Our Vision
To make UC Davis the healthiest community in the nation.

Our Mission
To champion a thriving culture of health and well-being throughout the UC Davis community.

Our Values
Health and well-being can be learned and practiced to enhance quality of life.
Individual health and well-being includes awareness, commitment and open-mindedness.
Community health and well-being includes collaboration, integrity and inclusion.

Healthy UC Davis Leads
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Healthy UC Davis is an investment in a culture of health and well-being that supports our community’s ability to thrive in every aspect of their lives.

Gary May, UC Davis Chancellor

Welcome to the special first edition of the Healthy UC Davis newsletter. Every quarter, we will use this newsletter to highlight milestones, program updates and upcoming events. Since 2017, members from both sides of the Causeway have been hard at work developing evidence-based programs and projects to improve the health and well-being of our campus community. We invite you to get involved and participate in our many offerings and share them with your friends and colleagues at UC Davis. Together, we can make UC Davis the healthiest community in the nation.

With warm wishes,
Stacey Brezing, Healthy UC Davis Lead

Members of the Healthy UC Davis Steering Committee

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OUR STRATEGIC PRIORITIES

After a successful pilot year in 2017-18, seed-funded by UC President Janet Napolitano, Healthy UC Davis was granted an additional five years of funding from UC Davis’ Chancellor May. In early 2019, Healthy UC Davis embarked on a strategic planning process to develop priorities to guide the initiative forward.

These priorities were defined as:

1. Creating “one place” or “hub” for our community to find resources and information about health, well-being and wellness
2. Creating metrics and desired outcomes for health and well-being programs and Healthy UC Davis as a whole
3. Creating ways to keep and increase leadership support for health and well-being efforts
4. Creating and enhancing policies that support the health and well-being of our community, and
5. Creating a physical space for health and well-being programming and community building.

PEOPLE

4 Focus Areas: Food and Nutrition, Mental and Emotional Well-Being, Physical Activity, Smoke and Tobacco Free

5 Work Groups: Communications, Physical Space, Leadership Support, Policy, and Metrics

41 Steering Committee members: 9 academic appointees, 29 staff members, 3 students

7 Students engaged in Healthy UC Davis projects

PROJECTS

36 Managers and supervisors participated in our Mental Health Trainings

2K+ Mental and Emotional Well-being Open Access Resources cards requested across campus

40+ Unique participants in Active Aggies Mobile Fitness classes

100% of vending machines in Health Sciences District, Mrak, Olson, and residence halls contain 50% or more Nourish guideline-labeled food products

29K+ Total views on Healthy UC Davis website

7 Newly launched projects. See page 3 for details.

BY THE NUMBERS

FUNDING RECEIVED

$160K annual funding from the Office of the Chancellor and Vice Provost (FY19-23)

$140K For UC Healthy Beverage Initiative (FY20)

$50K For the Diabetes Prevention Program (FY19-22)

OUTREACH

2 Outreach events attended: Healthy Catering and Vendor Showcase and Student Housing Resource Fair

1 Presentation at the NIRSA: Leaders in Collegiate Recreation Workshop

Participants in an Active Aggies Yoga Strength class
PROJECT HIGHLIGHTS

LAUNCHED

Seven grant proposals received Healthy UC Davis funds in the total amount of $75,000. These projects are led by UC Davis staff and academics, staffed by students, and will continue through FY20:

**Aggie Quits: Increasing Access To Cessation Resources and Clean Air** is a pilot of the EX Program, a digital tobacco cessation program, delivering specialized support for tobacco users.

**Building Virtual Attendance of Healthy UC Davis Events** is a project to acquire the latest software and equipment to begin live-streaming its events. The recordings will be edited and made available for the public to review.

**Evaluating Perceived Barriers to CalFresh Participation** is a project to evaluate potential barriers that students and employees face when accessing CalFresh food assistance benefits.

**The Food and Beverage Environmental Audit Tool and Surveillance System** is an environmental scan of UC Davis food and beverage environments and evaluation of future food/beverage policies and initiatives.

**The Living Landscape Adaptation Plan and Physical Design Framework**, are two cross-Causeway campus planning efforts. Led by members of the Physical Space Work Group and two Learning by Leading student interns, these efforts include inventorying outdoor space across our campuses to understand what kinds of spaces we have, how we use them now, and how we can and should improve on our outdoor spaces for the physical and mental health of the campus community.

