



MILESTONE REPORT

SEPT 2019 TO AUG 2020

"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**



OUR OBJECTIVE

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

LEADERSHIP TEAM

UCR Healthy Campus (HC) began in January 2016. Healthy Campus has formed partnerships with students, faculty, staff, and surrounding community to bring about a culture shift towards health and well-being as evidenced in our physical environment, curriculum, research, practices, policies, and educational opportunities resulting in a comprehensive health and well-being framework for UCR.

DR. DEBORAH DEAS

Dean and Vice Chancellor for Health Sciences, School of Medicine
Senior Leader/ Wellness Champion



CO- CHAIRS

DR. ANN CHENEY

Faculty, Dept. of Social Medicine,
Population and Public Health
School of Medicine



JULIE CHOBDEE, MPH

Wellness Program Coordinator,
Human Resources

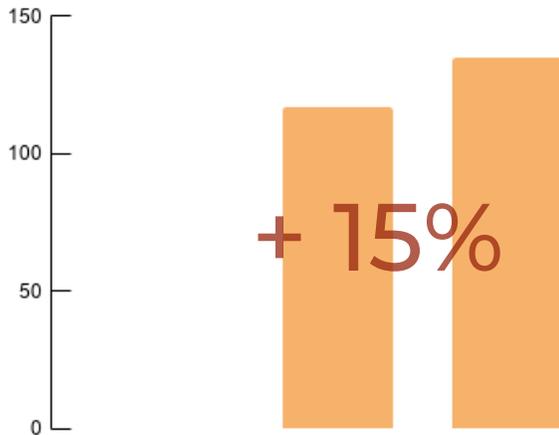


A cross functional Advisory Committee consisting of 77 students, faculty, and staff (from diverse departments and colleges) provide valuable perspective and collaboration to ensure a comprehensive culture change, development of an action plan, and implementation.

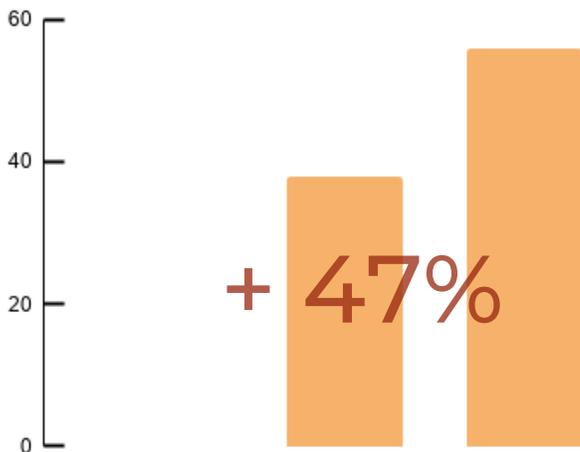
MILESTONES

% INCREASE FROM 2018 TO 2019

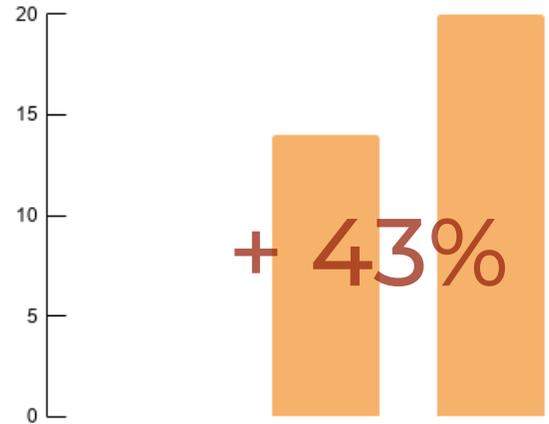
ENGAGEMENT IN HEALTHY CAMPUS
INFRASTRUCTURE
(ADVISORY COMMITTEE MEMBERS)



