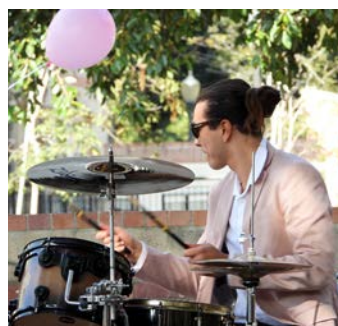
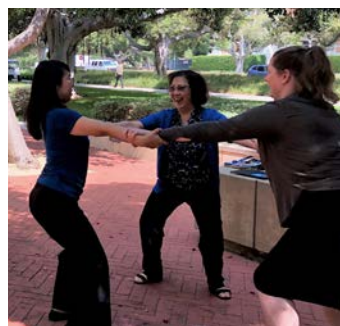


SEMEL HEALTHY CAMPUS INITIATIVE CENTER AT UCLA



2021 - 2022 Progress Report
10-Year Anniversary



JANE B SEMEL

Founder and Visionary of the Semel HCI Center at UCLA



"I cannot tell you how impressed I am with the team of people across the campus who have joined together and who passionately believe in this. I do think people are more aware now of their health and how it changes your life."

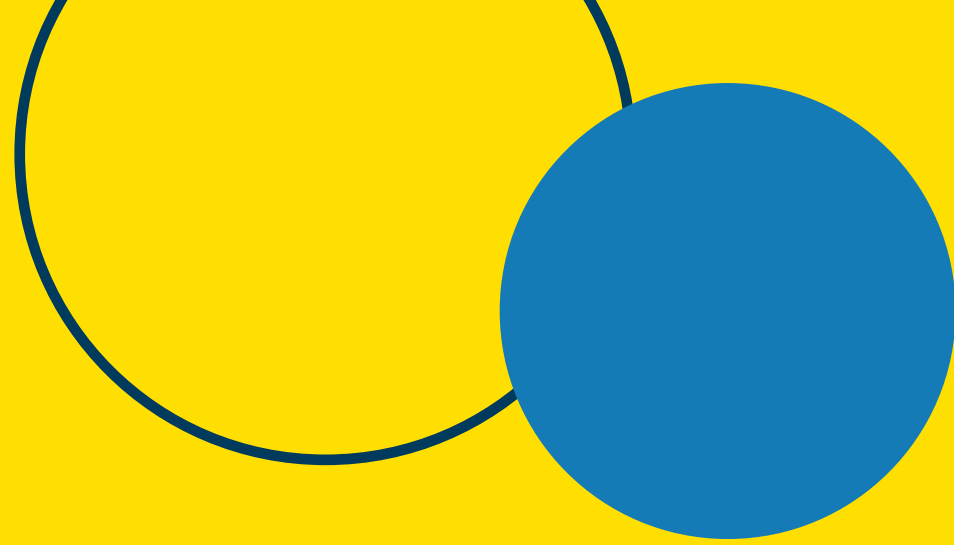


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INTRODUCTION





July 2022

Dear Friends and Colleagues,

This year marks the 10th anniversary of the Semel Healthy Campus Initiative Center (HCI). What started out as a simple question posed by Jane and Terry Semel, the founders of UCLA's Semel Institute for Neuroscience and Human Behavior, to Chancellor Gene Block: "Why does UCLA do such a good job treating disease, but not such a good job of preventing disease and promoting health and well-being?" led to a quick and monumental decision to transform UCLA into the healthiest campus in the country.

Thanks to the Semels and Chancellor Block's unwavering support, HCI was launched in 2012, serving over 85,000 students, staff, and faculty and has grown into the Semel Healthy Campus Initiative Center (or Semel HCI).^{1,2} As HCI flourished, Terry Semel's insightful suggestion "that if it works in one university, others will follow,"³ proved to be so correct that it inspired other health and well-being efforts not only in California, but also nationally and across the globe.

HCI's first Associate Vice Provost, Michael Goldstein, took a community organizing approach to identify boots on the ground activists in health and well-being. By identifying existing strengths and assets across UCLA's campus and bringing individuals together around a common goal, Semel HCI has created an infrastructure to collaborate and learn about the innovative ideas generated from student, staff, and faculty often translating research into practice and then generating further research opportunities. Moreover, the on-going support of campus leadership continues to signal the importance of health and well-being to the community and has been critical to building a culture of health at UCLA. This progress report details major milestones and achievements in the history of the Semel Healthy Campus Initiative Center.

Less visible over the past ten years, is the work Semel HCI and our partners take on, unheralded, day to day in pursuit of a healthy campus. It is the students, faculty, and staff who lead and are engaged in the everyday work of weaving Semel HCI's values into policies, programs, academics, and research. These actions and commitments merit recognition – what often seem like small victories, over time are the building blocks for larger successes guiding us towards a stronger

culture of health, through asset mapping and mobilization using the collective impact model. From water bottle refilling stations, to developing the Food Studies Minor, from lowered campus speed limits to "take the stairs" signage, from the healthy vending research project to the pianos sprinkled across campus, Semel HCI makes significant strides to weave health into the very fabric of our institution. Ten years after its inception, Semel HCI has moved from UCLA's backyard to all of the campuses throughout the UC system, as well as other campuses in the United States, all eager to incorporate the program's teachings into their own communities' cultures. It is also noteworthy to mention the majority of the pod and steering committee leaders have loyally stayed on leading, advising, and embracing the vision and strategy of Semel HCI, year in and year out.

It feels so long ago, when I began my many walks with Jane Semel across UCLA's beautiful and iconic 400-acre campus, dreaming about how to accelerate HCI's vision. As we emerge from the COVID-19 pandemic, the importance of Semel HCI's work is more relevant than ever. We continue to strive to make UCLA the healthiest community in which to work, learn, and thrive while inspiring others through building a culture of health as the foundation for a resilient, equitable, and flourishing community. While we do not know what our future portends, we do know we have a strong, caring community that believes in the potential of each of our students, staff, and faculty. By harnessing all of our talents, skills, and commitments, as well as leading by example and being an incubator for innovation, we can all strive to build a healthier and more equitable world. It is a true honor to lead the Semel Healthy Campus Initiative Center into its next decade, and I trust that all of you who are reading this letter know that our doors are wide open in welcoming you to join us in building the next chapter of Semel HCI.

Onward and Upward,

Wendelin Slusser, M.D., M.S.

Associate Vice Provost
Semel Healthy Campus Initiative Center at UCLA

Letter from

ASSOCIATE VICE PROVOST WENDELIN SLUSSER



Our Approach to HEALTH & WELL-BEING

In 2011, one year prior to being launched, Chancellor Block tapped Fielding School of Public Health Professor and Medical Sociologist, Dr. Michael Goldstein, to strategize how to create the healthiest campus in the country, inspired and supported by Jane and Terry Semel's vision. Goldstein (whose academic career spans over fifty years at UCLA) recognized social change is driven by grievances that spur community organizing activities and build into social movements. Building a collective identity around a common goal, Goldstein spent the next two years meeting with campus leaders to share the goals and vision for the Healthy Campus Initiative and presenting to departments, divisions, groups, and individuals in the UCLA community who were interested in learning about the mission to create the healthiest campus in the country. His community organizing skills, social movement knowledge, and experience accelerating social change helped build the foundation for the Healthy Campus Initiative at UCLA.

