



# Healthy Campus Network

## Campus Best Practices:

*Project Briefs from the UC Campuses*

Presented at the Healthy Campus Network Conference,

UCLA Luskin Conference Center

October 18-19, 2018



# Healthy Campus Network

## **Project Briefs from the UC Campuses The UC Wide Healthy Campus Network Meeting**

*Hosted by the Semel HCI Center at UCLA*

*UCLA Luskin Conference Center*

*October 18-19, 2018*

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## Summary of Department Wellness Initiatives

Over 300 Faculty and Staff were a part of the Healthy Department Certification Pilot Program and below are some of the wellness programs and initiatives implemented during this period:

- ✓ Organized a team building scavenger hunt
- ✓ Offered massage, hammocks and a healthy lunch in the courtyard
- ✓ Purchased new appliances for kitchen upgrade
- ✓ Successfully installed a water fountain on the Fourth Floor Faculty Building
- ✓ Completed two Campus Architecture Walks and Botanical Garden Walks
- ✓ Provided transportation and a healthy lunch to all faculty and staff on Volunteer Day
- ✓ Staff lounge/break-room upgrade, activity breaks during meetings
- ✓ Scheduled bi-monthly fresh fruit deliveries from Farm Fresh to You
- ✓ Purchased fitness equipment to be checked-out by faculty and staff
- ✓ Offered two yoga classes onsite
- ✓ Purchased ergo stretch break software for downloading



## UC BERKELEY HEALTHY DEPARTMENT CERTIFICATION PILOT PROGRAM

Implementation and Evaluation | **March 5, 2018 – June 29, 2018**

The Healthy Department Certification Pilot Program served as an opportunity to learn more about campus departments and their diverse worksite cultures, norms, values and infrastructures and an opportunity to benchmark best practices across our

campus community, as we strive to embed wellness in our infrastructure, environment and policies. Each department was provided with funding to implement various healthy workplace initiatives and the Centers for Disease Prevention and Control (CDC) Worksite Health Scorecard, Health Enhancement Research Organization (HERO) Scorecard, Fitwell Scorecard and Okanagan Charter were used for ideas on sustainable wellness initiatives and as guidelines to assess the culture.

Outcomes related to the Healthy Department Certification Pilot Program were evaluated via a Pre- and Post-Culture Assessment distributed to employees within each of the four pilot departments.

### PROJECT DETAILS

The goal of the pilot program was to evaluate the department's worksite culture pre and post implementation of the healthy workplace initiatives. To ensure the success of this pilot program, departments were asked to satisfy several criteria over the course of the pilot period:

#### I. Department Application

Departments could be any office, unit, institute, or other administrative or academic unit of 15-20 faculty, staff and/or students employees. Each pilot department submitted an application outlining their proposed plan and the various wellness initiatives that would be funded. The Healthy Department Certification coordinator provided sample funding ideas and scheduled meetings at the beginning and end of the pilot program. The initial meetings were scheduled to help departments finalize and confirm planned wellness initiatives and provide guidance around implementation. The meetings at the end of the pilot program were to discuss successes, barriers and/or challenges with the pilot program and recommendations for the campus-wide Healthy Department Certification program.

## II. Wellness Champion and Workgroup

Departments were required to identify a program champion. This program champion could be a manager or senior leader within the department who could approve participation in the pilot. Departments also needed to form a wellness workgroup committee that would help to complete the pilot program requirements. Suggested workgroup members included: Wellness Ambassadors, Department Health and Safety Committee members or other stakeholders such as department faculty/staff, supervisors and managers.

## III. Completion of a Pre and Post Culture Assessment

To help evaluate the success of the pilot program, departments were required to distribute two short surveys to all employees who were impacted by the Healthy Department Certification funding.

### DATA SNAPSHOT

The Healthy Department Certification Pre- and Post-Culture Assessment provided outcomes related to how leadership, environmental support and various wellness initiatives can have an impact on the health and well-being of faculty and staff in the workplace. Here were a few examples:

#### Significant improvement pre versus post assessment:

- Managers and Supervisors engaged and empowered faculty and staff to take personal responsibility for their health and well-being
- Managers and Supervisors encouraged employee participation in health and wellness-related initiatives and programs
- Managers and Supervisors role modeled (e.g. taking breaks, participating in wellness activities, etc.)
- The department culture supported praise and recognition for healthy actions and outcomes (e.g. making the time to say thank you, acknowledging positive behaviors such as deep breathing for relaxation, etc.)
- The department food environment included healthy options when food and beverages were provided at meetings, celebrations, potlucks or events
- The department culture supported offering Workfit classes, walking groups, stretch and activity breaks
- As a result of the pilot program, 98% strongly agreed or agreed that faculty and staff within each of the pilot departments could be described as more engaged, cohesive and collaborative, appreciative, or resilient.

### PROGRAM INSIGHT AND NEXT STEPS

This pilot program identified a critical need and desire for a healthier workplace culture in support of the physical, mental, emotional, spiritual and intellectual well-being of our faculty and staff. If the program were to be repeated, smaller grants would be awarded to more departments toward implementation of more workplace initiatives, as opposed to fewer departments with larger grants. This would help to measure the effectiveness of funding smaller grants and learn how to scale various wellness initiatives for the greatest impact. Next steps, in collaboration with Human Resources, Recreational Sports, Department of Equity and Inclusion, Graduate Division, Space Planning, Environmental Health and Safety and Be Well at Work Faculty/Staff Health Programs will be to launch the Healthy Department Certification campus-wide.

# Implementing the Diabetes Prevention Program at UC Davis

## Overview

The Diabetes Prevention Program (DPP), funded through HCN, was implemented to help prevent UC Davis staff, students and faculty from developing type 2 diabetes while also promoting weight loss over a six-month period. The program used a hybrid model, similar to one successfully piloted at East Carolina University and was offered through weekly meetings, alternating in-person with online sessions delivered on the Facebook group page. The DPP goal was 3 -5% weight loss at six months and 5 -7% at twelve months, as this level of weight loss has been shown to contribute to a reduced risk of developing type 2 diabetes by 58% (71% for people over 60 years old).

## Partners

The DPP was a shared collaboration with Health Management and Education (HME) and Staff and Faculty Health and Well-being at UC Davis, where HCN contributed by providing funding and leadership. The program gained valuable insight from UC Davis Health's Living Light, Living Well program offered by HME in Sacramento and this department was able to serve in an advisory capacity in developing the DPP program for UC Davis, as well as providing resources and tools for implementing the program. In addition, the DPP was a joint offering with Staff and Faculty Health and Well-being, who contributed instructors and program staffing. This collaboration benefitted all partners in serving the mutually shared goal of improving health and wellness at UC Davis.

## Campus Program/Project Details

The DPP was modeled after the Group Life Balance (GLB) program, a CDC approved, DPP curriculum in collaboration with Health Management and Education (HME) and Staff and Faculty Health and Well-being. The program sought to help participants reduce their risk of diabetes by offering diabetes and nutrition/lifestyle education with support towards lifestyle changes to help achieve weight loss. The objectives of this project were (1) to establish a DPP on campus that serves faculty, staff and students; (2) to prevent participants from developing diabetes; and (3) to achieve weight loss over a six-month period through lifestyle change. Funding for this project was provided by HCN, and was spent primarily on materials, communication efforts for recruitment, education events, lifestyle coach training, room rental, and healthy snacks. Staffing was provided in kind by Staff and Faculty Health and Well-being and by one Student Research Associate. UC Davis student volunteers and student researchers. Participants were recruited through emails, flyers, and a Know Your Numbers event. Upon commencing the program, instructors provided a lesson about a health topic with direct relevance to diabetes, which was followed by group work and individual assessments. Weights were recorded every two weeks and attendance was tracked at each session. Participant feedback was obtained with a program evaluation survey conducted using Qualtrics software.

