

UCR

Creating a Healthy Campus Initiative: Lessons from an award-winning Healthy Campus – UC Riverside

Presented by:

Dr. Ann Cheney, Assistant Professor, Department of Social Medicine, Population and Public Health, Center for Healthy Communities, School of Medicine

Julie Chobdee, MPH, Wellness Program Coordinator, UCR Human Resources

Marisol Torres, MPH, MCHES, Health Educator, The WELL

UCR | Healthy
Campus

Healthy Campus Network

Background

- In 2017, as part of the work under the UC Global Food Initiative, UC President Janet Napolitano allocated funds to each campus with the goal of making the University of California “the healthiest place to work, learn and live.”
- UC has a large and diverse community:
 - 280,000 students
 - 227,000 faculty, staff, and researchers
 - The state’s third largest employer
- The Healthy Campus Network aims to:
 - Infuse health into the fabric of each UC campus
 - Reshape social norms

Healthy Campus Network

Culture of Health Model

The network's tools include:

- stakeholder engagement; campus policy reforms to make the healthy choice the easy choice; asset mapping and collective impact mobilization based on individual campus strengths and needs.

Collective Impact:

- shared common agenda, shared measurement systems, mutually reinforcing activities, continuous communication, and backbone support organizations.

Culture of Health Action Framework (Robert Wood Johnson Foundation)

- Making health a shared value
- Fostering cross-sector collaboration to improve well-being
- Creating healthier, more equitable communities
- Strengthening integration of health services and systems

Healthy Campus Network

Leadership Team

- The Healthy Campus Network has support from leadership across the UC system, including President Janet Napolitano, and the 10 campus chancellors.
- Each campus has a steering committee comprised of faculty, students, staff and leadership.
- A systemwide committee is led by:

Dr. Wendelin Slusser, UCLA

Dr. Laura Schmidt, UCSF

Julie Chobdee, UCR

Sana Alas, UCLA

Savannah Gardner, UCLA

Gale Sheean-Remotto, UCOP



STUDY, WORK & LIVE.



UCR



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UCR Healthy Campus

The UCR Healthy Campus provides a framework to bring health and well-being to all aspects of UCR and creates a community where health is a priority.

An inclusive strategy that addresses all members of the community and create a healthier environment for all.

