

Human Resources/Workplace Health & Wellness/Faculty/Staff Wellness Program

Outcomes Report - Quarter 2 - 2016



Well Within Reach Vending Machine Treasure Hunt

The “Well Within Reach” program ensures that all UCR vending machines have healthier products to support a healthy lifestyle. In addition to the month long treasure hunt for the vending machines, the following changes were made:

- Prices for most of the healthier choices have been reduced.
- Location of healthier items have been placed at eye level in order to make the healthy choice the easy choice.
- All healthy snack choices are marked with a green spiral and “Well Within Reach” sticker.

40 participants completed the program out of 91 who registered (44% completion rate).



Based on the **3 month follow-up evaluation**:

Participants that responded to the survey (25%) are practicing the 6 healthy habits more often now than they did before the program began, but not as often as they were right at the conclusion of the 8 week program.



Food Literacy Discussion Session - Thursday, April 14, 2016

UCR provided a free healthy lunch and discussion around Food Literacy with 22 faculty, staff, students, and retirees, all with an expertise and passion for food, health, and the environment.

UC Walks...Riverside/7th Annual System-wide Walk

486 participants:

- UCR main campus – 361
- Child Development Center – 22
- UC Path location - Financial/Business Operations and School of Medicine - 40
- Pledge Cards returned – 63
- **Grand Total miles walked: 810 miles. Equivalent to almost 31 marathons!**
- **694 activities** completed (among jump rope, hula hoop, balance beam, and ladder).

100% of those who completed the log cards stated they would continue to stay physically active.



Relaxation Yoga Practices with Diane Del Buono

A total of 18 classes were offered in Q2 2016. Classes average about 15-25 participants.



UCR 2016 Wellness Ambassador Program

As of June 30, 2016 there are a total of 107 Wellness Ambassadors. 33 attended the 4th Annual Celebration Event.



UCR FarmShare

Spring Quarter 2016 – Approximately 25 shares ordered.



Walk and Talk with Leadership

Participation:

- Walk and Talk with Chancellor Wilcox – 49
- Walk and Talk with Kathryn Uhrich, Dean of College of Natural and Agricultural Sciences – 21



Participation and Outcomes

- Since program inception in 2007, **1599 participants** have joined the WalkingFit Program, of which 55% are or have been active over the last 8 years.
- A total of **1,879,185,299 steps** have been logged!



MobileFit

Bringing Fitness To You

Participation and Outcomes

- The program began in January 2010 and has been offered 21 quarters.
- Approximately 430 10-week groups, averaging from 4-25 per group.
- 15 groups offered this quarter.



UCR Smoke/Tobacco-Free Campus

1 Steering Committee meeting held. Outcomes of meeting include:

- Physical Plant installed signs at hot spots throughout campus.
- Butt Bash #5 conducted in conjunction with Earth Week.
- Addressing enforcement/compliance issues and complaints both on and off campus (neighborhoods)
- Campus-wide communication about Smoke/Tobacco-Free Policy distributed by VC Ron Coley.
- Provided 150 packs of gum to the Library staff to be distributed to smokers.
- Conducted inventory of all windstands and making plans to replace missing and broken ones.

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