

UCR Healthy Student Organization Award

Did your student organization...	Point Value
Move More	
Participate in Peanut Butter and Jogging hosted by The Well	2
Host a physical activity-focused group activity (i.e. hiking)	2
Create a Team In the GO!UCR Walker Tracker and reach a goal as a team	2
Register your student organization in an intramural sport	3
Conduct a walking or standing meeting	1
Attend a Walk and Talk with Leadership event	1
Eat Fresh	
Host a healthy potluck	2
Offer nutritious food options at meetings and events	1
Volunteer at the R'Pantry	3
Volunteer at the R'Garden	3
Attend a cooking demo with Cooking Well in the SRC	3
Order from the Seeds of Change Dining Services menu	2

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.



The purpose of the Healthy Student Organization Competition is to inspire students and their own student organizations to live a healthier lifestyle and to promote overall health and well-being. The work of a healthy lifestyle can be achieved individually and collectively. Participants must include a short report and pictures of their healthy activities on their student organization's social media using the hashtag #UCRHealthyCampus.

The student organization with the most points will earn a healthy Seeds of Change catered meal. The decision will be made by the Student Life Coordinator and Healthy Campus Co-Chairs.

If you have any questions or concerns, please contact healthycampus@ucr.edu

Get involved with the HUB Student Kitchen Project	3
Stress Less	
Incorporate mindfulness exercises and activities in meetings	1
Attend an event sponsored by The Well	1
Promote Mental Health resources	1
Attend any Active Minds event	1
Attend an Active Minds Validate Appreciate Refer (VAR) training	3
Partner up or seek guidance from The Well's Mental Health Educator on an event	3
Build Health	
Adopt-A-Street to keep Riverside beautiful and clean	3
Fill up your water bottle at a hydration station	1
Choose Well	
Volunteer to clean up tobacco waste	3
Do "AIR" Training with Tobacco-Free	3
Attend a tobacco waste cleanup event	2
Request a program from Golden ARCHES on alcohol and drug use safety	3
Give alcohol emergency stickers from The Well to your members	1
Take an Online Substance Use Assessment (E-Chug & E-Toke)	2
Share information on Healing Highlander student recovery meetings	1

Culture of Health	
Host a health and wellness related event	3
Invite a health related guest speaker to your meeting	3
Include sample health and well-being messages and resources in your meeting	2
Familiarize your organization with various student support services and co-curricular learning supports across campus	1
Incorporate skill-building activities in your meeting	2
Incorporate mindfulness, journaling or other forms of personal development into your meeting	2
Stay Well	
Attend a CARE event	1
Attend an event during Golden ARCHES Sex Week	1
Request a program from Golden ARCHES on Dimensions of Wellness or Sexual Health	3
Take a walking tour using the Wellness Map	1
Wellness Counts	
Take a Healthy Campus survey	1
Listen to a Wellness Podcast	1
Have a meeting with activities that help students develop a sense of civic responsibility	2

Shared Health	
Join the email list for Healthy Campus healthycampus@ucr.edu	1
Share HC Instagram account @ucrhealthycampus on your story	1

Note: At least 30% of your organization need to participate in each activity

Instructions:

1. Submit application on qualtrics via highlanderlink: <https://highlanderlink.ucr.edu/organization/healthycampus>
2. Follow **@ucrhealthycampus** on Instagram
3. View checklist & complete task
4. Take pictures of the task completed
5. Submit pictures via your organizations Instagram story (must create a highlight!) or feed. They must remain on your account for the duration of the competition. Hashtag **#ucrhealthycampus** on each post
6. Check out the student org competition newsletter for events, ideas, highlights, and the top 10 orgs with the highest points will receive a feature each month.

Resources:

Move More

PB&Jogging: https://events.ucr.edu/event/peanut_butter_jogging#.XUMUNehKiUk

Hiking locations

- Mount Rubidoux Trail: <https://www.alltrails.com/trail/us/california/mount-rubidoux-trail>
- Hike the 'C': <https://www.alltrails.com/trail/us/california/the-big-c-trail>
- Sycamore Canyon Wilderness Park: <https://mysycamorecanyon.com/>
- 2 Trees Trail: <https://www.alltrails.com/trail/us/california/two-trees-trail>

Student Recreation Center: <https://recreation.ucr.edu/>

Intramural Sports Registration: <https://recreation.ucr.edu/competitive-sports/intramural-sports>

MobileFit: <https://recreation.ucr.edu/fitwell/mobile-fit-program>

UCR Go! Activity Tracker: <https://well.ucr.edu/programs/go>

Exercises guide: http://healthycampus.ucr.acsitefactory.com/sites/g/files/rcwecm2766/files/2019-03/hc_excercise_booklet_7.25.18.pdf

Eat Fresh

R' Garden: <https://rgarden.ucr.edu/>

R' Pantry: <http://basicneeds.ucr.acsifactory.com/rpantry>

Cooking Well: <https://recreation.ucr.edu/cooking-well>

UCR Dining: <http://dining.ucr.edu/seedsofchange>

Stress Less

CAPS: <https://counseling.ucr.edu/>

Mental Health Training: <https://well.ucr.edu/programs/mental-health-trainings>

UC Behavior Health page: <https://ucnet.universityofcalifornia.edu/compensation-and-benefits/health-plans/behavioral-health/index.html>

Build Health

Adopt-A-Street: <http://www.krcb.com/adoptastreet.cfm>

Hydration Stations: http://healthycampus.ucr.acsifactory.com/sites/g/files/rcwecm2766/files/2019-03/ucr_water_stations.pdf

Choose Well

Tobacco Free: <https://hr.ucr.edu/about-us/workplace-health-wellness/wellness/tobacco-free>

AIR Training: https://training.ucr.edu/courses#air_smoke_tobacco_free

Online Substance use Assessment: <https://well.ucr.edu/campus-resources/take-an-online-assessment>

Request a program from Golden ARCHES on alcohol and drug use safety: <https://well.ucr.edu/request-workshop-or-presentation>

Stay Well

Wellness Map: https://studentdocs.ucr.edu/well/uc-riverside_wellness-map.pdf

Campus Advocacy, Resources, and Education (CARE): <https://care.ucr.edu/>

Wellness Counts

Substance Assessment: <https://well.ucr.edu/campus-resources/take-an-online-assessment>

Mental Health Podcast: <http://healthycampus.ucr.acsifactory.com/sub-committees/mental-health/podcasts>

Shared Health

HC Email List Contact: healthycampus@ucr.edu

Instagram: [@ucrhealthycampus](https://www.instagram.com/ucrhealthycampus)

HC Website: <https://healthycampus.ucr.edu/>

Health and Wellness Resources:

The Well

- Golden ARCHES:
 - o <https://well.ucr.edu/get-involved/golden-arches>
 - o <https://well.ucr.edu/request-workshop-or-presentation>
- Active Minds: <https://well.ucr.edu/get-involved/active-minds>
- Team Fresh: <https://well.ucr.edu/team-fresh>
- Healing Highlanders: <https://well.ucr.edu/r-collegiate-recovery>

Counseling and Psychological Services (CAPS): <https://counseling.ucr.edu/> & <https://mentalhealth.ucr.edu/>

Student Health Services (SHS): <https://studenthealth.ucr.edu/>

Ethnic and gender program offices: http://www.ucr.edu/students/ethnic_gender.html