Harnessing the power of asset mapping and mobilization, Semel HCI's approach to generating a culture of health at UCLA evolved to embrace a collective impact model for social change. Put simply, collective impact is achieved when a group of diverse stakeholders come together around a common objective, leaving their personal agendas at the door.⁷ The Food Summit hosted by Semel HCI in 2014 provides an excellent example of the collective impact approach⁸ and the outcomes it can generate; learn more by reading the Food Summit Case Study on the Reports, Briefs, & Policies page of the Semel HCI website.⁴

Our collective impact approach has built trust among our many partners. Indeed, one measure of the success of our social organizing efforts and collective impact approach is the expansion of our network over time, including individuals from both health and non-health oriented sectors and departments. This expanding network signals significant progress towards a culture of health and well-being at UCLA, with both health and non-health oriented individuals recognizing the importance of health to so many aspects of work and life at the university.



10 YEARS OF SEMEL HCI

2011

A More Holistic Approach to Health & Well-Being

The seed for HCI is planted when Jane and Terry Semel engage in early discussions about creating a more holistic approach to health and well-being at UCLA, with a focus on prevention. Together they discuss how to make UCLA the healthiest campus in the country by “making the healthy choice the easier choice”.

January 2013

Launch of HCI

The Healthy Campus Initiative (HCI), envisioned & supported by Jane & Terry Semel is launched by Chancellor Block, highlighting the value placed on health & well-being by campus leadership. Working groups called “pods” are formed around different aspects of well-being:

- 1) nutrition & diet;
- 2) physical activity & exercise;
- 3) mind-brain health & sleep;
- 4) the built environment; &
- 5) tobacco-free campus.



April 2013

Tobacco-Free Policy

The tobacco-free policy, spearheaded by HCI’s BreatheWell pod, is formally adopted by the University, making it the first UC campus to do so.

Spring 2013

Student Group Grant Program

The HCI Student Group Grant Program is launched to engage students by supporting student groups’ projects to impact health on campus. Student engagement was one of the primary priorities identified for the long-term success of the initiative.



Fall 2013

Bruin Plate

HCI demonstrates its leadership in healthful and sustainable dining through its support of the nationally acclaimed dining hall, Bruin Plate. UCLA has earned the No. 1 spot in the “Best College Food in America” four times since the ranking debuted in 2015.

September 2012

First Steering Committee Meeting

HCI convenes its first Steering Committee meeting to discuss the initiative’s mission and goals ahead of its official launch. The aim was to generate a social movement to build a culture of health, with priorities including:

- Healthy equity and inclusivity
- Student engagement
- Parity among all constituents and cross campus collaborations
- Amplifying existing well-being efforts
- Serving as an incubator for innovative ideas to improve well-being
- Supporting replicable and scalable well-being projects
- Developing metrics and the HCI brand

Spring 2014

Take the Stairs

The “Take the Stairs” pilot project launched by students at the UCLA Fielding School of Public Health successfully promotes stair usage through infrastructure and design changes, reactivation of existing spaces, and visual cues on elevators and stairway entrance. The success of the pilot resulted in a campus-wide roll-out, called StairWell, and was scaled up across the UC system in 2018. (Read the project brief on our website⁴ and see other student-initiated projects on p.74.)



July 2014

Launch of the Global Food Initiative

Inspired by HCI’s early success, then UC President Janet Napolitano launches the UC Global Food Initiative to address one of the critical issues of our time: how to sustainably and nutritiously feed a world population expected to reach 8 billion by 2025.



February 2015



A New Pod: ResearchWell

HCI launches a 6th pod, ResearchWell, to elevate and lend credibility to the evidence-basis of HCI’s work as well as support research and evaluation needs of the initiative and other pods.

June 2014

Food Summit

HCI hosts a Food Summit, gathering transdisciplinary stakeholders across campus to envision the future of food at UCLA and beyond. This convening led to the eventual creation of the following:



Encouraged by the success of the Food Summit, Semel HCI has gone on to host several other summits (Mind-Body Summit 2015, Prop 64 Summit 2017, Health Equity Summit 2020, Media & Information Literacy Summit 2022) as a participatory way to ideate and envision solutions to pressing health and well-being issues.

Spring 2015

HCI Symposium

HCI hosts a symposium to educate the campus community on issues around health and well-being. This symposium inspired a tradition of annual ‘year-end celebrations’ that now highlight the achievements of the Healthy Campus Initiative and its partners while recognizing the efforts of key campus leaders.

Summer 2015

Pod Leadership

Renee Fortier is appointed as a BEWell Pod Co-Leader, marking a shift in the pod leadership structure. As the Director of Events & Transportation, her dual roles enable the pod to accelerate the translation of research into practice. The pod leadership structure has since expanded in all other pods to include a senior management operational lead, in addition to a content expert faculty lead. For example, Associate Vice Chancellor of Housing and Hospitality (H&H), Pete Angelis was appointed EatWell Pod Co-Leader in September 2016. Pete's keen ability to listen and adapt what he learned through his work with HCI has been demonstrated through the implementation of the Diabetes Prevention Program for H&H staff, the Piano Project, and the De Neve dining hall's Flex Bar.

July 2016

UC Healthy Campus Network

Based on the early success of HCI and interest from other UC campuses, the UC-wide Healthy Campus Network (HCN) is launched by then UC President Napolitano. (See p.98 for more details on our systemwide impact.)

May 2018

Establishment of the Semel Healthy Campus Initiative Center

At the annual year-end Celebration in Pauley Pavilion, Chancellor Block announces the establishment of the Semel Healthy Campus Initiative Center (or Semel HCI), further elevating the stature and importance of the initiative on campus.

January 2019

Piano Project

Initiated by a UCLA undergraduate student, the Piano Project is launched with support from Semel HCI, placing pianos across campus to bring music and a sense of community and joy to the built environment. This project highlights how Semel HCI elevates student ideas and utilizes its broad network to turn vision into action through cross-campus participation. (Read more about student initiated projects on p.74 and more about the Piano Project on our website.⁵⁾)

May 2019

LiveWell Podcast

Semel HCI launches the UCLA LiveWell podcast,⁶ hosted by AVP Wendelin Slusser and bringing new perspectives on health and well-being from students, staff, and faculty across and beyond our campus.



December 2020

Total Worker Health

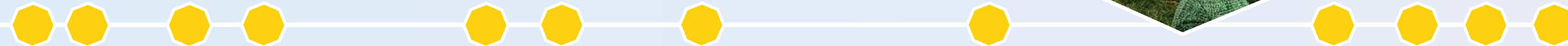
UCLA becomes a Total Worker Health Affiliate with the CDC, highlighting the vast work to make UCLA the healthiest campus not just for students, but also for campus employees. (Read more about this effort in the 2020-2021 progress report.⁴⁾)



March 2022

Kerckhoff Patio Reimagined

In partnership with ASUCLA, Semel HCI launches the "Kerckhoff Patio Reimagined" project, designed for students by students to build community and promote social well-being.



