

PROJECT GRANTS

UCR Healthy Campus (HC), part of the systemwide Healthy Campus Network supported by President Janet Napolitano, is taking an integrated and comprehensive approach to elevate health and well-being at UCR. HC provided an opportunity for the UCR campus community to contribute and support projects related to HC. The HC funded creative, high quality, replicable and sustainable projects that make UCR a healthier campus community.

Project grants provided the opportunity for students to contribute innovative ideas and work with a faculty or staff mentor. Faculty had the opportunity to supplement or embark on health related research/academic projects. And staff were provided with funding to contribute to a better campus environment with fellow team members.

UCR'S HC'S PRIORITIES INCLUDE:

- Healthy Eating/Nutrition
- Physical Activity
- Mental Health
- Built Environment
- Metrics/Quality Improvement
- Substance Use and Addiction
- Preventive Health
- Culture Change
- Communications/Marketing



UCR HC has awarded a total of 22 grants in the amount of \$24,000 to UCR students, faculty, and staff. The funding criteria include:

1. Projects must have clearly defined and realistic goals, methodology (who, what, how, when, why) and measurable outcomes.
2. Project must have potential to reach a large audience/wide impact.
3. Projects must demonstrate ability to drive and facilitate cultural, behavioral, environmental and/or structural change
4. In addition, project teams must include at least 2 of the 3 UCR affiliations and from different departments/units (i.e. staff/faculty collaboration, faculty/student collaboration, 2 staff and one student collaboration).

A subcommittee of Healthy Campus committee members serve on the selection committee to determine the awards.

In May 2018, the American College Health Association (ACHA) awarded UCR \$3,000 to enhance the Project Grant Program. They were impressed with our innovative program and unique approach to cross sector collaboration to create healthier, more equitable communities.

THE CHART BELOW SHOWCASES ALL THE PROJECTS HEALTHY CAMPUS HAS FUNDED TO DATE:

If you have any questions or need further information, please contact:

Julie Chobdee, MPH, Wellness Program Coordinator, UCR Human Resources, or Dr. Ann Cheney, Assistant Professor, Department of Social Medicine, Population and Public Health, Center for Healthy Communities, School of Medicine.

PROJECT TITLE:

Empowerment Coloring Books & Zine

GRANT RECIPIENT:

Lisa Chu, CARE Violence Prevention Coordinator

DESCRIPTION:

This project offered a modality of healing through coloring and art expression and allowed CARE to provide a new Art as Healing component into their Empowerment & Healing Series.

REPORT:

335 copies of the Coloring Book and 150 copies of the Survivor Zine. All evaluators indicated that the project contributed toward a campus cultural shift or messaging of support, self-acceptance, and de-stigmatization of mental health and/or sexual violence and that this project helped to increase practices of self-care in the UCR community.

PROJECT TITLE:

College Men's Conceptualization, Communication, and Interpretation of Sexual Consent

GRANT RECIPIENT:

Logan Z. Marg, Ph.D. Candidate/Graduate Student Researcher

MENTOR/SECONDARY CONTACT:

Dr. Tanya Nieri, Associate Professor, Sociology

DESCRIPTION:

The goal of this project was to examine how a racially/ethnically diverse sample of heterosexual college men conceptualize, communicate, and interpret sexual consent.

REPORT:

Preliminary findings have been shared with UCR's CARE office and The Well. Recommendations will inform both offices' sexual violence prevention and sexual health endeavors with the potential of having long-lasting impacts on current and future sexual assault education and prevention initiatives at UCR.

PROJECT TITLE:

The Healthy Brains Initiative

GRANT RECIPIENT:

Asran Irfan, Student

MENTOR/SECONDARY CONTACT:

Dr. Ann Cheney, Assistant Professor, School of Medicine

DESCRIPTION:

Podcasts about various mental health topics such as stress, depression and common mental health issues to increase awareness and reduce the stigma associated with mental health.

