



1st annual System-wide UC Walks Event Summaries

UC Berkeley



- Participation: **About 300**
- Population: **Faculty and Staff**
- Prizes offered (with advanced registration):
 - t-shirts
 - Prize Drawing for: iPod Shuffles, pedometers, Health*Matters Hats
 - Prize Wheel: lip balm, memo boards, H*M hats, pedometers, Portion Plates, tote bags
- Description:
 - Faculty and Staff could participate in 1 of 3 ways
 - Commit to walk for 30 minutes on May 19.
 - Walk to the Central Celebration at the Campanile
 - Walk with one of 4 organized groups (led by our Walking Group Leaders) to the Central Celebration at the Campanile. One group started at each corner of campus.
 - Central Celebration at Campanile
 - T-shirt pick up
 - Light refreshments
 - Tabling and Health Ed
 - Health*Matters
 - Pedometer Program
 - AIDS Walk
 - Office of Sustainability
 - Recreational Sports
 - Athletic shoe recycling
- **Promotional Methods**
 - Emails:
 - Campus-wide from Vice Chancellor

- Health*Matters Listserv
 - Department Wellness Network
 - Department Benefits Counselors
 - Recreational Sports
 - Websites
 - Health*Matters/University Health Services
 - Recreational Sports
 - Newsletters
 - Berkeley E-News
 - Office of Sustainability
 - Health*Matters
 - Flyers
 - Handed out at workshops
 - To print and post by staff
 - Other
 - Posted on online campus calendars
 - Posted on Learning Management System
- Feedback
 - 96% Satisfaction with the event
 - 66% Event motivated them to walk more during their work day
 - In response to the question, “What did you like best about this event?” participants answered...
 - Meeting new people around campus.
 - Interacting with other enthusiastic walkers
 - Its cause: Campus-wide event focused on health (and mind) of our staff!
 - The social aspect of meeting as a group to walk and I think we all get excited about participation prizes.
 - The fact that the University actively encourages fitness
 - Getting co-workers away from their desk during the lunch hour
 - The event made me make the time to go for a 30 minute walk. I loved it and hope to schedule walks on my calendar and enjoy the beautiful campus.
 - The group meeting locations to take a walk. Having tee-shirts because they serve as a reminder to walk and about the program. The little raffle/gift items related to healthier living (portion plate, pedometers, etc.). Really I liked all of it!
 - A great way of getting together with staff all over campus.
 - That UC initiated the walk.
 - Fun time with co-worker to walk during lunch, walk to the event, and enjoy some healthy snacks.

UC Riverside

In support of the first annual system-wide UC Walks event, “UC Walks Riverside” was held on May 19, 2010 with collaboration between the UC System-wide Student Mental Health/Healthier Campus Climate initiative and the UCR Wellness Program for Academic and Staff. UC Walks Riverside was open to all **staff, faculty and students**. The goal of the event was to promote an active lifestyle and build community and campus spirit.

Two walks were offered lead by the ASPB Presidents Rollie Carencia and Adrian Cazares and Dr. Karen White, Associate of the Chancellor. **Approximately 250 attended the UC Walks Riverside** with about 35% faculty/staff and 65% student participation. In addition to the walk, there were booths to promote the Walking Fit program and the new "Go" student pedometer program. Other wellness booths included: hula hoop, wellness wheel, biofeedback, jump-rope, resistance band training, and mask making.

Healthy Refreshments such as granola bars, fruit, crackers, and water and several raffle prizes were given out. 250 T-shirts, donated by StayWell and Kaiser Permanente, were distributed to the first 250 that arrived and UCR's mascot, Scotty the Bear, was out and about providing entertainment for all.

Promotional Methods included: Campus-wide emails, flyers, posters and word of mouth!

The feedback for the event was very positive with several requests for similar events in the near future.

The event was a collaborative partnership between:

- Campus Health Center
- Counseling Center
- AVC/Dean of Students
- Environmental Health & Safety
- Human Resources
- Student Recreation Center
- The Well
- Well Peer Education Program
- Physical Plant
- Parking Services
- Campus Tours
- Wellness Program for Academic and Staff

Wellness Program will continue to be offered throughout the UCR campus for staff, faculty and students in order to improve health behaviors and productivity and contribute to a healthy campus culture and work environment. For more information, contact any of the above partners.

