



UC Walks

9th Annual System-wide Walk

In 2018, nineteen UC locations participated in the **ninth annual system-wide UC Walks** event. **The goal of the event:**

Goals for 2018:

1. *Increase participation numbers across UC by 5%: **Actual –39.2% increase in participation (2017:6,926 participants; 2018:9,645).*** Compared to last year, we increased participation in UC Walks resulting in a wider reach of faculty, staff, and students who are now aware of the various wellness programs and activities at our locations.
2. *Increase total minutes walked across UC by 5%: **Actual –38.4% increase total minutes walked (2017: 155,586 minutes; 2018:215,302).*** This goal was exceeded in 2018, resulting in a measurable increase in total minutes walked throughout the various campus and medical center locations.
3. *Obtain campus senior leadership participation at 50% of locations: **Actual – 58% of sites secured a person of leadership. (2017: 41% of sites)***

System wide UC Walks Summary

UC Walks included participation of 9,645 staff, faculty, post docs, retirees, residents/fellows, and students. A total of 215,302 minutes were walked, equivalent to 14,353 miles (*1 mile is approximately 15 minutes based on standard average!*). A marathon is 26.2 miles, 14,353 miles is the equivalent of 548 **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 ANR	The University of California Agricultural and Natural Resources (UCANR) participated (staff/faculty/emeritus) in UC Walk promoting wellness for the first time this year. 322 wellness walkers walked, jogged, and/or ran for a total of 10,893 minutes throughout the State of California. UCANR Staff Assembly Ambassadors organized wellness activities at 35 county/UC offices and research centers. From Modoc County to Imperial County, staff and academics coordinated wellness walks in city parks, streets, community centers/gardens and used the UC Walk wellness event to kick off UCANR's Well-Being Health Program. A "fitbit alta", donated by a health insurance company, was given to the Ambassador who organized inventive and creative activities, involving all staff members at their ANR workplace. In addition, each wellness participant received a free UC Walk T-Shirt.
UC Berkeley	In partnership with Staff Appreciation Week, employees from several Berkeley campus locations walked for 30 minutes, with the Interim Assistant Vice Chancellor of Human Resources and the Vice Provost for Graduate Studies and Dean of the Graduate Division helping to lead the way to the Campanile. While there, participants enjoyed following along to an Afro-Brazilian dancing and learning more from the campus medical vendors. Guided walks were also led from Campus Shared Services, Lawrence Hall of Science and with Facility Services evening and graveyard custodians.
UC Davis	UC Davis debuted our new walking paths for UC Walks on the main Davis Campus. Three walks on the campus proper and three more off-site occurred with a total of 355 participants, just shy of the 2017 number.
UC Davis Medical	Two new walking paths were debuted on the UC Davis Medical Sacramento campus with a total of 432 walkers.

UC Hastings	Despite the cold weather, over 20 Employees met on "the beach" where we handed out T-shirts. From there we walked to Civic Center Plaza and enjoyed Zumba in the park hosted by San Francisco Recreation and Parks for approximately 30 minutes. Returning back to base, we concluded our UC Walk event with sandwiches, fruit, cookies, refreshments and a group stretching session led by one of our own. To bring the fun event to a close we drew a raffle prize for a Fitbit. Only 364 days until the next walk. Let the countdown begin!
UC Irvine	Hosted two different types of paced walks led by UCI Campus Representatives and UCI Student Athletes; each walk was kicked off with a warm-up stretch led by Campus Recreation coordinators and emcees. Participants received UC Walks shirts, Kaiser giveaways, veggie wraps, water bottles, and Clif Bars at the finish line. Participants were also able to attend a wellness fair in Aldrich Park with over 70 UC vendor partners, who provided information, giveaways and raffle prizes. Participants enjoyed a free healthy snack and the opportunity to take selfies and post to #UCWalks.
UC Irvine Health	We had an increase of 61% participation compared to 2017. We used a badge in system to track participants that walked and attended the health fair which included health vendors and hospital safety and education programs. This year, we had walks start every 30 minutes, which included a warm up by our WorkStrong program lead and a group photo under the 2018 UC Walks balloon arch. Marketing and Communications also were involved by taking photos and posting them to the UCI Health Facebook and Instagram pages. UC Walks was a great opportunity to involve multiple work groups and for employees to engage and take time for their health.
UCLA	Offered three guided walks - a short route, long route, and a full 5K route (in partnership with Staff Assembly's Virtual 5K week). Participants were given their t-shirt and sunscreen samples from Kaiser. Walks started at the bottom of the iconic Janss Steps in the center of campus.
UCLA Health	UCLA Health hosted 12 guided walks this year - 2 at RRUCLA-MC, 2 at SMUCLA-MC, 2 at Faculty Practice Group, 2 at Michigan Operations Center, 4 at Agoura Hills Patient Call Center & 1 at Bob Hope Health Center! With approximately 1760 walkers at 6 different locations throughout Los Angeles, the UCLA Health community truly embraced the opportunity to get outside & walk TOGETHER in the beautiful California sunshine. All walks began with warm-ups & stretching. Although we ran out of T-shirts, walkers who did receive one loved adding another to their collection. It was a great success!
UC Merced	UCM held walks at our various locations: main campus, the Downtown Campus Center, Castle, Fresno Center, and Promenade. Employees were able to select which walk(s) they wanted to participate in and it was a great way for them to get to know employees outside of their home department. Participants received a T-shirt and healthy refreshments upon check-in.
UCOP	UCOP employees gathered in sunny Lakeside Park, Oakland for pre-walk games and snacks. Folks were engaged in fun activities, like playing bean bag toss or creating their own custom-flavored popcorn, or shooting a 3-pointer at the basketball hoop toss. UC's health plan vendors were also on hand with lots of giveaways and educational resources highlighting the benefits of good nutrition and physical activity. Just before the walk, Cori Evans from UC Berkeley energized the crowd with a dynamic stretch/warm up and had everyone dancing and smiling before Susan Pon-Gee led the group down the lakeside path to the Pergola and back. Each walker covered 3 miles round-trip, returning to try their luck in our well-being themed raffle, full of great prizes, including a mountain bike!
UCPATH	Employees decked out in UC Walks t-shirts enjoyed a thirty minute walk along our tree lined street that included mascot foot prints to help them follow the path. They were able to quench their thirst with a variety of fruit infused waters, and enjoy delicious UCR grown oranges. A wellness fair was held along with the walk that included whimsical, fun, stress reducing activities such as hula hooping, golf putting, a prop filled selfie station, blowing bubbles, throwing beach balls, and a board games table. Along with UC health care vendors, UCR vendors, a local yoga company, and local CSA farm held booths.

