



# WHAT THE HEALTH

Making UC Riverside a Healthy Place to Study, Work & Live



*“It is fitting that UCR received this contract — it will allow us to lead the UC in research on collegiate recovery.”*

*- Dr. Ann Cheney*

## UCR School of Medicine Receives Award to Fund Substance Abuse Recovery

by Iqbal Pittalwala

The UC Riverside School of Medicine will address the marginalization of students in recovery from substance-use disorders with a \$250,000 award designed to engage the Riverside campus and all others in the University of California system.

According to the National Institute on Alcohol Abuse and Alcoholism, approximately 20% of college students meet the criteria for alcohol-use disorder. The number using illicit drugs has risen from 34% in 2006 to 43% in 2016. The Patient-Centered Outcomes Research Institute (PCORI), Eugene Washington Engagement Award will allow Dr. Ann Cheney, an assistant professor at the Center for Healthy Communities in the School of Medicine, to work for two years with students, academic colleagues, and recovery professionals.

“UCR has a legacy of leadership in the collegiate recovery movement that began with the formation of a Collegiate Recovery Advisory Board (CRAB) and propelled forward by the ‘Igniting a Recovery Movement’ conference that engaged the UC and California higher education in the recovery movement,” said Cheney, the Award’s Principal Investigator. This award will help UC students and college students on a national level to receive recovery education and resources to address substance-use disorders.

## PROTECTION AGAINST THE SUMMER SUN

by Brenda Bernabe

Now that summer is here, protecting your skin is more important than ever! While UV rays are present all year round, they increase in intensity during the summer.

Here are some tips the American Cancer Society recommends:

1. Choose the right sun screen. Read sunscreen labels and determine which one is best for your skin. Keep in mind that only sunscreens above SPF 15 can protect against both sunburns and skin cancer.
2. Properly apply sunscreen. Use a generous amount and reapply every two hours for maximum protection.
3. Sunscreen, regardless of brand or SPF, cannot completely protect you. Rather than solely relying on sunscreen, covering up with clothing, hats, and sunglasses helps to increase your protection.

Read more: <https://www.cancer.org/cancer/skin-cancer/prevention-and-early-detection/uv-protection.html>

# R'Trail Community Forum

by Ed Marchall

One of the goals of the Healthy Campus Physical Activity (PA) subcommittee is to increase opportunities for physical activity through education, access, and environmental support to create a “movement” culture on campus. Early in the life of the PA subcommittee, members sought to identify various opportunities for physical activity available on campus, beyond UCR’s Student Recreation Center (SRC).

While there are many options for walking along established (and sometimes crowded) walkways on campus, the PA subcommittee members noted that there were very few options for those who want the more intense workout that running offers. Thus, the idea for the R'Trail project was born.

To highlight the beauty of UCR, the project seeks to develop a dedicated walking/running fitness trail through and around campus. The addition of exercise stations, as seen in many local parks, placed along the trail is another goal of the project. In March, the PA subcommittee held a number of focus groups with faculty, students, and staff to get initial feedback and thoughts on the prospect of a fitness trail.



Encouraged by the overwhelming enthusiasm for a trail, a community forum is being formed that will involve additional campus stakeholders, as well as Riverside area community members, civic leaders, and potential sponsors. This forum will aid in the development of the final project proposal.

As a precursor to the larger R'Trail project, the PA subcommittee is also working on establishing marked walking paths along existing walkways. By mapping out and marking multiple routes of varying lengths that highlight different areas around campus, the PA subcommittee hopes to encourage UCR and the surrounding community to get out and “Move More.” Stay tuned for more information!



## Scotty C-Store Healthy Labels

by Cassandra Marie Green

The Healthy Eating and Nutrition Subcommittee promotes healthy eating and provides healthy food and beverage choices for the campus community through education, access, and environmental support for nutritious choices. UCR Dining facilities, Catering Services, and Convenience Stores offer a variety of healthy food and drink options. However, for many staff, faculty, and students, making healthful snack and meal choices can feel overwhelming.

The introduction of the new Healthy Campus Healthy Choice labels aims to bridge the nutrition gap for UCR community members and help them meet the current Dietary Guidelines for Americans. Designed to help consumers identify healthful snack and meal options, the vibrant recognizable “Healthy Choice!” inserts promote healthful and nutritious food and drink decisions.