REPORT:

Creation of 12 podcasts with expert interviews. These podcasts are now available on the HC website

PROJECT TITLE:

Standing by: Faculty as potential agents of health promotion

GRANT RECIPIENT:

Dr. Tanya Nieri, Associate Professor, Sociology

DESCRIPTION:

This study aimed to assess the state of faculty in terms of their position, readiness, and willingness to participate in health promotion to foster a healthy campus climate and community.

REPORT:

A full report with key findings have been disseminated by Healthy Campus to the university community. HC and the administration can use the report to inform next steps.

PROJECT TITLE:

#puppylove: A feasibility study for an on-site, year-round animal therapy program for the UCR campus community

GRANT RECIPIENT:

Patricia Smith-Hunt, Head Librarian, Preservation Services

DESCRIPTION:

This project examined the feasibility of implementing an on-site, year-round therapy dog service for the broader UCR campus community as another means of expanding the healthy campus to include faculty, staff and students.

REPORT:

Report in progress.

PROJECT TITLE:

Kindness Online and In-Person: More Than Skin Deep

GRANT RECIPIENT:

Julia Revord, Graduate Student

MENTOR/SECONDARY CONTACT:

Dr. Sonja Lyubomirsky, Associate Professor, Psychology

DESCRIPTION:

The overall purpose of this research was to conduct an experimental prosocial ("acts of kindness") intervention with first-year students at UCR, which is specifically designed to increase well-being.

REPORT:

Students performed over 1,500 random acts of kindness for others (either in-person or online), with most of those kind acts providing numerous benefits to the UCR community at large. We anticipate that our analyses will provide tangible evidence that our project facilitated stronger social connections among the undergraduate UCR community and positively intervened with freshmen during a critical, stressful life transition to college.

PROJECT TITLE:

An App-Based Mindfulness Intervention to Reduce Stress in UC Staff

GRANT RECIPIENT:

Kate Sweeny, Professor of Psychology

DESCRIPTION:

The goal of the proposed study was to test the effectiveness of brief, daily mindfulness meditation for reducing stress and improving markers of mental and physical health among UCR Staff.

REPORT:

Data from initial recruitment efforts promise to reveal important insights about the effectiveness of simple meditation practices for reducing stress among those most at risk for stress-related suffering. Because the study is still running, however, the data has not been analyzed.

PROJECT TITLE:

Scotty's C-Store Healthy Choice Promotion

GRANT RECIPIENT:

Kishore Athreya, Student

DESCRIPTION:

In order to make the healthy choice the easy choice, this project will highlight those options in the C-Stores that meet the Seeds of Change criteria.

REPORT:

Student graduated before the project was finished. Areas of the store have been dedicated for healthy snacks identified by baskets, painted walls and signage. We will continue this project until completion.

PROJECT TITLE:

Positive Activities and Health

GRANT RECIPIENT:

Robert Wright, Graduate Student

MENTOR/SECONDARY CONTACT:

Dr. Megan Robbins, Assistant Professor, Psychology

DESCRIPTION:

The overall goal of this project was to improve the quality of life for those who are suffering from pain.

REPORT:

The HC funding was instrumental in allowing the research team to obtain outside funding to expand the project and continue to recruit at UCR and in the surrounding community. As more individuals suffering from pain participate, they are better able to gain insight into the mechanisms leading to a reduction in pain.

PROJECT TITLE:

Identifying Accommodation and Support Services Gaps for Students with Invisible Disabilities at UCR

GRANT RECIPIENT:

Michaela Kathleen Curran, Graduate Student

MENTOR/SECONDARY CONTACT:

Dr. Tanya Nieri, Associate Professor, Sociology

DESCRIPTION:

This project aimed to identify gaps in institutional accommodations and social support services for students with invisible (i.e., learning, attention, psychiatric or chronic health conditions) disabilities.

REPORT:

Through the survey and focus group data, potential improvements to help students with disabilities in academia have been identified and shared with Student Disability Resource Center.