May 2017

Grand Opening of the Jane B Semel HCI Community Garden

The Jane B Semel HCI Community Garden hosts its grand opening. As a transdisciplinary hands-on learning space at UCLA, the garden builds community, promotes personal and planetary health, and supports equity and food justice.



Winter 2016

Diabetes Prevention Program

UCLA became the first university in the country to offer the Centers for Disease Control (CDC) Diabetes Prevention Program (DPP) on campus in February 2016 and the program achieved Full Recognition from the CDC in March 2018. The success of the DPP at UCLA led to a UC systemwide scale up in 2018, with the UC Coordinating Center established at UCLA. This initiative has served nearly 1,600 participants as of 2022. (Learn more about the DPP on p.102.)



Fall 2017

A New Pod: EngageWell

HCI launches its 7th pod, the EngageWell pod, recognizing the importance of relationships and social environments for holistic well-being.

March 2020

Leadership During the COVID-19 Pandemic

The COVID-19 pandemic shifts campus to virtual work and learning while Semel HCI's robust network facilitates a rapid response to support the health and well-being of Bruins during a time of heightened stress and anxiety. The work of the previous 8 years had established Semel HCI as a leader on campus, resulting in Semel HCI AVP Wendelin Slusser being asked to chair a working group of the COVID-19 Response & Recovery Task Force on staff well-being during the pandemic. UCLA was the only UC campus to address well-being as part of its COVID-19 response and recovery planning. The top health equity priorities of the working group were food security, stress, and emotional well-being. (Read more about Semel HCI's leadership during the COVID pandemic in detail in the 2020-2021 progress report.⁴⁾)

May 2022

10 Year Anniversary

Semel HCI celebrates its 10th year at UCLA at the newly revamped Kerckhoff Patio.



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OUR FOCUS AREAS

In order to meaningfully impact health, Semel HCI recognizes the importance of joining forces with campus stakeholders to bring a vast array of talents and rich resources to one table. To operationalize this, content area faculty and senior management operators co-lead the thematic workgroups, called “pods.” Not only does this leadership structure help accelerate the translation of research to evidence-based practice on UCLA’s campus and beyond, but it also expands the breadth and reach of Semel HCI’s impact. Pod leaders utilize an asset mapping and mobilization approach and follow a collective impact model that has resulted in increased community engagement, diversity, and effectiveness. Monthly pod meetings are based on an inclusive policy, in which all UCLA community members (student, staff, faculty, and LA community) are welcome to attend. In these meetings, teambuilding and trust ignite creative discussions, promote resource-sharing, and initiate program implementation.

This approach reduces siloing on campus by bringing people together with a shared interest and common agenda.

The following pages illuminate the BEWell (Built Environment), BreatheWell, EatWell, EngageWell, MindWell, MoveWell, and ResearchWell pods’ major accomplishments and impact since their inception.



BEWELL

HOW DOES THE BUILT ENVIRONMENT IMPACT WELL-BEING?

The built environment – the spaces we construct and the landscapes we produce – powerfully shapes the experiences of its communities, and holds enormous potential to either benefit or impede individual and community health. For example, through increased accessibility for pedestrian and bicycle transportation, the built environment can reduce air pollution levels and increase physical exercise and social and emotional well-being,¹ while the construction of spaces that primarily use impermeable surfaces and lack greenspace will produce and trap excessive heat, discouraging physical activity and exacerbating associated illnesses such as asthma and cardiovascular disease.²

In efforts to mitigate these adverse health results, greenspace—areas of vegetation intentionally positioned within urban environments—have become a commonly proposed and implemented solution. However, while both natural and structured greenspaces within communities provide many benefits, structured greenspace that incorporates both public recreation and socialization opportunities provides greater physical and mental health benefits, including stress mitigation, physical activity, and psychological restoration.³

The built environment is where we live, work, learn, and operate in and beyond our day-to-day lives. It can offer us solace or stress, depending heavily on the intentionality and awareness of decision-makers responsible for designing the built environments in which we live.



“HEALTH HAPPENS NOT IN YOUR DOCTOR’S OFFICE BUT WHERE YOU LIVE... WE CAN’T CHANGE OUR GENES, BUT WE CAN CREATE GOOD PLACES, HOMES, AND COMMUNITIES THAT MAKE IT EASIER FOR US TO BE MORE ACTIVE, HAPPIER, AND HEALTHIER.”
 – DR. RICHARD J. JACKSON,
 BEWELL POD CO-LEADER,
 PROFESSOR EMERITUS AT
 UCLA FIELDING SCHOOL OF
 PUBLIC HEALTH

MOTIVATING STATISTICS



71% of UCLA’s 419 acres are covered by impermeable surfaces – mainly buildings (30%), streets and similar surfaces (14%), and hardscapes (24%) including concrete, stone, bricks, wood, etc. – which can aggravate heat conditions, reduce community cohesion, and impede leisure.⁴



Following a long tradition of cultivating botanical gardens, avocado orchards and creeks, 21% of UCLA’s campus area is constituted by vegetation, in addition to the 8% that is lawn space. Green spaces such as these invite physical activity and promote mental well-being of the greater community.⁴



During a typical year, more than 31,000 students commute from their off-campus residences to the University each school day.⁵



On average, 16% of the combined student and employee commuter population walked to campus via sidewalks, campus paths, crosswalks, or other elements of the UCLA built environment on any given school day in 2021.⁶



Over 3000 members of the UCLA community are bikers who benefit from the over 3500 free bike parking spaces, an electronic bike locker system, 250 e-bikes via the campus’ vendor-based rental program, and the two Metro Bike Share system bike stations.⁵

BEWELL POD MISSION

The mission of the BEWell pod is to examine and address the ways in which UCLA's built environment and surrounding areas impact the lived experiences of campus community members, with the goal of promoting a healthier and happier campus. The pod's work is centered around the understanding that health is shaped by our environments. From the exploration of extreme heat on campus to the creation of safe lactation spaces for students who are nursing, BEWell aims to mitigate the barriers and encourage the benefits presented by our campus' infrastructure. The pod works to assess and improve the diversity of elements that make up UCLA's built environment, while advancing projects which contribute to our mental and physical well-being. These elements, which include the campus and surrounding buildings, walkways, roads, transportation hotspots, gardens, and beyond, are understood by BEWell as the bedrock of the lived experience within our Bruin community.