UCR Healthy Campus

“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

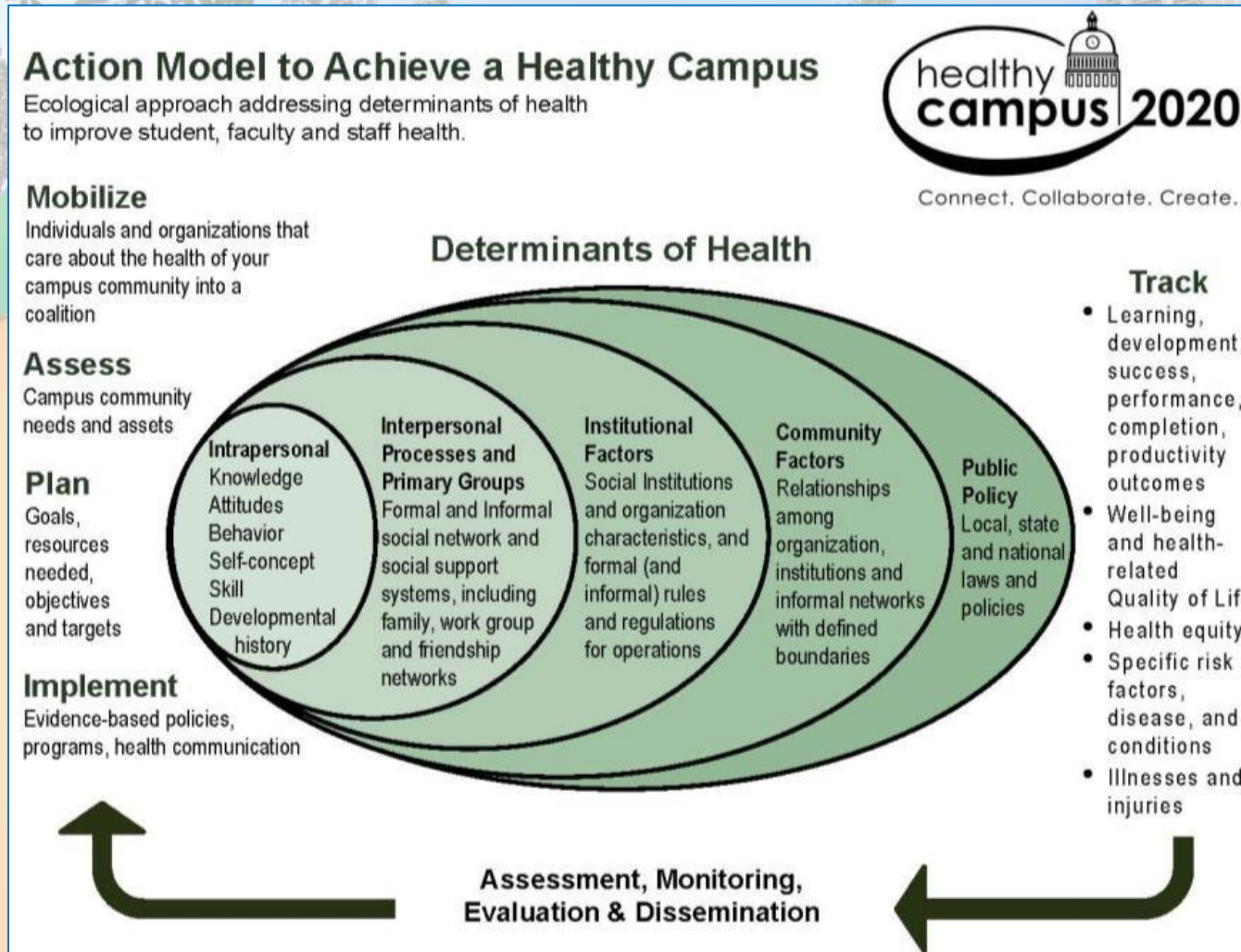


Background and History

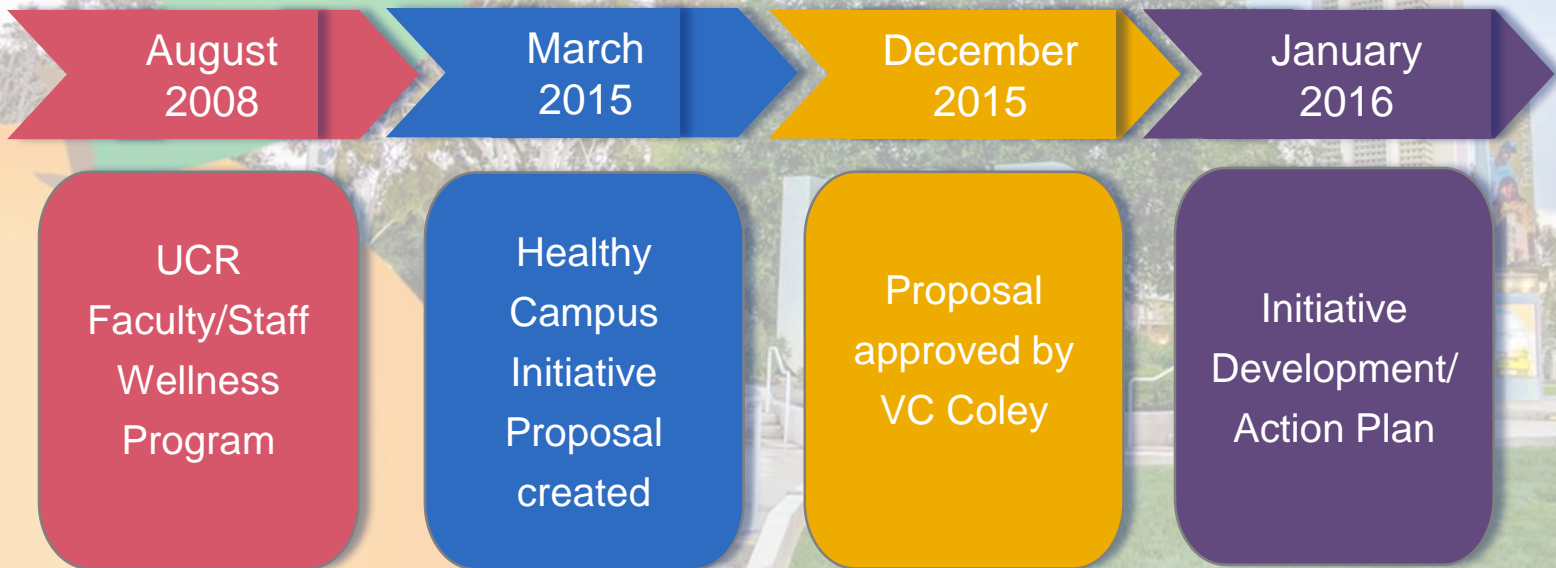
Rationale for Health and Well-Being in Higher Education

- Health and Well-Being
- Academic Excellence/Achievement
- Student Success/Life Long Learning
- Recruitment and Retention
- Attendance
- Culture of Health
- Working/Learning/Living environment that supports healthy behaviors
- More effective study practices
- Engagement

Health and Well-Being in Higher Education



History and Timeline



Why is this a Priority at UC?

The Healthy Campus will bring about a culture shift towards health and well-being as evidenced in our physical environment, curriculum, practices, policies and educational opportunities as we embark on the development of a comprehensive health and well-being framework for UCR.

Making the Healthy Choice, *the Easy Choice*

Requires

- > Changing the environment and culture to support and sustain a healthy campus
- > Achieved through individual risk-reduction programs coupled with environmental support for healthy behavior



Well Within Reach
Healthy Vending
Machine Program

TREASURE HUNT & PRIZE RAFFLES

April 18 - May 18



UCR Strategic Plan 2020

Promoting and supporting a healthy campus culture aligns with the UCR Strategic Plan 2020's goal.

