

**University of California Healthy Campus Inaugural Celebration Summary
October 11, 2018**

The University of California Healthy Campus Network (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 wellbeing across the University of California “to make UC the healthiest place to work, learn and live.” On October 11, 2018, all UC campuses hosted an inaugural Healthy Campus Network celebration for UC students, staff, and faculty. The purpose of the celebration was to create visibility for HCN, showcase activities and projects, celebrate success, and engage the campus community with HCN. #HealthyUC.

Below is a brief summary from each campus:

UC Berkeley

<https://recalibrate.berkeley.edu/>

Description: Launch of a few of UCB’s major initiatives: Recalibrate website; Food and Beverage Policy; Healthy Department Certification. Featured local caterers whose offerings meet the policy criteria. Invitees included key informants for the website, leadership from HCN, those engaged in HCN initiatives, student leaders, and campus event planners. Other tablers included campus/community wellness projects (basic needs, student food collective, Berkeley Food Institute, Interdisciplinary Center for Healthy Workplaces).

Total Participants: 150

Noteworthy Highlights: Speakers included the Chancellor's Special Assistant, speaking on behalf of the Chancellor, and the Vice-Chancellor for Student Affairs. Strong tone of support for wellness initiatives.

UC Davis

<https://healthy.ucdavis.edu/>

Description: UCD held a health resource fair on both UC Davis Health and Campus locations with Healthy UC Davis partners tabling, outside yoga, speeches, celebrated UC Davis Health's 10 year anniversary for going smoke and tobacco-free and offered those not able to make it a "Healthy Check-In" at 12:30pm that they could do wherever they were.

Total Participants: 150 estimate for UC Davis Health, 250 for UC Davis Campus

Noteworthy Highlights: We had leadership speak at both events, CEO and VC of UC Davis Health and the VC of UC Davis on campus. Our VC Kelly Ratliff announced the decision to fund Healthy UC Davis for 5 years.

UC Irvine

<https://www.icts.uci.edu/ce/healthy.php>

Description: Held event in the conference room of Newkirk Alumni Center from 5-7:00pm. In attendance were UCI Healthy Campus working group members, Healthy Campus Steering Committee members, community members, stakeholders and UCI students. The event provided an overview of UCI HCI, accomplishments of the 5 working groups and their success on programming, policy, and environmental change with some additional projects nearing completion, a planned grant submission through the NIH CTSA with 3 CTSA sites (UCI, NYU and Wake Forest) to focus on college student health, and networking opportunities. A complementary dinner was provided to showcase the healthier food options available.

Total Participants: 30

Noteworthy Highlights: New members volunteered to contribute to the working groups. Initial conversations for community members to help financially support programming events of the HCI working groups. Renewed sense of excitement from HCI team to continue to work hard to ensure in progress projects are completed.

UC Los Angeles

<https://healthy.ucla.edu/>

Description: The UCLA Semel Healthy Campus Initiative Center's MoveWell Pod along with UCLA Recreation hosted an inclusive and playful mid-day mixer featuring numerous games and activities to promote awareness of the Healthy Campus Network. This event was held in conjunction with their weekly ongoing ThursYAY! event which uses various exercise equipment such as parachutes and hula hoops, along with jumbo-sized games like chess to facilitate movement and exercise amongst students, staff, and faculty. Special highlights in the day consisted of a UCLA Semel Healthy Campus Initiative Center staff Meet-and-Greet, DIY giant bubble-maker, raffling of prizes, and free food to feed hungry participants.

Total Participants: 200

Noteworthy Highlights: Collected over 100 participant contacts and intercept surveys to be used for event evaluation. Provided an engaging space for students, staff, and faculty to commingle and network.

UC Merced

https://diversity.ucmerced.edu/sites/diversity.ucmerced.edu/files/event/documents/hcn_celebration_flyer_final.pdf

Description: Held a fair in the middle of campus and offered various tours. UCM zoomed in the off-campus sights to watch the keynote.

HCN CELEBRATION FAIR:

10:00AM - 2:00PM

Highlighted on and off-campus resources promoting a healthy lifestyle.

KEYNOTE ADDRESS:

2:30PM - 3:30PM

Dr. Anna Song, Director of the Nicotine and Cannabis Policy Center

Shared information on the new UC Merced Nicotine and Cannabis Policy Center, the first center funded by the Tobacco Related Disease Research Program, which will conduct research that enhances our understanding of tobacco and cannabis use, prevention and cessation.

CAMPUS-WIDE ACTIVITIES:

Bobcat Food Pantry Open House

Health Promotion Open House

Campus Community Garden Tours

Public Health Student Tour

Group Walks to Lake Yosemite

Total Participants: 100

Noteworthy Highlights: The tours and keynote address were the highlights. The celebration brought a lot of awareness about HCN to the campus community.