## Data Snapshot

The primary endpoints of this program were participation (as measured by attendance) and weight loss. Attendance was recorded at each session. Participants were weighed at each session to monitor changes in weight. The goal was for participants to achieve 3 -5% weight loss at six months and 5 -7% at twelve months. Approximately half (46%) of participants achieved a weight loss of at least 5% body weight, with a mean weight loss was 8.7 lbs. Furthermore, 15% of participants lost > 9% body weight and there was a significant decrease from starting weight and weight at time of analysis ( $p=0.0039$ ). In terms of participation, in-person and online sessions were attended equally with an average attendance per session of 13.6 people out of 19 enrolled.

### **Program/Process Challenges**

In planning and implementing the DPP, we faced several barriers which caused us to adapt the program to make it more effective for the UC Davis community. Below, we have presented some of the key barriers we faced and the solutions we introduced to mitigate them.

- *Deciding between a six-month vs one-year schedule:* We determined that a 6-month program was too information heavy in a short period of time. Instead of meeting every week (as in the 6-month program), we meet every week for the first 12 weeks, then every other week for three months and once a month for the last six months.
- *Delivery mode:* While we intermittently met with participants every other week on Facebook at the beginning of the program, we found that these sessions were not effective in supporting them. Consequently, we phased out the Facebook visits and met only in person. We have found that this allows for much more team building and group work to support each person as they try and change engrained lifestyle habits and behaviors.
- *Distribution of information:* We were spending a lot of time presenting information and teaching group classes, which we have found to be less effective than group work. To make more time for group work, we started assigning “homework,” which was simply reviewing the next week’s materials prior to the session to ensure that participants are familiar with the material. This way, we could spend less time presenting information to leave more time for group work.
- *Food logging:* We wanted to enhance accountability for participants’ dietary intake. To do this, we started to emphasize recording all foods eaten and dedicate more time to reviewing the calorie and exercise journals and providing feedback. We insist that the participants fill out their weekly calorie and minutes of exercise totals on the back of the tracking book.

### **Program/Process Insight**

The following list reflects some of our key findings in maximizing the benefits of the DPP program:

- Participants gain a lot from sharing their experiences with change, including what worked and what didn’t, with others working towards the same goal. We encouraged this by offering opportunities to work together, regularly requesting that participants sit next to someone they haven’t spoken to before. It is useful to suggest that they select a couple of “buddies” and exchange phone numbers to provide support to each other outside of class sessions.
- Involve participants in program design and development by using focus groups, direct feedback and a DPP ambassador to advise on future cohorts.
- Optimal duration of the program is at least one-year to ensure a natural pace, which is not overwhelming, but still offers regular opportunities for reinforcement.
- Make time for an in-person individual meeting with each participant to help the lifestyle coach get to know them. This can be done while participants are waiting for finger-prick blood tests, if these are offered at the beginning/end of the program.
- Ask participants to review that week’s key materials prior to the session.
- Ask participants to report average calories and minutes of exercise for the week at the time of weigh-in. This has really increased accountability for the information.

### **Resources**

- The DPP Outcomes Study website: <https://dppos.bsc.gwu.edu/web/dppos/welcome>
- University of Pittsburgh website: [GLB Lifestyle program](#)
- Centers for Disease Control website: [T2 Diabetes Prevention Program](#)

### **Contact Person:**

Linda Adams, RD, Ph: 530-752-6800, [lwadams@ucdavis.edu](mailto:lwadams@ucdavis.edu)

For more information, visit <https://healthy.ucdavis.edu/food-nutrition/DPP>



sex  
week

AT UC IRVINE



sex  
week

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sex  
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# SEX WEEK AT UCI

## MONDAY 4/9

### WORKSHOPS:

- 1) BODY POSITIVITY - 11:30AM - 12:30PM
  - LUNCH AND LEARN W/ LUNA GRILL
- 2) CONSENT IS THE NEW BLACK- 12:45PM - 1:45PM
- 3) SEXY, CAN I? - 2PM - 2:50 PM
  - COMMUNICATION IS EASY AS ORDERING CHIPOTLE

DOHENY BEACH A // LUNCH PROVIDED

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## TUESDAY 4/10

### LET'S TALK ABOUT IT... SEX! COLLEGE SUMMIT

- WELCOME AND INTRO - 6PM - 6:15 PM
- SEX IN THE DARK PANEL - 6:15PM - 6:50 PM
- WORKSHOP SESSION 1 - 7PM - 7:50PM
- CHANGE WORKSHOPS - 7:50PM - 8PM
- WORKSHOP SESSION 2 - 8PM - 8:50PM
- DESSERT AND DISCUSSION - 9PM - 9:30PM

### CHOOSE FROM TWO OF THE FOUR WORKSHOPS

- 1) SEX WITH PRIDE
- 2) ONLY CATCH FEELINGS
- 3) #RELATIONSHIPGOALS
- 4) LOVE JEOPARDY

6PM - 9:30 PM // DOHENY BEACH A // DINNER PROVIDED

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## WEDNESDAY 4/11

### MADELINE SHIRLEY- LET'S TALK ABOUT SEX, BABY!

12PM - 1PM // CROSS CULTURAL CENTER // LUNCH PROVIDED

## **UC Irvine Healthy Campus Initiative Best Practices Toolkit: Project Write-up**

### **Title**

*Sex Week @ UCI*

### **Overview**

In collaboration with UCI Center for Student Wellness & Health Promotion, UCI LGBT Resource Center, UCI Sue & Bill Gross School of Nursing, UCI Student Health Center, OC Women's Health Project and Planned Parenthood Orange and San Bernardino Counties, and members of the Sexual Health working group of the UCI Healthy Campus Initiative (HCI), designed, implemented, and evaluated a 3-day sexual health education/awareness event, *Sex Week @ UCI*, on April 9<sup>th</sup> through April 11<sup>th</sup> to test the feasibility to create a sexual health/sexual positivity initiative to increase awareness of and accessibility to sexual health resources on the campus. The event was open to the entire campus community with activities that included: multiple tabling sessions, workshops, Q/A panel, and focused programs at the LGTB Resource Center regarding queer sexual health during *Sex Week @ UCI*. The week culminated with a Sexual Health College Summit night event in collaboration with Planned Parenthood where activities were facilitated by on-campus and off-campus experts. Additionally, 2 additional workshops from *Sex Week @ UCI* were implemented in May 2018 on the UCI campus due to high demand from campus community.

### **Partners**

- Beth England-Mackie, Assistant Director of UCI Student Wellness & Health Promotion and Co-Leader of the Sexual Health working group along with Davidian Bishop, Director of the LGTB Resource Center and Co-Leader of the Sexual Health working group were vital to design, implementation, and evaluation along with working closely with HCI project manager for a joint effort to provide high-level supervision throughout.
- UCI Sue & Bill Gross School of Nursing became a champion of this event when Dr. Candace Burton, Assistant Professor of the School of Nursing, was inspired to facilitate consent workshops as a need to improve awareness of sexual assault procedures for the campus community.
- Medical staff from UCI Student Health Center became a valuable ally with their commitment and willingness to collaborate to educate the campus regarding sexually transmitted infections.
- Planned Parenthood Orange and San Bernardino Counties become involved through a collaboration formed by Beth England-Mackie; this collaboration was successful to bring financial support and outside experts to enhance scope of events.

### **Campus Program/Project Details**

- 1) Identify most salient content regarding the broad topic of sexual health:** We relied on our Sexual Health working group comprised of campus experts, community experts and key stakeholders to determine topics and design workshops that would be most

valuable in regards to content. This was a time intensive process with numerous meetings dedicated with the sole intent to focus effort for a clear vision of topics, type of events, partners to include, and method(s) to present information.

- 2) Identify space for the events:** At UCI, HCI project manager was able to identify a potential venue on the campus that is easily accessible to all. Project manager was able to secure spaces at UCI Student Center, a central location on the UCI campus. In addition, project manager assumed the responsibility of coordinating marketing, parking, purchasing, food and beverage, and space set-up.
- 3) Form collaborations to obtain experts to facilitate events:** Members of the Sexual Health working group were successful to bring in campus and community organizations that provided financial support along with their expertise in the area of sexual health education. The result was the creation of workshops and a panel Q/A event that were facilitated by experts in the area of body positivity, consent, partner communication, STI's, queer sex, and sex toys.
- 4) Evaluate the impact of events:** Working group members designed and analyzed survey data to obtain pilot data to be able to demonstrate value to UCI leadership.

