

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

Outcomes Report - Quarter 3 - 2016



Finding Balance Workshop Series– July – September 2016
Class size was approximately 22-25 per class

Results included:

- 100% of respondents reported that the program increased their knowledge or improved their skills.
- 95% of respondents reported being satisfied or very satisfied with the overall program

Behavior Change as a Result of Attending the Series:

- 68% reported that they have a better ability to manage stress.
- 59% reported that they incorporated mindfulness exercises into their daily routine.
- 41% reported that they improved their sleep habits



Caught in the Act: Random Acts of Wellness

A program designed for Wellness Ambassadors to reward faculty and staff members for demonstrating “random acts of wellness” and encouraging and supporting healthy habits in the workplace.

- **106 random acts of wellness rewarded**



Relaxation Yoga Practices with Diane Del Buono

A total of 15 classes were offered in Q3 2016. Classes average about 15-25 participants.



UCR 2016 Wellness Ambassador Program

As of September 30, 2016 there are a total of 119 Wellness Ambassadors.



UCR FarmShare

Fall Quarter 2016 – 25 shares.



Walk and Talk with Leadership

Participation:

- Walk and Talk with Michael Boele, Athletics - 8
- Walk and Talk with Diane Del Buono and Dean Pena, CHAAS – 55



Participation and Outcomes

- Since program inception in 2007, **1632 participants** have joined the WalkingFit Program, of which 55% are or have been active over the last 8 years.
- A total of **1,940,281,311 steps** have been logged!



MobileFit

Bringing Fitness To You

Participation and Outcomes

- The program began in January 2010 and has been offered 22 quarters.
- Approximately 440 10-week groups, averaging from 4-25 per group.
- 10 groups were offered in Summer 2016.



UCR Smoke/Tobacco-Free Campus

2 Steering Committee meetings held. Outcomes of meeting include:

- Smoke/Tobacco-Free Initiative budget for FY 16/17 submitted and approved.
- Conducted "AIR" Training for 6 International Village RA's.
- Clearing the Air Ambassador Program – 3 Ambassadors, 4 approaches.

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