INTEGRATION TOOLKIT

EAT FRESH

MOVE MORE

STRESS LESS

PARTY SMART

LIVE WELL

STAY WELL
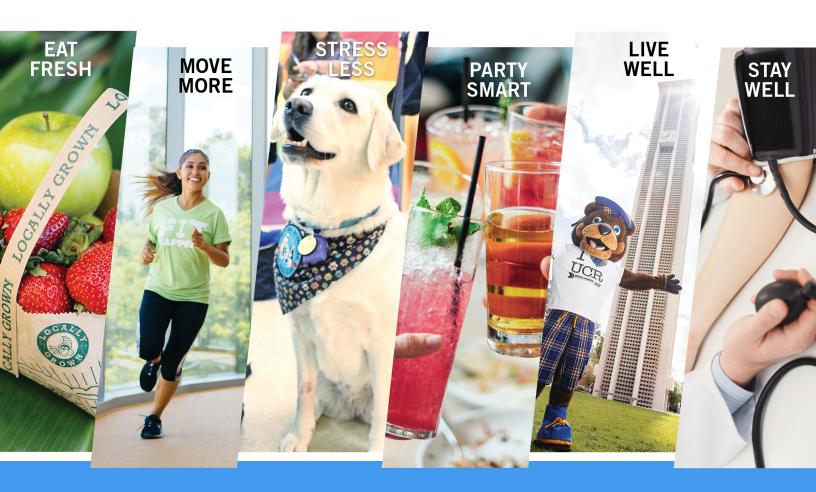
A healthy campus is about having healthy people. It's an investment in our faculty, staff, and students. We hope this toolkit provides campuses with ideas to continue the investment and commitment to health and well-being and look forward to your feedback, suggestions, and comments.

BACKGROUND

Spearheaded by UC President Napolitano with support from all the Chancellors, the Healthy Campus Network (HCN) was officially launched systemwide in March 2017. The Healthy Campus Network is a robust network of diverse coalitions across all 10 campuses working together to promote individual campus and systemwide changes to advance a culture of health and well-being across UC. Equity is an intrinsic goal of HCN which is all-inclusive of campus stakeholders — students, faculty and staff — who together conceive of, launch and study innovations that infuse health into everyday operations, business practices and academic and work life.

UCR HEALTHY CAMPUS

University of California, Riverside (UCR) is taking an integrated and comprehensive approach to elevate health and well-being at UCR. UCR Healthy Campus (HC), part of the larger systemwide HCN, invests in improving the health and quality of life for the UCR campus community.

UCR HC strives to make the healthy choice the easy choice. This requires changing the surrounding environment and culture to support and sustain positive behavior change. UCR's HC has formed partnerships with staff, faculty, students, and the surrounding community to develop, implement, and institutionalize policies and environments essential for sustainable behavior change.

ABOUT THIS TOOLKIT

In order for health and well-being to be a priority and part of campus norms, it needs to be integrated into the campus infrastructure, decision making, policies and practices, and the physical environment. Leadership is critical to help facilitate the culture change and the entire campus community must be engaged in building and sustaining a healthy campus culture. There are many actionable ways this can be done.

The purpose of this toolkit is to provide guidelines for campuses on how to integrate HC into the particular culture of each department on campus as well as the campus as a whole. The toolkit includes checklists for a few key areas on campus. The suggestions serve as a starting point to begin conversations and move towards integration and eventually culture change. Our hope is that we will continue to evolve and enhance this toolkit so that campuses can continue to take meaningful steps towards change. We welcome new opportunities and additions to this toolkit as we collaborate towards making health and well-being the norm at the University of California, Riverside.

On the next few pages you will find checklists with suggestions for you to organize and prioritize for your campus. These actions should be thought of as goals to be reached over several months to a year. Integrating health and well-being into your campus culture can take time. We hope this toolkit is a useful starting point.

