 1 1/2-inch piece of fresh ginger, peeled and finely chopped  
6 cups vegetable stock  
One 14-ounce can of unsweetened coconut milk  
1/8 teaspoon cayenne pepper  
Sea salt  
1 1/2 tablespoons fresh lemon juice

**Directions**

1. Preheat the oven to 350°. Rub the cut sides of the squash with the olive oil and set them, cut side down, on a large rimmed baking sheet. Bake the squash for about 1 hour, or until very tender. Remove from the oven and let stand until cool enough to handle.

2. Spoon the squash flesh into a large bowl; discard the skins.

3. In a large pot, heat olive oil and add the onion, fennel and ginger. Cook over moderate heat until softened, about 8 minutes. Add the squash and the vegetable stock, cover and simmer for 20 minutes, stirring occasionally. Uncover the pot and continue cooking until the squash starts to fall apart, about 10 minutes.

4. Remove from the heat and stir in the coconut milk.

5. Working in batches, puree the squash soup in a blender or food processor until smooth. Stir in the lemon juice and season with salt.

MAKE AHEAD: The soup can be refrigerated for up to 3 days or frozen for up to a month. Reheat gently, adding a little vegetable stock to thin the soup.
Eggplant Caponata

Ingredients

- 5 tablespoons olive oil
- 1 1/2-pound eggplant, unpeeled, cut into 1/2-inch cubes
- 1 medium onion, cubed
- 4 large garlic cloves, chopped
- 1 14 1/2-ounce can diced tomatoes with Italian seasonings in juice
- 3 tablespoons red wine vinegar
- 2 tablespoons drained capers
- 1/3 cup chopped fresh basil
- Toasted pine nuts
- Sea salt and freshly ground pepper to taste

Directions

1. Heat oil in heavy large pot over medium heat. Add eggplant, onion, and garlic cloves. Sauté until eggplant is soft and brown, about 15 minutes.
2. Add diced tomatoes with juice, then red wine vinegar and drained capers. Cover and simmer until eggplant and onion are very tender, stirring occasionally, about 12 minutes.
3. Season caponata to taste with salt and pepper. Mix in fresh basil.
4. Transfer caponata to serving bowl. Sprinkle with toasted pine nuts. Serve warm, at room temperature, or cold.

MAKE AHEAD: The cooked eggplant can be refrigerated for up to 3 days and served warm or cold.
Mushroom Ragout

**Ingredients**

- 4 tablespoons extra-virgin olive oil
- 1 1/2 pounds assorted mushrooms (such as button, oyster, crimini, and shiitake), sliced
- 1/4 cup finely chopped shallots
- 2 teaspoons balsamic vinegar
- 1/4 cup vegetable stock
- 1/3 cup chopped fresh parsley, divided

**Directions**

1. Heat 2 tablespoons oil in large deep skillet over medium-high heat. Add all mushrooms and sauté until tender and browned, stirring often, about 10 minutes.
2. Add shallots and balsamic vinegar; sauté until tender, about 2 minutes. Season lightly to taste with salt and pepper.
3. Add broth and simmer 1 minute then add half of parsley. Season mushroom ragout to taste with salt and pepper.
4. Remove from heat; cover to keep warm.
5. Top toasted baguette slices with ragout and sprinkle with remaining parsley.
Hummus and Baba Ganoush with Crudites

**Ingredients for Hummus**

4 Garlic cloves, minced and mashed to a paste with 1/2 teaspoon salt
1-ounce can chickpeas, rinsed and drained
1/3 cup well-stirred tahini (sesame seed paste)*
2 tablespoons fresh lemon juice
2 tablespoons olive oil
1 teaspoon ground cumin
3 tablespoons water
3 tablespoons minced fresh parsley leaves

**Directions for Hummus**

1. In a food processor blend together garlic paste, chickpeas, tahini, lemon juice, oil, and cumin, scraping down side, until smooth.
2. Add water, parsley, and salt and pepper to taste and pulse until just combined.

MAKE AHEAD: Hummus may be made 2 days ahead and chilled. Makes about 2 cups.
**Ingredients for Baba Ganoush**

2 to 3 medium eggplants (about 3 pounds total)  
2 to 3 tablespoons olive oil  
1/3 cup tahini  
2 cloves garlic, peeled and crushed  
Juice of 2 lemons (about 1/2 cup)  
Sea salt and freshly ground black pepper

**Directions for Baba Ganoush**

1. Preheat the oven to 450°F. Rub the outside of the eggplants with olive oil and place them in a roasting pan. Roast the eggplant until the skin has charred and the interior is tender, 15 to 20 minutes. Let cool.
2. Peel and seed the cooled eggplant, roughly chop the flesh, and then transfer it to the bowl of a food processor.
3. Into the processor bowl add the tahini, garlic, lemon juice, some salt and pepper to taste, and a few teaspoons of cold water. Process the mixture to a coarse paste, adding a bit more water as needed to allow the mixture to blend.

