UCR Faculty and Staff Wellness Program

Presented by:
Julie Chobdee, MPH,
Wellness Program Coordinator
“UCR is committed to a campus culture that promotes wellness through healthy lifestyles that enhance the quality of life for our faculty, staff and students.”

Jane Close Conoley, former Interim Chancellor
It is a lifestyle; a way of living that encourages good physical and mental health.

It is a balanced lifestyle that includes an emphasis on the body, mind and spirit.
An investment in health

The Latest Research....

According to the *American Journal of Health Promotion’s* in-depth analysis, employers with work site health promotion programs see on average:

- 27% reduction in sick leave absenteeism
- 26% reduction in health costs
- 32% decrease in workers’ compensation and disability claims

Healthy lifestyles contribute to increased productivity, energy, improved mental health and function, and quality of life.
UCR Wellness Program

For Faculty and Staff

To provide UCR faculty and staff with integrated and comprehensive health and wellness programs and services to support a healthy and productive workforce and healthy campus environment.

To create and sustain a healthy campus culture that educates, motivates and empowers UCR faculty and staff to adopt and maintain healthy lifestyle behaviors.

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UCR Wellness Programming

For Faculty and Staff

Behavior Change Programs

Wellness Workshop Series

Educational Sessions

Wellness Information and Resources

Health Screening

Consultations

Health Assessment
Current Wellness Programs

WalkingFit

MobileFit

Wellness Ambassador Program
Upcoming Wellness Programs

- Blood Pressure and Exercise session
- StairWell Challenge
- Food Day
- Great American Smokeout
- Holiday Health
- School of Medicine Wellness series
- Healthy Habits Program
UC goes Smoke/Tobacco-Free… January 2014!

- No smoking, use of smokeless tobacco, e-cigarettes, or any unregulated nicotine products allowed on UC owned or leased property.
- Cessation Support and Resources
- Communications
- Education/Trainings

TobaccoFree.ucr.edu
Challenge to New Faculty!

- Visit our website – [www.wellness.ucr.edu](http://www.wellness.ucr.edu)
- Join our programs
- Create a wellness action plan
- Collaborate to create a healthy working, teaching, and research environment
- Practice healthy habits daily
- Communicate health message to your colleagues and students
- Be a healthy role model!
Looking for a Few Good Faculty

- Campus Wellness Oversight Committee (CWOC)
- Wellness Ambassador Program
Why Wellness?

- Improve health and well-being
- Improve productivity
- Prevent injury/illness
- Increase Morale
- Reduce Absenteeism/Lost Time
- Reduce Presenteeism
- Balance work and personal life

We Care About our Faculty and Staff!

Making UCR a Better Place to Work!
More Information on Wellness

[Website URL]
[Phone Number]
[Email Address]
Questions?