Strategic Goal #3

Diversity – Serving as a National Exemplar for diversity, inclusiveness and community



HCI Organizational Structure

Building the Healthy Campus Infrastructure

- Researched 10-12 other higher education institutions
- Held 1:1 meetings with key stakeholders and contributors
 - Share vision for Healthy Campus
 - Discuss their role, expertise and contributions
 - Develop buy-in and partnership commitment
- Launched several kick-off meetings to convene members and identify priorities
 - Team building exercises to identify HC priorities
- Re-affirm the contributions, expertise, and value of each partner to creating culture of health

Leadership Team



Healthy Campus Champion

**Deborah Deas, Dean
*School of Medicine (SOM)***



Co-Chair

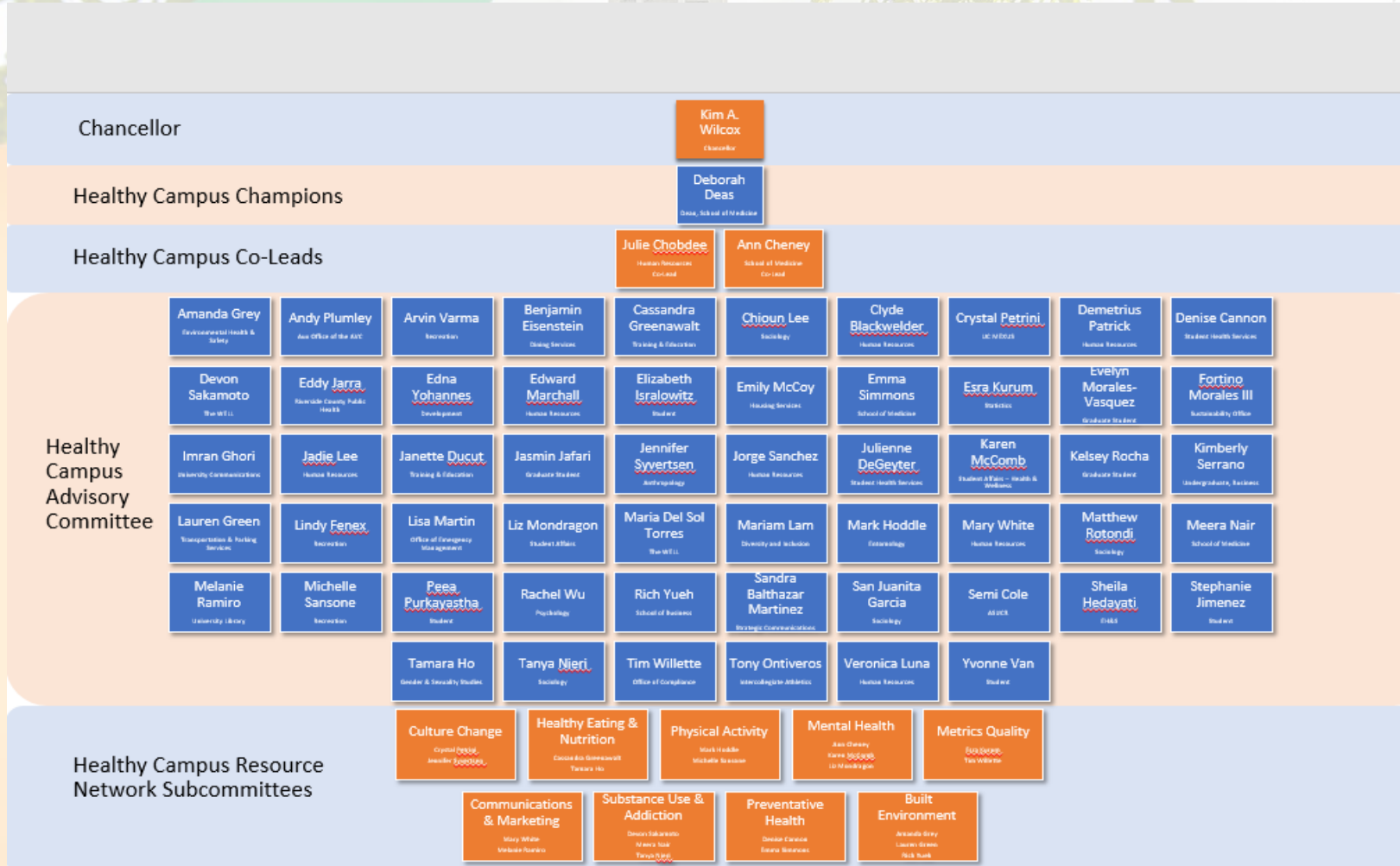
**Ann Cheney, Assistant Professor – Center for Healthy Communities
*School of Medicine (SOM)***



Co-Chair

**Julie Chobdee, MPH, Wellness Program Coordinator
*Human Resources***

Healthy Campus Advisory Committee



UCR Healthy Campus Subcommittees

VISION

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

MISSION

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 working environments. Our goal is to make UCR a university of choice.