Adjust the seasoning with salt and pepper to taste and serve with crudités.  
Crudite suggestions: Broccoli, cherry tomatoes, asparagus, green beans, radishes, sugar snap peas, baby carrots, and bell peppers.
Blood Orange Truffles

**Ingredients**
1 cup coconut oil, warmed
¾ cup raw cacao powder
4 tablespoon agave
1 tablespoon vanilla
1 teaspoon orange extract or essential oil

**Directions**
1. Warm coconut oil then combine all ingredients in a food processor and blend until smooth.
2. Roll into balls on parchment paper and place in the fridge until ready to eat.

Chocolate Covered Raspberry Truffles

**Ingredients**
1 cup coconut oil, warmed
¾ cup raw cacao powder
1 cup agave
1 tablespoon vanilla
1 ½ tablespoons of framboise
1 cup fresh raspberries
Extra cacao powder to finish

**Directions**
1. Warm coconut oil then combine all ingredients in a bowl and whisk together. Pat raspberries dry if necessary.
2. Add 6 to 8 raspberries to ganache and gently fold in to coat.
3. Remove each chocolate covered raspberry with 2 forks, shifting it from one fork to the other to let excess ganache drip off, then transfer to parchment lined tray. Coat remaining raspberries and then chill.
4. Put cocoa powder in a sealable bag and add all truffles, shake bag, then empty into shallow bowl. Transfer coated truffles to platter.
Almond Joy Truffles

Ingredients
1 cup dates
1/3 cup walnuts
½ cup almonds
½ cup plus 2 tablespoon raw cacao powder
½ cup shredded unsweetened coconut
¼ cup agave
1 teaspoon vanilla extract
1 teaspoon almond extract
½ teaspoon salt
Extra coconut, cocoa powder or nuts for finishing

Directions
1. In a food processor blend together the dates, walnuts and almonds until they form a crumbly paste. If too thick, add a little water, just enough for it to come together. It doesn’t have to be smooth. Add cocoa powder and blend until incorporated.
2. Remove the nut mixture from the processor and place in a large bowl. Stir in the coconut, agave, vanilla extract, almond extract and mix until smooth. If mixture is too sticky place it the freezer for about 30 minutes to firm up slightly.
3. Measure the truffle mixture out 1 heaping tablespoon each. Roll it into balls by rolling between you palms. Coat truffles in shredded coconut, crushed nuts or cocoa powder then place on parchment paper.
Autumn Farmer’s Market Salad

**Ingredients**

- 4 ounces arugula (about 8 cups lightly packed)
- 1/2 cup walnuts, toasted, coarsely chopped
- 1 cup pomegranate seeds
- 1/2 cup cooked lentil beans
- 2 cups cooked squash cubed
- 1 large Asian pear
- Juice of 1 lemon

**Vinaigrette Dressing**

- 2 tablespoons white balsamic vinegar
- shallot, finely minced
- 2 tablespoons orange juice
- 1/4 cup walnut oil
- Salt and white pepper to taste
- 1 tablespoon fresh chives, cut into half-inch pieces

**Directions**

1. Cube the squash (butternut works best but other types can be used).
2. Toss with a bit of olive oil, salt and pepper.
3. Bake at 425 degrees for 20 minutes or until soft.
4. Let cool.

**For the vinaigrette:**

1. Combine and whisk the vinegar, orange juice, minced shallot, and the walnut oil. Season to taste with the salt and pepper.
2. Cut the Asian pear into julienne strips. Place in cold water with the lemon juice and reserve.
3. Toss arugula, squash, Asian pears, lentils, walnuts, and pomegranate seeds with dressing. Season to taste with sea salt and pepper. Top with chives.
Gluten Free Apple Crisp

**Ingredients**

- 8 small-medium apples, peeled, cored and chopped (a variety of both sweet and tart - about 6 cups worth)
- Dash lemon juice
- 1/3 cup coconut palm sugar
- 1 tablespoon arrowroot
- 1 teaspoon cinnamon
- Pinch of salt

**Topping**

- 1/3 cup brown sugar
- 1/4 cup oat flour
- 1/2 cup gluten free old fashioned oats
- 1/4 cup almond meal
- 1/2 teaspoon cinnamon
- pinch salt
- 1/3 cup coconut butter or Earth Balance, melted

**Directions**

1. Preheat oven to 375 degrees and lightly grease a 9×9 baking dish.
2. Add apples to a large bowl and sprinkle with lemon juice. Toss to coat with sugar, arrowroot, cinnamon, and salt.
3. Transfer to baking dish and set aside.
4. Rinse and dry bowl and add brown sugar, oat flour, almond meal, oats, cinnamon and salt and stir. Add melted butter and mix until it resembles wet sand.
5. Sprinkle topping over the apples and bake until apples are soft and topping is golden brown (between 45 minutes to 1 hour).
Grilled Garden Vegetable Lasagna With Puttanesca Sauce

