



Implementation Guide

“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

About UCR Healthy Campus

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 Healthy Campus Network (HCN) supported by UC President Janet Napolitano, invests in improving the health and quality of life for all of our UCR campus community.

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



Proposing a Healthy Campus Initiative

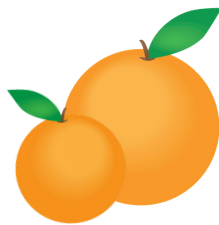
Create a short proposal/briefing to advocate for support for a comprehensive and integrated Healthy Campus, focusing on culture change and elevating health and well-being as a priority for the entire campus community.

Identify a senior leader and/or high level champions and decision makers to bring the concept to the Chancellor and administration.

Create a one page summary on Healthy Campus to socialize throughout campus, present to Chancellor, and confirm commitment.

Building the Healthy Campus Infrastructure

- Work with campus leadership (Chancellor) to identify a senior level leader to serve as the champion and sponsor.
- Identify a staff and faculty co-chair to lead HC efforts.
- Review Healthy Campus initiatives at higher education institutions. Set up meetings, phone calls or review website to learn about other frameworks, implementation plans, activities, and lessons learned.
- Identify key stakeholders consisting of all campus constituents – students, faculty, staff – and community partners to serve on HC Advisory Committee.
- Advisory committee is cross functional consisting of faculty, staff, and students to provide valuable perspectives, expertise and collaboration to ensure culture change, development of an action plan, and implementation.
- Develop a Charter for the Advisory Committee including its purpose, goals, and membership.
- Hold meetings with HC senior leader champion, existing wellness committees, Wellness Ambassadors to gather input and buy-in for HC.
- Meet individually with each potential advisory committee member to socialize culture of health efforts, share vision for Healthy Campus, discuss their role, expertise and contributions, and develop buy-in and partnership commitment.
- Send charge letter to each committee member with copy sent to his/her supervisor or dean to recognize their role and thank them for their contributions in advance.
- Obtain data sources to gain an understanding of the health of the campus. These sources may include: ACHA survey results (students), health plan reports (faculty/staff), campus-wide surveys, program evaluations, scorecards, etc.



- Convene kick off meeting with HC Advisory Committee meeting and HC Senior Leader Champion.
- Team building exercises to identify HC priorities
- Develop the Healthy Campus vision, mission, overall strategic goals, and guiding principles.
- Conduct an asset map (inventory) of all available campus health and well-being resources.
- Identify health priorities and focus for HC
- Create and distribute a campus-wide HC survey
- Conduct focus groups with students, faculty, and staff
- Create subcommittees consisting of staff and faculty co-leads and inclusive membership.
- Create an action plan/implementation plan for launching HC to the campus and community.
- Create HC Strategic Plan including the vision, mission, overall strategic goals, guiding principles and action/implementation plan based on the Socio-Ecological model, Healthy Campus 2020, and Robert Wood Johnson Culture of Health Action Plan.

Launching Healthy Campus

- Develop HC website.
- Create Social Media platforms (Instagram, Twitter, etc.).
- Develop marketing materials
 - Postcard
 - Posters
- Introduce HC to the campus via campus-wide communications.
- Conduct “roadshow” presentations at various department meetings, student org meetings, leadership meetings.
 - Staff (department meetings, Staff Assembly, manager meetings, Wellness Ambassadors, staff and manager/supervisor training, etc.).
 - Faculty (Academic Senate, academic department meetings, Dean/Chair meetings, Faculty Welfare Committee, etc.)
 - Student (student government, student organizations, International Students, etc.)
- Build relationships and partnerships with all sectors of campus:
 - Provost/EVC and Academic Senate Chair for faculty engagement
 - Associated Student and Grad Student Association for student engagement
 - Staff Assembly for staff engagement

Implementing Healthy Campus

1

Convene Advisory Committee monthly for 1 ½ hours to provide guidance, leadership, and strategy.

2

Subcommittees meet regularly, usually monthly. Co-leads of subcommittees also serve on the Advisory Committee.

3

Subcommittees create Action Plans with defined goals, strategies, budget plan, and measurements.

4

Develop budget to support overall HC administration and operations, subcommittee funds, grad student researchers, etc.

5

Hire GSRs and student interns to support HC subcommittees.

6

Identify ways to integrate HC work into existing campus infrastructure, environment and practices so that health becomes the norm and the priority.

7

Form partnerships and collaborations with community-based partners and resources to expand reach of culture of health work.

8

Document and highlight HC outcomes, feedback, and impact through program evaluations and summaries.

9

Document all HC activities, programs, presentations.

Healthy Campus Research Component

Conduct various quantitative and qualitative research methods to obtain data:

- Surveys
 - Annual HC survey
- Focus groups
 - Faculty
 - Staff
 - Students
- Thematic analysis
- Free-List activities
- Community forums

Submit IRB application for longitudinal study of the impact of Healthy Campus.

Create Data Collection packet which includes Process Evaluation, Program Evaluation, Program Summary, and Informed Consents

Sustaining Healthy Campus

Explore opportunities to sustain HC work through internal and external resources:

- Campus funds
- Office of the President
- Awards
- Grant opportunities

Document accomplishments, challenges, and lessons learned

Continue to update and provide roadshow presentations to campus to highlight HC successes and progress.

Collaborate with community partners to share benefits of HC work and impact with surrounding community and form relationships with off campus resources and partners to enhance HC on campus.

Share Healthy Campus at conferences (ACHA, BHAC).

Develop and share milestone report.