POD LEADERSHIP



RICHARD JACKSON, MD, MPH
Professor Emeritus of
Environmental Health Sciences at the
Fielding School of Public Health
BEWell Pod Co-Leader



RENEE FORTIER, MA, MS
Executive Director of UCLA
Events & Transportation
BEWell Pod Co-Leader



KIRSTEN SCHWARZ, PHD
Associate Professor of Urban Planning
at the Luskin School of Public Affairs &
Environmental Health Sciences at the
Fielding School of Public Health
BEWell Pod Co-Leader



DAVID KARWASKI
Director of Mobility Planning & Traffic
Systems at UCLA Transportation
BEWell Pod Co-Leader



MONIKA SHANKAR
BEWell Graduate
Student Researcher



ADDISON WINGATE
BEWell Undergraduate Pod Assistant



AMY STANFIELD
BEWell Undergraduate
Pod Assistant

IMPACT

Increased Partnerships Focused on a Campus Environment Which Promotes Health

Since its inception, the BEWell pod has increased its membership to more than 150 individuals, which include students, staff, and faculty from a range of schools and departments at UCLA (public health, sustainability, urban planning, public policy, transportation and medicine). This membership base has been critical in the development of pod objectives, including lactation spaces, bike accessibility, extreme heat mitigation techniques, and beyond.

Improved Bike-Transit Experience on Campus

Since 2013, BEWell and its partners have improved the bike-transit experience on campus by increasing and upgrading campus bicycle racks, introducing electronic bike lockers for extra security, improving bike lanes, and building bike channels into stairs. These initiatives have improved the safety, accessibility, and ease of biking on campus, positively impacting the individual physical health of the over 3,000 members of our UCLA community who use bicycles as transportation and reducing our campus community's dependency on motorized vehicles.⁷



Beautifying the Built Campus Environment with Art

In 2020, BEWell created murals on 14 traffic boxes across campus as part of the *Our Environment, Our Health* initiative. Art interventions in the built environment have been shown to enhance learning opportunities, increase engagement with physical infrastructure, and raise awareness of important issues impacting the world.⁸

Sharing Lessons Learned and Serving as a Leader in the Health and Well-Being Movement

In June 2014, BEWell Pod Co-Leader Richard Jackson (MD), was the keynote presenter at the "MAKING CAMPUSES HEALTHY" event at a national convocation of campus architects at Notre Dame, Indiana. Dr. Jackson spoke about BEWell's model of collaborative change-making to the 250 attendees, who were impressed by UCLA's progress and inspired to enhance their own campus' built environments to generate positive health outcomes.⁹ This serves as an example of how the pod shares lessons learned and serves as a leader on health equity through the lens of the built environment.

Reduced Speed Limits on Campus

In Fall of 2017, BEWell initiated the "Twenty is Plenty" campaign for reduced speed limits on campus to significantly increase safety of pedestrians and bicyclists. According to the AAA Safety Foundation, reducing the speed of the car to 20 mph in a collision with a pedestrian decreases the likelihood of average pedestrian death from 20% to just 7%.¹⁰ Between 2011 and 2015, nine on-campus collisions resulted in injury. Since 2016, no collisions have been reported on the campus.¹¹



POD MILESTONES

Winter 2013

Campus-Wide Bike Event

BEWell hosts the inaugural, campus-wide bike event “Building Paths to a Healthy UCLA” to increase bike visibility and accessibility. The event represents the start of a long-lasting partnership between BEWell and UCLA Transportation to advance transportation initiatives in and around campus, including engaging in the Westwood Village Improvement Plan, hosting National Bike Week events, and advocacy around the new UCLA Metro Station.

Spring 2017

Lactation Spaces

BEWell partners with the student group Creating Spaces to promote and increase lactation spaces on campus, aiming to support parenting students. In subsequent years, the pod collaborated with campus partners to add lactation spaces at the Young Research Library and other locations on campus.

Spring 2014

StairWell

Initially launched at the Fielding School of Public Health, the StairWell project activates stairwells across campus to promote the use of stairs over the elevators through infrastructure and design changes, re-activation of existing spaces, and visual cues on the elevators and stairway entrances. (Read more about this initiative on p.75.)

Fall 2017

Space Activation

BEWell partners with MoveWell and EngageWell to kick off the space activation initiative called Reclaiming Our Healthy Spaces, focusing specifically on the Court of Sciences as a site of intervention. At the end of the year, two tables, a solar bench, and a recreation storage shed had been installed, alongside the removal of vending machines to provide more space for the new structures. These small changes in this underutilized space allowed students to congregate, study, and rest outdoors. The project was also instrumental in shifting the BEWell pod’s focus to critically assessing underutilized spaces on UCLA’s campus and led to the development of several future projects including the Reimagining Kerckhoff Patio project and the Re-envisioning Election Hill project. (Read more about the Reimagining Kerckhoff Patio project on p.76.)

Fall 2017

Twenty is Plenty

BEWell instigates a change in campus speed limits, reducing the speed limit on campus roadways to 20 mph, which improves safety for pedestrians, and UCLA Transportation launched its “Twenty is Plenty” speed limit campaign to encourage slower driving on a very active campus with many modes interacting each day, i.e. bicyclists, pedestrians, buses, cars, delivery trucks, scooters, and motorcycles. The 20 mph campus limit is markedly lower than the surrounding city roads, which have a speed limit of 35 mph.

Fall 2018

Hydration Stations

The BEWell pod and Semel HCI launches the Hydration Station project in a multi-pronged effort to reduce consumption of unhealthy sugar sweetened beverages, encourage the campus community to drink more water, refill their water bottles on campus, and reduce waste from plastic bottles. Project strategies included adding new stations (e.g., in Murphy Hall), creating an interactive map of stations, developing signage, and hosting focus groups to better understand beverage choices and potential barriers to drinking tap water. A total of 78 hydration stations have been installed and added to the map since 2019. (Read more about the Healthy Beverage Initiative on p.100.)

Summer 2019

Bicycle Friendly University

As a result of building on initial BEWell recommendations to improve its bicycling program, in August 2019, UCLA earns a designation as a Gold Level Bicycle Friendly University from the League of American Bicyclists, one of 31 colleges and universities nationwide that have achieved that designation.

Spring 2020

Traffic Box Art

Inspired by the impact art can have on activating public spaces, the BEWell pod organizes and facilitates the “Make Your Own Traffic Box Art” tabling activity for the annual Semel HCI celebration event. The activity eventually inspired *Our Environment, Our Health*, an art contest designed to beautify the UCLA streetscape with traffic box murals while raising awareness about climate change and its impacts on human health and well-being.

Spring 2020

Healthy Bike Pathway Plan

The BEWell pod leadership encourages the study of a seamless bicycle route between the main campus Reagan Hospital and the UCLA Santa Monica Hospital, a goal of Pod Co-Leader Richard Jackson since the early days of Semel HCI. A collaborative effort between UCLA, UCLA Health, the City of Los Angeles, and the City of Santa Monica resulted in a Healthy Bike Pathway Plan that delineated network improvements to enable a safe, low-stress bike ride between the hospitals.

Spring 2021

Best Practices for Returning to Campus


Following a year of collaboration with campus and community leaders, the BEWell pod publishes preliminary findings in the Public Spaces and Returning to Campus Report, to identify, plan, and implement best practices for a healthy built environment. The document has subsequently been used to guide space activation projects during the ongoing COVID-19 pandemic.

Fall 2021

Heat & Shade Research Project

Given the increasing focus on planetary health, the BEWell pod launches a research project focused on heat and shade on campus. Specifically, the research project aims to assess the impact that shade has on subjective thermal comfort at UCLA’s transit stations, in order to identify potential built environment interventions that would enhance the UCLA transit user’s experience.





