



## UC Walks

### 3rd Annual System-wide Walk

On May 22, 2012, fifteen UC locations participated in the **third annual system-wide UC Walks** event. **The goal of the event:**

*Goals for 2012:*

1. Increase participation across UC by 20% *increased by 33% from 2011*
2. Increase total minutes walked by 20% *increased by almost 30% from 2011*
3. 50% of the sites will secure a person of 'leadership' to support/sponsor the system wide activity, and be present for the event. *6 of 15 'walking sites' secured a person of leadership present at the event. Thus 40%*
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. *UC publications/website only 2012*

#### System wide UC Walks Summary

**UC Walks** included participation of **5321** staff, faculty, post docs, retirees, medical center employees, scientists, and students. This is a 33% increase in participants from 2011. A total of **120,058 minutes** were walked, equivalent to **8137 miles** (1 mile is approximately 15 minutes based on standard average!). A marathon is 26.2 miles, 8137 miles is the equivalent of **310 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** offered three options for participation. The organized event offered a walk led from a central location, in a large group, 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. Satisfaction survey reported 95% of participants were satisfied with the event 66% of participants say the event motivated them to walk more during their day

**UC Davis** offered group walks at 5 different locations on campus, partnering with WorkLife. 'People enjoyed this program'.

**UC Davis Medical Center** Medical center leadership participated and they partnered with StayWell.

**UC Irvine** 650 participants walked from their offices and departments on the Irvine campus to the Anteater Recreation Center, ARC, for the Annual Wellness and Safety Fair. 'UC Walks' signs were placed throughout the campus that included step, distance, and calories burned information from each location to the ARC for participants to measure milestones as they made their way through campus to the ARC.

**UC Irvine Medical Center** 250 participants. Groups of 10-15 walked throughout the day; event included UC Walks t-shirt pick up point, prizes and an exercise instructor was onsite to lead the groups in a pre-walk stretching demonstration.

**UCLA Main Campus** 75% female, 25% male 280+ departments and majors represented. "Great job! I look forward to each and every event."

**UCLA Medical Center** 3 walk locations, Students/faculty and staff participated.

**UC Merced** 107 participants with Chancellor/vice chancellor participating. Combined with Wellness/Safety Fair. Uploaded a Wellness Pledge card so folks working off campus could participate and email their pledge card to Wellness Center.

**UC Riverside** A 25 minute (1.6 mile) walk was led by Dr. Karen White, Associate of the Chancellor and Tim Willette, Finance & Business Operations. 160 attended the group walk and 28 who could not attend the group walk pledged to walk at least 15 minutes anytime during that day. Our UC Walks event was incorporated into the Staff Assembly Community Week

**UC San Diego main campus** Invited Staywell eligible spouses to attend for Staywell points. Kaiser provided Biometric screenings at event, Used as conclusion to the THRIVE event.

**UC San Diego Medical Center** 67 participants

**UC San Francisco and UC San Francisco Medical Center** Leader would like more shirts, even if payment is required, as they ran out quickly. Everyone really enjoyed the event and thought there was a lot of energy and loved the free giveaways. "Our regular campus-walking program has seen a decline in participation this year. We may look into incentivizing people to participate in weekly walks".

**UC Santa Barbara's** This year was the first time we were able to get cooks from the kitchens out - by providing alternative times and having their general managers or office managers be walking leaders - they really enjoyed and appreciated it. All positive feedback "need more activities like this" "more giveaways" from Dining: "thanks for providing alternative times for us to do this!"

**UC Santa Cruz** 450 participants with three days offered for the walk. Added a Rock wall for optional participation.

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 2013, UC Walks will be held on May 22, 2013.

### Goals:

1. *Maintain and/or increase by 10% participation numbers across UC*
2. *Maintain and/or increase by 10% total minutes walked.*
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. *Non-university 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 2013 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](#).

