



UC Walks

4th Annual System-wide Walk

In 2013, **fourteen** UC locations participated in the **fourth annual system-wide UC Walks** event. **The goal of the event:**

Goals for 2013:

1. Maintain and/or increase by 10% participation numbers across UC *increased by 3% from 2012*
2. Maintain and/or increase by 10% total minutes walked. *Increased by 33% from 2012*
3. 50% of the sites will secure a person of 'leadership' to support/sponsor the system wide activity, and be present for the event. *2 of 14 'walking sites' secured a person of leadership present at the event. Thus 14%*
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. *None for 2013*

System wide UC Walks Summary

UC Walks included participation of **5485** staff, faculty, post docs, retirees, residents/fellows, and students. This is a 3% increase in participants from 2012. A total of **160,479 minutes** were walked, equivalent to **10,698 miles** (*1 mile is approximately 15 minutes based on standard average!*). A marathon is 26.2 miles, 10,698 miles is the equivalent of **408 marathon distances walked**. A range of 10-60% of a location's participation was reported to be from NEW participants (first time attending UC Walks).

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 - Faculty and staff were invited to to walk independently or walk to the Celebration Event on Campanile Way with one of 4 organized walks led by the Health*MattersWalking Group Leaders and other volunteers. Two off campus locations (4th St. and LHS) coordinated their own group walks.

UC Davis - One 30-minute lunchtime walk was offered at 5 sites across campus and at remote sites.

UC Davis Medical Center – Held UC walks on June 6, 2013 in order to promote wellness for staff, faculty, students, and retirees.

UC Irvine – Participants walked from their office/department to the ARC for the Wellness and Safety Fair or walked for at least 10 minutes on the track during the Wellness and Safety Fair.

UC Irvine Medical Center - 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 - Handed out t-shirts and provided free items such as sunscreen, lemonade, Lara bars and chap stick. Vendors such as Apple & FITTED student groups were present. Three large groups were led on guided walks around the main campus.

UCLA Medical Center - Walkers were given walking maps, calorie counters and encouraged to walk 20 minutes, rain or shine.

UC Merced – no description provided..

UCOP - Everyone met at Snow Park, walked 1/2 the lake and turned back to Snow Park.

UC Riverside – This year’s event was held at the UCR Track, which was a huge hit! Participants earned raffle tickets for each lap walked between 12 pm – 1:30 pm. For those that missed the walk, they participated by taking a pledge to walk at least 15 minutes that same day.

UC San Diego main campus – A group walk was held as well as other walk options. There were also a few campus health/wellness resources available.

UC San Diego Medical Center - No event

UC San Francisco – The walk was held at 7 UCSF site locations. T-shirt pick up and check in were from 12-12:30 and the actual walk took place from 12:30-1pm.

UC Santa Barbara – Various events were held at different times to accommodate different work schedules. The main campus had warm-up exercise leaders and Housing/Residential Services gave away local organic tangerines.

UC Santa Cruz – Held in conjunction with the Dining employees summer training so they could participate, and offered personal fitness assessments for those employees after the walk.

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 2014, UC Walks will be held on May 21, 2014.

Goals:

1. *Maintain and/or increase participation numbers across UC by 5%*
2. *Maintain and/or increase total minutes walked across UC by 5%.*
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. *UC internal media coverage will occur at 100% of locations.*

In an effort to continue the momentum generated from the UC Walks and to reach our 2014 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
2013**