PROJECT TITLE:

R'Garden Community Supported Agriculture

GRANT RECIPIENT:

Alex Armendariz, R'Garden intern

MENTOR/SECONDARY CONTACT:

Evelyn Hurtado, R'Garden Co-Director

DESCRIPTION:

Launched a Community Supported Agriculture (CSA) program in cooperation with the R'Pantry. Gable boxes were distributed to students in need of fresh produce along with print materials of basic needs resources and information on seasonal produce.

REPORT:

Distributed about 100 boxes and set up the infrastructure for future CSA Program as capacity allows. Increased visibility of the R'Garden on campus.

PROJECT TITLE:

Staff Wellness and Resiliency Workshop

GRANT RECIPIENT:

Karla Aguilar, CARE Director

MENTOR/SECONDARY CONTACT:

Aurea Victoria, Trauma-Informed Yoga Instructor & Resilience Educator

DESCRIPTION:

Educate and empower staff with practical tools for self-care and a sustainable way of conducting their work and implement personal practices and self-care tools that enable them to take charge of their own healing and resiliency.

REPORT:

Total attendance of 25 (45 applied). All attendees were able to participate in a gentle, grounding breath work and movement practice with all participants reported shifting from feeling generally tired, exhausted or stressed to feeling relaxed and calm. 3 additional requests have been made for the workshop.

PROJECT TITLE:

College Men's Conceptualization, Communication & Interpretation of Sexual Consent

GRANT RECIPIENT:

Logan Z. Marg, Ph.D. Candidate/Graduate Student Researcher

MENTOR/SECONDARY CONTACT:

Dr. Tanya Nieri, Associate Professor, Sociology

DESCRIPTION:

This project is the second part of a two-part study. The present project builds upon that work through sexual activity diaries and diary debriefing interviews with a sub-sample of participants.

REPORT:

Part 2 of study. Results have not been shared yet, but will be included in future conference presentations by the grantee.

PROJECT TITLE:

Get Moving While Graduating: Promoting Opportunities To Be Active Throughout The Day For Graduate Students

GRANT RECIPIENT:

Maiko Le Lay, PhD Candidate, Critical Dance Studies

MENTOR/SECONDARY CONTACT:

Hilary Jenks, Director of GradSuccess

DESCRIPTION:

Implement programming to improve graduate student movement and relaxation while they are working and increase their productivity through various programs organized by GradSuccess.

REPORT:

12 activities coordinated in various GradSuccess units. Activities include hikes, ergonomic presentations, stress relief fair, coffee social, resources, and movement training. A total of 435 participants attended the 12 activities.

PROJECT TITLE:

Safe Sex Vending Machine

GRANT RECIPIENT:

Elizabeth Kaviani, Co-president of PPGA & Stephanie Orozco, Women's Sexual Health and Empowerment Programmer at the UCR Women's Resource Center

MENTOR/SECONDARY CONTACT:

Julienne DeGeyter, Director, Student Health Services

DESCRIPTION:

Installed vending machine containing Plan B, condoms, pregnancy tests, lube, pads, tampons, UTI pain relief medication, yeast infection pain relief medication, and more at reduced prices.

REPORT:

From 5/24 grand opening to 7/18, 208 items have been purchased. Campus resources and facts are posted to educate and support consumers. The machine has three stickers on the glass with quick facts and tips surrounding the pregnancy tests, the condoms, and the emergency contraceptive.

PROJECT TITLE:

The effects of deportation-related stress on academic performance among college students in Trump's America

GRANT RECIPIENT:

Shirley Leanos, Grad Student, Psychology

MENTOR/SECONDARY CONTACT:

Annie Ditta, Postdoctoral researcher

DESCRIPTION:

The overall goal of this project is to obtain more insight into the effects of deportation-related stress and the impact that deportation issues can have on students' mental health, as well as other domains, such as academic performance.

REPORT:

Research study experienced delays. Once data is collected, we hope to disseminate the findings to help students, staff, and faculty understand the prevalence of deportation-related stress and its effects.