**Ingredients**

2 cups Basil Pesto  
1/4 cup olive oil  
6 large fresh basil leaves, chopped  
4 red or yellow bell peppers  
4 large zucchini, sliced on a diagonal about 1/4-inch thick  
3 fresh thyme sprigs, leaves stripped from the stems and chopped  
2 garlic cloves, minced  
1 shallot, minced  
1 large Italian eggplant, sliced into 1/4-inch thick rounds  
1 large onion, sliced into 1/4-inch thick rounds  
10 ounces soy mozzarella, shredded (optional)**  
1 pound lasagna noodles, cooked al dente in boiling salted water, drained, and rinsed  

**Herb Ricotta**  
**Puttanesca Sauce**  
Salt and freshly ground black pepper

**Directions**

1. Put each pepper directly on a gas burner over high heat and char, turning periodically with tongs, until the skin is wrinkled and blistered on all sides, about 10 minutes. Alternatively, you can roast the peppers using a broiler, turning them occasionally. Put the peppers into a bowl, cover with plastic wrap, and let them steam for about 10 minutes to loosen the skins.

2. Pull out the cores of the peppers and remove the seeds. Pull off and discard the blackened skin. Cut the roasted peppers into 1/2-inch wide strips and put in a large mixing bowl, along with any juices that have collected. Add the sliced zucchini, eggplant, and onion, tossing to combine.

3. Combine oil, basil, thyme, garlic, and shallot in a small bowl or measuring cup, season with salt and pepper, and whisk to blend. Pour the marinade over the vegetables, tossing to coat evenly. Set aside for 10 minutes so the vegetables can soak up the flavor.
4. Preheat an outdoor grill to medium-high heat.
5. Arrange the peppers, zucchini, eggplant, and onion on the grill or grill pan (if using a grill pan, you will have to do this in batches) and grill, turning the vegetables once, until they are tender and lightly browned and have released most of their moisture, about 5 minutes per side. Set the vegetables aside.
6. Mix together the herb ricotta and 1 cup of the basil pesto in a large bowl. Season with salt and pepper.
7. Once you have the sauce ready, the vegetables grilled, and the filling made, you can start assembling the lasagna. Preheat the oven to 375°F.
8. Ladle about 1 cup of the sauce into a 9×13-inch baking dish, to just cover the bottom. Slightly overlap 6 lasagna noodles crosswise so they completely cover the bottom of the dish, with no gaps. Top the noodles with one-third of the ricotta-pesto mixture, spreading it evenly with a rubber spatula. Sprinkle 1 cup of the soy mozzarella** over the ricotta. Add one-third of the roasted peppers, zucchini, eggplant, and onion in an even layer on top. Repeat the process, layering sauce, lasagna noodles, ricotta-pesto, soy mozzarella**, and vegetables 2 more times. Finally, top with the remaining 6 lasagna noodles and sauce.
9. Cover the lasagna with aluminum foil and bake for 45 minutes to 1 hour, until bubbly. Remove the foil and top the lasagnawith the remaining 1 cup soy mozzarella**. Bake for another 5 minutes, or until the cheese has melted. Allow the lasagna to cool for 10 minutes before cutting into 8 squares.
# 2018 Wellness Survey Responses
## Class Attendance by MOU

**Q8. How many wellness classes have you attended? (Check all that apply)**

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*Doesn't include <.2%
Discover what wellness has to offer you.

Practical tools to help you be your best!
- Free activities
- Fun events
- Expert Tips
- Giveaways

Visit the LIVEwell table at Hyperion Treatment Plant!

SMF Multipurpose Room

September 11
10AM - 12 PM
Free Family Fun!

Bring your family and friends to this very special event!

Rock N' Stroll 2018

The LIVEwell Wellness Program is partnering with LA County and LA City Recreation and Parks to bring you a day of free fun in the park. Each employee can bring up to 15 guests!

Free activities include:
* Kids Zone  * GROOV3 Dance Party  * Chair Massages
* Nature Hike  * 5K Fun Run  * Pilates
* Free Giveaways  * Raffle Prizes  * And Much More!

Griffith Park
Saturday, October 13, 2018
8:00 a.m. to 12:00 p.m.

To join the fun, register by October 5, 2018 at:
https://www.surveymonkey.com/r/RockNStroll2018

Note: the link above is case-sensitive.
Questions? Email: LIVEwell@lacity.org

We look forward to seeing you there!
Bring your family and friends to this very special event!

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Let's have fun!

Activities for adults & kids

Raffle Prizes

Giveaways

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The LIVEwell Wellness Program is partnering with LA County and LA City Recreation and Parks to bring you a day of free fun in the park. Each employee can bring up to 15 guests and parking is free!

To join in the fun, register by October 5th at: https://www.surveymonkey.com/r/RockNStroll2018

Questions? Email: LIVEwell@lacity.org
The LiveWell Wellness Program is partnering with LA County and LA City Recreation and Parks to bring you a day of free fun in the park. Each employee can bring up to 15 guests and parking is free!

To join in the fun, register by October 5th at: https://www.surveymonkey.com/r/RockNStroll2018

Questions? Email: LiveWell@lacity.org