UC Riverside

https://wellness.ucr.edu/healthy_campus_initiative/healthy_campus_initiative.html

Description: UCR's Inaugural Healthy Campus Celebration consisted of a carnival-theme fair with approximately 50 interactive tables, games, health screenings, and healthy campus project highlights. Attendees received an event passport and those who visited at least 10 tables/games received a Healthy Campus T-shirt or Healthy Campus workout towel. Tables featured a smoothie bike, stretch breaks and popcorn, mental health resources, cigarette butt displays, wellness wheels, surveys, and posters asking attendees to answer "What does a healthy campus culture look like to you"? Speakers included the Mayor of Riverside, UCR's Athletic Director, Chair of the Academic Senate, and Staff Assembly Board members. The event also included a photo area, music, healthy snacks, a rock climbing wall, and a visit from several UCR mascots.

Total Participants: 470 sign-ins, but over 500 came through the event.

Noteworthy Highlights:

- Distributed 254 coloring books focused on self-care and mental health
- Administered 47 flu shots (faculty/staff)
- Administered 80 flu shots (students) and approximately 80 blood pressure and glucose tests.
- 23 interested in Take the Stairs Stairwell Refresh and Signage
- 17 interested in serving on the Built Environment Subcommittee
- 64 interested in volunteering with Zero Butts & Litter Trash Assessments
- 77 new Instagram followers in the 24-hour period after the Celebration
- 58 interested in volunteering as a Clearing the Air Ambassadors
- 3 interested in joining the Culture Change subcommittee
- Distributed and collected 71 Smoke/Tobacco-Free surveys
- Distributed and collected 74 Flexible Work schedule surveys
- 31 Instagram "likes" for the UCR Dining Seeds of Change post
- 245 posted responses to the question "What does a healthy campus culture look like" (155 students and 90 staffs/faculty)
- Distributed 200 smoothies and 200 R'Grind peanut butter samples
- Recruited 25 Peer Health Educators

UC San Diego

<https://ucsdcommunityhealth.org/news/uc-wide-healthy-campus-network-celebration/>

Description: This celebration was a showcase of the achievements of the HCN and included inviting key informants, campus planners, and catering, rolling out the extensive and comprehensive UC San Diego HCN website, and leading activity breaks with Get Up Tritons! Recreation physical activity and Counseling and Psychological Services (CAPS) mindfulness activities. We engaged attendees with indoor and outdoor tabling with giveaways and activities from various health and wellness programs, a photobooth station with props for sharing pictures on social media, and by hosting a raffle with prizes such as plants from Facilities Management, yoga mats, exercise balls, and water bottles. Housing and Dining Hospitality and the Triton Food Pantry also partnered for a food recovery effort after the celebration to reduce food waste and redistribute food to the pantry.

Total Participants: 50

Noteworthy Highlights: Students, staff, and faculty provided testimonies on how engaging with the HCN has impacted their experiences at UCSD, whether through developing their skills or connecting them with programs

and resources. These testimonies were a great way to show how the HCN has been able to connect and strengthen the health and wellness planning and efforts at UCSD.

UC San Francisco

https://campuslifeservices.ucsf.edu/wellnesscommunity/services/events/healthy_ucsf_celebration

Description: Our Healthy UCSF Celebration included a panel of Healthy Campus Network projects. Faculty members Laura Schmidt, Aric Prather and Andrea Garber presented on the Healthy Beverage Initiative, Stress Free UC study, and culinary medicine pilot, respectively. In addition to the panel, we had healthy, vegetarian food and wellness activities: guided meditation, a hike of Mt. Sutro, and a stretching session. Additionally, biometric screening was available by appointment and walk in for 5 hours in the room adjacent to the Healthy UCSF Celebration.

Total Participants: 90

Noteworthy Highlights: 90 biometric screenings, 3 faculty members who participated in the panel and shared research and pilot projects and results: lots of engagement, questions, etc. Dr. Schmidt shared some finds from the evaluation of the Healthy Beverage Initiative and this really interested our audience - and significant that our own employees were getting to learn of early results before they were published since our employee population was the group that was studied.

UC Santa Barbara

<http://food.ucsb.edu/about/committees/HCNSteeringComm>

Description: UCSB offered a two day/two-part celebration. On Wednesday, October 10th, we offered a groundbreaking for our student farm (partially funded by Healthy Campus Network) with attendance of over 100 people including our Chancellor, the Assistant Chancellor, four Vice Chancellors, and the musician Jack Johnson. We also offered a Healthy Campus Network Kick Off and Career Clothing Closet Pop-Up and had 214 students pick up an outfit of professional clothing. We also had tables from 8 different projects of the Healthy Campus Network and talked to students, staff, and faculty walking along Pardall walkway (one of our busiest campus walkways).

Total Participants: 314

Over 100 on day one and 214 on day two (not including staff/volunteers supporting the event)

Noteworthy Highlights: Great new connections! We are in the process of sending thank you notes to all the people who attended the groundbreaking and asking for meetings to discuss future collaborations. Two people were so touched by the groundbreaking that they were in tears of joy. We are also discussing expansions of the closing closet given the extensive interest from students.

UC Santa Cruz

<https://healthycampus.ucsc.edu/>

Description: The Chancellor sent out a campus wide announcement inviting the campus community to attend the HCN Campus Celebration. The celebration consisted of a tabling event that showcased the grantees and their wellness projects. Light refreshments were provided, and there were also prizes.

Total Participants: 200

Noteworthy Highlights: Students discussed wellness ideas that they would like to see on the campus.

For more information on your HCN Celebration, please contact your [campus HCN team](#).