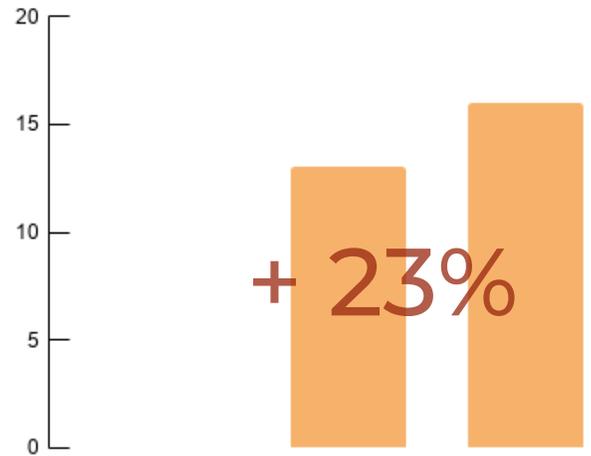
ESTABLISHING INTERNAL CAMPUS
PARTNERSHIPS AND RELATIONSHIPS



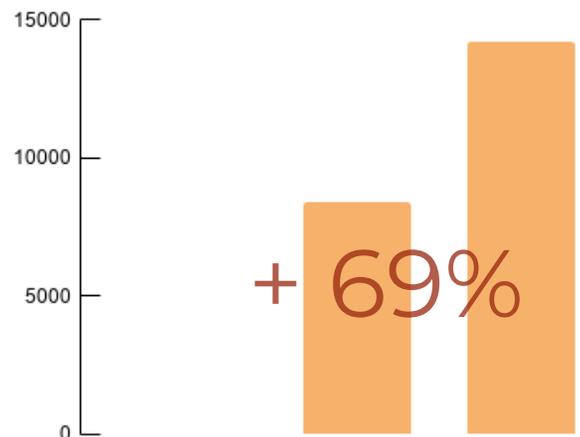
ESTABLISHING EXTERNAL COMMUNITY
PARTNERSHIPS AND RELATIONSHIPS



HEALTHY CAMPUS PROGRAMMING



HEALTHY CAMPUS REACH



MILESTONES

GRANTS/FUNDS RECEIVED

\$313,750

Patient Centered Outcomes Research Institute (PCORI) (Recovery)	\$125,000
Substance Abuse and Mental Health Services Administration (SAMHSA) Community Talks	\$750
Inland Southern California United Ways Coalition COVID-19 Relief Fund (Basic Needs)	\$15,000
American College Health Foundation (ACHF) (Mental Health/Well-Being in Learning Environment)	\$7,000
Each Mind Matters Toolkit 2020 Suicide Prevention Week Campaign Proposal	\$1,000
UCOP For Diabetes Prevention Program	\$25,000
UCOP For Healthy Beverage Initiative (HBI)	\$140,000

IN-KIND

Substance Abuse and Mental Health Services Administration (SAMHSA) - Mental Health Technical Assistance	\$3500
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RECOGNITION



California Higher Education Collaborative (CHEC)



DONATE NOW

2020 American College Health Association College Well-Being Award

&

2020 First Risk Advisors Initiatives In College Mental/ Behavioral Health Funding



Riverside County Health Coalition



International Education Conference



University of Texas Live Well Summit

MILESTONES

HIGHLIGHTS

**77 Advisory
Committee Members**

**6 Project Grant
Recipients**

**Healthy Campus
Listserv:
1689**



**INSTAGRAM:
1598 followers**



**TIKTOK:
11 followers**



**TWITTER:
306 followers**

- Approximately **18 presentations** reaching about 1,500 students, faculty, and staff
- Distribution of **Healthy Campus research survey** – 243 completers
- Conducted **7 focus groups** with faculty, staff and students with 57 total participants for Healthy Campus Research and the Healthy Beverage Initiative
- Distributed over **100 red folders** (mental health resources) to UCR faculty in conjunction with Counseling and Psychological Services (CAPS)
- Healthy Campus **Annual Celebration** – 700 participants
- Offered \$12,000 to **6 Healthy Campus Project Grant** recipients
- Healthy Campus represented in the UCR Strategic Planning **Thriving Campus Community** workgroup
- In partnership with University of British Columbia, offered a session on **Well-Being in Learning Environment**
- Working with SOM faculty and students to offer a Healthy Campus/Public Health **R'Course**
- Hosted a **Public Health Anti Racism Forum** with 157 Attendees
- Offered a 4 part webinar series titled "**Attending to Your Health and Well-Being During Covid-19**" with 100-200 attendees per webinar.
- Partnership with UCLA to train and conduct focus groups on **face coverings/masks** and safety precautions related to Covid-19.

MILESTONES

HEALTHY CAMPUS PAPER

Published for Publication



PROJECT MUSE®

Engaging Stakeholders in the Healthy Campus Movement

Ann M. Cheney, Julie Chobdee, Kaitlynn McCulloh, Evelyn Vázquez, Eddy Jara, Deborah Deas



Progress in Community Health Partnerships: Research, Education, and Action, Volume 14, Number 3, Fall 2020, pp. 299-306 (Article)

Published by Johns Hopkins University Press
DOI: <https://doi.org/10.1353/cpr.2020.0035>

Cheney, A. M., Chobdee, J., McCullough, K.,* Morales Vázquez, E.,* Jara, E., and Deas, D. (2020). Engaging Stakeholders in the Healthy Campus Movement. Progress in Community Health Partnerships: Research, Education, and Action, 14(3), 299-306.