#### **Data Snapshot**

- To evaluate the success of event, a survey was created and emailed to attendees to gauge interest in establishing Sex Week @ UCI as an annual event along with obtaining suggestions for improvements.
- Results from survey indicated a very high satisfaction with the event with data demonstrating that 100% of surveyed attendees (N=86) indicating their desire to see Sex Week @ UCI become institutionalized as an annual event.
- In addition, suggestions for improvement from surveyed attendees included the need for more advertising and more workshops with greater participant interaction.

#### **Program/Process Insight**

- With health events designed for the entire campus, it is important to continuously work to bring in additional members who can provide the working group with their insight into the needs, wants, and desires of your target population(s).
- Proper administrative support can help overcome barriers and ensure follow-up on action items specifically in circumstances where working groups are comprised of students, staff, faculty, and community members with limited time and other full-time commitments.

#### **Key contact**

Beth England-Mackie

Assistant Director of UCI Student Wellness & Health Promotion

Sexual & Relationships Health Programs Manager

Co-Leader UCI HCI Sexual Health working group

[englandb@uci.edu](mailto:englandb@uci.edu)



# RECLAIMING OUR HEALTHY SPACES

## Implementation and Evaluation

### PARTNERS

- As co-leaders of the BEWell pod, Renee Fortier and Richard Jackson provided leadership for the project and spearheaded the coordination between BEWell, MoveWell, and EngageWell.
- UCLA Transportation provided resources including funding, graphics, social media and outreach support, photography, staffing, and more.
- UCLA Recreation, in partnership with MoveWell, provided funding, expertise, and staff for the Thurs-Yay! series.
- UCLA Events chaperoned the project through the campus-required processes for event set-up, catering, and other logistics.

### CONTACT

**Rebecca Ferdman**,  
BEWell Pod Graduate  
Student Researcher,  
MURP/MPH candidate  
[rferdman21@gmail.com]

### OVERVIEW

The BEWell pod of the UCLA Healthy Campus Initiative, envisioned and supported by Jane and Terry Semel, partnered with the MoveWell and EngageWell pods to kick off the “Reclaiming Our Healthy Spaces” (ROHS) space activation initiative with a pilot project at the north Court of Sciences

(CoS). ROHS @ CoS began in 2016 when BEWell developed a goal of activating spaces on campus, following a 2013 Institute of the Environment and Sustainability (IOES) study that examined underutilized spaces on UCLA’s campus. The BEWell pod identified north Court of Sciences as an underutilized pass-through space on campus where thousands of students, faculty, and staff walk every day but do not stop to use the space in other ways.



**In winter of 2018, BEWell planned a series of interventions to activate the Court of Sciences, including permanent physical site improvements, Mindful Music performances, weekly Thurs-Yay! movement breaks, and a kick-off event with games, music, goat yoga, food, and more.**

### PROJECT DETAILS

The ROHS pilot project sought to activate the north Court of Sciences through a multi-pronged approach:

- 1. Physical Interventions:** BEWell purchased tables, chairs, and a Soofa solar bench for the Court of Sciences. The tables and chairs create a comfortable nook for people to eat, study, and socialize, and the Soofa bench entices passers-by to stop, sit, and take advantage of the bench’s solar powered charging outlet to power up their devices. MoveWell purchased a recreation storage shed, which took the place of an existing vending machine at the site, to store UCLA Recreation games and equipment, such as corn hole, life-sized chess, giant Jenga, and giant Connect Four, that can be used by passers-by in the Court of Sciences for a fun and socially engaging “movement break.”





# RECLAIMING OUR HEALTHY SPACES

## *Implementation and Evaluation*

### DATA SNAPSHOT

- An HCI undergraduate researcher conducted focus groups with fellow undergraduates to evaluate how students wanted to use the north Court of Sciences.
- During the kick-off event, over 1,000 "foldies" were served to students from a food truck by Local.
- Thirty students participated in goat yoga provided by Hello Critter, which also attracted dozens of spectators despite rainy weather.
- Dozens of prizes were distributed, including several Bruin Bike Share memberships and UCLA recreation passes.

### RESOURCES

- UCLA IoES Space Use 2013 ART Team Final Report, Bruguera and Duran
- UCLA IoES Sustainability Action Research Green Buildings Team Report, 2016, Lee and Villacis
- UCLA Center for Occupational & Environmental Health (COES)
- Designing Healthy Communities, PBS Broadcast Listings, Jackson

- 2. Mindful Music Series:** Once a month, BEWell sponsored a Mindful Music performance to draw people to gather and linger in the north Court of Sciences, bring positive attention to the space, and transform the way students, staff, faculty, and others view and interact with the Court of Sciences.
- 3. Thurs-Yay! Series:** Every Thursday, MoveWell and UCLA Recreation hosted a Thurs-Yay! movement break at the Court of Sciences using the equipment stored in the new recreation shed. Passers-by could engage in a game of giant Jenga or life-sized chess, or they could stop and take a moment to relax on blow-up cushions set out on the lawn.
- 4. Kick-Off Event:** In addition to these ongoing space activation strategies, the pods planned an official launch event for ROHS @ CoS. During the event, the space was activated with a food truck from Local, goat yoga from Hello Critter, a spinning prize wheel, and a Mindful Music performance. Despite some rainy weather, the ROHS @ CoS launch event transformed the Court of Sciences into a mid-day party with a festive atmosphere, attended by hundreds of students.

### PROCESS INSIGHT

- Close coordination between team members, including frequent meetings, clear agendas, and action items with responsible parties and deadlines, was essential to the event planning process.
- One major challenge was securing vendors without the ability to provide deposits ahead of the event date. Processes and tools created to circumvent this problem will be helpful in expediting contracts with vendors in the future.
- Even small changes to the project site, such as a musical performance or additional tables and chairs, can have a big impact and help activate underutilized spaces.

**READ MORE:** Check out the BEWell blog post “Reclaiming Our Healthy Spaces @ North Court of Sciences” by Rebecca Ferdman to learn more about this project.



# Car-Centric to People-Centric: A Healthier Transportation Policy

## Overview

A decade ago, despite having over 24,000 parking spaces and a transportation demand management program, the UCLA campus had a waitlist for parking permits of over 5,000, and over 125,000 vehicle trips entering and exiting the campus daily. It was clear that what the campus was doing was not working. Since the campus already had vanpool and public transit programs, what was the answer? UCLA decided to stop building parking and doubled-down on alternatives, expanding public transit agencies serving UCLA, banning most resident student parking, and focusing on increasing bicycling and walking. Parking generates traffic and air pollutants, consumes precious campus space and is the unhealthiest of commute modes in terms of both stress and fitness.

In 2012, UCLA Transportation began its partnership with the Healthy Campus Initiative BEWell (Built Environment) pod. This collaboration resulted in a significant expansion of UCLA's fledging bicycle program, including the installation of bike lanes via "road diets", improved bicycle facilities, creation of a campus bike share program that has expanded to encompass the region with the cities of Santa Monica, Beverly Hills and West Hollywood and a plan to improve cycling routes between the main campus and the UCLA Santa Monica Hospital via the Health Pathways Study. To make the campus safer for pedestrians, crosswalks were upgraded and stop sign protection added and, for the safety of pedestrians and cyclists alike, the campus speed limit was reduced to 20 mph. The effectiveness of the change from a car-centric, parking-centric approach to a mobility-for-people approach is evidenced in the results from annual commuter surveys and campus traffic cordon counts. As campus population increased by 20%, campus traffic declined by 25%, the drive-alone rate for employees dropped to 49%, and that for commuting students to just 23% (compared to 74% in the city of L.A.).

