

Background

The University of California (UC) Healthy Campus Network (HCN) grew out of the UC Global Food Initiative (GFI) which was launched in July 2014 to develop, demonstrate, and export solutions throughout California, the U.S., and the world for food security, health and sustainability. The Healthy Campus Network is a UC systemwide initiative that promotes innovative reforms in all dimensions of health and well-being “to make UC the healthiest place to work, learn and live.”

Description

Spearheaded by UC President Janet Napolitano in 2016, HCN is a robust network of diverse coalitions across all 10 campuses working together to promote individual campus and systemwide changes to advance a culture of health and well-being. Equity is an intrinsic goal of HCN which is all-inclusive of campus stakeholders — students, faculty and staff — who together conceive of, launch and study innovations that infuse health into everyday operations, business practices and academic and work life. In addition to resources contributed by each campus and their respective Chancellor, the HCN was established with a \$1.88 million commitment from UC Office of the President (UCOP). Since then, UC Health and UC Human Resources have invested over \$2 million dollars in supporting three flagship systemwide HCN initiatives. HCN aims to provide the umbrella for all health and wellness initiatives across the UC system through leadership and coordination.

Culture Change

As one of the country’s leading research and educational institutions, the University of California is uniquely positioned to help address complex public health issues. By creating access to healthy choices for the whole campus community HCN encourages a shift towards a culture of health. This culture of health framework is modeled after Robert Wood Johnson’s Culture of Health Action Framework and includes making health a shared value, fostering cross-sector collaboration to improve health and well-being, creating healthier more equitable communities, and strengthening integration of health services and systems.

Leadership and Structure

The Healthy Campus Network has support from leadership across the UC system, including UC President Janet Napolitano, and the 10 campus chancellors. A systemwide committee is led by Dr. Wendelin Slusser, UCLA; Dr. Laura Schmidt, UCSF; Julie Chobdee, UCR; Chelsey Romney, UCLA; and Gale Sheean-Remotto, UC Office of the President. Each campus has its own steering committee comprised of faculty, students, staff and leadership. The HCN infrastructure focuses on fostering cross-sector collaboration across the UC community of faculty, staff and students, as well as outside partners and organizations with the end goal of preventing illness and promoting health and well-being for all.

HCN Strategies and Examples

HCN focuses on upstream social determinants and policy changes that can infuse health into the very fabric of each UC campus, and reshape social norms so living well becomes integral to academic success and the lives of our more than 264,000 students, 209,000 faculty and staff, 52,000 retirees, and 1.8 million alumni. The network’s strategies include all-inclusive stakeholder engagement, campus policy reforms that make the healthy choice the easy choice, asset mapping and mobilization and collective impact. The HCN is targeting change at the systemwide level:

- Eight of the UC campuses have launched a CDC Diabetes Prevention Program (DPP) to their faculty and staff funded by UC Health and by UC Human Resources.
- HCN stakeholders from all 10 campuses rolled out a systemwide “Take the Stairs!” campaign to support increased physical activity and transform the built environment to support health.

- The Healthy Beverage Initiative (HBI) funded by UC Human Resources is a systemwide program offering an opportunity for each campus to increase tap water access and availability while evaluating student, staff and faculty's perceptions around healthful beverages on their campus.

HCN campus teams are identifying and promoting ongoing projects to augment and catalyze ideas to infuse health into everyday operations, business practices, and academic mandates, focusing on the unique needs to address health and wellbeing within their campus community. Examples include:

- Adopting Health in All Policies (HiAP) into the Long-Range Development Plan
- Healthy Department Certifications
- Efforts to increase compliance with the Smoke and Tobacco-free policy and awareness of ways to promote clean air
- Connecting researchers and operations to offer healthy food options at all eating venues and vending machines
- Exploring health and wellbeing course required for Freshman students
- Collaboration on a Healthy Building Design guidelines checklist
- White paper to spotlight efforts to improve healthy food access, decrease hunger, and increase the environmental sustainability of food, from procurement through food waste reduction and diversion
- Expand campus food security efforts to include staff
- A campus community garden, that will engage elementary school students in activities related to ecology and nutrition
- Development and launch of a Mental Health Literacy Campaign
- Expand teaching kitchen offerings
- A "Know Your Numbers!" health kiosk, to help the campus community take control of their own health
- Marked walking paths throughout campus to promote physical activity and sense of community.

HCN has formed systemwide and campus level partnerships in order to expand, integrate, and sustain health and well-being efforts.

Summary/Future Plans

Ultimately, the Healthy Campus Network can provide the momentum to influence social norms so that the culture, environment and living well become integral to academic success at University of California. UC is also well positioned to serve as a national and global leader, demonstrating how institutions of higher education can lead the way in creating a sustainable culture of health for all people.

Contact

For inquiries about the Healthy Campus Network initiative, please contact any member of the leadership team or visit our website at <https://www.ucop.edu/global-food-initiative/best-practices/healthy-campus-network/index.html>

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