

2016-2017
Systemwide WellBeing
Metric Report

UNIVERSITY
OF
CALIFORNIA

Systemwide
WellBeing

UC Systemwide WellBeing Initiative

Unites faculty and staff across the University of California in its mission to improve our collective emotional, financial, nutritional, and physical wellbeing. By sponsoring programs, resources, and events, we aim to provide and make easily available to all employees the tools and knowledge needed to lead a healthy and thriving life. UC has established metrics to support our core pillars of wellbeing.

Emotional Pillar

Championing employees to seek help when needed and highlighting behavioral health benefits, UC is striving to increase 1st time outpatient visits.

Financial Pillar

Encouraging increased class attendance, personal consultations and department meetings, employees will be empowered to better manage daily finances, while setting and achieving short and long term financial goals

Nutritional Pillar

Through disease prevention and care management, UC aims to reduce the growing rate of Diabetes as employees discover the connection between health and the foods we eat.

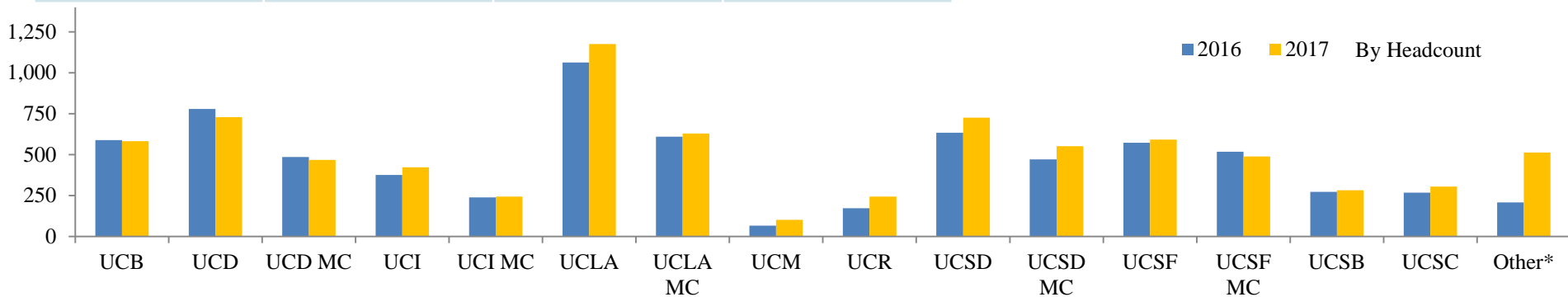
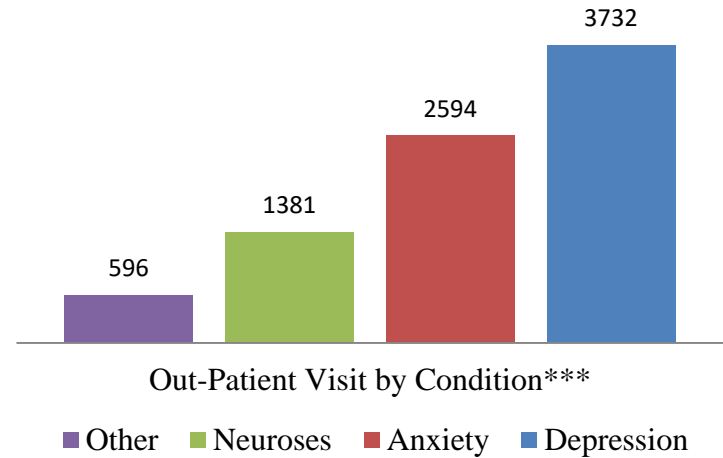
Physical Pillar

Regular wellness checkups can help detect problems before they start or diagnose issues early. UC encourages employees to take charge of their health by staying current with their well-care visits.

Emotional Wellbeing Metric Report

1st Time Outpatient Visit

Location	2016 % of Employees	2017 % of Employees	% Change
UCB	5.8%	6.0%	-1.2%
UCD	6.8%	6.3%	-6.3%
UCD MC	6.5%	6.1%	-3.5%
UCI	5.6%	6.2%	12.5%
UCI MC	5.7%	5.9%	2.1%
UCLA	6.0%	6.4%	10.5%
UCLA MC	6.0%	6.0%	3.3%
UCM	5.4%	8.0%	53.0%
UCR	4.8%	6.5%	41.3%
UCSD	5.9%	6.6%	14.5%
UCSD MC	7.8%	8.1%	17.2%
UCSF	5.9%	5.9%	3.5%
UCSF MC	6.1%	5.5%	-5.4%
UCSB	6.5%	6.7%	3.3%
UCSC	8.4%	9.5%	13.8%
Other*	3.9%	9.9%	147.3%
Total	6.1%	6.5%	10.0%



