

HEALTHY CAMPUS NETWORK

It has been a little less than a year since our kick-off systemwide conference call in March 2017. The Healthy Campus Network or HCN has been busy organizing and planning and the campuses are now at varying development stages of execution to make UC the healthiest place to work, learn and live for students, staff and faculty. Equity and inclusion have been cornerstones of this endeavor, supporting the whole UC community and cannot be successful if not for the support from the highest levels of campus leadership.

THE GOAL

From the beginning the Healthy Campus Network was formed around three main goals:

- To make UC the healthiest place to work, learn and live for students, staff and faculty,
- To maximize the GFI's value and further UC's mission of teaching, research, and service, and
- To engage the whole campus committee.

SYSTEMWIDE ACCOMPLISHMENTS TO DATE

The Global Food Initiative has distributed \$1.8MM in funding to support the development of the HCN across the system and further UC's mission of teaching, research, and service. Beginning with the appointment of an HCN Campus Lead by each Chancellor last winter, the campuses have identified and/or developed their advisory teams, working groups or pods and campus stakeholders. These campus groups are inclusive and foster cross-sector collaboration. Collectively the HCN is targeting change at the systemwide level:

- Created an asset map capturing existing health, nutrition and wellbeing assets,
- Established a collaborative relationship amongst the ten campuses, five health systems and UCOP, where health and well-being programs and activities have encouraged HCN growth and awareness,
- Developed short- and long-term campus plans, specifically an Implementation and Budget Plan which is also used for progress reports and milestone markers,
- Agreed collectively on the creation of a systemwide goal called Take the Stairs! that is a campus-wide pilot research activity,
- Developed awareness and encouraged participation in the national Diabetes Prevention Program. UC Care is partnering with the HCN and is sponsoring a pilot program across UC,
- Engaged campuses through HCN Co-Chairs as 1:1 liaisons with campus leads, connected HCN campus leads to become CDC affiliates, and the co-chairs are members of Systemwide HR's Core Resource Team who are working on employee wellness systemwide,
- Identified by the Robert Wood Johnson Foundation (RWJF) for our inclusive model that has elevated attention of the HCN effort to the national level, and
- Presented the HCN model to groups at large conferences, such as the Building Healthy Academic Consortium (BHAC), the UC Summit and the University Wellness Summit.

CAMPUS ACCOMPLISHMENTS TO DATE

HCN campus teams are identifying and promoting ongoing projects to augment and catalyze ideas to infuse health into everyday operations, business practices, and academic mandates, focusing on the unique needs to address health and wellbeing within their campus community. With the support of campus resources, the campus efforts have been impressive under the HCN where the initiative has supported conceptualization, design and/or implementation of innovative programs, activities or strategies to meet the campus's unique needs in key categories:

POLICY

- Adding health and wellness objectives into job descriptions and the annual evaluation process,
- Developing policy for food and beverage choices on campus, and
- Designing a Healthy Department Certification program.

RESEARCH

- Developing a Mental Health Literacy Campaign,
- Conducting A digital mindfulness reduction intervention study for staff, and
- Participating in Take the Stairs research activity and developing campus-specific branding and communications.

EDUCATION

- Integrating experiential learning opportunities into public health curriculum through internships,
- Building a community garden to educate local elementary school students on ecology and nutrition, and
- Creating teaching kitchens to support food literacy and eating nutritiously on a budget.

PROJECTS

- Creating a healthy building by design checklist to encourage social/cultural and emotional/psychological health
- Working with campus academic programs to design a sustainability map that includes walking paths,
- Designing and building a mobile fitness program, and
- Establishing a Longevity Committee for designing a long-term plan prioritizing health.

LOOKING FORWARD

The Healthy Campus Network is about building a central organization structure for the campus to house programs and activities and providing a unifying space for sharing innovations, lessons learned and networking. The HCN is gaining momentum on campuses and systemwide, however making health a shared value is a long-term investment and requires active support of senior leadership on the campus. Our continuous engagement systemwide and inclusion of our whole campus population is a key strength of the HCN and it is what is setting the University apart from other institutional programs.

As we go forward, the HCN initiative will be working collectively on the systemwide Take the Stairs research project and support the launch of the Diabetes Prevention Program on campuses who can participate. We will continue to cultivate a relationship with organizations such as the Robert Wood Johnson Foundation and the Centers for Disease Control while leveraging the collective efforts across the system to support infusing health into everyday operations, business practices and academic life. Centrally, the HCN co-chairs will continue to look for and share opportunities for funding, while campuses continue to identify their own needs and explore existing campus resources, and local or regional resources to seek funding, if needed, to meet their core needs.

Ultimately, the Healthy Campus Network can provide the momentum to influence social norms so that the culture, environment and living well become integral to academic success at University of California, while aligning with the State of California's Let's Get Healthy California initiative creating a health promoting university beginning within our own campus communities.