



## What Does a Healthy Campus Culture Look Like to You

The Culture Change Sub-committee displayed 3 posters at the HC Celebration/Culture Change table asking, “What does a healthy campus culture look like to you?” Staff and Faculty were given blue post its to write on and students were given pink post its. The question was deliberately open-ended. We wanted to evaluate UCR campus community perceptions and use this information and inform future activities.

Questions were broken out by students and faculty/staff. We had 254 responses: 155 students and 90 staff/faculty. The answers were typed up. We conducted a thematic analysis by creating broad categories to group the most common responses. The numbers do not add up because individual answers might apply to >1 category and not all “other” answers are included. Major themes, the corresponding #s of participants who reported a response in each category, and example quotes are provided below..

### Staff

#### **21- diet, exercise, healthy foods**

- Lot of options to exercise; yoga, walking

#### **18 – happiness and smiles**

- People laughing + loving their work
- Smiling students + staff

#### **17 – social environment - inclusion, support, leadership**

- Emotionally intelligent supervisors & leadership
- Seeing more “higher” up working & interacting with staff and students
- Strong manager/ leadership buying & encouragement for healthy events.

#### **13 – self-care, work-life balance, stress reduction**

- Work-life balance
- Mental cleanliness programs to remove negative thinking.

#### **8 – flexible schedule, lunchbreaks**

#### **Other answers – finances, outdoor space to relax, no smoking, cleanliness**

### Students

#### **41 – healthy foods, diet and exercise**

- Healthier foods in the HUB
- Having access to fresh foods
- More healthier food options & more water stations

#### **32 – friendly, happy, smiling people**

- Students who are happy
- Smiling people, happy people
- Looks filled with happy people; unity; respect, and dignity.

### **32 – social environment - diversity, inclusion, safe space**

- A culture that supports students with different backgrounds, beliefs and morals
- Everyone loving and accepting one's culture.
- Community solidarity
- Inclusiveness

### **12 – mental health, stress reduction**

- Mental health awareness
- Less depression/anxiety
- Having outlets to release stress

### **11 – no smoking**

- Including no smoking at night, vaping

### **7 – balanced sense of health**

- It approaches all the components of health. One that is physically accessible, mentally stimulating, and that is clean.
- A healthy life-style; including a work-life balance

### **6 – access to health & other resources**

- Opportunities for personal and professional growth i.e. fitness, workshop, free healthy foods.

### **6 – clean campus**

- Clean bathrooms; it looks beautiful, trees

### **Other – good sleep, representation matters**

### **Summary: Across the Sample**

- Healthy foods and opportunities to exercise on campus
- Friendly, happy, smiling people
- Social environment –
  - for staff, this is leadership, inclusion, and support
  - for students, this is accepting of cultural diversity, safety, sense of community
- Mental health and stress – self-care, healthy outlets, balanced lives

### **Next Steps**

- How do we use these results to guide programming?
- Can the culture change sub-committee link up with other groups to collaborate?