

UCR

UCR Faculty and Staff Wellness Program

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Workplace Health & Wellness

“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



Wellness



Ergonomics



Workers' Compensation



Disability Management

Wellness



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
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- ▶ Healthy lifestyles contribute to increased productivity, energy, improved mental health and function, and quality of life.

UCR Wellness Program

For Faculty and Staff



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

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.

UCR Wellness Programming

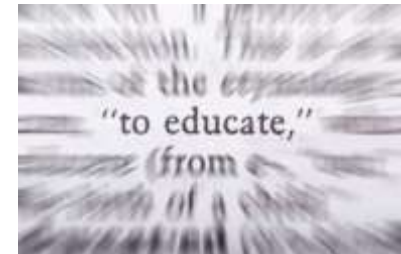
For Faculty and Staff



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
- › 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



wellness.ucr.edu



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Questions?