## Project Details

- 1) Twenty is Plenty:** Campus speed limit was reduced to 20 MPH, making the campus safer for pedestrians, cyclists, and other personal mobility modes. **Essential steps:** Determine average vehicle speeds across campus, collaborate with UCPD on enforcement and disseminate messaging campaign.
- 2) Geffen Shared Use Path:** Collaborated with Capital Programs as part of Geffen Hall's construction to convert a former campus roadway into a shared-use pathway for bicycles and pedestrians with the goal of that enhancing UCLA as a people-centric place. **Essential steps:** Determine best practices for shared-use pathways and coordinate design with campus architects and other decision makers.

## Partners

The impetus for this effort was UCLA Transportation's realization that in order to reduce vehicle traffic, improve air quality and provide a more livable campus, providing alternatives to driving was not enough so long as the campus continued to add parking -- UCLA needed to stop building parking and shift from providing access and mobility for cars to providing access and mobility for people.

In 2012, Dr. Richard Jackson of the Fielding School of Public Health invited Transportation to join BE Well pod meetings. This collaboration further transformed the UCLA campus from car-centric to people-centric, by encouraging "road diets", bike lanes, new pedestrian safety treatments and "20 is plenty" which reduced the campus speed limit from 35 mph to 20 mph.

Other partners include the Westwood Village Improvement Association and the Luskin School of Public Affairs.

Contact: Renée Fortier,  
Executive Director, UCLA  
Events & Transportation  
[fortier@ucla.edu]

- 3) Campus Road Diets:** To encourage active transportation the number of vehicle lanes on campus roadways was reduced, along with adding bicycle and pedestrian infrastructure and improving safety of all modes. **Essential steps:** Identify eligible roadways to receive a “road diet” based off of existing data, speed studies, and traffic counts.
- 4) Parking Stair Use Elevator Wraps:** To encourage campus community members to take the stairs when able, positive health messaging was applied to campus parking structure elevators. **Essential steps:** Identify elevators and stairwells, coordinate with campus Committee on Disability, order and install door wraps.
- 5) Scooter Safety Campaign:** To increase campus safety and minimize impacts on pedestrians and those with disabilities, UCLA Transportation and UCPD engaged in education, enforcement and engineering efforts that provided clear messaging on the proper use of electric scooters. **Essential steps:** Use California Vehicle Code, prohibiting scooter riding on sidewalks, as basis for messaging, disseminate safety information, collaborate with e-scooter vendors to ensure education is included on their apps.
- 6) Pedestrian Priority Zones:** Pedestrian Priority Zones were designated to enhance the pedestrian experience by creating campus spaces and roadways where wheeled vehicles are not allowed. **Essential steps:** Identify campus locations and roadways based on pedestrian volumes and ensure that pathways are clearly marked and signed.
- 7) Pedestrian Safety Enhancements:** Pedestrian facilities such as highly visible crosswalks and signage were put in place campus-wide to allow for a safe and comfortable walking experience. **Essential steps:** Identify areas, use approved state and federal guidelines for high visibility crosswalks, signage, and traffic calming treatments.
- 8) Health Pathways Study:** Partnered with stakeholders in the City of Los Angeles, Santa Monica and UCLA Health to complete a plan of a safe and direct bicycling route between the UCLA medical centers in Westwood and Santa Monica. **Essential steps:** Coordinate with stakeholders to develop route criteria, survey potential users and collaborate on plan implementation.

### Insights

Survey your campus community and analyze their demographics -- age, where they live, etc., -- to assess what will work and identify obstacles in gaining adoption of healthy, sustainable modes.

Measure success at creating change, but don't be dismayed if progress is incremental. It took decades to become car-centric so moving to people-centric mobility won't happen overnight.

If you are not making a few mistakes, you are probably not trying enough new methods to change the mobility paradigm.

Everyone gets to be part of the solution! Those who park at UCLA pay to fund campus infrastructure improvements for cyclists and pedestrians and support subsidies for sustainable, healthy mode choices.

**Data Snapshot:** Annual surveys are conducted of UCLA employee and student commuters to determine participation in the various commute modes and assess year over year progress in increasing the participation in healthy and sustainable modes vs. driving alone.

Daily counts are conducted of all vehicle traffic entering and exiting the campus during the peak fall period each year to measure the success in reducing vehicle trips.

**Challenges:** The UCLA campus came of age with the automobile with wide roads, fostering fast vehicle ingress/egress and a community accustomed to driving. Much had to be undone, road diets, elimination of through streets, removal of on-street parking spaces to create space for a healthier built environment.

Areas surrounding the campus need to become more conducive to healthy mobility, too! Although the campus advocates with local jurisdictions for improvements, the lack of adequate off-campus infrastructure for safe cycling and walking remains a challenge.

### Resources

Andrew L. Dannenberg, Howard Friskin and Richard J. Jackson, Making Healthy Places, Island Pres, 2011.

Jeff Speck, Walkable City, Farrar, Straus and Giroux, 2012.

Will Toro and Spenser W. Havelock, Transportation & Sustainable Campus Communities, Island Press, 2004.

## **HCN Best Practices Toolkit: Project Write-up**

Title: UC Merced Walking Routes Application Development with OuterSpatial

### Overview

UC Merced, potentially along with its partners at the City and County of Merced, are interested in publishing recreation data for their trail network into a mobile application as a part of an overall effort to promote healthy active lifestyles amongst its student, faculty, staff, locals and visitors. UC Merced is currently working with a team of innovators who are making an impact by building technology products and services that connect and engage people with the outdoors. The vendor's model is to train the organization on how to upload maps and points of interests to encourage and promote healthy and active lifestyles within the UC Merced campus community surrounding the university.

### Partners

Our Healthy Campus Network subgroup includes members from the Office of the Chancellor and departments such as; Campus Climate, Dining Services, Graduate Division and Physical and Environmental Planning. We are also working on some GIS services to the project, and Physical and Environmental Planning to partner with members from the County/City to participate so we can load city/county trails into OuterSpatial.

### Program/Process Challenges

UC Merced initially started a walking trails project that would install walking trails to engage and connect the campus with Lake Yosemite. Having the campus better engage with the lake would not only promote physical and mental wellness but would allow programming opportunities and partnerships for UC Merced and the community. Because of the limitations with necessary expansions and funding for the activation from campus to the lake, the trails project needed to be re-assessed.

### Resources

Each of the proposed walking trails on campus have had audits which have identified key components of the surrounding trails.

### Contact:

The key contact for the OuterSpatial Walking Routes project is Associate Chancellor, Luanna Putney.

Email: [lputney@ucmerced.edu](mailto:lputney@ucmerced.edu)

Website: [Wellness.ucmerced.edu](http://Wellness.ucmerced.edu) (will be launched soon).

# Seeds of Change



“Healthier for You and the Planet”

## PARTNERS

The Healthy Eating/Nutrition Subcommittee is co-led by two Registered Dietitians, Nicole Vargas, MPH, RD from the Human Resources Faculty and Staff Wellness program and Karen Fiorenza, MPH, RD, CHES, Nutrition Education Coordinator with UCR Dining Services. Seeds of Change represents Dining Services’ commitment to provide delicious, nutritious, sustainable, and socially responsible menu selections campus wide. The Healthy Eating/Nutrition workgroup uses this philosophy to increase promotion and education on foods that are Healthier for You and the Planet. With support from the HCN, these two departments, were able to come together and cross promote programs and services.

UCR Dining targets faculty, staff and students, with a primary focus on students. The Wellness programs’ main focus is faculty and staff. By working together and setting priorities both departments are able collaborate on a common goal. This has resulted in broader scope and expansion of nutrition education programs and services offered.

