

Human Resources
Workplace Health & Wellness
Faculty/Staff Wellness Program
Outcomes Report
Quarter 1 - 2016

The UCR Faculty/Staff Wellness Program encourages all members of the UCR community to lead and maintain a healthy lifestyle and to access the wellness activities and programs offered. UCR's wellness initiative includes a range of activities designed to improve health and productivity and reduce risks. These include:

- Awareness campaigns
- Educational opportunities
- Behavior change programs
- Healthy culture initiatives
- Partnerships to establish healthy work environments

These efforts create multiple opportunities for engagement and often result in positive behavior change and health outcomes.

UCR Workplace Health & Wellness/Human Resources is pleased to share highlights from the UCR Faculty/Staff Wellness Programs.



A team-based wellness challenge that was designed to support teams in adopting and practicing health behaviors and lifestyle. From January 21 – March 17, 2016 teams of four received a weekly mission to track a different healthy habit for 7 days.

Participation:

A total of **448 participants (112 teams) signed up for the challenge** and **398 participants completed the challenge** with an **89% completion rate**. We credit the high completion rate of this program to the social support provided by participating as part of a team.

Results included:

- 62% of participants completed 6 out of 6 missions
- 83% of participants met at least 1/2 of the missions

Cumulative Totals Reported:

- Mission 1 – 154,319 minutes of physical activity
- Mission 2 – 553 sugar sweetened beverages (average to 1 beverage/participant)
- Mission 3 – 3,560 Random Acts of Kindness performed
- Mission 4 – 12,769 servings of fruits and vegetables

- Mission 5 – 2,031 standing/walking meetings were conducted (for at least 30 minutes)
- Mission 6 – 4,765 sessions of media detox (for at least 30 minutes)

Behavior Change Results:

At the beginning of the program and again at the end of the program, participants were asked how many days per week they engaged in each of the 6 habits that were included in the Mission:Possible 3 program. **As a result of the program, we saw an increase in the frequency ALL of the healthy behaviors that were measured.**

- The largest percent change that we saw was the large spike in the number of participants who reported practicing media detox (no TV, no cell phone, no Internet) per week. Prior to the start of the program, only 2% of participants indicated that they practiced media detox 5-7 days per week. After the program, that number jumped to 28%, **an increase of 26%**.
- Even the number of participants who did *not* practice media detox at all decreased dramatically after the program. Pre-survey shows 78% participated in media detox 0 days per week, the post-survey displays only 17% continued to not participate in media detox. That is a **61% decrease** in participants who continued to not participate in media detox.

Other notable behavior changes include:

- **20% increase** in participants engaging in at least 30 minutes of physical activity 5-7 days per week
- **11% decrease** in participants consuming sugary beverages 5-7 days per week
- **20% increase** in participants performing a random act of kindness 5-7 days per week
- **20% increase** in participants eating at least 5 servings of fruits and vegetables **6-7** days per week
- **11% increase** in participants conducting a standing/walking meeting for at least 30 minutes 5-7 days per week
- **26% increase** in participants performing a session of media detox for at least 30 minutes per night 5-7 days per week.

“I just wanted to take a moment to thank you and your team for a wonderful Mission Possible 3! Although I was only able to stay briefly at the wrap-up celebration, I was so blessed and impressed by the program, all the work that went into making it a successful program, and the extravagant support shown for UCR staff throughout the process as well as at the celebration itself (and also, with your continued follow-up)”.

“I just completed the survey but wanted to send you a quick email to thank you, the MP3 program was great! You are doing an amazing job! Our office supports various departments and we are extremely busy, we had 2 groups and MP3 helped us connect on a regular basis to remind us how important Wellness is, if we take time to take care of ourselves and stay healthy then our work performance excels”.

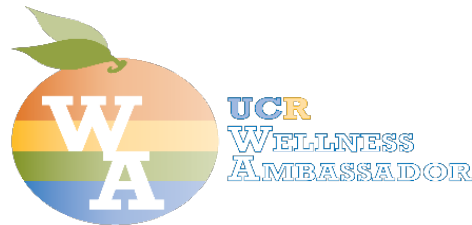


Relaxation Yoga Practices with Diane Del Buono

Diane Del Buono, Associate of the Chancellor, has been teaching the Gentle Yoga/Meditation series since Fall of 2014. The classes include gentle yoga poses where a chair replaces the yoga mat. The chair becomes an extension of your body allowing you to take full advantage of yoga's fitness and health benefits while wearing casual work clothes. Practices includes a mix of gentle yoga asanas, meditation and other mindful practices.

A total of 6 classes were offered in Q1 2016. Classes average about 15-25 participants.

"I have been attending the Relaxation Yoga class for almost 2 years; first as a fun activity but now I find it as a necessity, especially when I am faced with a hectic morning. Diane is a great instructor – she will lead the class to focus entirely on our well-being. Each movement is very gentle guided by Diane's soothing voice. Anyone could do these movements easily. When the class is over, I always feel refreshed and rejuvenated – physically and mentally".



UCR 2016 Wellness Ambassador Program

Wellness Ambassadors are UCR staff and faculty who volunteer time to serve as liaisons between their departments and the Faculty/Staff Wellness Program. Wellness Ambassadors play a vital role in supporting the promotion of health and wellness and serve as key communicators of the wellness program helping to direct employees to programs, activities, and resources.

As of March 31st there are a total of 105 Wellness Ambassadors.