<i>Location</i>	<i>Number of Participants</i>	<i>Total Minutes</i>	<i>Population</i>	<i>Short Description of Activities</i>
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		<i>Walked</i>		
UC Berkeley	640	19,200	Faculty, Staff, Retirees	<ul style="list-style-type: none"> 92% Satisfaction with the event 70% of participants were motivated by the event to walk more during their work day Motivates and encourages UCB staff to live healthy; that there should always be a time for exercise/walking as relief for work-related stress. It was motivational/inspirational to see a big crowd of people interested in walking and making life-style changes. We were able to get 6 folks from our department to come with us, so it was definitely a motivator for others who don't usually walk. At the celebration event, we had refreshments, wellness table to win giveaways and we promoted our programs. Rec sports coordinated the sneaker recycling program and we had encouraged walkers to bring their old shoes. Improvements: Continue working to engage leadership, order more S and M size t-shirts, more entertainment at Campanile – music
UC Davis	287	8,610	Faculty, Staff, Students	<ul style="list-style-type: none"> One 30-minute lunchtime walk was offered at 5 sites across campus and at remote sites.
UC Davis Med Center	444	15,764	Faculty, Staff, Students, Retirees, Postdocs, Residents/Fellows	<ul style="list-style-type: none"> Held UC walks on June 6, 2013 in order to promote wellness for staff, faculty, students, and retirees.
UC Irvine	550	16,500	Faculty, Staff, Retirees	<ul style="list-style-type: none"> I look forward to this event every year and always put the UC Walks tee shirt to good use!
UC Irvine Medical Center	200	6,000	Staff	<ul style="list-style-type: none"> 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	752	18,800	Faculty, Staff, Retirees, Postdocs, Residents/Fellows	<ul style="list-style-type: none"> Very pleased with check in process and t-shirt pick up (compared to last year), enjoyed the free items, requested more walking events 78.6% females, 21.3% males and 316 departments/units were represented Debriefed 1 week after UC Walk event, decided to rearrange tables for better flow next year, invite more vendors, possibly offer a variety of intensity levels for walking routes, follow same t-shirt distribution process as this year. FITTED Student Organization- students offer fitness classes for underrepresented students on campus encouraged participants to donate used workout clothing/equipment in order to be entered into another raffle drawing. Acquired over 200 donated items!
UCLA Medical Center	115	2300		
UCOP	180	10,800	Staff/Faculty	<ul style="list-style-type: none"> Everyone met at Snow Park, walked 1/2 the lake and turned back to Snow Park. They enjoyed the event. Participants want more than one UC Walks event.
UC Merced	177	5,310		<ul style="list-style-type: none"> Participants enjoyed the independent walk
UC Riverside	600	10995	Faculty, Staff,	<ul style="list-style-type: none"> 97% stated the event motivated to continue to

			Students	<p>maintain an active lifestyle. The feedback for the event was extremely positive with several requests for similar events more often in the near future.</p> <ul style="list-style-type: none"> Here are few of the comments provided by participants: Had a great time, not only was it good exercise, It was great to see all the faculty and staff having a good time. • It was terrific! I think you've thought of everything...it was motivating and I loved to listen to the music as we walked. I wish we could have this quarterly and not have to wait for a whole year, but I look forward to next year's event regardless! Thank you for planning such a great event!
UC San Diego	224	6720	Faculty, Staff, Students, Retirees	<ul style="list-style-type: none"> We only tracked campus faculty and staff. There were many students who stopped by and spoke with resource table.
UC San Diego Medical Center	No event			
UCSF	669	20,070	Faculty, Staff, Students, Postdocs, Residents/Fellows	<ul style="list-style-type: none"> Biggest complaint was that there were not enough shirts and many people didn't like waiting around until 12:30 to walk after they got their Had 83% of people who signed up/registered for the walk, showed up to actually participate. This was astonishingly high.
UC Santa Barbara	247	7410	Faculty, Staff	<ul style="list-style-type: none"> This is fun-let's do it again. We had many more people from Housekeeping and Dining participate than people from administrative staff We will be doing a survey monkey in Housing & Residential Services to see if this day's event will have any influence on participant's behavior 2-3 months after the event.
UC Santa Cruz	400	12000	Fac/Staff/Retirees	Originally planned to partner with their Staff Appreciation Picnic, but was postponed due to the strike. Coordinated walk with Dining employees summer training so they could participate and offered personal fitness assessments for those employees after the walk.