



# MILESTONE REPORT

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"UCR Healthy Campus is a comprehensive approach to elevate health and well-being at UCR. We are committed to the health of our faculty, staff, and students and embrace an environment that both supports and encourages the health and well-being of our campus community."  
-Kim A. Wilcox, Chancellor

September 2016 to August 2019



# THE OBJECTIVE

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UCR Healthy Campus will collaborate with campus and community partners to create a campus culture of health by incorporating health into all policies, programs, services and learning, teaching and work environments. Our goal is to make UCR a university of choice.

## VISION

To be the model healthy campus, inspiring and infusing health and well-being into all of its facets.

# OUR PROFILE

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UCR is taking an integrated and comprehensive approach to elevate health and well-being at UCR. UCR Healthy Campus (HC), part of the larger system-wide Healthy Campus Network (HCN) supported by President Napolitano, invests in improving the health and quality of life for all of our UCR campus community.

UCR Healthy Campus (HC) began in January 2016, with the development of the HC Action Plan and framework, along with research on other university and college healthy campus initiatives. An advisory committee consisting of UCR faculty, staff and students was formed and our first official meeting took place in September 2016. Since then, we have accomplished several milestones:

# MILESTONES

**COMPLETED**

**UCR**

**Approximately 100 roadshows reaching about 3,600 faculty, staff and students**

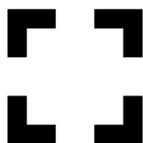


**Distribution of three campus-wide surveys - received 3,500 responses from faculty, staff and students**



**Hired 8 Graduate Student Researchers (GSR) and 2 Student Research Assistant (SRA)**

- Introduced HC to the campus via campuswide communication on October 14, 2016
- Healthy Campus website
- Asset map – listing all UCR health and well-being resources available to campus
- HC branding and marketing materials
- Meeting with Chancellor Wilcox and Dr. Wendy Slusser (UCLA's Healthy Campus Chair) to discuss sustainability efforts for HC
- Coordinated HC Meeting for Advisory Committee and all subcommittee members to share updates on projects and healthy breakfast/recognition
- Distribution of recognition letters to all Advisory Committee members and member's supervisors



**Conducted 7 focus groups with faculty, staff and students with 73 total participants**

# MILESTONES

## DEVELOPED



**Partnered with leadership in the UCR School of Medicine & its Health Coach Program to implement launch a year-long Diabetes Prevention Program. reaching 80 staff/faculty**



**HC partnership with Planning, Design and Construction integrating "Healthy Building" design concepts into campus plans**



**Student engagement through Associated Students UCR (ASUCR) and student organizations**

- HC partnerships with faculty, which included meeting with:
  1. EVC/Provost to discuss faculty engagement in HC
  2. Academic Senate Chair to discuss opportunities to present to faculty and offering faculty service credit for participation with healthy campus activities
  3. Communications and presentations to various faculty groups (e.g., academic senate, executive committees, dean meetings, etc.)
  4. Partnership with BUS 145 course to offer approximately 150 student projects with Healthy Campus

## PARTICIPATED



**HCN systemwide goal/project for the "Take the Stairs" campaign. 4 stairwells have been refreshed and signage installed in nearby locations**

- UCR Organizational Excellence Showcase to share HC collaboration and innovation (May 2017/May 2018)
- Three systemwide Healthy Campus Network conferences with representatives from UCR faculty, staff, and students

# Milestones

## CREATED



**UCR HC Strategic Plan including  
the vision, mission, overall strategic goals  
and action plan based on the Socio-Ecological model**

## FORMED

- Nine (9) subcommittees – with a goal to have representation from faculty, staff and students
  - 8 of the 9 subcommittees have a faculty/staff co-lead
  - 9 of the 9 have student representation
  - Total advisory and subcommittee members: approximately 325

## LAUNCHED

- HCI Project Grant Program to support HC priority areas
- The program awarded 22 grants in the total amount of \$23,000
- Faculty Healthy Campus Challenge. 6 faculty members were awarded cash rewards and dinner with the EVC/Provost. A second Faculty Challenge was launched in Fall 2018 with 7 participants
- Social Media campaign through Instagram with close to 1,100 followers
- Healthy Campus Fund to collect donations to sustain HC work
- Mental Health Literacy Campaign /8 faculty meetings reaching 100 faculty and distributed 210 red folders (Mental Health resources)

## SUBMITTED

- The HCN Implementation and Budget Plan, which included creating an HC budget and subcommittee plans to UCOP. As a result, we obtained funding from UCOP
- IRB application for HC longitudinal study. IRB approval received in May 2018

# Milestones

## FUNDING RECEIVED

- Substance Use and Substance Abuse and Mental Health Services Administration (SAMHSA) *Communities Talk: Town Hall Meetings to Prevent Underage Drinking*, \$750
- Engaging the Campus Community in Students' Recovery Needs
  - Faculty in HC's mental health and substance use and addiction subcommittees received a \$250,000 grant from the Patient Centered Outcomes Research Institute (PCORI) to engage the campus in collegiate recovery throughout the UC system
- American College Health Association (ACHA) Award - \$3,000
- UC Health - \$25,000 for Diabetes Prevention Program
- UCR Campus - \$130,000 for Healthy Campus operating budget
- UCOP - \$160,000 for Healthy Campus Seed funding/infrastructure building