Photos can be viewed at <http://www.flickr.com/photos/14239511@N04/sets/72157624010614633/>

UCSC

Events: We had a jam-packed May and sort of celebrated a "UC Walks" month with the following events...

-May 7: Carnival Cruz, a wellness fair focusing on fun and on being stress-free (offered to **students** as well)

-May 8: Human Race, a local fundraising walk-a-thon that we co-sponsored with Santa Cruz Volunteer

Center

-May 11: Staff Appreciation Picnic - promoted wellness and distributed pedometers, magnets, and other wellness goodies

-May 19: Kick-off for the One Million Steps Challenge, with participation at **255** (mostly **staff; some faculty and a few retirees**). The shirts will be used as incentive prizes for those who complete a certain tier of the challenge.

UCLA Recreation

UCLA Recreation had **340** registrants for our scavenger hunt known as the Adventure Quest. The scavenger hunt consisted of 21 “riddles” and Eye Spy clues to find various answers all across campus and into Westwood, encouraging participants to walk great distances in order to complete the Quest. Each answer was worth a certain amount of points, and the 3 participants that received the highest scores won an iPod Nano. **The event was offered to faculty & staff, but a few students participated as well.** Those that registered were given a t-shirt.

UCLA Medical Center

UCLA – MC had approximately **100 participants** across 3 locations. The event was offered to **staff and faculty**. A walking leader met all walkers at the designated location and walked. Walkers were given the t-shirt and walking maps. Promotional methods included: newsletters and emails.

UC Davis

On Wednesday May 19th the weather wasn't exactly cooperating with a Walking Day in Davis. Alternating between raining, sprinkling and just windy, my brave Benefits, Temporary Employment Services and Activities and Recreation Center colleagues braved the weather to pass out **over 350 t-shirts**. (Thanks Charise and Holly!). The remaining t-shirts are being donated to our campus walking program – Aggies on the Move – as part of the incentive program.

UCDHS had **131 participants** in the UC Walks Day.

UC San Diego

We had about **400 faculty, staff, and students** attend UC Walks (based on shirt distribution) and receive shirts by participating in a walk or jog and/or visiting wellness resource tables.

Our numbers may have been higher; however, some people did not take a shirt as we quickly ran out of mediums and smalls were not available.

We thought the event was a great success and are interested in possibly making it annual.

Promotional methods: Blink teaser and article in weekly E-newsletter.

UCSD Medical Center

UCSD Medical Center had **177 participants** join the UC Walks event. Free pedometers were handed out to employees committing to exercising at least once a week.

UC San Francisco

Walks at four locations led by campus leaders - About **400 walkers** total, including **faculty, staff, medical center employees, students, post-docs and residents**, despite the rain/drizzle. Each location had a raffle following the walk. We are putting together a written summary and slide show compilation of the photos taken that day.

UCOP:

Walks from two UCOP building locations to Snow Park (Lake Merritt in Oakland). **200 walkers**, tables by Kaiser and StayWell at Snow Park and a raffle.

UC Merced

UCM had **119 register** for UC Walks.

UC Irvine

We had **over 500 UCI faculty and staff** participate in our UC Walks event at UCI as part of our Wellness and Safety Fair. We ran out of t-shirts in the first hour of the Fair.

There were placards placed on different locations on campus with walking paths to the Fair that highlighted a health tip, how many steps, actual distance, and calories burned that it would take to get to the Recreation Center.

We had employees walk as far as 3 miles in UC Walks to the Recreation Center from their location on campus.

It was a great way to kick off the Fair! We were thrilled with all the great support from the campus to promote sustainable, healthful walking to our event.

UC Irvine Medical Center

We had **50 faculty and staff** participate in the UC Walks Day at the medical center – we walked from our medical center over to the Block in Orange – Dr. Ralph Clayman joined us for the first kick –off walk. Promotional methods include: medical center community page newsletter, sharepoint, fliers, handouts, and several mass emails.

LBNL

LBNL had **160 registered "UC Walks at the Lab"** participants. It was great fun. We held it in conjunction with our annual Summer Wellness Fair, just last Thursday, June 3.

UC Santa Barbara

No Summary or Participation Numbers Received.

Total Participation: Approx. 3,732