"I AM CONSTANTLY AMAZED BY THE PASSION, ENERGY AND MISSION OF THE BEWELL POD TO ADDRESS AND SOLVE ENVIRONMENTAL ISSUES THROUGH UCLA'S BUILT ENVIRONMENT. IT IS INCREDIBLE TO CONNECT WITH OTHER CAMPUS ENTITIES WHO HAVE A SHARED GOAL IN CREATING A HEALTHY AND GREEN UCLA ENVIRONMENT." –
AMY STANFIELD, 2021-2022 BEWELL UNDERGRADUATE POD ASSISTANT

FUTURE DIRECTIONS

Looking forward, the BEWell pod will continue to shape UCLA's built environment to support health and wellness through community-engaged space activation projects, development of research initiatives, and planning of educational events. We aspire to seamlessly connect our campus with transit and mobility infrastructure that encourages walking and biking, provides the campus community with abundant greenspace and engaging areas to learn and congregate, and meets the needs of future campus members through attaining our climate and sustainability goals. Through these efforts, we will continue inspiring the work of others within our community – just as past initiatives such as the Stairwell Project live on in the Healthy Campus Network (HCN), our current projects will continue to mobilize and transform our campus as well as the UC system.

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BREATHWELL

WHY FOCUS ON CLEAN AIR?

Tobacco use is the leading preventable cause of mortality in the United States and nearly all tobacco users initiate their use before age 26. California has one of the lowest rates of tobacco use in the United States, but more than 1 in 6 Californians aged 18-25 use tobacco products. The last decade has seen tremendous growth in the types of tobacco products beyond traditional cigarettes to now include electronic cigarettes and vaping devices, as well as other forms such as hookah. As a result, when defining the criteria for a healthy campus, a tobacco free campus was identified as a key requirement.

MOTIVATING STATISTICS



California has the second lowest tobacco use prevalence in the country, approximately 12%,¹ with the US tobacco use prevalence estimated at 19%.² For Californians aged 18-25, that rate is 16.1%.¹



In 2018-2019, 46.8% of hookah lounges, 31.3% of vape shops and 31.6% of all tobacco retailers were located within 3 miles of 4-year California universities and colleges.³



In 2020, it was estimated that 9.7% of California high school students use tobacco, with 8.2% using e-cigarettes/vaping devices.⁴



91.6% of tobacco product users among high school students use flavored tobacco products, guiding the State of California to vote on a referendum in November 2022 regarding a flavored tobacco product ban.⁵

BREATHWELL POD MISSION

The mission of the BreatheWell pod is to ensure a clean air environment for UCLA, with a particular emphasis on sustaining and enhancing UCLA's tobacco-free campus policy. UCLA was the first UC campus to fully implement this policy on April 22, 2013. The BreatheWell pod helps support students who are interested in learning more about the effects of tobacco use and interventions to reduce tobacco-related harms.

POD LEADERSHIP



MICHAEL ONG, MD, PHD

Professor of Medicine at the David Geffen School of Medicine and Health Policy and Management at the Fielding School of Public Health
BreatheWell Pod Leader



LINDA SARNA, PHD, RN, FAAN

Dean Emerita of the School of Nursing
2012-2015 BreatheWell Pod Co-Leader



NIKITHA LAKSHMINARAYANAN

BreatheWell Undergraduate Pod Assistant



ANNIE SUN

BreatheWell Undergraduate Pod Assistant

IMPACT

A Leader in the Tobacco-Free Campus Movement

UCLA was the first UC to adopt the tobacco-free campus policy, acting as a leader for the other UC campuses to follow. In addition to this leadership role on tobacco-free issues, BreatheWell also acted as a leader by addressing changes to the policy as new issues arise, such as cannabis and vaping.

Education Impacting the Broader LA Community

The pod has developed education through events and programming around tobacco-free efforts, such as supporting UCLA's Colleges Against Cancer chapter and the Student Wellness Commission EARTH Division with their tobacco control events on BruinWalk, and developing the tobacco-free campus signage plan. UCLA's population of nearly 78,000 individuals contribute substantially to the overall level of well-being across the West Service Planning Area of Los Angeles County, which consistently has the lowest cigarette use prevalence (7.5% in 2018) and rates of exposure to cigarette secondhand smoke in an outdoor area (41.5% in 2018) compared to all other Service Planning Areas of Los Angeles County.⁷⁻⁸

A Clear Reduction of Smoking On-Campus

UCLA undergraduates conducted a cigarette butt evaluation before and after the implementation of the UCLA tobacco-free campus policy. Cigarette butts declined in all locations except by Fielding School of Public Health (because there were no cigarette butts before or after) and by Ronald Reagan UCLA Medical Center (due to visitors not aware of the policy). Over 3000 cigarette butts are collected in a semiannual cleanup by UCLA Health around the Ronald Reagan UCLA Medical Center⁶ - a figure which would be much higher without a tobacco-free campus policy!

Developing Future Leaders in the Health & Well-Being Movement

94 students have enrolled in the BreatheWell-supported Fiat Lux course over the past 7 years, from 2015 through Spring 2022. Students from these Fiat Lux courses have gone on to be leaders in the health and well-being space. Both BreatheWell student leaders for 2022-2023, as well as the 2016-2017 UC Smoke and Tobacco Free Student Fellow from UCLA had previously enrolled in the Fiat Lux course.

POD MILESTONES

- April 2013**
Tobacco-Free Policy
With support from the BreatheWell Pod, UCLA is the first full UC campus to implement the tobacco-free policy. Prior to this, only the UC hospital campuses had been tobacco-free.
- September 2015**
Fiat Lux Course
The BreatheWell Pod launches a Fiat Lux course (still ongoing) that educates UCLA students about tobacco control.
- May 2016**
Student Fellowships
The BreatheWell pod assists the UC Office of the President with launching its UC Smoke and Tobacco-Free Student Fellowships, and supports two years of fellows.
- January 2018**
"Weed" Like to Know
The BreatheWell pod develops a "Weed" like to know' informational brochure to educate the UCLA community about cannabis.
- May 2018**
Revising UC Policy
The BreatheWell pod assists the UC Office of the President with revising the systemwide smoke and tobacco free environment policy to clarify which products are affected by the policy, including a wide range of tobacco products and cannabis.



FUTURE DIRECTIONS

The pod will be monitoring tobacco product use with the ongoing changes in flavored tobacco product regulation, and collaborating with other pods on improving air quality and reducing environmental harms.

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EATWELL

WHY FOCUS ON FOOD?