For details on each locations event, please see below:

**UC Walks  
May 23, 2012**

<i>Location</i>	<i>Number of Participants</i>	<i>Total Minutes Walked</i>	<i>Population</i>	<i>Short Description of Activities</i>
UC Berkeley	613	18,390	Faculty, Staff, Retirees Special focus on staff and custodians in Physical Plant-Campus Services  Organized Walk 347: 234 Faculty/Office Staff 113 Physical Plant 245 Walk on Own 45 Night Custodians	<ul style="list-style-type: none"> <li>• Faculty and Staff could participate in 1 of 3 ways               <ul style="list-style-type: none"> <li>▪ Walk anytime for 30 minutes on May 23.</li> <li>▪ Walk to the Celebration Event at the Campanile.</li> <li>▪ Walk with one of five organized groups (led by our Walking Group Leaders) to the Celebration Event at the Campanile. One group started at each corner of campus and at the Campanile (central campus).</li> <li>▪ Evening custodians walked from their work sites to central library for celebration event with, stretching, raffle and t-shirt give away.</li> </ul> </li> <li>• Celebration Event at Campanile               <ul style="list-style-type: none"> <li>▪ T-shirt pick up</li> <li>▪ Light refreshments</li> <li>▪ Health*Matters, Walking Group and health education,</li> <li>▪ Recreational Sports with information and athletic shoe recycling</li> </ul> </li> <li>• Overall the event was very well received and we were lucky to have spectacular weather. Participants had the opportunity to sign a pledge to fit fitness into their day - we plan to incorporate fun walking activities on campus over the summer to carry on the message of walking at work               <ul style="list-style-type: none"> <li>▪ Partnered with Recreational Sports for show donation.</li> <li>▪ ““The very premises that ‘get up and move’ is good for us, especially when done simultaneously within our campus community.”</li> </ul> </li> </ul>
UC Davis	425	1260	Faculty, Staff, Retirees,	<ul style="list-style-type: none"> <li>• Five different locations</li> <li>• “The people enjoyed the event”</li> <li>• Partnered with UC Davis Work Life.</li> </ul>
UC Davis Med Center	276	7280 6,030 (2011)	Faculty, Staff, Retirees, Postdocs, medical center leadership	<ul style="list-style-type: none"> <li>• Partnered with StayWell</li> <li>• 4 staff participated</li> </ul>
UC Irvine	650	23,414	Faculty, Staff, Directors	<ul style="list-style-type: none"> <li>• Participants walked individually or in groups to the Wellness and Safety Fair</li> <li>• The walk started from participants’ offices or departments throughout the UCI Campus and concluded at the Anteater Recreation Center.</li> </ul>