Healthy Choice labels will be implemented in Scotty’s C-Store at the HUB soon, and will be placed near price tags for food and drink items that align with most UC Healthy Vending parameters. Items promoted as Healthy Choices will support selection and consumption of reduced sugary beverages, produce first, whole grains, healthier oils, and lean and plant-based protein.



# Mental Health Resources

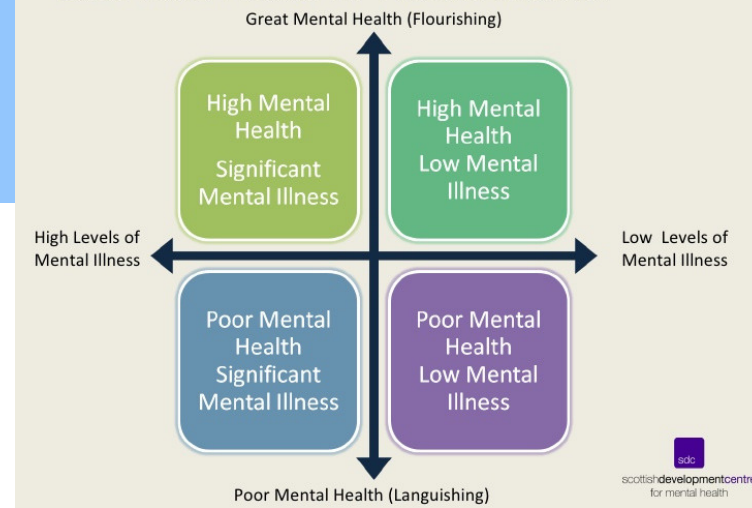
by Elizabeth Mondragon

Caring for your mental health is key to optimizing success as a student. Anyone can thrive and flourish, regardless of any existing mental illness or distress. UCR offers many pathways to develop flourishing mental wellness and support for those experiencing mental distress. We have knowledgeable and supportive departments with warm, welcoming, professionals who are experts in their fields and in supporting the UCR student experience.

For students having multiple issues in their personal, family or academic life we can help you prioritize and develop a plan of action, connect with the Student Affairs Case Management (SACM) office at 951-827-5000. SACM are path clearers and problem solvers.

SACM is available for faculty/staff who are concerned and in need of student resources and assistance with problem solving; determining how to support students; or to report students of concern (CSIT).

## Dual Axis Model of Mental Health



You may also contact Counseling and Psychological Services for consultations about students experiencing mental health distress or walk students over for a face-to-face consultation Monday through Friday 9 a.m. to 4 p.m.

For additional information about other mental health resources on and off campus, or if you are interested in mental health trainings and additional materials including the “Red Folder” quick guide to supporting students in crisis and the full “Promoting Student Mental Health – A Guide for UC Faculty and Staff,” visit [mentalhealth.ucr.edu](https://mentalhealth.ucr.edu).



## Active Grads

by Maïko Le Lay

It is well-known in the academic community that graduate students overwork and spend too many hours doing research sitting at one place and forget to take periodic breaks. Whether they are in the STEM fields and researching in laboratories, or in Humanities, Arts, and Social Sciences, conducting fieldwork or working in an office, graduate students have to spend long hours watching their computer screens or instruments. In other words, they remain static, seated, or crouched for a very long time, taking no breaks in between and usually work like this seven days a week. We all tend to focus on work for too many hours and forget to take breaks, stand up, or readjust our laboring bodies. It took me three years of graduate school to realize that this way of studying and working was neither sustainable nor healthy.

The project “Active Grads” aims to raise awareness about the importance of physical activity and demonstrate that studying, writing and moving can go hand-in-hand, even during graduate school. Through the GradSuccess office, the primary resource for graduate students’ wellness, mentorship, and professional development, the project provided tools and opportunities to be active throughout the day by teaching graduate students to slightly adjust their daily routines to move more and sit less which will help them stay healthy and productive.

“Active Grads” has been implemented in a majority of the GradSuccess units: Graduate Student Mentorship Program (GSMP), Teaching Assistant Development Program (TADP), Graduate Resources Center (GSRC), and Graduate Writing Center (GWC), therefore casting a wide and diverse audience.