There has been growing awareness of food insecurity as an indicator of inequality on college campuses. Across the US, 40% of students in higher education face food insecurity, and among UC students, “Black and Latino students are more likely to experience food insecurity compared to their White peers.”²⁻⁴ Food insecurity not only takes a heavy toll on students’ mental and physical well-being, but also on academic outcomes.^{5,6} With the high cost of university attendance and cost of living, students (particularly those who are economically disadvantaged) tend to prioritize food last among their many time commitments and expenses. Worrying about how to access enough food leads to increased stress, difficulty concentrating, poor sleep, low energy, and other symptoms that hinder academic performance.^{4,5} In this way, food insecurity may compound and perpetuate the inequities that give rise to it in the first place. Research leading to actionable programs and policies are essential to improving health, access, and equity in food systems toward a more welcoming, inclusive, and community-centered campus.⁴

The growing challenges of climate change also require urgent action around food systems that holistically involve diverse community members and stakeholders while considering the impacts of food production, waste, and consumption on planetary health.⁷ Supporting people in climate conscious, nutritious eating requires education and support toward growing fresh food and making sustainable choices, as well as culturally-centered programs on how to prepare food and prevent food waste around financial, seasonal, and geographic considerations. The realities of the transitional phase of the COVID-19 pandemic require further action that address the root causes of the socioeconomic inequities in local and global food systems, where healthy and fresh food is still inaccessible to many despite large-scale food production resulting in excess waste. While these challenges are not new, they call for administration, institutions, and society to financially support those who are most impacted by these inequities so they can lead and model transformative practices toward more equitable and sustainable food systems that are culturally-centered and community-driven.

FOOD INSECURITY:
“THE DISRUPTION
OF FOOD INTAKE OR
EATING PATTERNS
BECAUSE OF LACK OF
MONEY AND OTHER
RESOURCES”¹



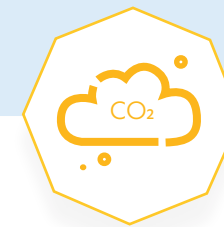
MOTIVATING STATISTICS

72%

In the 2020-2021 academic year, a call for applications to participate in the Community Programs Office’s summer food assistance programs received over 1,000 responses, with 72% of applicants having “very high” or “high” financial aid needs.⁹



Research analyzing sales data for 89 UCLA campus vending machines that prioritize offering healthy, nutritious products suggests customers are open to choosing healthier products and can be influenced to do so without hurting the bottom line.¹⁰



The food system contributes up to 29% of all anthropogenic emissions.^{12,13}

40%

About 40% of students in the UC system have been found to experience food insecurity – a proportion that is three times higher than for US households on average.⁸



Individuals who are unable to access nutritious, quality food are at higher risk of obesity, which increases the risk of adverse outcomes from COVID-19 infection.¹¹

EATWELL POD MISSION

The EatWell pod strives to enhance hands-on learning, access, and knowledge exchange about food, cooking, and connections to human and planetary health. EatWell brings together the diverse perspectives of food-passionate students, staff, faculty, and administrators and supports innovative projects to build a thriving, anti-racist community toward making healthier and more sustainable choices accessible. By supporting and collaborating with numerous organizations and stakeholders on campus, the EatWell pod works at the intersection of food, land, research, and innovation to further food equity and bring staff, faculty, students, and community members together at our table.

POD LEADERSHIP



AMY ROWAT, PHD (SHE/HER)

Associate Professor & Vice Chair of Integrative Biology & Physiology and Rothman Presidential Chair in Food Studies
EatWell Pod Co-Leader



PETE ANGELIS, EXECUTIVE PROGRAM '09 (HE/HIM)

Assistant Vice Chancellor of Housing & Hospitality
EatWell Pod Co-Leader



MEL LIU (THEY/THEM)

EatWell Graduate Student Researcher



KATIE OLIVEIRA (SHE/HER)

EatWell Undergraduate Pod Assistant

FORMER POD LEADERS:

2012-2014: Wendelin Slusser, Current Associate Vice Provost, Semel HCI

2014-2015: Julie Kwan, Librarian Emerita, Louise M. Darling Biomedical Library & the Science and Engineering Library

IMPACT

Developing Innovative & Interdisciplinary Academic Courses

EatWell Pod Co-Leader, Dr. Amy Rowat, and GSR Mel Liu launched the inaugural Food Studies 181 course (*Special Topics: Perspectives on Food and Society*) in Spring 2022. This course piloted a guest speaker series format and allowed 22 undergraduate and graduate students to engage with a wide range of practitioners, scholars, and influential leaders across the food community, such as Chefs Alice Waters and Martin Draluck.

Establishing a Community Garden as a Space for Learning and Community Building Around Food Production

Since 2017, the Jane B Semel (jbs) HCI Community Garden has served over 500 ploholders and has launched three certificate programs enrolling over 200 participants to date. The garden has played a role in mobilizing student responses around food insecurity on campus, by encouraging garden community members and ploholders to donate produce to the UCLA Community Programs Office (CPO) Food Closet. Bringing researchers, faculty, practitioners, and advocates across campus together helps catalyze community-based participatory research projects that promote access to freshly grown local produce across Los Angeles. (Read more about the garden on p.92.)

Developing an Evidence Base to Support Healthy & Sustainable Food Choices Toward Wide-Scale Impact

From food procurement and vendor choice, to awareness around the carbon emissions of food offerings, the EatWell pod has supported studies that aim to translate research into action around more sustainable food systems on campus. Research from UCLA graduate and undergraduate students has sparked various initiatives to bring healthier food onto campus. For example, a healthy vending study led by doctoral student Joe Viana involved the conversion of nearly half of the vending machines on campus into “healthy vending machines” without a negative financial impact.¹⁰ These positive results and buy-in across UCLA and other UC campuses has resulted in a renewed focus towards system-wide healthy vending policy in the UC Sustainable Practices Policy.¹⁶ In another example, Semel HCI supported Hannah Malan’s dissertation research in collaboration with UCLA Dining staff, which involved studying the impact of labeling the low carbon footprint options at the dining facility Rendezvous West in Fall 2019. In analyzing all entrées sold for Fall 2019, the study found a decrease of approximately 16.4 metric tons of CO₂—the equivalent of driving 42,000 miles—when they shifted their labeling. This project inspired a new High Carbon Footprint logo, later leading to UCLA Dining introducing more delicious Low Carbon Footprint menu options such as Spiced Red Lentils and tofu-based Sofritos at UCLA’s Rendezvous West campus restaurant.¹⁷ (Read more about Semel HCI’s research efforts on p.80.)



Convening Stakeholders with Tangible Outcomes

Semel HCI's 2014 Food Summit resulted in the vision and establishment of a Food Studies minor in 2015 (182 graduates as of Spring 2022), a Food Studies Graduate Certificate Program in 2016 (41 graduates as of Spring 2022), the Jane B Semel HCI Community Garden in 2017 (31 raised beds growing food in biodynamic soil), an on-campus Teaching Kitchen in 2019, and the Rothman Family Institute for Food Studies in 2022. Additionally, EatWell pod leadership have participated as national thought leaders and partners as founding members of the Teaching Kitchen Collaborative, and early members of the Menus for Change University Research Collaborative.^{14,15} One of the EatWell pod's strengths is listening to stakeholders, as demonstrated by Semel HCI GSR Hannah Malan and public health doctoral student Tyler Watson who convened focus groups with UCLA students to explore issues and solutions related to food insecurity. Students expressed the need for more knowledge around budget-friendly food preparation, strengthening the case for the establishment of the UCLA Teaching Kitchen.⁸

