



WHAT THE HEALTH

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



UPCOMING EVENTS

Science of Happiness
with Lisa C. Walsh
Thursday, Jan 23, 2020
12 p.m. - 1 p.m.
@ HUB 302 South

Diabetes Prevention Program
Info Session
12 p.m - 1 p.m
Tuesdays @ Hinderaker 3117
Thursdays @ Hinderaker 0154

HIIT the BOSU
Mondays and Wednesdays
11:15 a.m. - 12:15 p.m.
@ SRC MPR A

Feels and Heels
with Ms. Honey
Monday, Feb. 10, 2020
6:30 p.m - 8:30 p.m.
@ Athletics and Dance Bldg. 102
The WELL R'Side

How UC Riverside became healthier in 2019

by Sandra Martinez

For three years, UC Riverside's Healthy Campus group has been working toward creating programs that offer options for greater school and work-life balance.

The group, which started as a health initiative in 2016, now works with different groups on campus and invites students, staff, and faculty members to participate. UCR Healthy Campus is part of the larger system-wide Healthy Campus Network supported by UC President Janet Napolitano. [Click to read more on Inside UCR.]

Staff Assembly Recognition Program

by Crystal Petrini, Staff Assembly President

Have you seen a work group accomplish fantastic results? Do you know a fantastic employee? Do you see employees creating and contributing to a healthy campus culture? Do you want them to receive the recognition they deserve?

Every month during the school year, from September to May, the Staff Assembly Recognition Committee will review submissions and select an individual or work group winner.

The winner will receive a gift, be featured on the Staff Assembly website and social media, and may have an office surprise from the Recognition Committee. You can submit your nomination by visiting <https://staffassembly.ucr.edu/get-recognized>.

For more information, please contact Johnathan Lozano at Johnathan.Lozano@ucr.edu or Katherine Van Horn at katherine.kaufman@ucr.edu.



Healthy Campus Project Grants 2020

by Julie Chobdee

UCR Healthy Campus provides opportunities for the campus community to submit innovative ideas for funding. A total of 19 applications were received and 6 projects were selected by a review committee consisting of students, faculty, and staff. Each project was awarded \$2,000. Projects will run January 2020 - December 2020.

Projects were selected based on the following criteria:

- Projects must have clearly defined and realistic goals, methodology, and measurable outcomes.
- Project must have potential to reach a large audience/wide impact.
- Projects must demonstrate ability to drive and facilitate cultural, behavioral, environmental and/or structural change.

For more information, please visit

<https://healthycampus.ucr.edu/project-grants>.

These projects include:

- Fruit for All, installing and designing physical signage near fruit trees to indicate which are edible. - Melanie Ramiro
- Social Connectedness and Collective Healing in the Academic Profession - Evelyn Morales and Ann Cheney
- RMate, a mobile application to examine the effectiveness of health initiatives. - Michalis Faloutsos and Humbert Quesada
- A Virtual 5K to provide a community-building event through a virtual race. - MaryAnn Gochiaco and Jeff Girod
- Exploring the Mental Health and Well-Being of UCR Faculty and Graduate Students: Impostor Syndrome and Beyond - Pamela Sheffler and Rachel Wu
- Camp Highlander, to host camp with health education and activities for youth. - Carl Dugdale

Healthy Department Certification Program

by Sage Overoye, Wellness Intern

UCR Healthy Campus and Faculty/Staff Wellness Program is pleased to announce the Healthy Department Certification (HDC) program! The HDC is a way to recognize, celebrate and reward departments at UCR that enable students, faculty, and staff to lead healthy lifestyles in support of creating a healthy campus culture. The HDCP has been developed with input from various partners and in support of the Staff Assembly CUCUSA survey.

A Certified Healthy Department demonstrates a culture of wellness that leads to high morale, and a healthier, more inclusive, and supportive work environment. As a team, Certified Healthy Departments achieve greater levels of physical, mental, and occupational well-being.

Through the Healthy Department Certification program, we will build a campus community in which every department contributes to a safe and healthy workplace environment, encourages safe and healthy behaviors, and empowers leadership, faculty, and staff to create an overall healthier UCR. For more information about the Healthy Department Certification program and to apply, please visit the Healthy Department Certification website: <http://bit.ly/ucr-hdc>

Advertising Aspects of Health with Bus 117 Fall Quarter 2019

by Brenda Bernabe

During fall quarter, 160 business students had the opportunity to apply the advertising and marketing knowledge they had learned over the ten weeks to a real life project on campus.

Throughout the quarter, Jonathan Lim, assistant professor in the School of Business, taught his class the strategies and functions behind effective advertising and other communication tools, which they then used to help brand UC Riverside's Healthy Campus. The partnership allowed Healthy Campus to gain a better understanding of communicating subcommittee goals by looking through the student perspective on what it means to build a healthy campus.



The advertising students were paired into groups and assigned one subcommittee goal to focus on which included: Eating Habits, Mental Health, Tobacco Use, Substance Abuse, and Active Lifestyles. During Week 10, the 32 groups presented their projects throughout two class periods to their classmates and Healthy Campus members. Students discussed their new media methods and approaches to help reach Healthy Campus' different audiences, using research and evidence to support the techniques presented. The partnership not only allowed students to use their acquired marketing, research, and creativity skills, but helped students themselves be a part of Healthy Campus' impact. Healthy Campus strives to involve academia in its mission, to create both better engagement and help build professionals within our community.