



# WHAT THE HEALTH

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



## UPCOMING EVENTS

Walk and Talk  
w/ Dr. Brian Haynes, VC Student Affairs  
Feb. 21, 12:00 pm  
@ Scotty the Bear Statue near the HUB

110 Bootcamp  
This group training class mixes tradition calisthenics and bodyweight exercises  
7:00 am - 7:45 am  
Feb. 25, 27  
March 1, 4, 6, 8, 11, 13, 15  
@ The SRC

Finding Wellness Student Meetings  
"Living a Sober Life?  
Recovering from addiction, harmful or unhealthy behaviors? Find fellowship and support from peers on a similar path."  
Feb. 25, 1:00 p.m. - 2:00 p.m.  
HUB 269

## UCR Receives the American College Health Foundation Healthy Campus 2020 Award

by Julie Chobdee

UCR Healthy Campus (HC) is the proud recipient of the American College Health Foundation Healthy Campus 2020 Award for 2018. The award is based on higher education institutions that create or improve underlying campus infrastructure necessary to sustain a campus-wide approach to achieving the Healthy Campus 2020 goals and objectives.

This recognition demonstrates UCR's efforts and leadership in making health and well-being a priority through its role as a catalyst for change, improving health, and serving as an integral partner to institutionalize health and well-being within the UCR community.

Learn how you can get involved: [bit.ly/ucr-healthy-campus](http://bit.ly/ucr-healthy-campus)

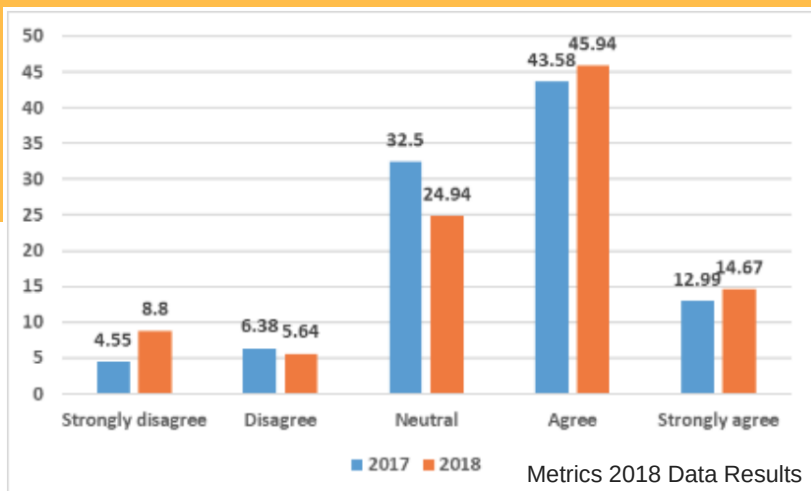
# Metrics & Quality Improvements

by Kimberly Serrano

Our data tells a story. Earlier this year, 930 students, faculty and staff participated in the Healthy Campus (HC) campus-wide survey. This three-year research survey was designed to measure the impact of our Healthy Campus on health and well-being at UCR.

In 2018, we found that healthy cooking demonstrations, fitness challenges, and walking events were the top events in which all three groups most participated. Based on this information, the Healthy Campus group is creating more experiences to engage the campus in better and healthier ways.

Plus with data from 2017, we were able to analyze and begin our healthy campus story with noteworthy comparisons.



Responses to: "UCR has a culture and environment that promotes and supports health and well-being for its faculty, staff and students"

- 10.58% more people participated in wellness programs in 2018 than in 2017.
- More people strongly agree that UCR has a culture and environment that promotes and supports health and well-being in 2018.

For more information about the HC campus-wide survey results, please visit our website: [bit.ly/hc-metrics](http://bit.ly/hc-metrics)

Be on the lookout for our upcoming survey in May!

## Built Environment

by Kimberly Serrano



Our Take the Stairs Campaign is all about becoming more physically active one step at a time. Check out the paw prints, elevator wraps, and stairwell designs in Olmsted and Skye Hall for a firsthand look at the campaign in action.

Did you know...?

Stair usage has increased by 27.5% in Olmsted!

Earlier this year 47.5% of HC StairWell survey takers noted that they often took the stairs before the campaign's implementation. After the stairs were refreshed with signage, 75% of HC StairWell survey takers noted that they often took the stairs.

Interested in taking the campaign to your building? You can complete the Stairwell Refresh and Signage Request form.

To access the form, visit our website: [bit.ly/hc-built-environment](http://bit.ly/hc-built-environment)

Once completed, send it to: [healthycampus@ucr.edu](mailto:healthycampus@ucr.edu)



# Seeds of Change Data Summary

by Brenda Bernabe



UCR's Healthy Campus-Healthy Eating / Nutrition Subcommittee has seen positive results in using UCR Dining's Seeds of Change (SOC) philosophy to encourage healthy eating choices on campus.

The SOC philosophy was implemented into various projects on campus. The "Connect the SOC Dots" project included color-coded labels to represent SOC, which helped 74% of campus to understand the SOC's principles. Additionally, 71% found that the legend would encourage them to make healthier food choices.

The Glen-Mor Market serves fresh peanut butter as part of the R-Daily Grind Peanut Butter project. 70% of those surveyed were unaware of the recommended intake of monounsaturated fat for heart health. Moreover, 89% agreed the project influenced a behavioral change.



To combat the myth that plant-based foods do not taste good, The Barn created a vegan menu. 100% of those surveyed were surprised by its great flavor.

One of the most notable changes on campus came from the Reduced Sugary Beverage Campaign at AI, where sugar-free beverage consumption increased by 111% from 2015-2017, and sugary beverage consumption decreased by 30%. Over the two years, the overall sugar consumption decreased by 13%.

Seeds of Change Logo Representation awareness on campus increased from 9% in 2017 to 62% in 2018. To include both a healthy and environmentally friendly burger option, UCR Dining's Blended Burger Project made burger patties that were 30% mushroom. As a result, the yearly impact was a water savings of over 2.5 million gallons and GHG emission reduction of over 80.4 metric tons.

Seeds of Change has overall seen positive changes on campus and increasing recognition SOC's goals.