## CONTACT

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Karen Fiorenza, MPH, RDN, CHES

[Karen.fiorenza@ucr.edu](mailto:Karen.fiorenza@ucr.edu)

Healthy Eating/Nutrition Subcommittee

[http://wellness.ucr.edu/healthy\\_campus\\_initiative/hci\\_nutrition\\_healthy\\_eating.html](http://wellness.ucr.edu/healthy_campus_initiative/hci_nutrition_healthy_eating.html)

Dining Services: Seeds of Change

<http://dining.ucr.edu/seedsofchange/>



## OVERVIEW

UCR Healthy Campus – Healthy Eating/Nutrition Subcommittee, co-led by Nicole Vargas, Wellness Program Specialist and Registered Dietitian and Karen Fiorenza, Nutrition Education Coordinator and Registered Dietitian, is working on promotion and utilization of UCR Dining’s Seeds of Change (SOC) philosophy to encourage and promote more healthful food and beverage choices for the campus community. Seeds of Change was adapted from the Menus of Change program, a collaborative effort between the Harvard TH Chan School of Public Health and the Culinary Institute of America specifically designed for the food service industry which focuses on ingredient selection and production practices that are more sustainable and nutritious. The Healthy Eating/Nutrition Subcommittee is working on advancing Seeds of Change with these ongoing projects:

- Connect the Dots (of SOC principles) Program at Savor at the Glen Mor Market
- Seeds of Change Catering Menu Development to encourage more healthful and sustainable meetings on campus.
- Partnership with the School of Medicine to highlight SOC lunches at their Talk with the Doc Wellness Series.
- Make-over of Scotty’s Convenience store to highlight Seeds of Change options
- R-Daily Grind & Gourmet Peanut Butter program
- Dining Services Staff – Seeds of Change Training
- Barn Vegan Menu
- Nutrition Education Workshops
- Reduce Sugar Beverages Campaign
- Blended Burger Project

## PROJECT DETAILS

- **Connect the SOC Dots** - The “Connect the Dots” Program was piloted at Glen Mor Market in an attempt to “connect” previously rolled out single initiatives under one “Seeds of Change” philosophy. Labels were created for all food items at Savor at the Market highlighting those foods that met Seeds of Change criteria with the logo and color coded dots identifying which SOC principles were represented. This allows customers to identify foods that are representative of Seeds of Change and make more nutritious choices.

## DATA SNAPSHOT

**Connect the Seeds of Change Dots:**

202 students surveyed

**74%** stated the color coded legend help them understand the Seeds of Change principles.

**71%** thought the legend would help them make more nutritious food choices.

**R-Daily Grind Peanut Butter:**

259 participants

**70%** were unaware research suggests a daily intake of at least 20g of monounsaturated fat for heart health, which is the equivalent of eating 2T of peanut butter a day.

**89%** agreed or strongly agreed they were likely to make a behavior change because of attending this activity.

**Barn Vegan Menu:**

**100%** of those surveyed were pleasantly surprised by the taste of the menu items.

**Reduced Sugary Beverage Campaign at AI (Case Study 2015-2017):**

Sugarless beverage consumption

increased by **111%**

Higher sugary beverage consumption

decreased by **30%**.

Overall sugar reduction from beverages

decreased by **13%** over 2 years.**Seeds of Change Logo Representation:**

In 2017, **9%** were aware the SOC logo represents items that are "Healthier for you and the Planet"

In 2018 this increased to **62%**

**Blended Burger Project Yearly Impact:**Water savings of over 2.5 million gallonsGHG emissions reduction of over 80.4 metric tons

- **SOC Catering menu** – Karen worked closely with the Citrus Grove Catering team to design a SOC catering menu. This menu was piloted at 4 "Talk with the Doc" wellness workshops sponsored by the UCR School of Medicine. A plant-based SOC approved lunch was served at each event. All were well received and became the first additions to the new SOC catering menu. Other selections have since been added to address diverse campus needs.
- **Scotty Convenience Store make-over** – UCR student and Healthy Eating/Nutrition Subcommittee member Kishore Athreya was the recipient of a project grant that gave him \$1500 to make-over a section of the Scotty's c-store to highlight healthier food options.
- **R-Daily Grind and Gourmet Peanut butter program** – Dining services introduced this program as a commitment to sustainability and SOC. Peanut butter is ground fresh at Glen Mor Market and only contains one ingredient: Peanuts!
- **Dining Services Staff- SOC Training/Nutrition Education Workshops** – Dining services staff were surveyed to identify health topics of interest and their knowledge of SOC. 100% of the staff surveyed recognized the logo, but only 36% understood its meaning. 95% believe nutrition is important and 100% were interested in nutrition workshops. From this data, and with the help of a Dietetic Intern, a Health and Nutrition workshop series was implemented for staff. The 4 nutrition topics covered were well received.
- **Barn Vegan Menu** - The Barn introduced a new Vegan Menu to their existing offerings as part of our Seeds of Change. The purpose of this project was to assess the awareness and acceptance of this new menu, promote its use, and educate patrons as to the positive impact of plant based intake on health and the planet. Multiple vegan menu item tastings were held to dispel the potential preconceived notion that plant based food options don't taste "good" and patrons were surveyed on an ongoing basis with respect to their awareness of the new vegan menu, if they had ever utilized it, and if so what item they ordered and what they thought of the taste.
- **Nutrition Education/Cooking Demo Workshops** – In partnership with The Highlander Chefs, a student organization, we coordinated 6 workshops. The student chefs were mentored by Chef John during their live cooking demos at the Glen Mor Market. A handout with the recipe, nutrition, and environmental impact information was disseminated to all participants subsequent to their tasting the final product. All recipes highlighted SOC principles and were simple enough to encourage reproducing recipes at home.
- **Reduce Sugary Beverage Campaign** - UCR Dining Services launched a "Reduce Sugary Beverage Campaign" campus-wide to combat the surge of increased sugar consumption secondary to beverage selection. The goal was a 10% overall reduction in sugar intake from beverages consumed on campus. From 2015 – 2017, there was an overall 13% reduction.
- **Blended Burger Project** – As part of our commitment to sustainability, UCR Dining Services implemented the Blended Burger at all of our Residential Restaurants. The burger is 30% mushroom which produces a substantial positive environmental impact and was well received by our UCR students. 459 surveys collected.

## PROCESS INSIGHT AND CHALLENGES

Since focusing our efforts on increasing awareness of Seeds of Change, we have seen a 23% increase in the recognition of the SOC logo but more importantly, a 53% increase in what that logo represents. All of our projects are collaborative, stressing the importance of campus partnerships and good communication. One persistent challenge we face is the controversy surrounding what "healthy" eating actually entails. Conflicting information, easily accessible by the general population, continues to confuse the masses. Our mission is to uphold evidence-based nutrition education programming to ensure credible information is delivered campus wide and our message is tailored to meet the needs of all intended targeted audiences.

**Title**

UC Santa Cruz Well Campus Videos

**Overview**

Our project team will leverage existing campus resources (human, technical, & geographical) to create and distribute a series of 5-7 videos or video playlists focused on wellness-oriented topics. Presenters will consist of UCSC affiliates, including campus leadership, faculty, students, and staff. Our team hopes this series will legitimize and normalize a culture of wellness at UC Santa Cruz, and perhaps seed an ongoing archive of similar content crowdsourced from campus affiliates. We anticipate releasing the videos to the public in early to mid 2019.

**Partners**

Frank Widman brought the HCN initiative grant to Liz Hammond's attention, identified Meg Corman as a potential partner, and agreed to be a contributor himself. Meg Corman helped sculpt the structure and scope of the project, identified and contacted contributors, and agreed to be a contributor herself. Liz Hammond approached the videography team to assess interest and feasibility, consulted with Marketing & Communications, met with the HCN Steering Committee, pitched the vision to various stakeholders, wrote the grant proposal, and helped coordinate successive efforts. Michael Tassio helped develop the budget proposal, counseled on feasibility and vision, and coordinated the videography team through the various film captures. Vernon Legakis met with contributors to capture their vision and performed camera and editing work. Aaron Zachmeier met with contributors to capture their vision, performed camera and editing work, and composed/performed the musical scores. Herbie Lee, Vice Provost for Academic Affairs, very generously green-lighted the project for the videography team and proffered his support despite the team's very busy schedule developing Massive Open Online Courses for UC Santa Cruz faculty. Julia Veble Mikic supported the videography team in all their efforts and helped to coordinate logistics. The content contributors, including, Frank Widman (staff, retired), Meg Corman (staff), Nathan McCall (staff), Jody Green (faculty), Bettina Aptheker (faculty), Kayla McCord (student), and EVC Marlene Tromp (campus leadership) all generously shared their time and ingenious insights into human wellness.