PARTNERSHIPS WITH FACULTY



School of Business
A. GARY ANDERSON GRADUATE
SCHOOL OF MANAGEMENT

UCR School of Business
Professor Jonathan Lim
BUS 115, BUS 117



RIVERSIDE
Marlan and Rosemary Bourns
College of Engineering

UCR Bourns College of Engineering
Professor Roman Chomko

SUPPORT OF CURRENT EVENTS

Collaborations with UCR Health, EH&S, and other key stakeholders on infection control and prevention strategies related to Covid-19.

Our networks, strong cross-sector collaborations, and infrastructure has prepared us to quickly respond to our current health crisis and resulting adverse economic situation and support the physical and mental health and well-being of our campus community.



Healthy Campus is forming a **public health anti-racism** subcommittee to address the ongoing efforts and initiatives to create a culture of health and well-being that recognizes the systematic oppression and racism that affects structurally vulnerable populations and celebrates diversity, strives for health equity, and healthy working and learning environments



“We must come together to devise the policies, procedures and best practices to dismantle systemic racism and remove it’s ugly stain from the fabric of our society. We must do this together”

- Deborah Deas,
Dean and Vice Chancellor for Health Sciences
and Healthy Campus Champion

SUBCOMMITTEE HIGHLIGHTS

HEALTHY EATING AND NUTRITION

In partnership with Dining Services, offered a Seeds of Change Tasting Event to promote foods that are good for health and the environment. Created a series of healthy cooking/meal preparation videos including recipes and nutrition facts. Check it out [here!](#)

SUBSTANCE USE AND ADDICTION

Rolled out alcohol.edu module to incoming freshmen and transfer students. Offered recovery podcasts and webinars along with recovery meetings and additional resources.

PHYSICAL ACTIVITY

Launched the Move More for 3-4 campaign to encourage movement throughout the day. Completion of Whole Body Wellness Coaching Program for faculty.

MARKETING/ COMMUNICATIONS

Launched the Healthy Campus Twitter, Tik Tok and Listserv. Completed 2 videos providing an overview of Healthy Campus. Currently, the team is overseeing the social media campaign to encourage face coverings/mask wearing to promote a safe campus community.

MENTAL HEALTH

Offered 4 “Know the Signs” Suicide Prevention Trainings, 2 Mental Health First Aid Trainings, and promoted the on-line LivingWorks-Start suicide prevention module to the campus community.

METRICS

Distributed the annual Healthy Campus research survey. Provided support for data collection and analysis to all subcommittees.

BUILT ENVIRONMENT

Launched Healthy Beverage Initiative to increase access to tap water and reduce consumption of sugar sweetened beverages. Conducted HBI focus groups (4), campus wide survey, observations, mapping by 8 students to obtain baseline of UCR’s beverage environment.

CULTURE CHANGE

Developed a Healthy Classroom Pedagogy best practices document, Guidelines for Healthy and Productive Meetings, and developed a Well-Being in Learning Environment pilot with Faculty. Launched the Healthy Department Certification with 10 applications.

TESTIMONIALS

"I've seen a huge improvement in health and wellness on campus in the 3 years I've been here and I just want to say that I think you and your team are doing amazing things!"

"I am going to keep on doing these [healthy tips] as I find them super helpful during this time! I really find that Healthy Campus and Staff Assembly have been instrumental support for some of us that is all we have."

"Your wellness statements during this time are very helpful. They can help reassure the community that we can get through this together."

"I just want to say that I appreciate the information you have been sending. While I have always read the tips you send out, the recent COVID tips have been spot on. As always, thanks for what you do for our community."

"Thank you for sharing with all of us and for everything you are doing to help keep our campus safe and healthy."

"Thank you for all of your wonderful resources to keep us health and happy while we are virtually on campus!"

For more information:

Email healthycampus@ucr.edu

Visit the Healthy Campus website:

www.healthycampus.ucr.edu

To donate to UCR Healthy Campus:

www.myadv.ucr.edu/forms/HealthyCampus

Follow Healthy Campus on
Instagram @ucrhealthycampus
Twitter @healthyucr
Tik Tok @ucrhealthycampus
Youtube @UCR Healthy Campus

Join our mailing list: www.lists.ucr.edu/mailman/listinfo/wellnesscommunications