WELLNESS BY COMMITTEE

Sandy Batchelor, WorkLife and Wellness Coordinator
Stacey Brezing, WorkStrong Coordinator
STONE SOUP

The story of Wellness at UC Davis
STONES

- **FTE (Full Time Equivalent)**
  - 10% of 1.5 FTE = 6 hours/week

- **Budget**
  - $0

- **Infrastructure**
  - Health System and Campus

- **Demographics**
  - 35,000 students & 23,000 Staff/Faculty

- **Geography**
  - 5,300 acres + off site locations

- **Organizational Support**
  - Minimal
MANY HANDS SHARING…

- Expertise
- Energy
- Resources and connections
- Communications
PARTNERS AND RESOURCES

Villagers

Ingredients
ESTABLISHING PARTNERSHIPS

- Look for passion: “wellness champions”
- Look at all dimensions of wellness
- Look at mission statements
- Find common ground
- Look both on campus and off
- Establish a wellness committee
ON CAMPUS: STUDENT

- Student Health
- Clubs and Organizations
ON CAMPUS: STUDENT

“Our group was attracted to this project at UC Davis for our Program Planning class project because it allowed us to pursue improvements in areas of health we particularly care about and because we can learn about targeting a population new to all of us and in a setting with its own unique challenges.”

~Christina Badaracco, MPH Student, UC Berkeley
ON CAMPUS: STAFF

- Eight dimensions of wellness
- Personal champions…make a connection
- Look for unique or specific resources
- Wellness Committee
Wellness Wheel for kids:

Physical = Play
Social = Share
Intellectual = Think
Occupational = Learn
Emotional = Smile
Spiritual = Rest
Environmental = Explore
ON CAMPUS: STAFF

“We value our partnership with our wellness committee because together we mutually reinforce healthy habits that are good for responsible resource use, for the environment, and, most of all, for people!”

~Camille Kirk, Assistant Director of Sustainability, UC Davis Environmental Stewardship and Sustainability
ON CAMPUS: FACULTY

- Departments, Colleges and Programs
- Ongoing or New Research
ON CAMPUS: FACULTY

“I have been fortunate to partner with the UC Davis Worklife program over the past several years and capitalize on existing resources to provide students with valuable hands-on experience while providing faculty and staff with personalized health assessments... A great win-win situation for all involved”

~Dr. David Hawkins, Neurobiology, Physiology and Behavior, UC Davis
OFF CAMPUS:

- Local business
  - In-kind (mutually beneficial)
- Healthcare Providers
  - In-kind services (screenings)
- Health Insurance Providers
  - In-kind services
  - Swag
  - Funding
USE TECHNOLOGY

- Robust webpages
- Communications
- E-based programs/challenges
- Apps

Future Goals:
- Find a passionate champion in IT
- Improve campus communications
ARE WE SOUP YET?

A few more hands and ingredients…
WHERE WE ARE...

WorkLife and Wellness

Office of the President

Individual Champions

Wellness Committee

Meditation
Walking
Dept. Based Challenges

Other

BFSP
Brown Bags
Yoga
Aggies on the Move
Staff Development/Career Resource and Referral

Smoke and Tobacco Free Initiative
Student Health & Occ Health
Vendor Incentive Program
Systemwide Committee

Sodexo: Farmers Market
Occupational Health: WorkStrong
Fire Department: Heart Attack/AED
Health Care Providers
Campus Recreation and Unions
ASAP
Ombuds
Wellness Ambassador Program
QUESTIONS?

CONTACT INFORMATION

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