## RECOGNITION



### American College Health Association

- **Received Healthy Campus 2020 Award (2018)**
- **Speaker at National Conference (2019)**



**Robert Wood Johnson  
Site Visit, selected as 1 of  
20 campuses for  
exemplar campus health  
(Sept. 2018)**



**Coordinated Inaugural  
Healthy Campus  
Celebration with over  
500 attendees!  
(Oct. 2018)**



# Subcommittee Highlights

## Healthy Eating and Nutrition

Seeds of Change promotions to identify and promote foods that are good for health and the environment, working with the C-store to include Healthy Campus labels on healthy snacks and beverages, 6 educational workshops that include food demonstrations and experiential learning, and healthy vending machine policy.

## Physical Activity

Creation of FitKits (13 requests) and exercise booklets (500 distributed), marked walking paths, conceptualization and research for a walking/running trail on campus, fitness videos and stretch break materials (400 distributed), fitness presentations, "Whole Body Wellness" pilot program for Faculty (10 faculty).

## Mental Health

R'Time for International Female students to meet and learn about resources on campus. Recruited over 100 participants into a mindfulness/meditation study (StressFree UCR) using the Headspace app. Launched a Mental Health literacy campaign. Conducted 8 faculty presentations reaching 100 faculty and distributed 210 red folders (mental health resource guide).

## Built Environment

Stairwell Activation in Skye Hall, Olmstead, and two SOM buildings. Created a healthy building design checklist shared with Planning, Design, and Construction. Designed a waste reduction education campaign called Zero Butts and Litter (cigarette butt litter was reduced by 41%, trash litter reduced by 18%, and total litter reduced by 26%). Launched Healthy Beverage Initiative to increase access to tap water and reduce consumption of sugar sweetened beverages.

## Substance Use and Addictioin

Cannabis/Marijuana education campaign, weekly student recovery meetings and 19 Clearing The Air Ambassadors. Conducted the annual Butt Bash tobacco waste cleanup. Supported the Photovoice project: Behind the Lens: Students Voicing Recovery. Launched a sobriety campaign. Conducting research on alcohol permit requests. Update and maintain drug and alcohol policy and smoke/tobacco-free policy.

## Preventative Health

Held sexual awareness week activities including a sexual health fair. Developed and distributed 6,000 wellness map of the campus. Installed "Wellness Express" sexual health vending machine on campus.

## Marketing/Communications

Launched the HC website, Instagram, and created HC posters, postcards, and presentation templates. Distribute quarterly newsletter. Created HC videos and provide branded giveaways.

## Culture Change

Identifying projects and tasks that will assist in culture change/transformation through integration of health and well-being concepts in existing processes, policies and infrastructure. Examples include promotion of the Alternative Work Schedule guidelines, Healthy Classroom Pedagogy best practices document, and a research pilot study incorporating standing desks into a classroom.

## Metrics

Assisting subcommittees with metric collecting process, annual HC campus survey and focus groups. Developed a data collection packet that includes a process evaluation and HC activity evaluation.

# UPCOMING PLANS



- Explore opportunities to sustain HC work through internal and external resources.
- Continue to implement subcommittee action plans.
- Conduct roadshows to promote HC and provide updates on HC successes and progress (leadership meetings, student organizations, staff meetings, etc.).
- Promote projects and ways to get involved to the campus community.
- Develop and enhance different communication methods to promote HC postcards, social media, Inside UCR, website, videos, etc.
- Launch Project Grants in Fall 2019 (4th Cycle).
- Collaborate with community partners to share benefits of HC work and impact with surrounding community and form relationships with off campus resources and partners to enhance HC on campus.
- Work with Academic Senate to assign faculty to co-lead all nine subcommittees and obtain approval for HC service credit.
- Submit proposal and budget to Dean Deas/Chancellor Wilcox with recommendations to sustain HC.
- Present focus group and HC annual survey findings to leadership.
- Identify and collaborate on healthy eating and food security issues with Global Food, Basic Needs and Healthy Campus partners.
- Install markers for walking paths and submit proposal for R'Trail to campus stakeholders.
- Conduct meetings with faculty to share mental health resources.
- Install hydration station and re-fillers around campus.
- Update drug and alcohol policy and conduct cannabis education.
- Work with HR to promote the Alternative Work Schedule Guidelines.
- Widely distribute Healthy Classroom Pedagogy Practices to faculty and offer trainings.
- Host 2nd annual Healthy Campus Celebration.

For more information, contact **Dr. Ann Cheney**, Assistant Professor, Center for Healthy Communities by email at **[ann.cheney@ucr.edu](mailto:ann.cheney@ucr.edu)** or **Julie Chobdee**, MPH, Wellness Program Coordinator with UCR Human Resources by email at **[julie.chobdee@ucr.edu](mailto:julie.chobdee@ucr.edu)**.