"FROM GRADUATING ONE STUDENT IN SPRING 2016, THE MINOR HAS GROWN TO NEARLY 80 STUDENTS IN 2022. WITH THE LAUNCH OF THE ROTHMAN FAMILY INSTITUTE FOR FOOD STUDIES AND PARTNERSHIPS ACROSS UCLA AND BEYOND, WE KNOW THAT CURRICULAR INNOVATION RELATED TO FOOD WILL CONTINUE TO FLOURISH. I AM SO PROUD TO BE PART OF THIS FUTURE."
— BROOKE WILKINSON, DIRECTOR, ACADEMIC INITIATIVES DIVISION OF UNDERGRADUATE EDUCATION



Educating and Engaging the K-12 & Public Audiences on Science & Food

EatWell developed the curriculum for a science and food summer enrichment course for K-12 students in LAUSD in 2020 and 2021. EatWell's public events, such as Pod Co-Leader Amy Rowat's Science & Food lecture series, has made food education accessible to thousands in the greater Los Angeles region. Since 2012, EatWell events have brought chefs and food practitioners such as David Chang, Rene Redzepi, Roy Choi, and Karen Washington to campus for students and the public to engage in discussions around timely and relevant challenges and innovations in our food systems.



POD MILESTONES

2012

A Focus on Nutrition

"Food and nutrition" is identified as a major focus area at HCI's launch, marking the inception of the EatWell pod. After attending the first few EatWell pod meetings, Assistant Vice Chancellor of UCLA Housing & Hospitality, Pete Angelis, was inspired by peer-reviewed publications around healthful eating practices at universities and offers a partnership with UCLA Dining in future food and nutrition studies with EatWell affiliates and researchers. This partnership has resulted in many incredible research opportunities, including three doctoral dissertations,^{10,17,18} which exemplify the rapid translation of research to practice afforded by the existence of a strong cross-campus network generated by Semel HCI. Read about some of the research studies that have resulted from this partnership in the Research Section of this report.



Spring 2013

Medicinal Herb Garden

Inspired by the William Penn designed medicinal garden, EatWell pod leadership secured funding from the Lowenstein Foundation, they then established the Ronald Reagan Medical Center Medicinal Garden in spring 2013 with a cadre of volunteers to assist with the planting of the garden. The garden honors Mexican, Chinese and California Native American medicinal traditions. UCLA Librarian Julie Kwan learned about these efforts and referred HCI to a rare book collection of original lithographs of herbs in the biomedical library that could help advertise the garden. Furthermore, the uses of the herbs in healing were vetted by the only Homeopathic World Health Organization Center in the US, based at the University of Illinois Pharmacology School. HCI reproduced prints of medicinal herbs from the rare book collection that would eventually be featured at Bruin Plate dining hall, the Luskin Conference Center, the outpatient pharmacy in Ronald Reagan Hospital, the halls of Murphy Hall and many dorm rooms, offices and other sites at UCLA.

Fall 2013

Science & Food Public Lecture Series

Through the EatWell pod monthly meeting brainstorming, Amy Rowat, Wendy Slusser (then-EatWell Pod Leader and Associate Clinical Professor in the Schools of Medicine and Public Health), and Pete Angelis agreed to co-host the Science & Food public lecture at Royce Hall called "Edible Education", featuring luminary Chef Alice Waters, Wendy Slusser, and LAUSD Director of the Food Services, David Binkle. The day of the event included visits to UCLA's newly launched DIG student group garden at Sunset Canyon Recreation and various meetings with UCLA faculty and administrative leaders, where brainstorming sessions led to the idea to advance a UC-wide Food initiative based on the UCLA HCI model. In January 2014 UCLA Chancellor Block hosted a dinner to introduce HCI to the other UC chancellors and the newly appointed UC President Janet Napolitano who, inspired by the work of HCI, responded to the HCI presentation by announcing the UC Global Food Initiative; the dinner was organized by HCI and prepared by Alice Waters with UCLA guest chefs.

2013

Launch of Bruin Plate

An innovative aspect of this new dining facility is that sugar sweetened beverages are not served; this was initiated in parallel to Semel HCI's advocacy for healthier beverages through changing language in UCLA's campus pouring rights contracts. Since its opening, BruinPlate has been awarded a four-star rating from the Green Restaurant Association, making UCLA the third university in the nation to receive the GRA's highest rating. Bruin Plate is a national leader among university dining halls when it comes to sustainability and healthy dining and is regularly rated as the best College Food in America. A Bruin Plate cookbook has since been developed, with part of the proceeds going towards resources for food insecure students.



2014

Partnership for Healthier America

Semel HCI, UCLA Recreation, and UCLA Dining contribute to the development of the food and physical activity criteria for Former First Lady Michele Obama's Partnership for Healthier America's Healthier Campus Initiative. This includes creating new or revised dining concepts and options with healthier, plant-based, and carbon footprint conscious options.

2014

Student Food Insecurity Survey Questions

Survey results from the UC Undergraduate Experience Surveys (UCUES) and Student Affairs Graduate and Professional Student Survey (GPSS) at UCLA identify high rates of food insecurity among students, resulting in focus groups at UCLA to identify barriers and opportunities to combat these issues. A year later, in 2015, UCOP and GFI conducted additional surveys UC-wide and found high food insecurity among UC students.⁴ These statistics were crucial in galvanizing support for on-campus food access operations, particularly important during the pandemic when Semel HCI brought multiple resources to support food security for UCLA students and staff and the broader LA community. Since 2014, Semel HCI has supported the Community Programs Office and other food recovery organizations on campus to bring new programs to community members, including the Holiday Food Box distributions and virtual food closet options.

2014

Establishment of the UC Global Food Initiative

Inspired by the early success of HCI, the EatWell pod, and the collaboration of Wendy Slusser and Amy Rowat on the UCLA Science & Food Public Lecture Series, then-UC President Janet Napolitano announces the launch of the UC Global Food Initiative (GFI) through the UC Office of the President at Berkeley, Sacramento, and UCLA on July 1, 2014. UCLA welcomed its first cohort of GFI fellows coordinated and administered through HCI in 2014.

2014

Food Summit

HCI hosts the Food Summit in June 2014, resulting in the creation of a Food Studies minor, officially approved by the Undergraduate Council in 2015, accelerating the mission of both HCI and GFI in promoting food education for undergraduates. Additionally, this summit led to the establishment of the Food Studies Graduate Certificate Program in 2016, the Jane Semel HCI Community Garden in 2017, the on-campus Teaching Kitchen in 2019, and the Rothman Family Institute for Food Studies in 2022.

Winter 2017

De Neve Dining Hall “Flex Bar”

UCLA Dining launched a state-of-the-art “Flex Bar” at De Neve dining hall, integrating nutrition, environmental stewardship, and social responsibility. Using the “protein flip” strategy toward healthier and more sustainable food, the Flex Bar reframed plant-based ingredients as the primary sources of protein with animal-based proteins taking a new role as “condiments” and “flavoring agents.” Assistant Vice Chancellor of UCLA Housing and Hospitality, Pete Angelis, approached the ResearchWell pod to discuss evaluation for the Flex Bar. With support from EatWell, a team led by Professor May Wang, EatWell doctoral student Shelley Jung, and Adjunct Assistant Professor Burt Cowgill (part of the ResearchWell pod) analyzed student surveys and purchase-level data to evaluate the Flex Bar’s impact on undergraduate student consumption of plant- and animal-based proteins, highlighting EatWell’s approach to encourage partnerships among the pod’s broad base of experts in collaborations across diverse departments and disciplines. (Read more about the Flex Bar in the Research section on p.80.)

