

To further UC's mission of teaching, research and service, HCN aims to transform the health and well-being of UC students, staff and faculty by infusing health into everyday operations, business practices and academic mandates, thereby creating a health-promoting university.

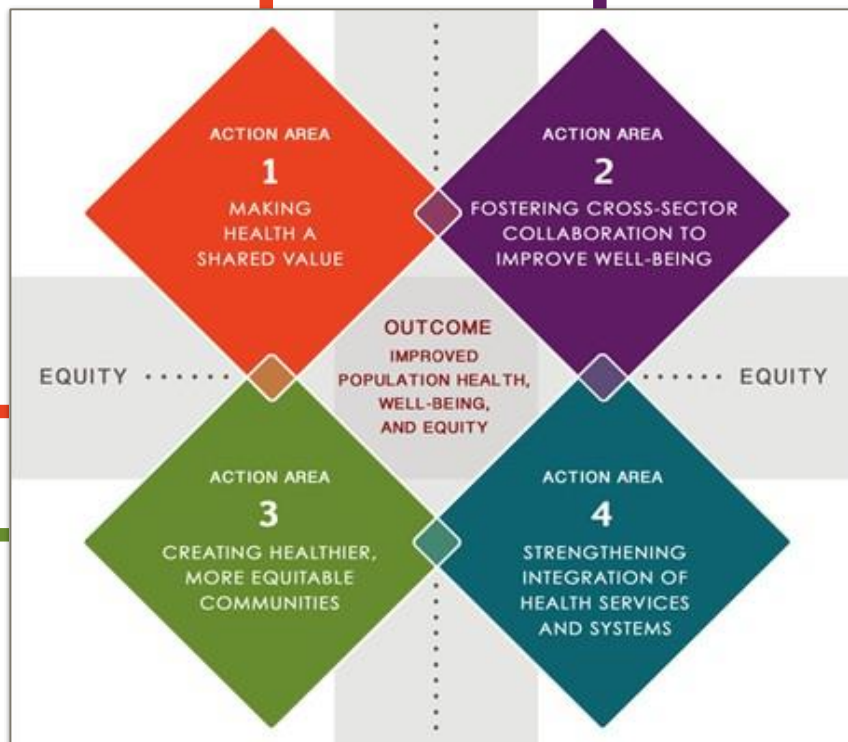
For example:

- Incorporation of messages promoting healthy behaviors in employee performance reviews and measurement of supervisors on wellness support
- Communications and small grants for a "Healthy Department Certification"
- Efforts to increase compliance with the smoke- and tobacco-free policy and awareness of ways to promote clean air
- Exploration of health/well-being courses as a requirement for graduation
- A digital mindfulness/stress reduction intervention study focused on staff

HCN infrastructure focuses on fostering cross-sector collaboration with the UC community of faculty, staff and students, as well as outside partners and organizations with the end goal of preventing illness and promoting health and well-being for all.

For example:

- Collaboration on a Healthy Building Design guidelines checklist
- Collaboration with the National Park Service to establish a nature trail from campus to the Yosemite Lake wilderness area
- Connecting researchers and operations to offer healthy food options at all eating venues and vending machines
- Increasing awareness of personal stressors and their impact on well-being via the creation of a new web service for self-evaluation
- Activation of underutilized campus spaces to promote improved health, well-being and social connection



Stressing the importance of improved communication, measurement and education across silos for the whole campus community, the formal coordinating infrastructure emanating from the chancellor's offices follows HCN's vision "to make UC the healthiest place to work, learn and live."

For example:

- Healthy Department Certification Grants
- Expand UCSF's food security efforts to include staff
- A campus community garden, that will engage elementary school students in activities related to ecology and nutrition
- Development and launch of a Mental Health Literacy Campaign
- Creation of "Walk UC San Diego," an interactive, online walking map that includes gardens, urban forests and historic groves
- Expand UCLA teaching kitchen offerings

HCN acts as an incubator for testing the "three-legged stool" model where health care providers enhance their health promotion work with their patients by linking them to opportunities identified through HCN asset mapping and the well-being work of the UC Office of the President's human resources team.

For example:

- Expansion of the Diabetes Prevention Program systemwide
- A follow-up analysis of data collected via the WorkStrong program, to determine if participants who complete the program reduce health claim dollars
- A "Know Your Numbers!" health kiosk, to help the campus community take control of their own health
- Expansion of the student voucher program to staff/faculty for recreation classes, prescribed by physicians or psychologists