



WHAT THE HEALTH

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



UPCOMING EVENTS

Free Flu Shots
for Faculty and Staff
Monday, Nov. 18
10 a.m. – 3 p.m.
@ Benefits Fair (HUB 302)

Flu Shot Clinic for UCR Students
UCSHIP: free / Non-SHIP: \$26
Oct. 17, 22 & 30
1 p.m. – 4 p.m.
@ Student Health Services Bldg.

Budget Bites Cooking Class
Friday, Oct. 25
4:30 p.m. – 6:30 p.m.
@ SRC Classroom Kitchen

Walk & Talk
with Kathryn Uhrich
Wednesday, Oct. 23
12:15 p.m.
@ Scotty the Bear Statue

Healthy Campus Celebration Promotes Wellness

by Imran Ghori

From flu shots to free swag, UC Riverside students, faculty, and staff members explored a variety of healthy living resources at the UCR Healthy Campus 2nd Annual Celebration on Thursday, Oct. 10.

The two-hour event next to the Bell Tower included more than 40 booths representing groups and projects associated with Healthy Campus. Many offered giveaways, such as T-shirts, or encouraged participants to take part in activities. Several offered healthy educational materials. [Read more on Inside UCR.]

Reach Your Health Goals with the Diabetes Prevention Program

The Diabetes Prevention Program is open to all UCR faculty and staff.

This program provides education, encouragement, and the tools necessary to help you reach your health goals. Participants will receive information on nutrition, ways to increase physical activity, stress management techniques, and diabetes prevention education.

DPP is designed for non-diabetic individuals ages 18 and older who have pre-diabetes or are at risk for type 2 diabetes. Program sessions are free and will be available during winter quarter 2020.

To participate or if you have any questions, please contact Jacqueline Leslie or Julie Chobdee before Oct. 22, 2019.



Apply for a Healthy Campus Project Grant

UCR Healthy Campus is looking to fund six to 10 creative, high quality, replicable and sustainable projects that will make UCR a healthier campus community.

Healthy Campus project grants provide an opportunity for UCR students, staff, and faculty to develop projects related to one of the following Healthy Campus priorities:

- Healthy Eating/Nutrition
- Physical Activity
- Mental Health
- Built Environment
- Substance Use and Addiction
- Preventive Health
- Culture Change
- Communications/Marketing
- Metrics/Quality Improvements

Healthy Campus will award a total of 6 - 10 grants ranging from \$1,000 - \$2,000 each.

Applications are due by Nov. 8, 2019. Visit the Healthy Campus Project Grant website for more information and the application form:

healthycampus.ucr.edu/project-grants

Award recipients will be announced in early Dec. 2019. Projects will begin in Jan. 2020 and must conclude by Dec. 2020. For questions or additional information, please contact Healthy Campus Co-Leads, Julie Chobdee or Dr. Ann Cheney, by email at healthycampus@ucr.edu.

UCR Healthy Campus is part of the systemwide Healthy Campus Network, supported by President Janet Napolitano.

Take Our Healthy Beverage Survey

The UC Healthy Beverage Initiative aims to improve access to tap water as a healthy alternative to sugar sweetened beverages (SSBs) and provide the opportunity for UC campuses to create healthy beverage zones and make strides towards reducing sugar sweetened beverages.

Unhealthy diets, such as ones high in added sugars, are a major contributor to the development of preventable chronic diseases, including cardiovascular disease, type 2 diabetes, cancer, obesity and its related cardiometabolic conditions. SSBs such as soda, sports drinks, sweetened juice, and sweetened coffees and teas, are the main source of added sugars in the American diet.

The UCR HBI's goal is to improve access to tap water as a healthy alternative to SSBs, along with implementing signage and messaging to promote healthy hydration.

Your feedback is important to us as we develop out intervention.

We want your feedback! Take our survey before Oct. 30: <http://bit.ly/UCRHBI-Survey>

You can also attend one of our Focus Groups on Oct. 22 (faculty), 23 (students), or 24 (staff). Email healthycampus@ucr.edu to RSVP for the Focus Group and to request the event location.

In-Class Presentation: “The Benefits of Aerobic Exercise”

Healthy Campus promotes healthy lifestyles among our UCR community. We seek to educate students on physical, mental, and spiritual health.

Last quarter, our Physical Activity Subcommittee delivered a class presentation to 300 undergraduate students.

During this presentation, students learned about services provided by our UCR Recreational Center and our Healthy Campus.



Students also learned about the benefits of aerobic exercises and stretching--all while enjoying some free snacks and earning incredible prizes through raffles and activities! We had an incredible turn out last quarter, so we are bringing this workshop back during the summer!

If you would like to host a stretch break, fitness class, or presentation for your classroom, please email Michelle Sansone at michelle.sansone@ucr.edu. We can tailor a program to your classroom needs. For questions or more information, please email healthycampus@ucr.edu.

For UCR Faculty and Staff Dealing with Addiction

Historically, substance use disorders have been perceived as a moral or character issue; for this reason, self-help groups insisted on the anonymity of their members. However, today we know that substance use disorders result from a brain disorder rather than a character flaw. Neurological studies show that addictive substances act like a sledgehammer, disrupting an array of brain and cell operations and taking over myriad functions, especially the limbic system, which controls our survival instinct. In some people, a genetic predisposition puts them at greater risk of falling prey to addictive disorders.

Earlier in 2019, UCR Healthy Campus conducted an anonymous campuswide survey of faculty, staff, and student health. Survey results indicated that substance use and addiction is an area of concern, particularly among faculty. The Healthy Campus Substance Use and Addiction Subcommittee is eager to address this issue, which is cloaked in stigma. In order to do so, the subcommittee is requesting help from you, our campus community.

Studies document that sustained recovery depends on continued support. Some UC campuses offer multiple, easily-accessible recovery meetings to staff and faculty, and peer support from campus personnel in recovery; but to date, such programs have never existed at UCR. Given the historic misconceptions about this disorder, the Substance Use and Addiction Subcommittee is considering how best to support this portion of our community by taking the following steps:

1) Asking the UCR community for guidance on how to best support people dealing with addiction. Please send suggestions either to Julie Chobdee, Wellness Program Coordinator, at julie.chobdee@ucr.edu, or to Tanya Nieri, PhD, Associate Professor of Sociology, at tanyan@ucr.edu.



2) Raising awareness about existing support resources. UCR career staff and faculty can access treatment and other services through employee health insurance programs: <http://bit.ly/ucr-behavioral-health-benefits>

Or the employee assistance program (EAP): <http://bit.ly/ucr-eap>

In addition, local recovery meetings are available to UCR faculty and staff. More than a decade ago, campus members recovering from substance abuse disorders formed a campus 12-step meeting. It lacked institutional support, which made booking rooms on campus difficult.

The once-weekly noon meeting grew to three meetings per week, and moved to an off-campus location at St. Andrews Newman Center, located at 105 West Big Springs Road, Riverside, 92507. Although the meetings are still attended by campus members involved with 12-step programs, they are little known on the campus. For more information, contact 951-377-2757.

3) Establishing a support network for faculty and staff dealing with addiction. Frances Fernandes, a retired member of the Chancellor's Office and member of the Voicing Collegiate Recovery leadership team (a community engagement project organized by Dr. Ann Cheney in the School of Medicine), is assembling a list of faculty and staff who would be willing to receive calls from campus employees regarding their (or others') substance use. The list will remain confidential, and will contain only first names, staff or faculty designation, campus unit, and preferred mode of contact (phone, text, or email).

If you are interested in being a member of this list, please email Frances at frances.fernandes@ucr.edu, or call / text 951-377-2757.