Guiding Principles

- **Diversity and inclusiveness:** Address diverse population with unique health needs and interests, health equity, and inclusive of all.
- **Spirit of community and collaboration:** Integration of faculty, staff, students working towards common vision to create a model community of health.
- **Mutual respect and trust:** Demonstrated among all those involved in the HC and towards the campus community we serve.
- **Creation of a healthy, safe, and welcoming environment:** HC framework provides an environment contributing to academic excellence, student success, and being an employer of choice.
- **Embody the strength of collective impact** by bringing campus constituents together to work for the common good.



Activities and Accomplishments

Systemwide and National Recognition

- Presidential Initiative supported by Janet Napolitano (\$1.8 million invested; UCR \$160,000 for 18 months)
- American College Health Association (ACHA) Healthy Campus Award 2018
- American Heart Association
 - Fit Friendly Employer Platinum Recognition (3 years)
 - Workplace Innovation Award (1 year)
- Representation at Building Healthy Academic Communities, University Health and Wellness Summit, UC Risk Summit

Key Program Accomplishments

- Over 50 events/programs reaching over 1,000 UCR faculty, staff and students
- Approximately 100 HCI “Roadshows” reaching over 2,500 UCR faculty, staff and students
- \$23,000 HC Project Grants awarded to 22 recipients/mentors
- Increased promotions of healthy food and beverages (Seeds of Change)
- Received \$25,000 from UC Health for Diabetes Prevention Program
- Smoke/Tobacco-Free Policy
- 1,000 Instagram Followers
- Built Environment (StairWells)

Take the Stairs Campaign

- Built Environment subcommittee
- “Improve the built environment around the campus to create a community that fosters ‘healthy by default. The emphasis is on structural changes that naturally lead to healthier behaviors.”
- 4 stairwells beautified



Current HC Project Highlights

- Healthy Labels in C-Store
- R'Trail
- Wellness Coaching Program for Faculty
- Mental Health Literacy Campaign and Resource Promotion
- Zero Butts and Waste Reduction Campaign
- Bike-Friendly Culture Activities
- Cannabis Education
- **Sobriety Campaign/Education and Prevention**
- Wellness Map
- Healthy Classroom Pedagogy Practices
- Promotion of Alternative Work Schedules

Nurture your UCR HEART

WITH **MOVIE NIGHTS &**
OTHER SOBER PASTIMES.

A majority (75.8%) of UCR students choose not to drink alcohol or
pace drinks to one or fewer an hour when partying or socializing.
(Based on UCR data from the National College Health Association Survey 2014.)

Visit ASPB.ucr.edu
for New Releases!

Visit ucrARTS.ucr.edu
for Artistic, Film Noir, Documentary,
Indie, Silent & Flashback Faves!






Nurture your UCR HEART

WITH
**OUTDOOR ADVENTURES
OR FITNESS FUN**
& OTHER SOBER PASTIMES.

The majority of incoming UCR students are ready to, thinking about
or currently drinking alcohol in a healthier and safer way.
(Based on UCR data from Alcohol EDU 2017.)

Visit recreation.ucr.edu
for a schedule of outdoor excursions and fitness
classes at the Student Recreation Center (SRC)!








Nurture your UCR HEART


WITH
**COMMUNITY SERVICE
& OTHER SOBER PASTIMES.**

74.5% of UCR students have never used cannabis/marijuana.
(Based on UCR data from the National College Health Association Survey 2014.)

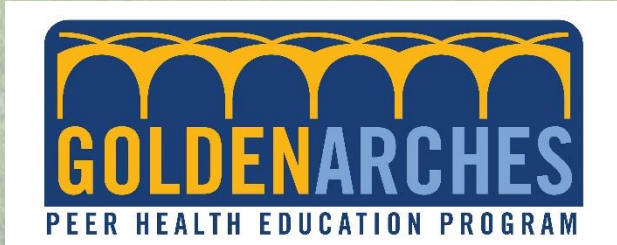
UCR ranks #3 in the nation for producing the most altruistic/community
service-minded students. *(PewRes.com, 2007)*

Visit CommunityService.ucr.edu
to discover ways you can get involved!



- IRB Certification
- 20 Peer Educators IRB training
- 119 Surveys, 3 Focus Groups



Healthy Campus Project Grants

- Project grants offered to UCR students, faculty, and staff to support HC subcommittee work
- Grant requirements
- Examples include
 - Staff and Faculty Resiliency Workshops
 - Research Project: College Men's Conceptualization, Communication, and Interpretation of Sexual Consent
 - Get Moving While Graduating
 - R'Garden Community Supported Agriculture
 - **Wellness Express Vending Machine**
 - Research Project: The effects of Deportation related stress on Academic Performance among college students in Trump's America

These grants were made possible by the ACHF Healthy Campus Award!



