



## UC Walks

### 6th Annual System-wide Walk

In 2015, sixteen UC locations participated in the **sixth annual system-wide UC Walks** event. **The goal of the event:**

*Goals for 2015:*

1. *Increase participation numbers across UC by 5%: **Actual – 9% decrease in participation (2014: 6,332 participants, 2015: 5,761 participants)***
2. *Increase total minutes walked across UC by 5%: **Actual – 11.4% decrease in participation (2014: 169,640 minutes, 2015: 150,252 minutes)***
3. *Obtain campus senior leadership participation at 50% of locations: **Actual – 38% of sites secured a person of leadership. (2014: 47% of sites)***

*\*Upon evaluation of our data, there are a variety of factors that could have contributed to the unmet goals. Going forward, we will also assess data collection methods to develop consistency across the locations.*

#### System wide UC Walks Summary

**UC Walks** included participation of 5,761 staff, faculty, post docs, retirees, residents/fellows, and students. A total of 150,252 minutes were walked, equivalent to 10,016 miles (*1 mile is approximately 15 minutes based on standard average!*). A marathon is 26.2 miles, 10,016 miles is the equivalent of 382 **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.

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|--------------------------------|---|
| <b>UC Berkeley</b>             | Cal Walks @ Work Day wrapped up Berkeley's Staff Appreciation Week with participants being invited to walk independently, or join one of four 30-minute group walks led by walking leaders to a celebration event at Memorial Glade. Participants walked from four campus locations and converged at Memorial Glade, where they received fruit, trail mix and water. This event also featured an Instant Recess Flash Mob to Uptown Funk. Two remote campus walks began concurrently and featured light refreshments and raffle prizes. |
| <b>UC Merced</b>               | UC Walks and the annual Wellness & Safety Fair attendees received a free lunch, had the opportunity to receive a free chair massage, blood pressure checks, vision screening, and safety and wellness information from UC benefits vendors and local businesses. UC Walks events were held on campus and at 2 off-campus locations; only faculty and staff were invited to these events.  |
| <b>UC Davis</b>                | UC Davis--hosted 30 minute walks at 6 sites on the main campus and campus satellites. Campus participants enjoyed a walk through the UC Davis Arboretum.  |
| <b>UC Davis Medical Center</b> | Two lunchtime guided walks were offered at 5 sites across UC Davis Medical Center and Health System locations (Sacramento, Roseville, Folsom, and Elk Grove). T-shirts, walking maps, Optum flyers, and free items such as sunscreen were handout out. Prize drawings were given to 5 lucky participants.   |

<b>UC Irvine</b>	UC Irvine – 7 walks were held around the outer ring of UCI Aldrich Park throughout the day. Each walk had both a fast and leisurely group led by campus tour guides. All participants received a “move more” walk card that included: 10 tips to move more throughout the work day and campus walking paths, a goodie bag with water, a Cliff bar and an orange, a healthy lunch, and a UC Walks t-shirt. Participants also enjoyed the 9th Annual Safety and Wellness Fair which featured 64 vendors, a farmer’s market, and multiple raffles.
<b>UC Irvine Medical Center</b>	UC Irvine Medical Center - volunteers led a group of walkers throughout the day on a custom walking path. The event included a UC Walks t-shirt pick up point, prizes, an exercise instructor leading the groups in a pre-walk stretching activity along with Zumba demonstrations that were offered throughout the day and a health fair.
<b>UCLA</b>	Hosted two guided walking routes, starting at the bottom of the iconic Janss Steps (center of campus). Participants received UC Walks shirts, Zico coconut water, Cliff Bars, Optum information, and Kaiser giveaways. Instructors led a brief stretch before and after the walks.
<b>UCLA Medical Center</b>	Hosted three guided walks (2 at Ronald Reagan & 1 at Santa Monica Hospital). Handed out UC Walks shirts, Zico coconut water, cliff bars, Kaiser giveaways, and Optum information. Instructors led a brief stretch before and after the walks.
<b>UCOP</b>	Kaiser helped to coordinate the event at UCOP. Employees from two locations gathered at Snow Park. The walk was preceded by healthy snacks (apples, pears, and bottled water), stretching exercises and a raffle at the end.
<b>UCOP/UCPATH</b>	The UCPath Center invited UCR School of Medicine administration and UCR Finance to walk together this year from 14350 Meridian Parkway in Riverside. Participants had the chance to enjoy either a casual walk group or a fast walk group, a “get-to-know-you” activity beforehand since we are different UC entities on different floors, and a big raffle afterwards.
<b>UC Riverside</b>	UCR - Event was held at the UCR Track where 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 and Wellness Ambassador volunteers.
<b>UC Santa Barbara</b>	Multiple group walks occurred in various locations and times to accommodate service workers' schedules as well as administrative employees. Optional warm-ups and cool downs were offered as well as free chair massages at the end point, which was at the Farmer's Market this year.
<b>UC Santa Cruz</b>	The UC Santa Cruz event was held during our Staff appreciation luncheon. Employees participated in a 2 mile walk around the track, then were rewarded with giveaways from various employee groups (SAB, Ergo, TAPS, etc.) and catered lunch from dining services.
<b>UC San Diego Main Campus</b>	UC San Diego held two guided walks through the center and east part of campus. Kaiser was present for body composition and blood pressure. Campus vendors provided balance and postural testing, chair massages, "Ask the Dietitian," weight management meals and various campus resources.
<b>UC San Diego Medical Center</b>	UC San Diego Health Sciences had two guided walks around the Medical Center in Hillcrest. UC San Diego’s weight management supplied sample meals and bars, various vendors were present and raffle prizes were given out.
<b>UCSF</b>	Walking events were held at 8 UCSF locations (an additional location had to postpone due to a building fire and will hold an event in June). Custom made maps (along with promotion materials for an upcoming online challenge and for Optum) were given out to walkers, and participants picked up a t-shirt giveaway after they walked the route.

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, and brief description of event.

In an effort to continue the momentum generated from the UC Walks and to reach our 2016 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 2015

Location	Number of Participants	Total Minutes Walked
UC Berkeley	697	20,910
UC Davis	385	11,550
UC Davis Med Center	346	6,920
UC Irvine	543	8,145
UC Irvine Medical Center	325	2,925
UCLA Main Campus	275	8,250
UCLA Medical Center	253	6,578
UCOP	350	10,500
UC Merced	334	13,360
UC Riverside	419	12,989
UC San Diego	381	9,525
UC San Diego Medical Center	25	1,875
UC San Francisco	728	14,560
UC Santa Barbara	233	8,155
UC Santa Cruz	400	12,000

UCOP/UCPATH	67	2,010
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**Goals for UC Walks Day 2016**

- Maintain or increase participation.
- Maintain or increase total minutes walked.
- Maintain or increase leadership participation.