UC Riverside	Participants were given a card to track their laps walked. Volunteers from Athletics (student athletes) managed 4 stations where participants could get their card stamped to receive credit for their lap. At 12:30pm, the Chancellor gave a motivational speech and participants continued to walk until 1:30 p.m. There was a small vendor fair that included the health plans, Staff Assembly, Healthy Campus, The Student Recreation Center and dining services which provided healthy refreshments. Scotty the Bear and Norm the Navel stopped by for photos and participants took pictures in front of the Healthy Campus backdrop.
UC Santa Barbara	Multiple walks occurred throughout the day to accommodate dining staff and other service workers' schedules. The Recreation Center had multiple drawings for fitness classes & massages. Trainers led warm-ups and walks around our beautiful campus. HDAE distributed local, organic tangerines. All participants received T-shirts and one lucky winner received a Fitbit.
UC Santa Cruz	The event began at 11:00 AM at the Quarry Plaza. Participants checked in, got their t-shirt and raffle ticket. They were led through a 5-minute warm up and the group walk began at 11:30 AM. Participants were led on a 20-minute guided walk through an area on campus. Participants were then directed back to the starting location and a raffle was conducted. Giveaways were given to each participant. Faculty and Staff Wellness Program Wellness Ambassadors volunteered to hand out t-shirts, take pictures, walk with the group and promote the Wellness Ambassador program
UC San Diego	Employees enjoyed a 2.36 mile loop visiting three different registration/check-in locations on campus. The three locations were meant to allow access to more employees. Participants received a yellow wristband and then collected the three location stickers. Participants visiting all location sites could enter into an opportunity drawing to win prizes such as a Fitbit, Bluetooth speaker, or goody basket. Vendors were strategically placed at each location handing out giveaways such as: reusable bags, reusable silverware, towels, sunscreen, t-shirts, water bottles, and water.
UC San Diego Health	Two groups walked at the Hillcrest Medical Center. Participants also had the opportunity to participate in a small wellness fair which offered chair massage, food samples from Kind Bar, "Ask the Dietitian" and food samples from the Dietetics Intern Program, UCSD Weight Management Program and Center for Mindfulness information and body composition from 24-Hour Fitness. One walk, chair massage and "Ask the Dietitian" and foods samples from the Dietetics Internship Program took place at the Jacobs Medical Center on the La Jolla Medical campus. Three additional walks were led by Wellness Ambassadors at UCSD Health satellite locations
UCSF Campus and UCSF Health	UCSF/UCSF Health UC Walks events were held at nine UCSF locations: Parnassus, Mission Bay, Mt. Zion, Laurel Heights, Mission Center Building, ZSFG, SF VAMC, 8000 Marina Blvd and Fresno. Participants were given maps of a 15 minute route with t-shirts at the end and encouraged to do a second loop with their shirts on. At four locations, the Stress Free UC (mindfulness app funded by the Healthy Campus Network) group shared information about the upcoming pilot. Refreshments were given out at some locations.
Lawrence Berkeley National Lab	In our inaugural UC Walks event, the main campus offered employees a choice of 2 walk routes (easy and challenge); a third route was enjoyed in sunny Walnut Creek by our JGI colleagues. Following the walk, employees enjoyed snacks while they visited our generous medical vendors and invited wellness-oriented businesses. Employees were entertained post-walk with music by our Ukulele Club, a Salsa Dance demo and a raffle.

In an effort to continue the momentum generated from UC Walks and to reach our 2019 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 Manager listed on the [UC Living Well website](#).

For details on each locations event, please see below:

Location	Number of Participants	Total Minutes Walked
UC ANR	322	10,893
UC Berkeley	850	25,500
UC Davis	355	10,650
UC Davis Medical Center	432	12,960
UC Hastings	21	630
UC Irvine	1,500	22,500
UC Irvine Health	643	12,860
UCLA	291	5,238
UCLA Health	1,760	26,497
UC Merced	312	9,360
UCOP	478	21,510
UC PATH	197	5,910
UC Riverside	415	6,993
UC Santa Barbara	245	9,800
UC Santa Cruz	100	800
UC San Diego	371	13,133
UC San Diego Health	92	253
UC San Francisco UC San Francisco Health	1,181	17,715
Lawrence Berkeley National Lab	80	2,100
TOTAL	9,645	215,302

Goals for UC Walks Day 2019

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