



# WHAT THE HEALTH

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

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## UCR Receives American College Health Foundation College Well-Being Award

UCR Healthy Campus received the 2020 American College Health Foundation's (ACHF) College Well-Being Award Funding to create or improve underlying campus infrastructure (e.g., networks, resources, tools, structures, coalition-building) in a manner that raises the well-being of students as evidenced through creative programming and outcomes research initiatives.

ACHF's newest award focuses on a more encompassing approach to well-being for individuals, the population, and environment. UCR's proposed project aims to create well-being in learning environments. This project will recruit 10 faculty, train them on the use of healthy classroom pedagogies, and then evaluate outcomes to understand its impact on student well-being and learning outcomes.

The project's goals are to:

- Provide faculty with tools, resources, and incentives to implement well-being strategies into their classroom/learning environments for at least one quarter.
- Evaluate the implementation of healthy classroom pedagogy on student well-being and academic outcomes, as well as classroom culture.
- Share best practices, lessons learned, and recommendations on the use of healthy pedagogy strategies to promote well-being in learning environments.

If you are interested in being part of this project or would like more information, contact [healthycampus@ucr.edu](mailto:healthycampus@ucr.edu).



# Protection & Prevention is Key



The best way to prevent the spread of COVID-19, also known as Coronavirus, is to avoid being exposed to the virus. One of the easiest ways to get exposed is through close contact with another person (within about 6 feet).

## Prevention

- Clean your hands often
- Wash your hands with soap and water for at least 20 seconds
- Use a hand sanitizer that contains at least 60% alcohol
- Avoid touching your eyes, nose, mouth
- Avoid close contact
- Put a distance between yourself and others (6 feet)



When a person coughs or sneezes, the respiratory droplets produced may be easily transmitted without being noticed.



## Protection

- Stay home if you're sick
- Cover coughs and sneezes with a tissue or the inside of your elbow
- Throw used tissues into the trash
- Wash your hands with soap and water for at least 20 seconds or use a hand sanitizer that contains at least 60% alcohol
- Wear a face mask if you are sick
- Clean and Disinfect
- Use detergent or soap and water on surfaces that are dirty
- Clean and disinfect frequently touched surfaces



For more information visit: [cdc.gov/cdc-info/index.html](https://www.cdc.gov/cdc-info/index.html)



# R' You Thirsty

By Ben Eisenstein



UCR Dining is proud to announce a new complimentary water program in collaboration with the Healthy Beverage Initiative.

Most UCR Dining venues will now offer a compostable 12oz. cup of water upon request by guests, with no purchase necessary.

Depending on the retail set up of each location, guests will either be handed a cup filled with water, or they will have the opportunity fill the cup themselves at a beverage station.

The list of venues participating in this program includes:

## Campus Eateries

- Ivan's (Hinderaker Hall)
- Bytes (Winston Chung Hall)
- Emerbee's (Between MSE and MRB)
- The Barn (coming soon)

## Market at Glen Mor

- Starbucks
- Sizzle

## HUB Food Court

- Chronic Taco
- Panda Express
- MOD Pizza
- Hibachi-San
- Coffee Bean & Tea Leaf
- Subway
- The Habit Burger Grill

# R' YOU THIRSTY?

Many UCR dining venues provide a complimentary 12 oz. cup of water on request.



# "DO NOT LET YOUR DISABILITY BE YOUR HANDICAP." - Don Merhaut



By Karlee Labrador

Don Merhaut, Ph.D., is the Extension Specialist for Nursery and Floriculture Crops. Along with teaching graduate students, he is a member of the Healthy Campus Physical Activity and Healthy Eating and Nutrition subcommittees and an avid marathon runner.

Don's story starts with thyroid disease: at 70 pounds overweight, he found himself in the emergency room and made a commitment to get healthier. Don began training for marathons and, unknowingly, he realized his talent and love for running. He placed first and third in local marathons, and then started traveling to marathons around the world. Don trains 26 hours a week and has participated in seven marathons.

Aquatics Director Thomas Cunningham encouraged Don to enter his first triathlon, which consisted of a .9-mile swim, 24-mile bike and a 10k run. Now, Don is well-known for his passion for Ironman races, which include

swimming, biking and running. Last September, Don participated in half Ironman, The Nautica Malibu Triathlon. Don completed a 1.2-mile swim, 54-mile bike ride, and a 13-mile run, all in 5 hours and 3 minutes. He also completed the full Ironman in Cozumel, Mexico. In 10 hours and 45 minutes, he swam for 2.4 miles, biked for 112 miles and ran for 26 miles.

Don has faced a lot of health issues because of his hypothyroid condition. Despite this, he has persevered and owes his success to the people who have motivated him. In his time, he's met blind runners, runners who have pushed their sons with cerebral palsy, and runners in wheelchairs. He's inspired every day by those who have pushed through their disabilities. Don's motivational force has always been people, and just as these runners have inspired him, he wouldn't be where he is without the support of the REC center, his colleagues and administration.



Specifically, he's thankful for Ed Marchall and Laurie Cooke for their support in his physical therapy.

His accomplishments are due to the positive people he's surrounded himself with and because he pursued what he loved. Don hopes that his story will set an example for people to live a healthier lifestyle. His plans are to open up a trail club on campus and continue to work with the Healthy Campus subcommittees.

