

UCR HEALTHY CAMPUS

2019 SURVEY RESULTS



Culture of Health



Overall, UCR has a culture that promotes and supports health and well-being

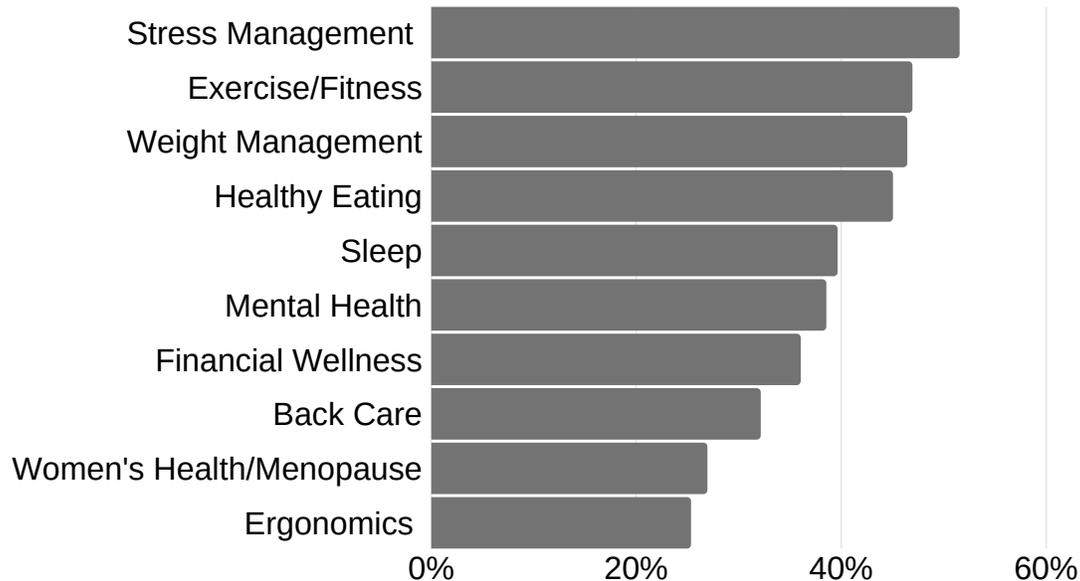


The majority of participants value their health



More than half participants believe UCR cares about their health and personal well-being

UCR 2019 Top Health Concerns



Comparing to 2018 Health Concerns

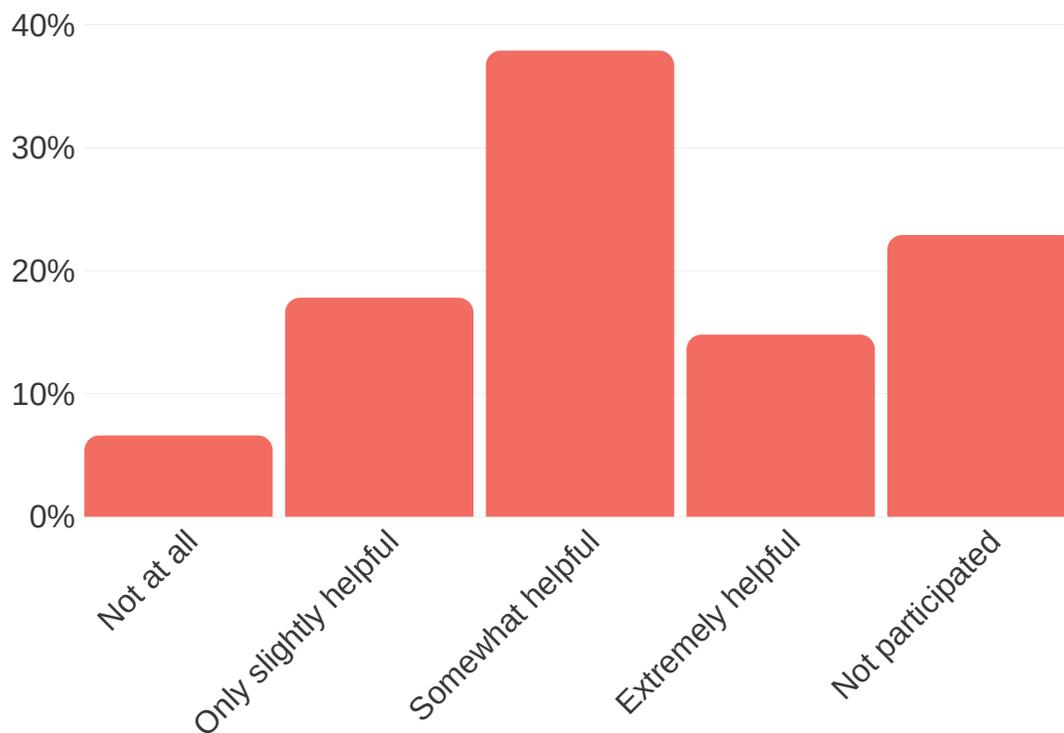
- 10.8% increase in weight management
- 11.2% decrease in women's health
- 0.9% decrease in mental health
- 6.7% increase in ergonomics
- 9.3% decrease in sleep

Collectively our campus community expressed during focus groups that they want to see change involving five broad categories of health:

- Mental health stigma
- Healthy food access
- Healthcare services access
- Wellness and prevention resources/services
- Safe and comfortable environments



How helpful are current Wellness Programs in reaching your wellness goals?



*Since 2017, there has been a 15% participation increase (62% vs. 77%)

Our Achievements 2018-2019

21%

Increased campus and community partnerships

34%

Increase faculty, staff, and student engagement in UCR's Healthy Campus

47%

Increased reach of healthy campus activity

50%

Increased number of healthy campus programs, resources, and services

Recognition



**2018 American College Health Foundation
Healthy Campus 2020 Award**

For more information, visit healthycampus.ucr.edu or contact healthycampus@ucr.edu