**Campus Program/Project Details**

The videos slated for production consist of the following:

Marlene Tromp; Campus Provost and Executive Vice Chancellor; Topic: Growth Mindset

Jody Green; Associate Vice Provost for Teaching & Learning, Director of the Center for Innovation in Teaching & Learning (CITL), and Professor in Literature, Feminist Studies, and History of Consciousness; Topic: Basic Sanity, Cultivating Awareness Here & Now

Bettina Aptheker; Distinguished Professor, Feminist Studies; Topic: Cultivating a Relaxed and Compassionate Mind

Meg Corman; Special Assistant to the Chancellor and VC of University Relations; Topic: Stress Reduction Through Mindfulness

Frank Widman; Training Analyst (Retired); Topic: Emotional Intelligence

Nathan McCall; Manager, Human Resources Business Information Services; Topic: Give and Take, Why Helping Others Drives Our Success

Kayla McCord; Undergraduate majoring in Politics and member of the UC Santa Cruz Women's Soccer Team;  
Topic: Being Active with Others

We discovered that disparate individuals independently develop and promote their own wellness content for small audiences. Early exploratory efforts revealed an unmet campus need for not just wellness content, but for demonstrating in a very visible way that wellness is supported and normalized at UC Santa Cruz. Our project takes a strong public step toward addressing this need.

This project offers end users strategies to adjust personal perspective, catalyze self-empowerment, and engage in emotionally positive and robust behaviors. The content introduces theoretical concepts and pragmatic tools that encourage social intelligence. The videos ground wellness practices in the UC Santa Cruz-specific context so the theory and implementation strategies feel local, immediate, motivating, and a natural part of the UC Santa Cruz experience. Campus constituents are invited to see themselves in the presenters, locations, and practices. Such content informs the collaborative occupational and educational environment that drives exceptional work, study, and research at UC Santa Cruz.

To execute the project, Liz anticipated a need to pitch persuasively for buy-in to the content itself, but this never presented as an issue; everyone appreciated wellness as legitimate and worthy of their attention. Ultimately, the needs were more logistical - support from leadership to devote the resources and energy to the project, the enthusiasm of contributors, and respecting everyone's limited time.

Michael invited each contributor to decide on their own content, delivery format, and aesthetic. Liz and the videography team met with each contributor for up to an hour to discuss, then for 2-3 hours to film. These minimal time contributions made the project more feasible as well as allowed the videography team to capture a kind of raw authenticity that proves quite compelling on film. The finished products reflect that, regardless of the limited time devoted to each segment, the expertise of both the technical crew and contributors were well-developed prior to filming. This grounds the material and makes it feel very accessible.

### **Data Snapshot**

The project team intends to finish all the videos, post them all at once, and roll out exposure via a campus-wide announcement followed by highlighting each video one at a time. The videos will be hosted on a YouTube Channel, and embedded on webpages in the Learning & Development website (currently under development to launch in 2019) as well as on a campus Faculty & Staff Wellness Program web page. Once posted and launched, the project team will be in a position to collect analytics. If additional videos are made, we expect ongoing interest in the project with each additional release. Our team intends to report analytics to the HCN Steering Committee 6 and 12 months after launch to monitor utilization.

### **Program/Process Challenges**

We encountered very little resistance to the project on most fronts. The biggest constraint quoted was time, however, everyone involved made time to make the project happen. In the course of implementation, we arranged for one contributor to be flexible regarding whether his content was to be produced in case we encountered budget constraints. As the project progressed, we observed one common theme among multiple contributors (breathing exercises), but remained stalwart in allowing contributors to identify their own material. We ultimately decided to make all the videos, including the "floater" content, to enhance and offer additional breadth to the content. We discovered that making the early videos took longer than anticipated, and that contributor schedules shifted frequently enough for scheduling to be a challenge. However, we remained flexible and, due to everyone's enthusiasm, good will, and respect of each other's time and energy, we are able to organically move the project forward. As we near completion of the first video, we find the milestone to be satisfying, motivating, and a validation of the project's concept. Regular updates and communication, as well as at the HCN Celebration planned for early October 2018, keep project stakeholders interested and engaged.

### **Program/Process Insight**

The surprises have mostly been pleasant ones. First, I have found everyone we approached to immediately buy in to the concept of the project. I have not once had to explain, defend, or advocate for the legitimacy of “wellness.” Each participant seems to have an intuitive respect for the subject matter and to contribute their skills to maximum effect. Second, everyone has been generous and enthusiastic, making this a kind of passion project that has allowed us to discover there is widespread interest in, and appetite for, this content. Third, I feel an unexpected sense of teamwork and dedication to something special. We keep surprising each other, and that is very satisfying. Fourth, we are all learning as we go, and I have learned to give myself permission to embrace that as being ok.

Before the project, I wish I’d known how complex the video production process could be. I wish I had prepared a project logo early on, as well as a clear idea of the intro and outro sequences. I wish I had scouted locations and taken photos ahead of time for contributors to consider. I wish I had appreciated how important silence is for good audio capture - it is hard to find totally quiet spaces in modern life, which is a wellness lesson in itself! I wish I’d known that some people relish open creative possibilities, while others prefer structure, and provide both options up front. I wish I’d known that such incredible, capable people as our contributors have deep vulnerabilities that they hide really well, so I could reassure them and nourish them more from the beginning.

I would communicate to the contributors more intentionally and regularly so they feel part of everyone’s contribution and not just assume they’ll focus on their own content. I would host a gathering so the contributors could meet each other and celebrate winning the grant. I would also propose fewer videos and build in more budget for each to accommodate the extraordinary efforts of our videography team.

### **Resources**

Consulting with Michael regarding the budget, and with the Marketing & Communications team regarding technical logistics and rollout strategy constituted the only research I conducted. Otherwise, we ongoingly rely on the expertise and passion of all project team members.

Our team would like nothing more than for other campuses to produce wellness video content contributed by campus constituents so we could create a systemwide archive. I believe these videos could provide a unique window into the values and culture of each campus. They represent an opportunity to normalize wellness and to build UC culture and identity. I recommend careful consideration of resources and deliberate strategies for communication both during production and deployment. Buy-in from leadership has been crucial to our project. I feel our synergy came largely from identifying contributors who already had developed material around a topic for which they felt personal passion, and for which they only had to adjust (not newly create) their content. I feel that legitimizing wellness is a motivating factor that led our team to come together easily around a common value.

Our first video will be prepared to showcase at the UC Santa Cruz HCN Celebration in early October.

Liz Hammond is happy to respond to questions, and Michael Tassio will probably also field inquiries.



## Dimension of Health

Focusing on personal safety, injury prevention, and emergency preparedness. Cultivating safety, mutual care, and a thriving community.

### Partners

- Tiffany Caddell, BS**  
FitLife Occupational Coordinator, Recreation
- Manuel (Nel) Garcia**  
Sergeant & Coordinator of the Community Service Officer Program
- Gregory L. Murphy, BA**  
Assistant Chief, Police Department
- Lana Talampas, MS**  
Training/Education Specialist, Campus Advocacy, Resource, and Education
- Daphne Thuang, MPH**  
Occupational Health and Hygiene Manager, Environment Health and Safety

### Projects

- FitLife Occupational:** HCN funds are sponsoring and evaluating an eighteen-week program offered to a group of employees with a high risk for occupational injuries. Effectiveness of this program include improvements of participants' range of motion.
- Reach Out for Help Cards:** Information provides condensed emergency phone numbers for both, on and off campus resources, varied support services and incident reporting options for students, staff, and faculty.
- Pain Relief Program:** Aims to help employees manage muscular pain by combining treatment, stretching, ergonomics, and proper body mechanics.
- Community Service Officers (CFOs):** Trained students provide many safety related services, including year round campus safety escorts.
- Rape Aggression Defense Classes:** This national program designed to provide women with self-defense education is enabling women to take a more active role in protecting themselves and their psychological well-being.





## Dimension of Health

Infusing principles of human health and wellness into campus planning, design and construction, including housing and active transportation such as bike and pedestrian programs. Advocating for equitable and sustainable infrastructure.