UCR FarmShare

UCR FarmShare is a Community Supported Agriculture (CSA) Program – part of a national trend that brings fresh seasonal fruits, vegetables, and herbs straight from local farms to universities, businesses and municipalities. Sponsored by the UCR Wellness Program for Faculty and Staff, Dining Services, Sustainability and the UCR Global Food Initiative Committee.

Spring Quarter 2015 – Approximately 100 shares ordered.

Summer Quarter 2015– Approximately 65 shares ordered.

Fall Quarter 2015 – Approximately 40 shares ordered.

Winter Quarter 2016 - Approximately 70 shares ordered.

"I started UCR FarmShare one year ago, and I really enjoy it! It provides only seasonal products and give the opportunity to discover or rediscover veggies, try new recipes and change my cooking routine. My favorites: the different species of

melon and their watermelon. The only negative aspect for me is that I would love to see other fruits options than always oranges all year around.”



Walk and Talk with Leadership

Monthly 30 minute walk and talk with UCR leadership. Get healthy, get moving, and get to know the campus!

Participation:

- Walk with Paul D’Anieri, EVC/Provost – 23
- Walk with Ron Coley, VC of Business and Administrative Services – 67
- Walk with Julie Chobdee, Wellness Program Coordinator (substitute for Maria Anguiano, VC of Planning and Budget) - 15



WalkingFit is a free program for all UCR faculty and staff employees designed to promote lifelong fitness and improve health and well-being through daily cumulative movement. Each participant receives a free pedometer to track their daily activity; as they accumulate steps they are rewarded for their progress. Participants can earn prizes such as a water bottle, t-shirt, lunch bag, and more! Each quarter, the top walker(s) and top department are recognized for their achievement.

Participation and Outcomes

- Since program inception in 2007, **1583 participants** have joined the WalkingFit Program, of which 55% are or have been active over the last 8 years.
- A total of **1,816,732,800 steps** have been logged!

“...thank you for such a great walking program, all the great fitness challenges, support and programs that you and your staff provide. I am a healthier person for them”.



MobileFit

Bringing Fitness To You

The Mobile Fit program is available for all faculty and staff who are interested in participating in a convenient on-site fitness program to improve overall health and wellness. Employees voluntarily participate in a 30 minute exercise program over their lunch hour. All classes are free and scheduled based on departmental needs and availability. The goal of this program is to reduce the risk of musculoskeletal injuries by increasing body awareness, improving core strength and stability, improving coordination and reaction time, and increasing flexibility.

Participation and Outcomes

- The program began in January 2010 and has been offered 21 quarters.
- **Approximately 415 10-week groups, averaging from 4-15 per group.**
- **15 groups are offered each quarter.**

"I've been a mobile fit participant since its inception about 5 years ago. Last June 2015, I began taking my diet and exercise seriously. I was encouraged by our mobile fit instructor, Ginger, who reminded me that my age had nothing to do with the ability to lose weight and get fit. She made me feel so good about myself! As of this month of March 2016, nine months later, I've lost 40+ pounds and dropped 5 dress sizes! I owe a lot of my success to my commitment to mobile fit classes and to our instructor, Ginger, who gives us tips on nutrition and exercises that we can do at home. I've made mobile fit classes a priority, and I go to class no matter what else might be going on during the day!"

"My battle with weight is finally over! I've learned to live a healthy lifestyle and I'm healthier than I've been in years. I'm just about at the healthy, normal BMI with only 5 pounds to go. Actually, I am already at the normal BMI because I'm 66 years old, but I prefer to make it to the BMI of the young folk! I never dreamed I'd lose 5 dress sizes and be as fit and trim as I am, given my age. But here I am! I'm so thankful and grateful to UCR's mobile fit and wellness program, and to the dedicated mobile fit instructors, especially Ginger! She always encourages and never gives up on us. I'll end by saying that most definitely if I can do it, anyone can do it! All it takes is a commitment; follow your instructor's advice, along with the wellness news and healthy tips! It works!"



UCR Smoke/Tobacco-Free Campus

2 Steering Committee meetings have been held. Outcomes of meeting include:

- Increased outreach, education, cessation support to graduate students during Finals Week.
- Initiative of a Clearing the Air Student Ambassador Program with 15 Ambassadors.
- Inside UCR story
- Drafting a campus-wide communication from UCR Leadership
- Steering Committee handling reports of known violation on a case by case basis
- Guidance provided to the UCR community on how to "approach, inform, and refer" with a tobacco user on campus.
- Conducted inventory of all windstands and making plans to replace missing and broken ones.

- Confirmed the policy is communicated in all student and parent orientations, well as including the policy in their resource guide and as talking points. Policy is also communicated at all new staff orientation and benefits orientation.



2014 and 2015 American Heart Association (AHA) Platinum Fit-Friendly Employer

UCR has been recognized as the **2014 and 2015 American Heart Association (AHA) Platinum Fit-Friendly Employer**. Through the UCR Wellness programs and initiatives, we have demonstrated both quantitative and qualitative positive health and productivity outcomes.

Summary

In addition to the highlights above, the Human Resources/Workplace Health & Wellness/Faculty/Staff Wellness program also conducts presentations, trainings, 1:1 consultations, develops and distributes guides and resources, health education materials, and collaborates with various campus partners and stakeholders to improve health and create a culture of wellness through programs as well as environmental support and culture change.

For more information or details, please contact Julie Chobdee, Wellness Program Coordinator at Julie.Chobdee@ucr.edu or x 2-1488.