Human Resources

- Include HC in job descriptions, webpage
- Promote HC as a recruitment/retention strategy
- Include HC in manager/supervisor trainings
- Include HC in new staff orientations
- Communicate HC as part of the Benefits Package
- Develop and/or promote health and well-being related policies and guidelines
- Incorporate health and well-being into performance management plan

Campus Administration

- Include HC in the campus Strategic Plan
- Identify an active senior leader champion for HC
- Support and maintain an active HC Steering Committee/Task Force
- Create an FTE responsible for oversight of HC
- Provide resources for the HC operations and sustainability
- Distribute campus-wide communications about HC at least annually

Student Affairs

- Include HC in new student, transfer student orientations (undergrad, grad, international)
- Include HC in parent orientations
- Include HC in admission materials/packets
- Include HC in student handbook/guide
- Promote HC during advising sessions as a resource
- Include in campus tour scripts

Student Life

- Reward and recognize student orgs that promote health and well-being
- Coordinate healthy meetings for student orgs
- Promote safe and healthy ways for student orgs to connect and socialize
- Offer support groups to various student groups to address physical and mental health

Academic Affairs

- Include HC at New Faculty Orientation
- Provide faculty with tips and strategies to include Healthy Classroom Pedagogy Practices in their work
- Include suggested content in syllabus template to promote health and well-being resources
- Partner with Teaching and Learning Center to offer courses for faculty on how to create well-being in learning environments
- Develop an incentive program for faculty to engage with HC
- Work with Academic Senate to promote HC through Faculty Welfare Committee and prioritize health and well-being issues.

Dining Services

- Collaborate with HC to provide, promote, and identify healthy food and beverage choices at affordable prices
- Include healthy food and beverage choices in retail, residential, and catering
- Implement choice architect solutions to promote healthy selections through product placement, pricing and messaging strategies
- Train staff so they are educated about healthy selections and can make recommendations.

Communication & Marketing

- Develop communications strategy and plan
- Create HC branding
- Develop HC talking points
- Create and manage HC webpage
- Create and manage active social media – Instagram, Twitter, Facebook, etc.
- Ensure that all communication channels promote HC – flat-screens, student portals, signage, etc.
- Regularly write and distribute articles in campus wide communications
- Create engaging videos

Capital Planning and Design

- Incorporate Healthy Building Guidelines into campus long range development plans
- Marked walking paths
- Bike paths
- Lactation Rooms
- Kitchen facilities
- Meditation areas
- Accessible stairwells with signage to encourage stair use
- Showers and lockers
- Green space/shade
- Nap areas
- Highlight health and well-being assets onto the campus map

Facilities and Maintenance

- Assist with StairWell clean-ups and renovations
- Assist with installations of hydration stations
- Remove tobacco waste and litter
- Assist with installation of standing desks/tables
- Install signage for marked walking paths
- Support Built Environment projects related to creating and maintaining a healthy and safe campus

Student Health Services

- Provide education and trainings on health and well-being related topics
- Promote health care related services, screenings, immunizations, and prevention opportunities.
- Train student peer health educators to be champions for HC

Residence Life and Student Housing

- Create healthy zones/areas around housing property for physical activity and movement
- Create areas for meditation, rest and relaxation
- Ensure healthy options are available in residential dining and vending
- Maintain a smoke/tobacco/vape-free environment
- Train all RAs to be "HC" Champions

Libraries

- Create active study spaces (exercise equipment, standing tables, etc.)
- Ensure a smoke/tobacco-free environment inside and outside

Faculty, TA's, Instructors

- Integrate HC into academic curriculum
- Offer student projects or internships related to HC
- Mentor students working on HC projects
- Conduct research on health and well-being
- Provide evaluation or technical assistance for HC work
- Utilize the Healthy Classroom Pedagogy Strategies
- Include HC resources on syllabi
- Make announcements related to HC events and opportunities
- Serve on HC committees and projects for service credit

ASUCR & GSA

- Assign students to serve on HC subcommittees
- Incorporate HC concepts and projects into student life, activities, and classrooms

Advancement/ Development

- Ensure that HC is part of the campus portfolio to potential funders
- Identify donors/endowments that support HC or HC areas
- Work with faculty to collaborate on grant submissions to conduct research and evaluation projects
- Assist HC to identify financial resources to sustain work and drive culture change

International Affairs

- Promote and provide health and well-being resources to students
- Ensure students understand how to access and navigate health care services and support groups