### Partners

### Projects

**Khalisa Bolling, MPH**  
Sr. Community Health Rep.

**Robert Clossin, MCP**  
Director, Physical & Community Planning

**Katie Crist, MPH**  
Program Manager, Doctoral Student

**Lesly Figueroa, BA**  
President, Associated Students

**Ian Happle**  
Bicycle Enforcement Officer

**Raeanon Hartigan, MS, MURP**  
Principal Planner, Physical & Community Planning

**Chris Johnson**  
Groundskeeper

**Leslie Lewis, MPH, MA, PhD**  
Lecturer, Urban Studies and Planning

**Curt Lutz, BA**  
Marketing Manager, Commuting & Campus Mobility

**Sara McKinstry, MA**  
Campus Sustainability Manger, Resource Management Planning

**Elyse Sanchez, BA**  
Associate Resource Management Planner

**Amanda Wilson, MSRS**  
Family Medicine and Public Health

**2018 Long Range Development Plan (LRDP) and 2019 Hillcrest LDRDP:** Health in All Policies (HiAP) is now integrated into the LRDPs (plan for campus growth through horizon year 2035). The LRDPs provide a roadmap for accommodating future growth thorough a transformative, collaborative approach that will improve the campus community by incorporating objectives that support health, sustainability, and equity.

**Bike Share Program:** Support healthy mobility options, reduce dependence on motor vehicles, and reduce the number of abandoned bicycles on campus.

**Tree Planting:** Tree planting events are now fostering collaboration among Sustainability Programs Office and Facilities Management, Campus Planning, and Groundskeeping.

**Food Orchard/Arboretum/Gardens:** Assessment is underway to support the a new food orchard to enhance the community food production.

**Healthy Place Making Course and Campus Activities:** Students will map the best places on campus for social interaction, quiet reflection, and physical activity, assessing perceptions on equity, diversity and inclusion. They will create a campus community event to bring students together with a placemaking event: *UC Diversitree*.





## Dimension of Health

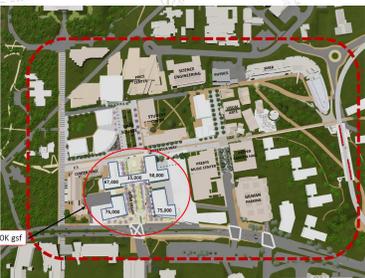
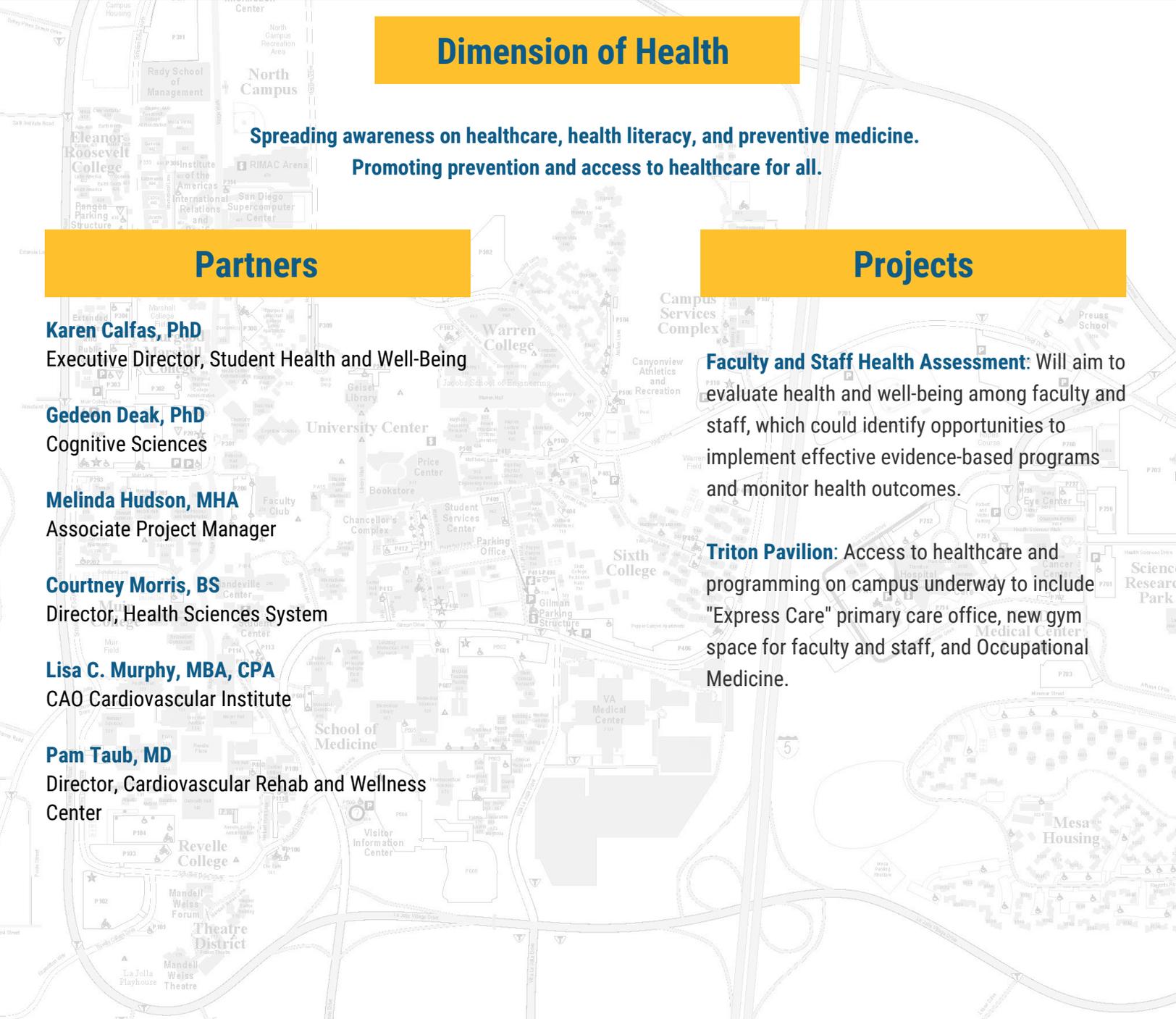
Spreading awareness on healthcare, health literacy, and preventive medicine.  
Promoting prevention and access to healthcare for all.

## Partners

- Karen Calfas, PhD**  
Executive Director, Student Health and Well-Being
- Gedeon Deak, PhD**  
Cognitive Sciences
- Melinda Hudson, MHA**  
Associate Project Manager
- Courtney Morris, BS**  
Director, Health Sciences System
- Lisa C. Murphy, MBA, CPA**  
CAO Cardiovascular Institute

## Projects

- Faculty and Staff Health Assessment:** Will aim to evaluate health and well-being among faculty and staff, which could identify opportunities to implement effective evidence-based programs and monitor health outcomes.
- Triton Pavilion:** Access to healthcare and programming on campus underway to include "Express Care" primary care office, new gym space for faculty and staff, and Occupational Medicine.





## Dimension of Health

Promoting nutritious eating of food that's healthy for people and the planet, food security, and food waste reduction.

## Partners

- Cheryl Anderson, PhD, MPH, MS**  
Family Medicine and Public Health
- Jason Andrews**  
Housing, Dining, and Hospitality
- Miriam Jirari, MPH, RD**  
Housing, Dining, and Hospitality
- Chris Johnson**  
Groundskeeper
- Lisa Joy**  
Dining Services HDH
- Alicia Magallanes, MSW**  
Student Affairs, Case Management Services
- Chris McCracken, MBA, RD**  
Director, Health-Nutrition Services
- Sara McKinstry, MA, MEM**  
Sustainability
- Amanda Wilson, MSRS**  
Family Medicine and Public Health

## Projects

- Student Baseline Wellness Assessment (FRUVED):** Student Wellness perceptions about nutrition and environment are underway. A campus wide assessment will enable informed decisions on program priorities and address students' needs.
- Student Food Security:** Food insecurity and the availability of nutritious foods has been addressed through the establishment of initiatives like CalFresh workshops, Food Recovery Distributions, and Emergency Meal Assistance Program.
- State of UC San Diego Food Sustainability Practices:** A report on the status of food sustainability efforts and accomplishments at UC San Diego will be summarized on in a white paper. This approach will provide all members with a framework to identify additional opportunities to collaborate, such as food procurement contracts for campus and medical centers; increase effective practices, and sharing resources.





