



## UC Walks

### 5th Annual System-wide Walk

In 2014, **fifteen** UC locations participated in the **fifth annual system-wide UC Walks** event. **The goal of the event:**

Goals for 2014:

1. *Maintain and/or increase participation numbers across UC by 5%: **Actual-13% increase in participation (2013: 5,485 participants, 2014: 6,332 participants)***
2. *Maintain and/or increase total minutes walked across UC by 5%: **Actual-6% increase (2013: 160,479 minutes, 2014: 169,640 minutes)***
3. *50% of the sites will secure a person of 'leadership' to support/sponsor the system wide activity, and be present for the event: **47% of sites secured a person of leadership (2013: 14% of sites)***
4. *UC internal media coverage will occur at 100% of locations. **44% of sites had media coverage (2013: measured external media coverage). Note: Goal was switched to internal media coverage in 2014 to better align with our mission and objectives.***

#### System wide UC Walks Summary

**UC Walks** included participation of **6,332** staff, faculty, post docs, retirees, residents/fellows, and students. This is a 13% increase in participants from 2013. A total of **169,640 minutes** were walked, equivalent to **11,309 miles** (1 mile is approximately 15 minutes based on standard average!). A marathon is 26.2 miles, 11,309 miles is the equivalent of **432 marathon distances walked**.

**UC Walks Promotional Video:** <http://video214.com/play/V0kkWTPzIL0I87uMGECFiw/s/dark>

#### UC Location Summary

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

**UC Berkeley** – All UC Berkeley faculty and staff were encouraged to take just 30 minutes out of their workday to walk for UC Walks: Cal Walks at Work Day, integrated into Berkeley's Staff Appreciation Week! Some walked independently, or joined their campus colleagues for a group walk departing from four campus locations. Converged at Memorial Glade for the Cal Walks at Work Celebration. Other group walks held at 4th St. and Lawrence Hall of Science (LHS). At the Cal Walks at Work Day Celebration attendees participated in first ever Instant Recess Flash Mob to the song Happy and picked up a free UC Walks T-shirt, light snacks, water, lip balm and information about the Summer Walking Challenge. <http://uhs.berkeley.edu/facstaff/healthmatters/calwalksatwork.shtml>

**UC Davis** - Aggies walked at three different sites around campus and at two Davis satellite sites. All three campus groups walked through different sections of the Arboretum, with one group stopping off at the Farmers Market with special vouchers in hand to get a healthy snack!

**UC Davis Medical Center** – Participants from UC Davis Health System met at 3 locations. Twenty minute walks for wellness. The employees/staff/faculty/students stated that they enjoyed the event!

**UC Irvine** – UC Walks 2014 ran concurrently with the Wellness & Safety Fair with a new location on the 1-mile course around Aldrich Park in the center of the UCI campus. Walkers warmed up with a Campus Rec fitness instructor lead warm up. Walks were held every 15-minutes. Each walk was led by a student volunteer, "Campus Rep", that gave a tour of the

campus as they walked. All walkers received an “I Walked” sticker, “Walk” card, “UCI am Healthy” cup, goodie bag filled with a Kind Bar, banana, veggie wrap and bottled water, in addition to a UC Walks t-shirt.

**UC Irvine Medical Center** Participants left from the Medical Center beginning at 8 am and ending at 1:15 pm. Groups of 10-15 walkers left the Medical Center and walked over to the Outlets at Orange, walking the perimeter and ending at the entrance. All started with a warm-up/stretch before they left from the Medical Center. Each group walked the inside perimeter of the Outlets at Orange and ended at the beginning of the entrance. At the end of the walk each participant received their official UC Walks T-shirt, handouts and materials, snack bar and a gift certificate to the dining room.

**UCLA Main Campus** – One-day event held in Dickson Court. Offered t-shirts, Honest Tea, Lara Bars, and Kaiser/Optum flyers. Walking leaders for 2 intensity levels of walking paths.

**UCLA Medical Center** - Event promoted as UC Walks and Bikes. Promoted walking and biking for a minimum duration of 20 minutes to 30 minutes at all locations. Staff entered data into an online survey to receive giveaways and t-shirt. Encouraged participation and rewarded staff who walk or bike to/from work. Bikers were excited to be part of this year's event.

