



UC Walks

2nd Annual System-wide Walk

On May 18, 2011, **twelve** UC locations participated in the **second annual system-wide UC Walks** event. **The goal of the event:**

1. ***Promote an active lifestyle***
2. ***Offer the opportunity for the campus community to experience the ease of taking 30 minutes in their work day to walk***
3. ***Build community and campus spirit throughout the entire UC system***
4. ***Begin an ongoing UC wide activity, demonstrating the strength of our system in healthy living***

System wide UC Walks Summary

UC Walks included participation from **3,608** staff, faculty, postdocs, retirees, medical center employees, scientists, and students. A total of **95,945 minutes** were walked, equivalent to **6,396 miles** (*1 mile is approximately 15 minutes based on standard average!*). A marathon is 26.2 miles. 6,396 miles is the equivalent of **244.12 marathon distances walked or the distance between San Diego, Ca. to Rome, Italy (6,391 miles)!**

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 offered several walk options including walking groups led by walk leaders from 4 campus locations and ending at the UC Walks Celebration Event. The event included UC Walks t-shirt pick-up, prizes, healthy snacks and water bottle refill station, and the opportunity to recycle old shoes to the Athletic Shoe Recycling program that turns shoes into sport courts.

UC Davis offered group walks at 4 different locations on campus.

UC Davis Medical Center provided t-shirts, walking maps, and prizes for their event.

UC Irvine employees walked to their 5th annual Wellness and Safety Fair. UC Walks Checkpoints were placed throughout campus. Each checkpoint included a map from that location and included the number of steps, the distance, approximate time it would take and the estimate number of calories you would burn walking from that point to the Fair.

UC Irvine Medical Center walked to the Block at Orange – walking the inside perimeter of the Block's stores and ending at the beginning of the Block entrance. Walks began at 8 am in 45-minute increments until 1:15 pm. UCI Medical Center CEO Terry Belmont joined in for a walk!

UCLA Medical Center held walks at 3 locations. Staff and Faculty met at each location to sign-in and pick up a t-shirt, giveaways and then participated in a 30 minute walk. UCLA Recreation provided walking maps and program class info.

UC Merced held 2 walks off campus.

UCOP's walk included various departments and levels of personnel.

UC Riverside held two 30 minute walks, one led by Dr. Karen White, Associate of the Chancellor. Participants received a T-shirt at the start of the walk and visited checkpoints throughout the course to pick up sunscreen, chapstick, and raffle tickets.

UC San Diego's Staff/Faculty walked to the Sun God and received information about Walk UCSD, Kaiser, EH&S and UCSD Health System's Weight Management program.

UC San Diego Medical Center employees walked around the hospital which equaled to half a mile.

UC San Francisco and UC San Francisco Medical Center had leadership kick off the walk at each location with some encouraging words about wellness.

UC Santa Barbara's coordinated 30-minute group walks that were led by assistant directors and supervisors in Housing & Residential Services. Small prizes, t-shirts and local, organic strawberries were given away. At the completion of the walks participants were encouraged to write why they walked on sticky notes posted on a board.

UC Santa Cruz employees could "pledge" to walk 30 minutes on UC Walks Day at their annual campus-wide picnic. Their event was tied to their annual Carnival Cruz and the Prediction Walk/Run event.

LBL offered a 30-minute walk around the Lab with each walker receiving a T-shirt.

Several locations offered T-shirts and rewards to those who pledged to walk that same day but could not attend the UC Walks event. UC Walks T-shirts and giveaways were generously donated by StayWell Health Management and Kaiser Permanente. 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.
- Other metrics captured included participant satisfaction, costs, marketing methods, and photos, which were optional for reporting.

In 2012, UC Walks will be held on May 23, 2012.

Goals:

1. *Increase participation across UC by 20%*
2. *Increase total minutes walked by 20%*
3. *50% of the sites will secure a person of 'leadership' to support/sponsor the system wide activity, and be present for the event.*
4. *Media coverage will occur at a minimum of one site, demonstrating to the public, the Health and Wellness initiative present within the UC system.*

In an effort to continue the momentum generated from the UC Walks and to reach our 2012 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 health behaviors and 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](#).