**CONDOMS AND EMERGENCY
CONTRACEPTIVE PILLS**
ARE BOTH AVAILABLE IN THE
VENDING MACHINE IN SRC NORTH.



@UCRWELLESSEXRESS

- Student Group Planned Parenthood Generation Action
- Survey
- Healthy Campus Grant



- Campus-wide educational and promotional campaign
- Educational materials
- Resources



Faculty/Academic Engagement and Support

- Healthy Classroom Pedagogy Best Practices
- Syllabi Resources
- Academic Curriculum Integration
 - Research
 - Projects
 - Internships
- Classroom Design – Active Learning Classrooms
 - Standing Desks
 - Mobile/Flex designs
- Trainings for Faculty
 - Healthy Classroom Pedagogy
 - Creating Well-Being Environments

Our Vision for Culture Change

**For longer term projects*

- Health and Well-Being embedded into the campus environment
 - R'Trail (walking trail)
 - Increased healthy food and beverage selections with pricing strategies to promote healthy choices
 - Opportunities to stand (standing desks and tables)
 - Healthy Work Practices
 - Health and well-being incorporated into policies
 - Healthy Classroom Practices
 - Suggesting stretch breaks, service learning, resources on syllabus



Research and Evaluation

HC Research

- Annual HC Campus-Wide Survey

7. UCR has a culture and environment that promotes and supports health and well-being for its faculty, staff and students.

- | | | |
|--|---|----------------------------------|
| <input type="checkbox"/> Strongly disagree | <input type="checkbox"/> Disagree | <input type="checkbox"/> Neutral |
| <input type="checkbox"/> Agree | <input type="checkbox"/> Strongly agree | |

8. Leaders at UCR are actively engaged in promoting and role-modeling health and well-being.

- | | | |
|--|---|----------------------------------|
| <input type="checkbox"/> Strongly disagree | <input type="checkbox"/> Disagree | <input type="checkbox"/> Neutral |
| <input type="checkbox"/> Agree | <input type="checkbox"/> Strongly agree | |

9. UCR cares about my health and personal well-being.

- | | | |
|--|---|----------------------------------|
| <input type="checkbox"/> Strongly disagree | <input type="checkbox"/> Disagree | <input type="checkbox"/> Neutral |
| <input type="checkbox"/> Agree | <input type="checkbox"/> Strongly agree | |

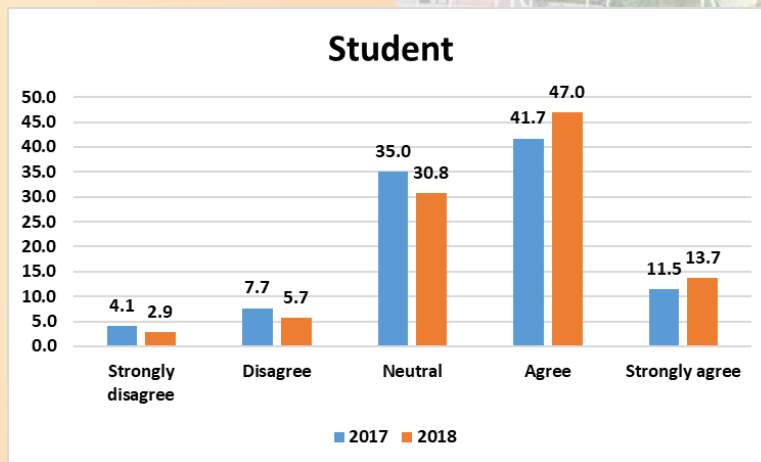
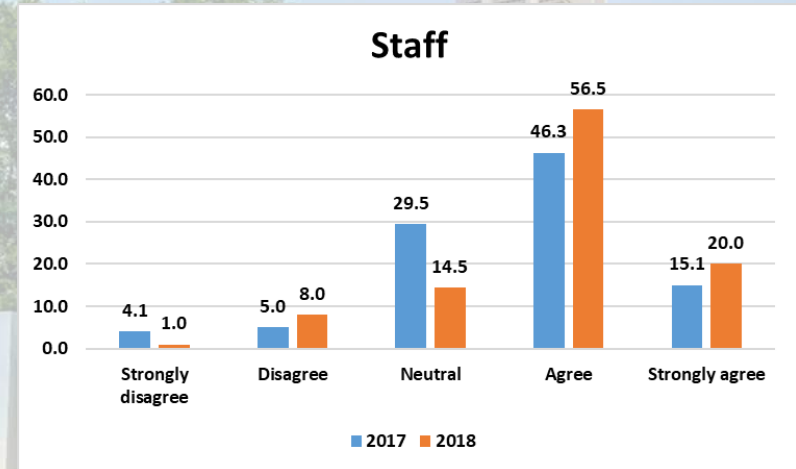
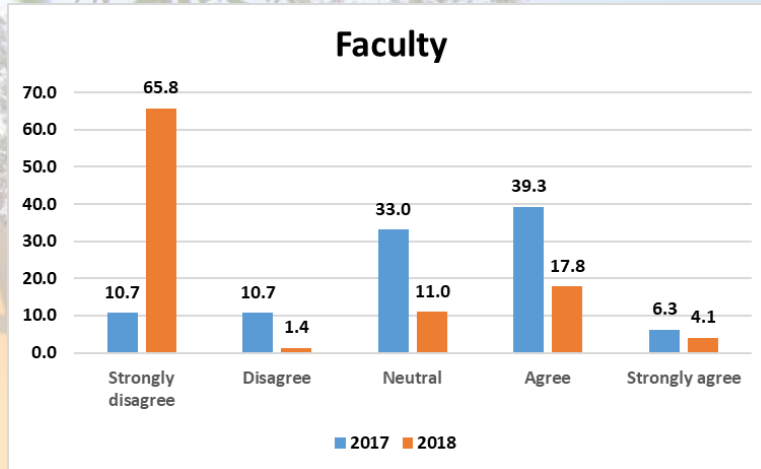
- Focus Groups