**UC Merced** – UC Walks 2014 ran concurrently with the Wellness & Safety Fair. Both events had increased participation compared to previous years. UCM invited VCs and AVCs to lead walks every 30 minutes to increase participation, the result was incredible!

**UCPath** - Two routes for the walk. A basic route and a more advanced, off-road route through a natural preserve. Other activities included a hula-hoop contest, a nutrition quiz, and a raffle.

**UCOP** - Met at a park and provided water and snacks. Activities included a giant soccer ball to kick around, stationary bikes to provide electricity for music and sound system and a formal stretch and a group walk.

**UC Riverside** –UC Walks 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 and to engage with the enthusiastic Staff Assembly volunteers. In addition, participants received a T-shirt, lip balm, and healthy refreshments. In attendance was also our student DJ and Scotty the Bear! The UC Walks event integrated into the Staff Assembly Community Week. Individuals who missed the walk, they could earn a T-shirt by walking anytime that same day and completing a pledge card for the walk.

**UC San Diego main campus** –A combination walking event (three group lead walks) and resource fair with representatives from six UCSD groups and two benefit partners. Additionally, biometric screenings were offered.

**UC San Diego Medical Center** - Employees registered for the event and received a t-shirt, Opportunity to participate in three group lead walks. There were also a few vendors.

**UC San Francisco** – Held walking events at 8 campus sites. Gave out walking route maps and t-shirts to each participant. The map route led walkers to a giveaway table where we gave out a pedometer and information on our location specific, upcoming online wellness challenge, ‘Step it Up’.

**UC Hastings College of Law** - Event to be scheduled

**UC Santa Barbara** – In addition to 30-minute lunch walks in various campus locations, all 4 of the dining commons participated in UC Walks this year, walking either in the morning or afternoon. Free local tangerines were given away in addition to other small prizes.

**UC Santa Cruz** – Partnered with the Staff Advisory Board to hold UC Walks at the same location and day as our Staff Appreciation Picnic. UC Walks began first and participants walked either to and from the event or at the track surrounding the event. Then they got to enjoy a free lunch!

Several locations offered T-shirts and rewards to those who pledged to walk that same day but could not attend the UC Walks event. Optum and Kaiser Permanente generously donated UC Walks T-shirts and giveaways. Many locations highlighted and promoted their walking programs, campus walking maps/routes, and wellness programs and services.

### Data Collection Method

- A template for data collection was created by the Metrics/Data Committee
- Key metrics identified and captured included: participation numbers, total minutes walked, population (staff, faculty, etc.), and brief description of event.

In an effort to continue the momentum generated from the UC Walks and to reach our 2015 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 Coordinator listed on the [UC Living Well website](#).

For details on each locations event, please see below:

### UC Walks 2014

<i>Location</i>	<i>Number of Participants</i>	<i>Total Minutes Walked</i>	<i>Population</i>
UC Berkeley	600	18,000	Faculty, Staff, Retirees
UC Davis	276	8,280	Faculty, Staff, Students
UC Davis Med Center	295	5900	Faculty, Staff, Students, Retirees, Postdocs, Residents/Fellows
UC Irvine	700	21,000	Faculty, Staff, Retirees
UC Irvine Medical Center	250	5,000	Staff
UCLA Main Campus	883	17,660	Faculty, Staff, Retirees, Postdocs, Residents/Fellows
UCLA Medical Center	200	6,000	Staff/Faculty
UCPath	45	1,350	Staff/Faculty
UCOP	300	6,000	Staff
UC Merced	363	9,260	
UC Riverside	386	12,225	Faculty, Staff, Students
UC San Diego	355	10,650	Faculty, Staff, Students, Retirees
UC San Diego Medical Center	55	1,100	Staff/Faculty

UC San Francisco	901	22,525	Faculty, Staff,
UC Santa Barbara	300	9,000	Faculty, Staff
UC Santa Cruz	723	21,690	Fac/Staff/Retirees

**Goals for UC Walks Day 2015: (placeholder)**

- Increase participation by 5%
- Increase minutes by 5%
- Maintain campus leadership participation of 50%