* 1st time outpatient visit categorized as an individual who did not seek outpatient treatment in the previous calendar year

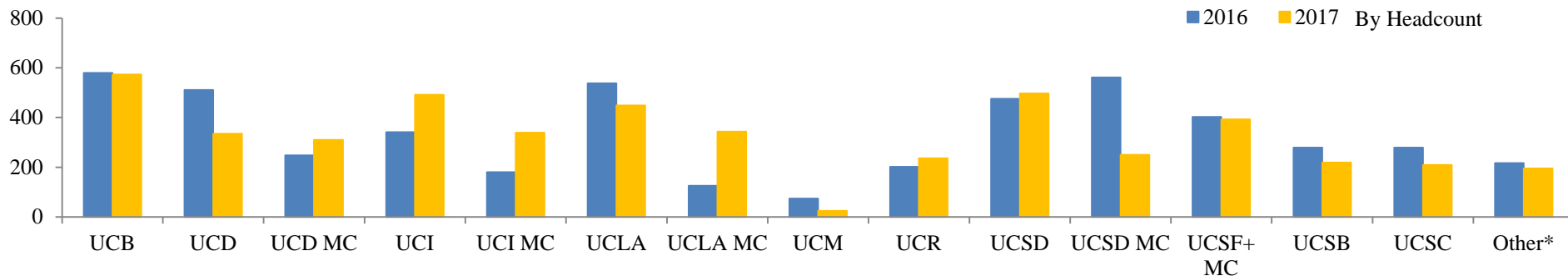
** Other consists of ANR, LBNL, and UCOP

***2017 By Condition total exceeds the number of 1st time outpatient visits as employees may have more than one condition

Financial Wellbeing Metric Report

Financial Education: On-Site Workshop Attendance

Location	2016 % of Employees	2017 % of Employees	% Change
UCB	4.0%	4.0%	-1.2%
UCD	3.2%	2.1%	-34.4%
UCD MC	2.6%	3.2%	25.0%
UCI	3.2%	4.6%	44.3%
UCI MC	3.6%	6.9%	88.3%
UCLA	1.8%	1.5%	-16.5%
UCLA MC	1.0%	2.8%	173.0%
UCM	5.0%	0.9%	-66.2%
UCR	3.6%	3.7%	16.8%
UCSD	2.8%	2.9%	4.6%
UCSD MC	6.8%	2.8%	-55.4%
UCSF + MC	1.6%	1.5%	-2.5%
UCSB	4.9%	3.7%	-21.5%
UCSC	6.6%	4.7%	-25.1%
Other*	3.8%	3.5%	-10.1%
Total	2.9%	2.8%	-3.0%



*Other consists of Hastings, LBNL, and UCOP

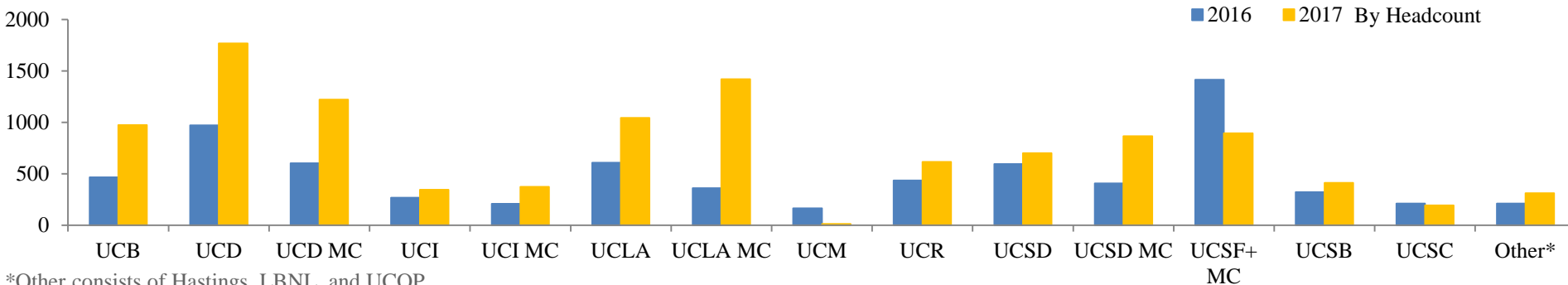
2016 Workshops Offered: 1,374; 2017 Workshops Offered: 1,319