With the right mindset, good people, and dedication, Don hopes that UCR will lead as the role model for a healthy campus.



# Whole Body Health Program



By Niloufar Nasrollahzadeh

Whole Body Health is a holistic wellness program that allows participants to focus on their well-being while receiving tools, educational resources, personal guidance, and motivation to make positive lifestyle changes.

The program was offered in Fall Quarter 2019, sponsored by UCR Healthy Campus and FitWell staff at the Student Recreation Center (SRC). Program organizers included Michelle Sansone, Assistant Director of FitWell, and her team: Valerie Batlle, CookingWell Chef, and Fitwell Coordinators Jescelyn Villarreal and Tiffany Tallackson.

A total of 10 UCR faculty were recruited for the 10-week program. Participants received a resource booklet, FitBook nutrition journal, and a therapy resistance band. Each week, participants were introduced to a wide variety of activities relating to fitness, nutrition, stress management, along with tools they could use to create healthy classroom environments.

Participants received a complimentary 3-month SRC membership, personal training sessions, chair massage session, healthy eating and cooking demonstrations, and various exercise classes, such as restorative yoga.

Fitness assessment results were recorded in week one and week 10 of the program. Personal trainers recorded participants' data, including body fat analysis, blood pressure, weight, muscular strength, muscular endurance, cardiovascular endurance, and flexibility.

On December 10th, 2019, UCR's first Whole Body Health Program came to an end with a celebration at the Student Recreation Center.

## Participant Results:



- **7 out of 10 participants completed the program (responded to the post program survey) - 70% return rate**



- **The group's average blood pressure decreased from 117/69 to 115/68**



- **The cardiovascular endurance for a 12-minute distance increased from 1.098 miles (5.49 miles/hour) to 1.23 miles (6.15 miles/hour)**



- **Overall average circumference loss of 5.3 inches**

# Future Plans



Based on resource capacity and future interest, the program may be offered again or expanded to other campus community members. The program is designed in a way that allows other UC campuses to adopt similar programs for their faculty.



## Testimonials:

“I enjoyed fine tuning my existing workout exercises, goals and habits.”

“I am working out up to 5 days per week now.”

“Superset workouts helped with making the most of my time in the gym”.



One of the most rewarding results of the program was the 14-pound weight loss of a participant. Some of the participants joined new exercise classes together, including swimming, tennis, and running.



## Seeds of Change

By: Brenda Bernabe



UCR Dining Services provides food that is healthier, sustainable, and ethically sourced through the Seeds of Change initiative. The initiative focuses on incorporating seasonal and local foods into menu options, along with other healthy grains, oils, and legumes.

The goal of the event was to promote healthy food options available through Dining Services/Catering and encourage those that order food, to choose Seeds of Change menu items.

On March 5, Healthy Campus hosted a Seeds of Change Tasting Event, allowing roughly 80 students, faculty, and staff to learn more about the initiative, while sampling menu items which included:

- Cucumber Cups with Green Papaya & Mango Salad
- Ahi Tuna Rolls
- Quinoa, Peach & Arugula
- Brussel Sprouts Salad
- Tasting Sample of Vietnamese Tacos

Visit [dining.ucr.edu/nutrition](https://dining.ucr.edu/nutrition) for more information.





# Peak Season Produce

By: Cecilia Yip



Spring quarter is coming up and that means spring seasonal produce will be more prevalent in grocery stores and markets. Seasonal produce will make your recipes taste even better!

For the spring season, vegetables like artichokes, asparagus, carrots, chives, fava beans, green onions, leeks, lettuce, parsnips, peas, radishes, rhubarb and Swiss chard will be readily available.

Seasonal produce is often less expensive during their harvesting season and it might cost less to purchase them in bulk. Seasonal produce is richer in flavor, cost-efficient, environmentally friendly, has better nutrition, and benefits the community.

Support local farmers' markets to learn more about seasonal produce and get some recipes on how to prepare certain foods in season.

Frozen, canned, fried fruits and vegetables are also healthy options. Just make sure to keep in mind the added ingredients like sugars and sodium and opt for lower amounts of them. Freeze fresh produce at the peak of its season, so you can add them into smoothies, or soups and enjoy them throughout the year.

Take advantage of the widely available produce during each season and the benefits that come with them.



## 11th Annual UC Walks



### Virtual Participation During COVID-19 Closure

Join us for the 11th Annual UC Walks - Taking place VIRTUALLY! UC Walks is a systemwide event to promote an active lifestyle among UCR faculty, staff and students.

The Virtual UC Walks begins on Wednesday, May 6, 2020 and ends Wednesday, May 13, 2020. You decide what kind of physical activity you want to do and commit to doing it! Post photos of your activities on Instagram, Facebook, or Twitter and use #UCRWalks2020. Raffle prizes will be randomly selected from all posts.

Earn a UC Walks-T-shirt by submitting your activity!

Raffle prizes include: SRC gym membership, SRC personal training sessions, UCR Athletic gear, bookstore items, gift baskets from UC health plans, and Healthy Campus giveaways!

Register online: <https://bit.ly/ucwalks2020>