				<ul style="list-style-type: none"> <li>Multiple signs were placed throughout the campus so that participants could track their calories burned, steps taken and distances walked from various locations along their walk.</li> <li>Walking guides were given to all participants with information and motivate to help them continue to walk through their work day.</li> <li>The walk concluded at the Anteater Recreation Center, and Human Resources partnered for the successful event.</li> <li>\$168 spent on publicity.</li> </ul>
UC Irvine Med Center	250	2,000	Faculty, Staff, Residents, post docs	<ul style="list-style-type: none"> <li>All the groups enjoyed the walk and would like to continue to offer group walks on a regular basis.</li> </ul>
UCLA Main Campus	1011	30,330	Faculty, Staff, Residents,	<ul style="list-style-type: none"> <li>75% female, 25% male 280+ departments and majors represented</li> <li>"Great job! I look forward to each and every event." "Thank you for providing free health improvement activities and education. It's one of many great perks for working at UCLA! "Fun time!" "Great excuse walking during lunch and catching up with friends."</li> </ul>
UCLA Med Center	120	40	Students/faculty	<ul style="list-style-type: none"> <li>UCLA Medical Center hosted 3 walks.</li> <li>(3 locations – Ronald Reagan UCLA Medical Center, Santa Monica UCLA Medical Center, Med Ctr Admin Offices- Wilshire Center)</li> </ul>
UC Merced	107	3,457	Faculty, Staff, Chancellor, vice chancellor	<ul style="list-style-type: none"> <li>Combined with Wellness/Safety Fair</li> <li>We uploaded a pledge card on our wellness site so those off campus can also participate in the event. They fill out their cards and email them in to the Wellness Coordinator.</li> <li>2 staff/5 hours of work for event</li> </ul>
UC Riverside	181	4,957	Faculty, Staff, Students, residents Postdocs	<ul style="list-style-type: none"> <li>Our UC Walks event was incorporated into the Staff Assembly Community Week. The Chancellor even pushed back the Town Hall meeting to accommodate our walk, however, last minute the Town Hall was cancelled.</li> <li>The feedback for the event was very positive with several requests for similar events in the near future.</li> <li>Refreshments: \$175, supplies/rentals: \$150; signage: \$88</li> </ul>
UC San Diego	246	7380	Faculty, staff, students,	<ul style="list-style-type: none"> <li>Glad it was an option for StayWell; great to see UCSD promoting wellness, excited about the free shirts</li> <li>We had StayWell eligible spouses attend for the StayWell points.</li> <li>Refreshments: \$360 Supplies/rentals\$980</li> <li>Kaiser offered biometrics at conclusion</li> <li>UC Walks was the conclusion to our THRIVE Challenge.</li> </ul>
UC San Diego Med Center	67	Not listed	Faculty, Staff, Director	<ul style="list-style-type: none"> <li>none</li> </ul>

UCSF & Med Center	644	19320	Faculty, Staff Students Postdocs	<ul style="list-style-type: none"> <li>• 6 UCSF campus locations (Laurel Heights, Parnassus, SFGH, Mission Bay, Mt. Zion).</li> <li>• Everyone really enjoyed the event and thought there was a lot of energy and loved the free giveaways. We ran out of shirts very quickly though. Would it be possible to get additional shirts next year (even if we had to purchase some of them?)</li> <li>• Partners: Living Well at UCSF</li> <li>• \$650 spent on publicity, refreshments, etc</li> <li>• We had 25 volunteers assist with the event (across 6 campus locations)</li> <li>• "The walk today at Parnassus was GREAT!! And the MU set up with fruit, tee shirts, and handouts was fun. I loved the recipe cards and Mark Laret's greeting. I heard that Laurel Heights had 100 walkers!" "This is a great event and I participated 3 times and love doing it." "Thank you and your staff and volunteers for all of the hard work that went to make this so much fun for the UCSF community!" "Cheers" "Thank you for organizing this. YOU truly did a great job with promotion and implementation throughout the various campuses!" "Great event, had fun at the MCB walk."</li> </ul>
UC Santa Barbara	281	10,310	Central campus and Housing & Residential Services All positive- "need more activities like this" "more giveaways" from Dining: "thanks for providing alternative times for us to do this!"	<ul style="list-style-type: none"> <li>• This year was the first time we were able to get cooks from the kitchens out - by providing alternative times and having their general managers or office managers be walking leaders - they really enjoyed and appreciated it. In Housing &amp; Residential Services we had primarily housekeepers, BMWs, and dining staff participate - fewer administrative people participated (compared to last year). This was the first year that our Rec Center participated and they had 188 people from the rest of campus</li> <li>• \$150 refreshments/prizes</li> <li>• 36 hours staff time used for main campus; 40 for Housing &amp; Residential Services</li> <li>• The main campus provided a small group exercise/flexibility session following the walk (15 minutes)</li> </ul>
UC Santa Cruz	450	1200 minutes	Faculty, Staff, Students, Retirees, Chancellor	<ul style="list-style-type: none"> <li>• Began at the Recreation Fields &amp; Off campus building</li> <li>• \$1300 for refreshments</li> <li>• Rock Wall added this year \$250</li> <li>• "great event - loved the free stuff, t-shirts, fruit, bags"</li> </ul>

**Total: 5321 Participants**

**Minutes walked: 122, 058 or Miles walked: 8,137**