-4% decrease in workshops offered; 3% decrease in employee attendance

Financial Wellbeing Metric Report

Financial Education: Department Meeting Attendance

Location	2016 % of Employees	2017 % of Employees	% Change
UCB	3.2%	6.8%	109.0%
UCD	6.2%	11.2%	81.9%
UCD MC	6.4%	12.7%	102.5%
UCI	2.5%	3.2%	28.8%
UCI MC	4.2%	7.6%	79.7%
UCLA	2.1%	3.5%	71.8%
UCLA MC	3.0%	11.4%	293.6%
UCM	11.1%	0.4%	-92.6%
UCR	7.7%	9.6%	41.7%
UCSD	3.5%	4.0%	17.8%
UCSD MC	4.9%	9.9%	113.0%
UCSF + MC	5.5%	3.4%	-36.9%
UCSB	5.7%	7.0%	27.6%
UCSC	4.9%	4.4%	-8.6%
Other*	3.7%	5.5%	47.4%
Total	4.3%	6.4%	53.9%



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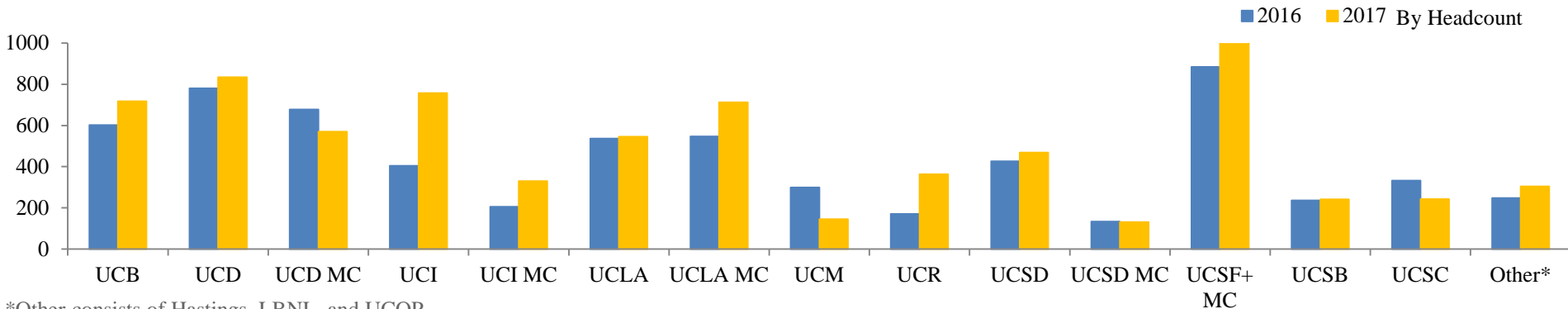
2016 Department Meetings Offered: 442 2017 Department Meetings Offered: 554

25% increase in department meetings offered, 54% increase in employee attendance

Financial Wellbeing Metric Report

Financial Education: 1 on 1 In Person Consultation

Location	2016 % of Employees	2017 % of Employees	% Change
UCB	4.1%	5.0%	19.1%
UCD	4.9%	5.3%	6.8%
UCD MC	7.2%	5.9%	-15.9%
UCI	3.8%	7.1%	87.4%
UCI MC	4.2%	6.7%	61.0%
UCLA	1.8%	1.8%	1.7%
UCLA MC	4.5%	5.7%	30.3%
UCM	20.4%	5.1%	-51.5%
UCR	3.1%	5.7%	112.3%
UCSD	2.5%	2.7%	9.9%
UCSD MC	1.6%	1.5%	-1.5%
UCSF + MC	3.5%	4.4%	31.2%
UCSB	4.2%	4.1%	2.1%
UCSC	7.8%	5.5%	-27.1%
Other*	4.4%	5.4%	22.6%
Total	3.8%	4.3%	16.0%



