

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

Outcomes Report - Quarter 4 - 2016



Healthy Holiday Challenge

Participation - 318

Results included:

- 65% of respondents reported an improvement in their diet as a result of this program.
- 91% of participants reported being satisfied or very satisfied with this program.

Behavior Change as a Result of Attending the Series:

- 95% reported that this program helped them to stay motivated to maintain their weight over the holiday season.



Food Week

- Fruit and Vegetable of the Month newsletter launch
 - Healthy Meeting and Events Guide
 - 1:1 Nutrition consultations



Relaxation Yoga Practices with Diane Del Buono

A total of 16 classes were offered in Q4 2016. Classes average about 15-25 participants.



UCR 2016 Wellness Ambassador Program

As of December 21, 2016 there are a total of 120 Wellness Ambassadors.



UCR FarmShare

Fall Quarter 2016 – 40shares.



Walk and Talk with Leadership

Participation:

- Walk and Talk with Leadership in conjunction with National Disability Employer Awareness Month – approximate 150
- Walk and Talk with AVC Mariam Lam - 12



Participation and Outcomes

- Since program inception in 2007, **1660 participants** have joined the WalkingFit Program, of which 55% are or have been active over the last 8 years.
- A total of **2,009,284,274 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 454 10-week groups, averaging from 4-25 per group.
- 14 groups were offered in Fall 2016.



UCR Smoke/Tobacco-Free Campus

1 Steering Committee meetings held. Outcomes of meeting include:

- Clearing the Air Ambassador Program – 7 Ambassadors, 24 approaches.
- Working on re-branding and refreshing messages and materials
- Discussions around enforcement strategies
- Discussed policy updates and changes
- Addressing complaints of non-compliance with signage and sending Ambassadors to hot spots
- Ambassador Program status
- Campus wide Communication and survey distributed to faculty, staff, and students
- 1 Tobacco Cessation consultation with Tobacco Treatment Specialist
- Promotion of Cessation resources for Great American Smokeout
- Inside UCR/UCR Today article on the “Clearing the Air” Campaign

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