## Dimension of Health

Mental, social, and behavioral health to enhance overall well-being in the UC San Diego community.

## Partners

**Angela Basham, MPH, CHES**

Director, Health Promotion Services

**Karen Calfas, PhD**

Executive Director, Student Health & Well-Being

**Reina Juarez, PhD**

Director, Counseling and Psychological Services (CAPS)

**Sharon Liou**

Wellness Peer Educator Student Coordinator

**Erica Okamura, MA**

Program Director, Health Promotion Services

**Tiffany O'Meara, PhD**

Flourishing Initiatives Manager, CAPS

**Melissa Williams, MS**

Director, Disability Counseling and Consulting

**William Youngblood, MS, LMFT**

Faculty and Staff Assistance Program

## Projects

**MindWell U Pilot & Program Evaluation:** *MindWell U* is a 30-day online mindfulness challenge for faculty and staff to help decrease stress and increase resilience. Data will be collected from 250 participants to help determine the program's effectiveness.

**Triton Flourish Initiative:** A campus-wide initiative with the goal of creating a "UCSD Flourishing Community." Programs help students, staff, and faculty build skills to improve stress management and emotional regulation, build tools to increase resilience, strengthen community and connection, and learn strategies for well-being.

**Workplace Wellness Group:** A new course offered each quarter of the academic year to campus faculty and staff. The course aims to improve wellness by encouraging regular exercise and healthy eating habits, and providing mental health resources.

**Sleep Challenge:** Health Promotion Services developed a College Sleep Questionnaire (CSQ) to educate students about their sleep patterns and provide resources to develop better sleep patterns. CAPS Wellness Peer Educators provide a yearly "Sweet Dreams" event to educate students about healthy sleep hygiene.





## Dimension of Health

Cultivating wellness for students, staff and faculty. Enabling active living, physical activity, and exercise.

### Partners

- Dismas Abelman, BA**  
Emergency Manager, Environment, Health & Safety
- Matt Adams, BA**  
Senior Associate Director, Recreation
- Tiffany Caddell, BS**  
FitLife Occupational Coordinator, Recreation
- Alexia Cervantes, BA**  
Director, FitLife - Recreation
- Gedeon Deak, PhD**  
Professor, Cognitive Science
- Jonna Haupu, BS**  
Work Strong Coordinator, Recreation
- Brenna Joyce, MA**  
Health Employee Wellness Coordinator, Recreation
- Courtney Morris, BS**  
Director, Health Sciences System
- Erica Okamura, MA**  
Program Director, Health Promotion Services

### Projects

- Get Up Tritons!:** Daily instructional exercise videos sent among the UC San Diego community aimed at increasing physical activity. Over 60% of users value having access to the qualified Recreation Fitness Instructors and feel confident following the videos. More than 50% have reported adopting the Get Up Tritons! exercises as a frequent habit.
- Recreation Card:** Discount program is now offered across colleges to all employees offering a 50% Recreation Card discount. Presently, there has been a 144% increase in sales during Fall 2017 - Spring 2018 compared to the previous year.
- Stairwell Campaign:** A HCN UC-wide project, demonstrated that placing prompts at point-of-decision locations in the building at UC San Diego significantly improved physical activity at Urey Hall. The increase in stairwell use was significant for both groups: number of people entering the stairs (17%) and exiting the stairs (30%).



# STRESS FREE UC

A DIGITAL MINDFULNESS INTERVENTION FOR UC EMPLOYEES

## PARTNERS

This project was supported by the following on-campus groups: Campus Life Services, including Documents & Media, Wellness & Community, and Transportation Services, University Relations, and Human Resources.

All of these groups played crucial roles in the outreach and distribution of the study. Without them, orchestration across the various UCSF campuses and achieving impactful results would not have been possible.

HCN acts as a liaison between these partners and the study staff to ensure effective communication and lasting, meaningful collaborations.

## CONTACT

For more information about the project, visit [StressFreeUC.org](http://StressFreeUC.org).

Study personnel can be contacted at [StressFreeUC@ucsf.edu](mailto:StressFreeUC@ucsf.edu).



## OVERVIEW

Stress Free UC is an initiative to reduce stress in University of California employees. It spans five campuses, including UCSF, UCI, ULCA, UCM, and UCR. Spearheaded by Drs. Aric Prather and Elissa Epel at the University of California, San Francisco, the Stress Free UC Study is examining the potentially beneficial effects of daily meditation on employee stress, utilizing a digital mindfulness application called Headspace, compared to a waitlist control condition. The intervention is fully digital, and no in-person visits are required. Researchers at UCSF are also collecting medical and employment records to assess the actual implications of stress on health and related outcomes.

## PROJECT DETAILS

Stress Free UC is funded by grants from the Healthy Campus Network and Headspace, Inc. It has also partnered with Fitbit, Inc., for the study's second phase, centering around physical outcomes of the mindfulness intervention in a sub-sample of overweight/obese participants.

The primary goal of Stress Free UC is to examine whether a stress reduction tool is effective in reducing perceived stress and job strain. The secondary aim is to encourage daily mindfulness practice among UC employees. The study team hopes to recruit 2,000 UCSF employees.

The volume and digital nature of the trial required building a fully functional framework of online databases and automated surveys prior to the launch of the study, which the researchers created using web tools such as Qualtrics and Amazon Web Services.

# STRESS FREE UC

A DIGITAL MINDFULNESS INTERVENTION FOR UC EMPLOYEES

## DATA SNAPSHOT

Recruitment and adherence data are collected on a regular basis. Total impact, weekly and monthly growth, and demographic data are tracked to inform recruitment efforts, and meditation data are collected for participant re-engagement purposes.

Participant enrollment has grown rapidly over the course of the study. In about four months, Stress Free UCSF has nearly 900 randomized participants.

Our current survey completion rates stand at 87% and 82% for the 4-week and 8-week questionnaires, respectively, and about 87% of active participants in the meditation group utilize the app regularly (at least once every 10 days).

## RESOURCES

A range of foundational research informed this project, including a preliminary study by Bostock, Crosswell, Prather, and Steptoe (2018). To adopt this study, a preliminary review of the IRB application, close collaboration with the study coordinator, and regular trainings would be necessary.

A participant re-engagement protocol, consisting of weekly messages and bi-weekly phone calls, was also adopted to ensure maximum study compliance. Furthermore, special effort went into creating a study website, where participants could orient themselves and be supported throughout their time in the digital trial.

Given the study's ambitious recruitment goals, collaboration with groups such as Campus Life Services, Human Resources, and University Relations was crucial in spreading the word widely while ensuring adherence to campus guidelines.

## PROCESS CHALLENGES

Automating a digital intervention with over a thousand participants brought about some technological barriers. For instance, the online platform utilized by the study team for survey distribution, Qualtrics, has encountered a few system-wide errors along the way. On the day of the official launch of Stress Free UC, the initial programming failed, allowing several ineligible participants to erroneously join the study. The resolution involved contacting the company's support team to be led through a series of programming tasks that would correct the temporary system failure and prevent future glitches.

Another challenge involved tracking the meditation activities of the intervention group participants, which would prove important for both data analysis and re-engagement purposes. To find a solution, the team sought outside support and hired a freelance coder to assist with the database programming.

## PROCESS INSIGHT

In working on a project of this magnitude, the study team has grown to appreciate the importance of efficient data management and participant tracking systems. The re-engagement protocols have also proved immensely important for this digital intervention and are consistently re-worked to be made more efficient. Lastly, working with so many collaborators and four other UC schools has taught the team the value of clear and concise communication.

## READ MORE:

See Stress Free UC in the news at [StressFreeUC.org/news](https://StressFreeUC.org/news).