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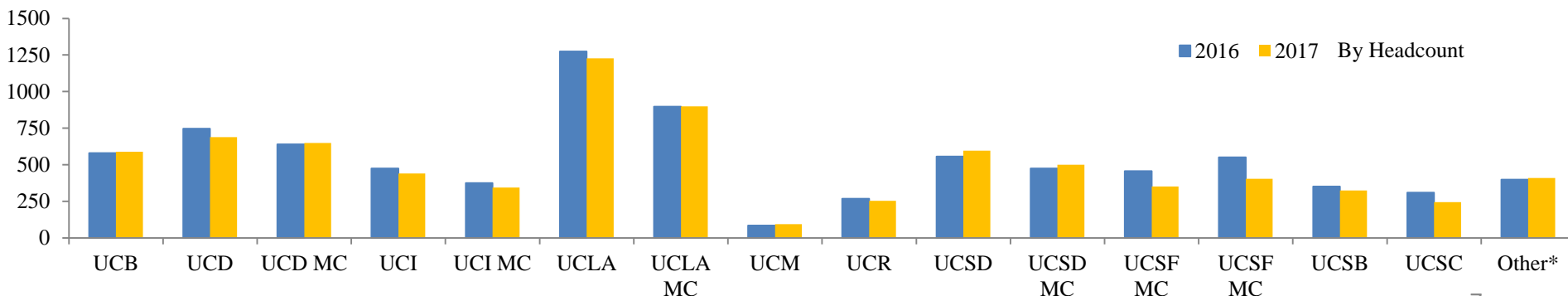
2016 Telephonic Consultations: 6,384, 2017 Telephonic Consultations : 9,283

45% increase in telephonic consultations

Nutritional Wellbeing Metric Report

Diabetes Prevalence: Employees Diagnosed with Diabetes (Type 1 or Type 2)

Location	2016 % of Employees	2017 % of Employees	% Change
UCB	5.7%	6.1%	1.4%
UCD	6.5%	5.9%	-7.8%
UCD MC	8.6%	8.5%	1.4%
UCI	7.0%	6.4%	-7.2%
UCI MC	8.9%	8.4%	-8.3%
UCLA	7.2%	6.7%	-3.7%
UCLA MC	8.8%	8.6%	0.2%
UCM	6.9%	7.5%	10.6%
UCR	7.5%	6.8%	-5.6%
UCSD	5.2%	5.4%	7.2%
UCSD MC	7.9%	7.3%	5.5%
UCSF	4.7%	3.5%	-23.0%
UCSF MC	6.5%	4.6%	-26.7%
UCSB	8.4%	7.7%	-8.0%
UCSC	9.6%	7.6%	-20.7%
Other*	7.5%	7.9%	2.5%
Total	7.0%	6.5%	-5.0%