- Faculty
- Staff
- Students

Healthy Campus Annual Survey

- Administered in 2017, 2018 and 2019
- Participants in 2017: 1,300
- Participants in 2018: 900
- Hard copy and online version
- \$5 gift card for first 500 respondents

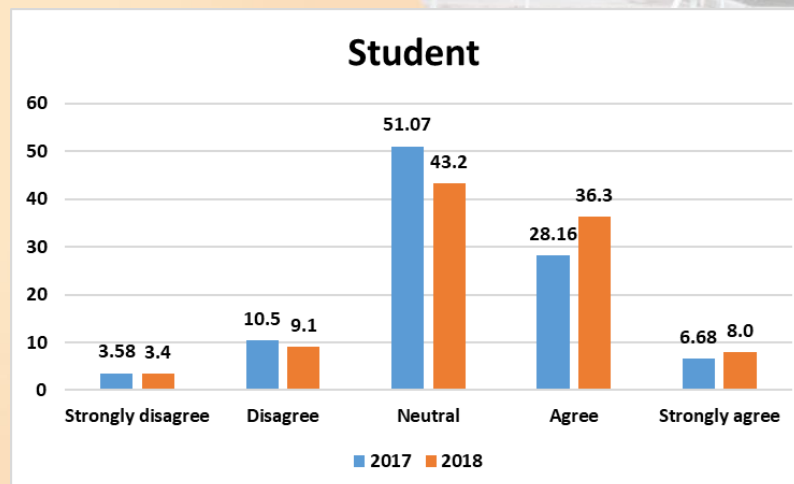
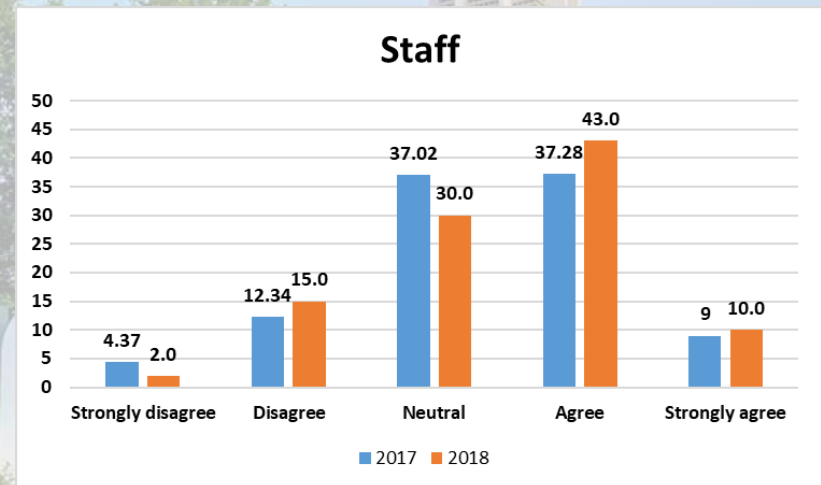
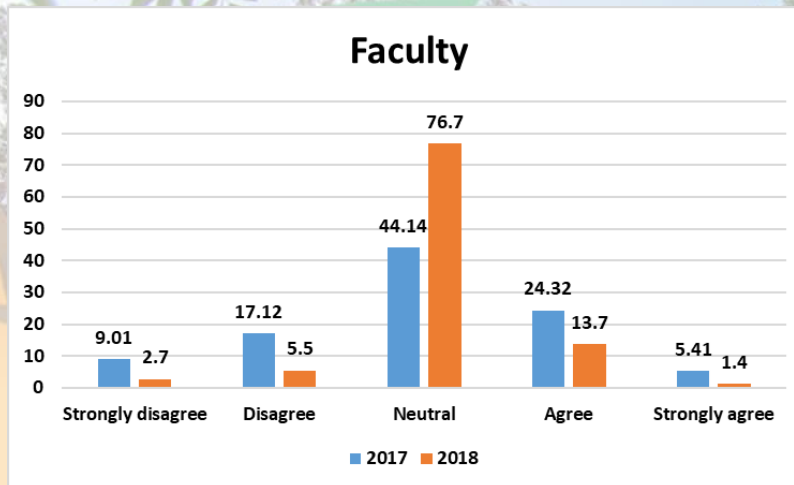
- UCR has a culture and environment that promotes and supports health and well-being.



