



UC Walks

7th Annual System-wide Walk

In 2016, sixteen UC locations participated in the **seventh annual system-wide UC Walks** event. **The goal of the event:**

Goals for 2016:

1. *Increase participation numbers across UC by 5%: **Actual – 11.7% increase in participation (2015: 5,761 participants; 2016: 6,437).*** Compared to last year, we increased participation in UC Walks resulting in a wider reach of faculty, staff, and students who are now aware of the various wellness programs and activities at our locations
2. *Increase total minutes walked across UC by 5%: **Actual – 4.3% decrease in total minutes walked (2015: 150,252 minutes; 2016: 143,779).*** *Note: the reduction in minutes could have been due to each location offering multiple distances and walks to accommodate varying schedules and fitness levels.
3. *Obtain campus senior leadership participation at 50% of locations: **Actual – 43% of sites secured a person of leadership. (2015: 38% of sites)***

System wide UC Walks Summary

UC Walks included participation of 6,437 staff, faculty, post docs, retirees, residents/fellows, and students. A total of 143,779 minutes were walked, equivalent to 9,585 miles (*1 mile is approximately 15 minutes based on standard average!*). A marathon is 26.2 miles, 9,585 miles is the equivalent of 365 **marathon distances walked**.

UC Location Summary

Each location that participated in UC Walks offered events unique to their locations, with the overall goal of promoting the message of wellness and physical activity.

UC Berkeley	UCB wrapped up Staff Appreciation Week with Cal Walks at Work Day. Walking leaders led Faculty and Staff from four different campus locations to the Campanile, where they were welcomed by Vice Chancellor Scott Biddy. Faculty and Staff had the opportunity to speak with various medical plan vendors, enjoy healthy snacks, participate in the Cupid Shuffle flash mob and win great prizes. Guided walks were also led from Campus Shared Services, Lawrence Hall of Science and with Facility Services evening custodians.
UC Davis	Hosted seven walks throughout various campus locations, which included a brief warm-up period before the 30 minute walk and the distribution of UC Walks shirts and stadium cups to participants.
UC Davis Medical Center	Coordinated multiple group walks at the UC Davis Medical Center and Health System off-site locations. In addition, UC Walks shirts and Health Net giveaways were provided to employees.
UC Irvine	UC Irvine - offered 13 walks around the outer ring of UCI Aldrich Park throughout the day. Participants chose to either take a fast paced walk, led by UCI Coaches and Athletes or a slow paced walk and campus tour led by Campus Reps. Each walk began with a 5 minute warm-up lead by Campus Recreation Fit Squad trainers. All participants that completed the one-mile walk received a healthy snack, a UC Walks T-shirt, and enjoyed the 10th Annual Wellness and Safety Fair which featured over 75 vendors, a farmers market, healthy snacks, ZotGrams (our Staff Thank You Cards) and multiple raffle prizes.

UC Irvine Medical Center	Participants received UC Walks shirts, fruit, and granola bars, for attending one of the seven guided walks around the Medical Center. Twelve vendors were present with health information, giveaways, and raffles at the Wellness Fair.
UCLA	Hosted two guided walking routes starting at the bottom of the Janss Steps (center of campus) and one walk at the University Apartments. Participants received UC Walks shirts, Zico coconut water, Dasani water, information and water bottles from the ASUCLA Credit Union. Instructors led a brief stretch before and after the walks.
UCLA Medical Center	Hosted three guided walks (1 at Ronald Reagan MC, 1 at Santa Monica MC, and 1 at Faculty Practice Group near LAX). We handed out UC Walks t-shirts, water, and Zico coconut water. Instructors led brief stretches before and after the walks.
UC Merced	Offered 18 group walks on and off campus led by campus leadership. This year, UC Merced engaged UC Walks Champions from on and off campus to make this event the most successful one yet, increasing participation by 25% over last year. The AVC of HR committed \$1,000 toward a contest that encouraged departments with over 50% participation be entered in a drawing to win a catered lunch at their next staff meeting.
UCOP	Representatives from Kaiser, Health Net and Blue Shield attended and provided giveaways. Employees enjoyed a warm-up and stretch session before the walk started and UC Walks shirts were handed at the event, Kaiser provided fresh fruit as well as several activities such as Bean Bag Toss and a giant Operation Game.
UCPATH	Three groups walked along the tree lined streets at three various speeds from fast to slow. To get to know the UCR SOM and UCR Accounting neighbors before the walk, employees participated in a meet and greet icebreaker game. Vendor swag, prizes, snacks and UCR grown oranges were provided after the walk.
UC Riverside	UCR's walk was held at the track. Participants were provided with a colored card to track the number of laps walked between 11:30 am – 1:30 pm. Participants enjoyed stopping at the various colored stations corresponding to their card to earn "credit" for their lap, participate in fun activities such as jump rope, hula hoop, walk a balance beam and ladder, and engage with the enthusiastic Staff Assembly and Wellness Ambassador volunteers. In addition, participants received a T-shirt and healthy refreshments.
UC Santa Barbara	Multiple group walks occurred in various locations and times to accommodate various schedules. Giveaways included organic local tangerines, items from Kaiser and the Recreation Center had a drawing for a free 8-week fitness activity class.
UC Santa Cruz	UCSC led leisure walks throughout the work day.
UC San Diego Main Campus	UCSD hosted two events. The campus event had two group lead walks, a mini-wellness fair and health screenings. The second event was at Scripps Institution of Oceanography, which included one group lead walk and information about Recreation.
UC San Diego Medical Center	Two group walks took place around the Hillcrest Medical Center, taking off from the wellness fair. The fair included a UCSD Health benefits representative, foods samples from the UCSD Registered Dietitians, Weight Management Program and Center for Integrative Medicine along with free chair massage and an "ask the personal trainer" station.
UCSF	UCSF (Campus and Medical Center): Held UC Walks events at nine locations. Participants received a map of the self-led walking route, and a t-shirt at the midway point. At the Parnassus location, a Fitness & Recreation race walking instructor led groups of walkers.

In an effort to continue the momentum generated from the UC Walks and to reach our 2017 goals, each location will continue to offer physical activity programs and provide support and motivation to begin or maintain an active lifestyle.

UC Walks and other programs will continue to be offered system-wide and at the locations in order to improve healthy behaviors, productivity, and contribute to a healthy campus culture and work environment.

For more information, contact your Wellness Program Manager listed on the [UC Living Well website](#).

For details on each locations event, please see below:

Location	Number of Participants	Total Minutes Walked
UC Berkeley	660	19,800
UC Davis	347	10,410
UC Davis Medical Center	254	7,620
UC Irvine	731	10,965
UC Irvine Medical Center	394	3,152
UCLA	225	3,375
UCLA Medical Center	710	11,550
UC Merced	418	10,450
UCOP	250	7,500
UCPATH	47	1,610
UC Riverside	486	12,150
UC Santa Barbara	260	7,800
UC Santa Cruz	370	11,100
UC San Diego	386	8,492
UC San Diego Medical Center	35	525
UC San Francisco	864	17,280
TOTAL	6,437	143,779

Goals for UC Walks Day 2017

- Maintain or increase participation.
- Maintain or increase total minutes walked.
- Maintain or increase leadership participation.

UC Walks 2016



UNIVERSITY
OF
CALIFORNIA