UNIVERSITY OF CALIFORNIA
SANTA BARBARA

Wellness Program – Facilities Management
Year in Review

Introduction
In the initial year the wellness program has grown from a scant few office visits to the following types of offering for staff personnel in Facilities Management:

- Office visits and hands-on aftercare therapy
- Zone exercise programs for six areas on campus
- Noon walking program – three days per week
- Noon bicycling program – two days per week
- Relaxation program – sign up
- Internship / staff assistant training program
- Nutrition assessment and weight management program
- Interaction with local medical / occupational medical community
- Grant applications and submissions
- General campus zone programs and relationships
- Teaching program through Work/Life Program
- Work with outside vendors to bring in special programs/projects

Number of Visits – Office Therapy

Our office visit program takes place mostly in the mornings, with staff scheduling 15-20 min. visits depending on their break or lunch times. Programs include stretching, ice therapy, pressure point massage, and light resistive exercise work. The goal is to reduce pain levels, and improve muscle function. A breakdown of staff visits since last year is highlighted in the graph below (through Oct. 29, 2005):

<table>
<thead>
<tr>
<th># of Office Visits</th>
<th>1-5</th>
<th>6-10</th>
<th>10-20</th>
<th>21-30</th>
<th>31-40</th>
<th>41-50</th>
<th>51-60</th>
<th>70+</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Staff</td>
<td>15</td>
<td>6</td>
<td>9</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

Types of Injuries
By far the most common injuries and pain levels are in the spine – upper back from continual lifting and repetitive movements, and low back due to improper lifting techniques, and lifting too much weight. Our initial two pain reduction surveys revealed a pain loss of over 40% across the board in employees. Over the course of the entire year, some of our chronic situations (over 20 office visits) have maintained a low level of continual pain (5-5+ on a 10 point rating scale), and have continued to perform their work with some restrictions. The majority of the “over 20 OVs” have had at least one physician visit with either X Rays/MRI, or other medical assessment.
Zone Exercise Programs
The majority of staff now exercise in our “zone exercise programs” at 7:45, 8:00 am, 5:45, and 6:00 pm. Shift members are: AM Zones – Trades. PM shift members are Custodial. Zone programs consist of 15 minutes of stretching, light resistance training with dumbbells and rubber tubing, and “core training” using fitness balls, and balance exercises.

Intern / Program Assistant Program
Our assistant program in the first year boasted the following personnel and job duties
   a. Jeff Hutchinson – proposal and grant writing
   b. Mica Bell – nutrition project with FRS company
   c. Lauren Lipson – zone exercise programs
   d. Kayla Daughtery – zone exercise/weight management programs
   e. Shawna Bourdeau – zone exercise and new IRP assistant
   f. Fabiran Gin – zone exercise and office therapy
   g. Natalie Olivera – zone exercise programs
   h. Karly Dawson – zone exercise and office therapy

We have completed and submitted two grant applications in our first year. We will resubmit for our second year to the same and other organizations. We have completed our nutrition project, and it was presented in November at the American College of Sports Medicine meeting in Las Vegas, NV. We have expanded our zone exercise program from three (3) morning programs and three (3) evening sessions to working with the Accounting dept. and the Biodiversity program – both twice per week. We are currently working with the UCen and UCSB Children’s Centers to develop wellness classes for each. Our goal for the coming year is to solicit funding sources to expand our sphere of influence on campus to teach various wellness classes and programs for more departments on campus.

Grant Applications
Our first year we submitted grant applications to OSHA, the Occupational and Environmental Health Foundation, TheraBand, Inc., and Institute for Biomedical Research for QRay, Inc. Each of these applications received strong reviews, and the OEHF decided not to fund in FY 2005. We will submit again for FY 2006. We will also be looking at other opportunities with local agencies to fund intern programs and expand our wellness offerings through third party sponsorship.

Strategic Plan and Forecast
It is clear that the concept of wellness is taking hold at the UCSB campus. In cooperation with the Work Life Series, the IRP has begun a series of noon time wellness lectures featuring Eric Durak teaching fitness ball activities, local physicians speaking on holistic prevention of colds and flu, and other workshops on stretching and massage. Our goal in 2006 is to increase the offerings so that once per month (or more) there will be a community member of UCSB staff person who will be teaching on some aspect of health promotion and wellness.

Our second goal is to complete our OSHA-mandated power point presentations along with John Seaman and the Injury Prevention Team. For my part – I will be presenting programs on back and lifting safety, bike safety, slips and fall prevention, and how to talk with your doctor about treatments. These presentations can take place within our zone exercise times – when we have an audience for each program (2 X 15 minute presentations can complete most programs). We will also have a CPR class at FM for the new year, and hope to have many of our staff certified or CEUs completed for their OHSA mandates in 2006.
John and myself hope to present our program at the 2006 Risk Management Summit for UCOP. We hope to discuss aspects of our zone programs, injury prevention strategies, and costs/lost day savings through our first year of operation.

It is likely that the wellness concept will expand throughout campus in some form. Our goal is to maintain high-quality presence in the Facilities Management yard, and within the zones. We will continue to work on strategies to decrease both number and severity of injuries for staff members. At the same time we hope to use our resources throughout campus to expand the concept of wellness and injury prevention to other staff, faculty, and students. By using student resources from the Exercise and Sport program at UCSB, and the relations with other departments – we hope to have our quality programs for the entire UCSB populations who wish to take part.

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