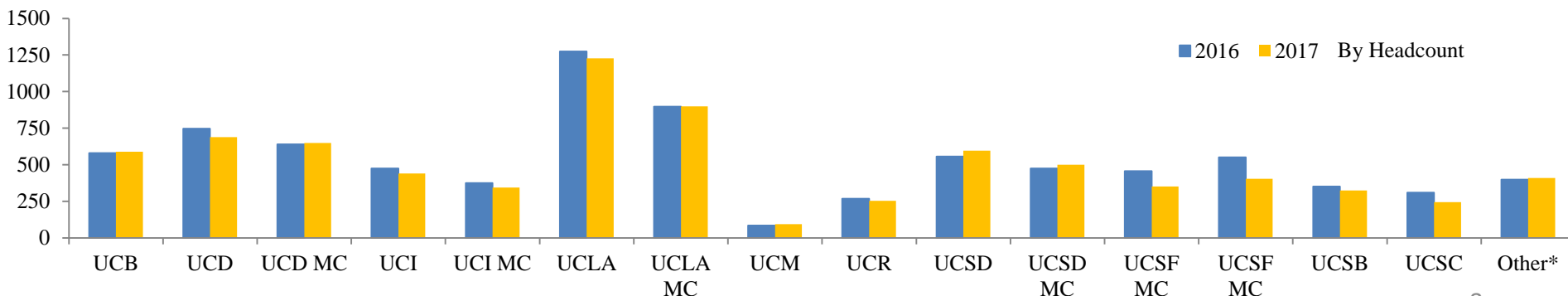


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UCI MC	8.9%	8.4%	-8.3%
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UCLA MC	8.8%	8.6%	0.2%
UCM	6.9%	7.5%	10.6%
UCR	7.5%	6.8%	-5.6%
UCSD	5.2%	5.4%	7.2%
UCSD MC	7.9%	7.3%	5.5%
UCSF	4.7%	3.5%	-23.0%
UCSF MC	6.5%	4.6%	-26.7%
UCSB	8.4%	7.7%	-8.0%
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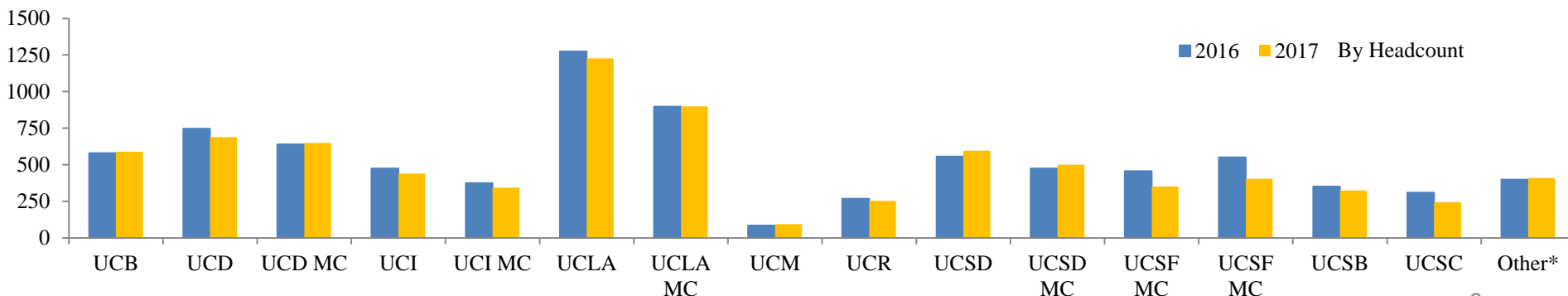


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UCD MC	8.6%	8.5%	1.4%
UCI	7.0%	6.4%	-7.2%
UCI MC	8.9%	8.4%	-8.3%
UCLA	7.2%	6.7%	-3.7%
UCLA MC	8.8%	8.6%	0.2%
UCM	6.9%	7.5%	10.6%
UCR	7.5%	6.8%	-5.6%
UCSD	5.2%	5.4%	7.2%
UCSD MC	7.9%	7.3%	5.5%
UCSF	4.7%	3.5%	-23.0%
UCSF MC	6.5%	4.6%	-26.7%
UCSB	8.4%	7.7%	-8.0%
UCSC	9.6%	7.6%	-20.7%
Other*	7.5%	7.9%	2.5%
Total	7.0%	6.5%	-5.0%

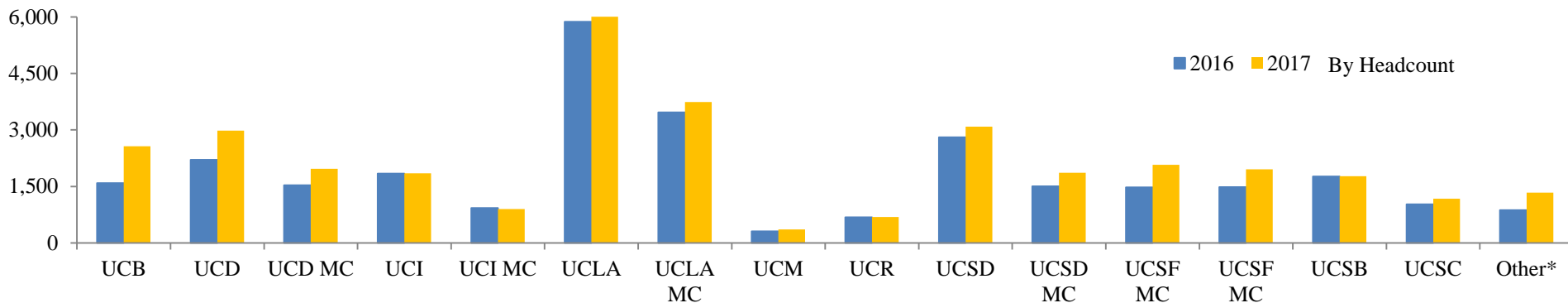


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Physical Wellbeing Metric Report

Employees Accessing Well Care Visit

Location	2016 % of Employees	2017 % of Employees	% Change
UCB	15.7%	26.4%	61.2%
UCD	19.2%	25.5%	35.0%
UCD MC	20.7%	25.8%	28.1%
UCI	27.3%	27.1%	0.3%
UCI MC	22.1%	21.8%	-3.2%
UCLA	33.3%	34.8%	8.2%
UCLA MC	34.2%	35.6%	7.9%
UCM	25.4%	28.3%	14.1%
UCR	19.0%	18.5%	1.8%
UCSD	26.1%	28.1%	10.2%
UCSD MC	25.0%	27.2%	23.5%
UCSF	15.2%	20.8%	40.3%
UCSF MC	17.5%	22.0%	31.5%
UCSB	42.2%	42.0%	0.3%
UCSC	32.0%	36.6%	14.4%
Other*	16.4%	25.8%	53.4%
Total	24.4%	28.2%	18.0%



* Other consists of ANR, LBNL, and UCOP