PROJECT TITLE:

UCR Healthy Choice Architecture Competition

GRANT RECIPIENT:

Ye Li, Assistant Professor of Management in School of Business

DESCRIPTION:

Implement a choice architecture competition for students enrolled in the Business 143 course. There will be an implementation of up to four different “nudges” designed to improve Healthy Campus objectives such as improving healthy eating on campus.

REPORT:

Student teams came up with several strategies to “nudge” consumers towards healthy eating choices but ideas have not been implemented. Will work with Dining Services and Healthy Eating/Nutrition subcommittee to implement in Fall/Winter quarters.

PROJECT TITLE:

We R'Well

GRANT RECIPIENT:

Steven Nguyen, Assistant Clinical Professor, Health Sciences in School of Medicine, Family Medicine

MENTOR/SECONDARY CONTACT:

Teresa Khoo, Assistant Clinical Professor, Health Sciences in School of Medicine, Family Medicine

DESCRIPTION:

The goal of the project was to create a change in culture by redefining wellness with the development and implementation of a wellness toolkit in the UCR Palm Springs Family Medicine Residency Program.

REPORT:

Formed a faculty led committee to focus on implementing a culture of support and wellness, through a variety of activities aimed at strengthening relationships and fortifying individual resilience. Specific activities include: Mentorship families, support group re-structuring, Art sessions, Guided Journaling, 5-minute meditation. A collection of resources will also be distributed.

PROJECT TITLE:

Mindfulness-Based Sustainability

GRANT RECIPIENT:

Steven Quach, Undergraduate Student in Religious Studies-Transnational Buddhism, Designated Emphasis in Medical and Health Humanities

MENTOR/SECONDARY CONTACT:

Matthew King, Assistant Professor in Religious Studies

DESCRIPTION:

The project was a three-day workshop during the week of Earth Day. The workshop was intended to show that there are mindful ways of recycling, consuming, and eating that directly and positively affect sustainability and encourage positive decisions towards a more sustainable future.

REPORT:

Over the three-day workshop, sixty attendees signed-in. Positive testimonials were collected. Grantee was invited to hold the Mindfulness-Based Sustainability Workshop at 2020 Western Regional Outdoor Leadership Conference.

PROJECT TITLE:

Enhancing Nutritious Food Access and Healthy Choices at the UC Riverside R'Pantry

GRANT RECIPIENT:

Larysha Green, Graduate Student at School of Public Policy

MENTOR/SECONDARY CONTACT:

Maria Omary, Graduate Student at School of Public Policy

DESCRIPTION:

The project plans to bridge the gap between the R'Pantry's access to fresh produce and grocery store donations in the city of Riverside in efforts to combat food insecurity and food waste issues.

REPORT:

Project still in progress

PROJECT TITLE:

Bridging the gap between food, health and science.

GRANT RECIPIENT:

Deborah Pagliaccia, CNAS Assistant Researcher & Academic Coordinator

DESCRIPTION:

Educational brochures were created for UCR signature crops and produce available to be harvested from experimental plots that can be donated to the R'Pantry or used to teach faculty, staff and students about UCR's food-related research, healthy eating and sustainability.

REPORT:

The information gathered was used to develop educational outreach material. Each of the 6 brochures emphasized the importance of agricultural science and technology development, health and sustainability and expose the significant role that interdisciplinary interactions and collaborations play in the academic world.

PROJECT TITLE:

Green Labs Education Project

GRANT RECIPIENT:

Fortino Morales, Sustainability Officer, UCR Office of Sustainability

MENTOR/SECONDARY CONTACT:

Elizabeth Deyett, Project Manager, UCR Office of Sustainability

DESCRIPTION:

The project has two main objectives: (i) to reduce the university's water and energy waste by implementing new programs and installing energy efficient equipment across research buildings and (ii) educating lab personnel on sustainable culture and empowering students, faculty, and staff to reduce waste in their own laboratories.

REPORT:

14 people attend the workshop. After the workshop, 6 new interest form submissions were received expressing interest to become Green Lab certified. Having six labs certified, even at the lowest certification level, will reduce the campus' water and energy use significantly.