Most of faculty strongly disagreed (66%) in 2018.

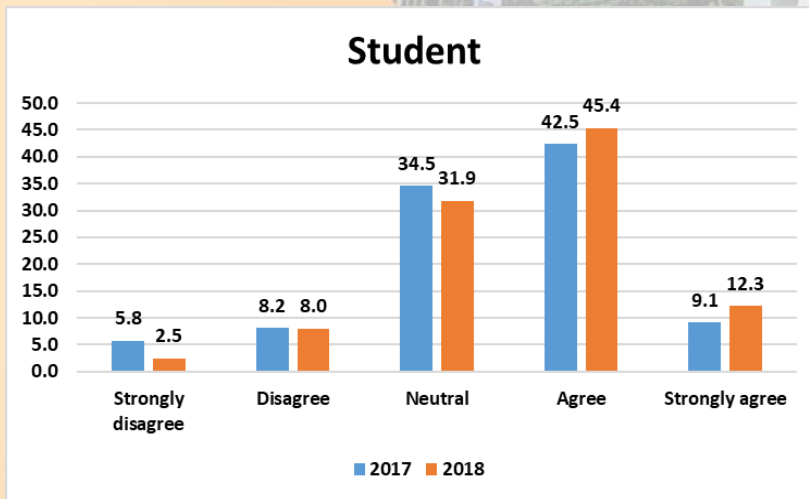
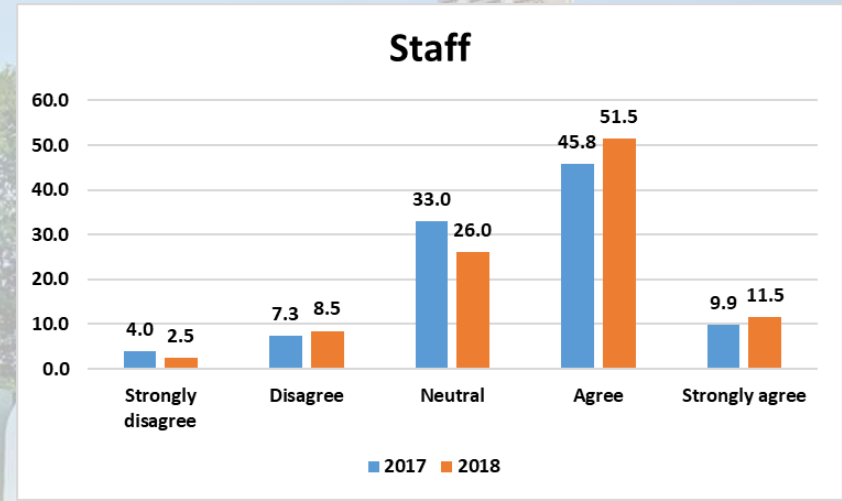
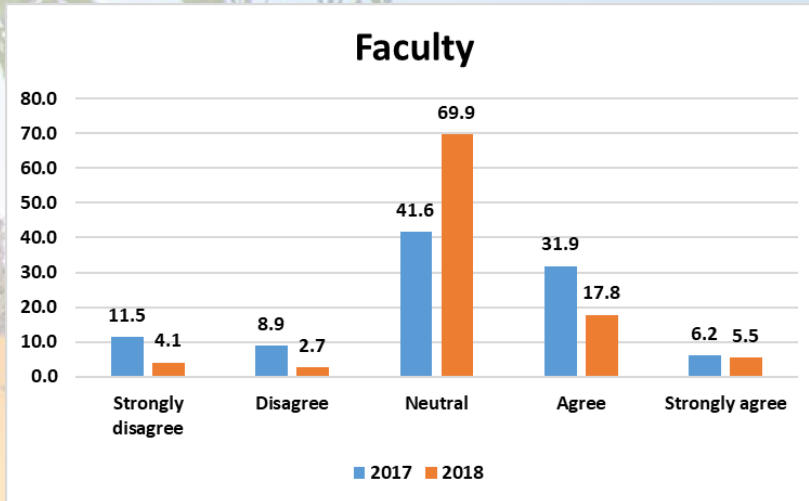
AGREE	2017	2018
Faculty	35.4%	21.9% ↓
Staff	61.4%	76.5% ↑
Students	53.2%	60.7% ↑

- Leaders at UCR are actively engaged in promoting and role-modeling health and well-being.