To connect with project leads, please contact us at healthy@ucdavis.edu

**Make the Catered Food Choice The Easy and Affordable Choice** is a collaborative effort between Healthy UC Davis and dining services at Davis and Sacramento campuses. Its main goal is to develop healthy catering menus at affordable rates for departments and programs to access.

**Not Just Water Vapor** is an educational campaign focused on increasing the campus community’s awareness of the potential harms of vaping and use of other electronic smoking devices. It also aims to increase engagement around the Smoke and Tobacco Free policy relevant to new and emerging tobacco products.

All UC campuses were offered an opportunity to receive grants to implement the Healthy Beverage Initiative to reduce consumption of sugar-sweetened beverages. UC Davis has disseminated a survey to the campus community to learn where appealing drinking water is needed. This survey will inform where water-filling stations should be installed at the UC Davis Health and Davis campuses. The project also includes an educational campaign and signage to promote the benefits of drinking water.
ONGOING

Active Aggies Mobile Fitness continues to offer instructor-led physical activity classes five days a week.

The Food Access Map feedback survey is administered by Health Education and Promotion student volunteers. The map is most frequently used to find microwaves and free food resources, such as The Pantry and Fruit and Veggie Up!, on campus.

A view of the online Food Access Map

Mental Health Trainings designed for Managers and Supervisors are scheduled in January. The waitlist has grown to more than 120 people anticipating the February and March training dates.

Nourish, a point-of-purchase food labeling project, can be found in vending machines and campus eateries across UC Davis. In partnership with Canteen vending, vending machines located within the Health Sciences District, inside Mrak, Olson and residence halls contain 50% or more Nourish-labeled snacks. UC Davis Health will develop patient meals to meet Nourish guidelines.

Updated monthly, the Open Access Resources are a compilation of curated and vetted Mental and Emotional Well-being tools and resources. New articles of interest include talking to youth about prescription drug abuse, tips to make connections in college, and preventing caregiver burnout.

Smoke and Tobacco Free quarterly tobacco waste environmental scans continue with assistance from Health Education and Promotion student volunteers. A signage and branding refresh for the Breathe Free campaign is underway. The Breathe Free Tracker, an online tool that aims to collect real-time data about tobacco use and waste trends across campus, continues to be utilized.

WakeBreak is a program to bring safe stretching workshops into departmental offices. The program will resume after reevaluation of data collection methods.

Walker Tracker was an app-based program to promote physical activity among staff, academics, and students. Overall, 92 teams, comprised of 492 participants, completed the program.

Walking Loop markers continue to be monitored and replaced due to high foot traffic. Feedback survey invitations are posted along walking routes. Participants who complete the survey are eligible to win a prize in quarterly drawings.

To connect with project leads, please contact us at healthy@ucdavis.edu.

IN THE MEDIA

Healthy UC Davis was recently featured in:

- An NIRSA: Leaders in Collegiate Recreation article, titled “Healthy UC Davis offers comprehensive wellbeing to its campus community,” in May 2019
- The Workplace Wellness Survey Final Report published by the Association of Pacific Rim Universities’ Global Health Program in Dec. 2019
COMING SOON

Healthy UC Davis projects are integral to our expansion and success. We will continue to:
- Monitor and provide support to ongoing Healthy UC Davis-funded projects.
- Explore opportunities to expand upon offerings through internal and external resources.
- Explore strategies to unite UC Davis campuses in Davis, Sacramento, and at remote sites.

We want to hear from the community and learn how Healthy UC Davis can help. We are:
- Offering an online submission form for community members to send their ideas, comments, suggestions and questions to Healthy UC Davis.
- Developing a formalized idea review and submission process.

Our online presence continues to grow. With this growth, we are:
- Redeveloping our website to become a central health and well-being resource for staff, academics, and students. The expected launch date is Spring 2020.
- Developing a social media presence and maintenance plan.

Our internal structure is undergoing some changes. Our changes include:
- Migrating to a work group-based structure, focusing on advancing work group priorities.
- Adding provisions to ensure that the four original focus areas (Food and Nutrition, Mental and Emotional Well-Being, Physical Activity, Smoke and Tobacco Free) are represented in membership.

Building connections can help Healthy UC Davis to grow. We plan to:
- Engage community partners to identify synergistic opportunities between neighboring communities and off-campus resources and partners.
- Update university leadership regularly with newsletters and other communications.
- Recruit additional Healthy UC Davis stakeholders to further entrrench our efforts in health-related campus offerings.