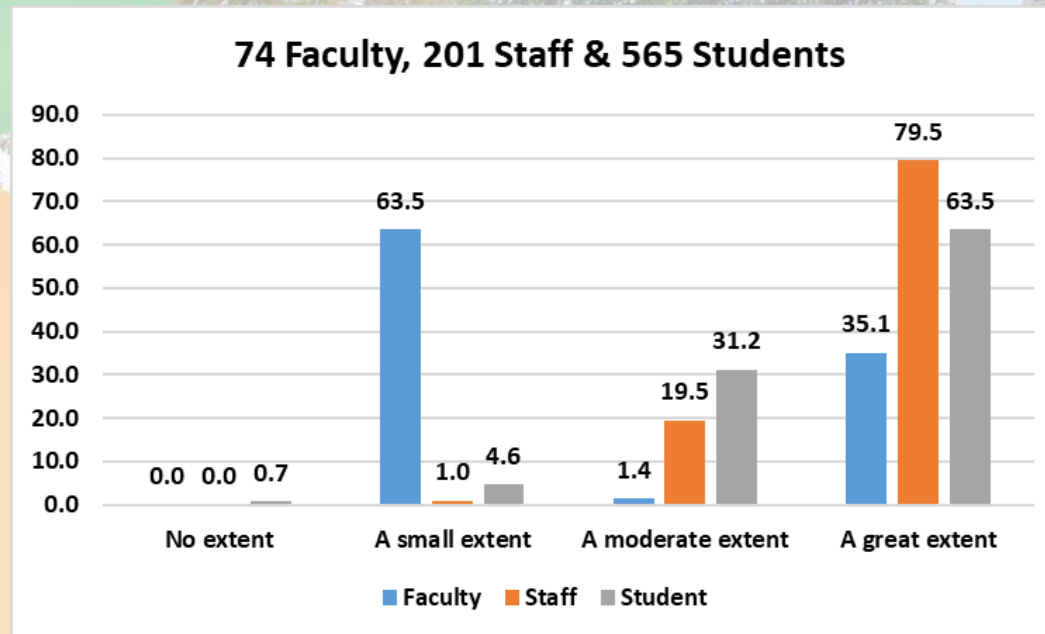
AGREE	2017	2018
Faculty	29.7%	15.1% ↓
Staff	46.3%	53.0% ↑
Students	34.8%	44.3% ↑

- UCR cares about their health and personal well-being.



AGREE	2017	2018
Faculty	38.1%	23.3% ↓
Staff	55.7%	63.0% ↑
Students	51.6%	57.7% ↑

- 64% of **faculty value health to a small extent**, while 80% of staff and 64% of student value health to a great extent.



Healthy Campus Focus Groups

- 8 Focus Groups (FGs) with 73 UCR campus members
 - Students (n=3 FGs), 26 participants
 - Staff (n=3 FGs), 29 participants
 - Faculty (n=2 FGs), 12 participants
- June to Sept. 2018 conducted FGs
- \$10/\$20 for participation/healthy lunch

Interview Questions (Open ended)

- Current health and wellness programs at UCR
- Descriptions of health and wellness at UCR
- Characteristics of a healthy campus
- Role of leadership, faculty, staff, and students in creating a culture of health
- Critique of existing UCR Healthy Campus activity

Healthy Campus Research Findings

Knowledgeable about existing UCR health and wellness programs

- The WELL, Student Rec Center, Human Resources, Healthy Campus

Constraints to participation

- Competing demands, permission, conflicting schedules

Healthy Campus Vision

- Friendly, serene, tobacco-free, disability accessible environment
- Leadership as role models
- Physical and mental health promoted
- Health food options

Recommendations

- Mental health stigma reduction
- Healthy food access
- Healthcare service access
- Wellness and prevention resources/services
- Safe and comfortable environments

Culture Change: Standing Desk Pilot Study

- Dr. Matt Rotondi, Assistant Professor, Sociology
- Purpose: “to explore the extent which the use of a standing desk in a “traditional” classroom contributes to a healthy classroom culture.”

RESEARCH QUESTIONS:

- To what extent does the presence of a standing desk contribute to student perception of a healthy classroom culture?
- How is the learning environment of a traditional classroom affected by the presence of a standing desk in use?
- What do students who use the standing desk report about their experience?
- What does the faculty member report about the experience of having the standing desk used in their classroom over the quarter?



Opportunities and Challenges

What's Working Well

- Faculty-staff collaborators across leadership levels
- Equitable representation from faculty, staff, and students
- Strong leadership support and buy in
- Projects that provide value and investment in our campus

Challenges

- Resources and Capacity
- Sustainability of Healthy Campus
- Faculty engagement
- Student engagement



Discussion and Q&A





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Discussion and Q&A

- Share your Healthy Campus work.
- What works for your campus?
- What are some challenges?
- What are unique strategies that you have found effective?
- Are there any suggestions for us that we may not have considered?
- What ideas do you have for sustaining UCR Healthy Campus?

End Goal

To achieve a healthy campus community, environment and culture in which to study, work and live.

Contacts

Dr. Ann Cheney

Assistant Professor, Social Medicine,
Population and Public Health Center
for Healthy Communities

ann.cheney@ucr.edu

(951) 715-2713

Julie Chobdee, MPH

Wellness Program Coordinator

julie.chobdee@ucr.edu

(951) 827-1488

Marisol Torres, MPH, MCHES

Health Educator

marisol.torres@ucr.edu

951-827-2874