“THE VALUE OF THE JBS GARDEN LIES NOT ONLY IN ITS FOOD PRODUCTION, BUT IN ITS ABILITY TO FOSTER EDUCATION AND COMMUNITY... LEARNING HOW OUR FOOD IS GROWN AND SEEING THAT FIRST HAND IN THE GARDEN IS ONE OF THE MANY PIECES NEEDED IN THE FIGHT FOR FOOD JUSTICE.”
– ALLY STEINLEITNER, 2021-2022 JBS HCI COMMUNITY GARDEN COORDINATOR

Winter 2017

Early Teaching Kitchen Classes

The UCLA Healthy Campus Initiative, Fielding School of Public Health, and David Geffen School of Medicine launch teaching kitchen classes at Sur La Table in Westwood to address the demand among food insecure students for knowledge and skills to eat well on a budget, as identified through previous focus groups with UCLA students who self identified as food insecure.⁸

Spring 2017

Grand Opening of the jbs HCI Community Garden

The Jane Semel HCI Community Garden celebrates its grand opening at HCI’s year-end Celebration. This milestone resulted from Jane Semel’s advocacy for a bigger student garden on UCLA’s campus on an unused site above the outdoor amphitheater at Sunset Recreation Center. From 2014 to 2017, in partnership with the DIG student group, Healthy Campus Initiative leadership led the charge to establish the garden as a space for building community, learning about sustainable agriculture techniques, growing healthy food, and supporting student food security. The garden’s grand opening featured the alfresco production of A Midsummer Night’s Dream performed by Theatre, Film, & Television students. This illustrated, from the onset, the value and multipurpose opportunities for the garden to be a community convening space.



2019

UCLA Teaching Kitchen Grand Opening

Culminating from recommendations from the 2014 Food Summit and student focus groups, the UCLA Teaching Kitchen is launched at the LA Tennis Center Straus Clubhouse on campus. This permanent space incorporated the lessons learned from the Sur La Table teaching kitchen classes. At the launch event, kicked off by Chancellor Block, speakers from across campus and disciplines highlighted the value and importance of the space for students to learn fundamental life skills that can positively impact their health and that of the planet.

2020-2021

LAUSD Summer Enrichment Program

EatWell faculty and staff members develop and pilot a science & food summer enrichment program serving nearly 2000 LAUSD K-12 students over the two summers.

2018

Welcoming a New Pod Co-Leader

Long-time EatWell pod member and Assistant Vice Chancellor of Housing and Hospitality, Pete Angelis, becomes an EatWell Pod Co-Leader. Pairing senior administrators with faculty members to co-lead each of the HCI pods has been a pivotal strategy that strengthened the capacity to translate research into practice on the UCLA campus and beyond.

2022

Food Studies Institute Launch

The launch of the UCLA Rothman Family Institute for Food Studies represents the completion of the fifth of the five goals proposed in the Food Summit in 2014.



FUTURE DIRECTIONS

With the acknowledgment that precarious conditions such as food insecurity and environmental injustices continue to disproportionately impact BIPOC, women, LGBTQIA, disabled, and other marginalized communities, the EatWell pod will continue to use listening-centered research processes to include diverse lived experiences and perspectives from different identities.^{19,20} In prioritizing listening, inclusion, and action through research, we aim to support more meaningful leadership and participation from community members and community-based practitioners at UCLA so they can leverage institutional visibility and power toward equitable transformation of food systems across diverse communities. Our work with students, staff, faculty, and administrators across campus around food will continue to find innovative ways to bring together interdisciplinary knowledge and practices across culture, land, environmental stewardship, and health. Pulling from our collective disciplines, experiences, strengths, and capacity among pod members, EatWell is well-positioned through its inclusive and interdisciplinary approach to continue its work in advocating and applying research into action toward furthering access to delicious and nutritious food, economically and environmentally sustainable practices and policies, and positive impacts on food systems that improve individual, community, and planetary health.

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ENGAGEWELL

WHY FOCUS ON SOCIAL WELL-BEING?

Social well-being refers to strong social connections, high quality relationships, and positive social behaviors such as respect for others, civility, acceptance, and inclusivity. Qualities like empathy, prosociality, providing social support, and mentoring are related to the social well-being of individuals and communities. Loneliness and social isolation adversely affect people's mental and physical health. Many adults experience loneliness, which increases their risk of disease onset and premature mortality. The harmful effects of loneliness and social isolation can be mitigated by fostering social well-being. Improving social well-being benefits the lives of individuals in communities and institutions.

MOTIVATING STATISTICS



Higher perceived social support is associated with fewer depressive symptoms, anxiety, and suicide ideation and attempts.¹



Social isolation and loneliness both are associated with increased risk for earlier death by 29% and 26%, respectively.³



Higher social support is associated with improved health-care decision making and motivation, diabetes self-management, medication adherence, and adoption of healthy dieting and exercise.²



Lack of social connection is a major concern for well-being - one meta-analysis equated the health risk to smoking 15 cigarettes per day.³



Lifetime experiences of microaggressions can increase stress in the people of color and undermine their emotional and physical well-being, impair job performance, and create hostile work environments.⁴

ENGAGEWELL POD MISSION

The EngageWell Pod aims to promote healthy social relationships at UCLA, working in partnership with other constituencies. There are three specific pod goals: 1) To foster new social connections at UCLA — through many avenues, across diverse groups of people, and for many purposes such as education, service, dialogue and enjoyment; 2) To enhance the quality of existing relationships, for example, through learning better relationship skills and current evidence on compassion and empathy, and stronger sense of belonging; 3) To promote positive social behaviors on campus including civility, acceptance and inclusiveness consistent with True Bruin values, especially respect and integrity.

POD LEADERSHIP



CHRIS DUNKEL SCHETTER, PHD
Distinguished Professor of Psychology and Psychiatry at UCLA
EngageWell Pod Co-Leader



TED ROBLES, PHD,
Professor of Psychology at UCLA
EngageWell Pod Co-Leader



ERINN MCMAHAN
Director of UCLA Recreation
EngageWell Pod Co-Leader



JONI BROWN, MA
EngageWell Graduate Student Researcher

IMPACT

Curating Positive Campus Culture: UCLA Welcome Posters

During the start of the 2018 academic year, EngageWell worked closely with the Office of Equity, Diversity & Inclusion to prominently feature pole banners and posters around campus to promote diversity and inclusion. Within a year of its inception, EngageWell successfully executed this project, demonstrating the pod's commitment to promoting inclusivity at UCLA. To further this message of inclusive welcome, EngageWell printed and framed 48 of the UCLA Welcome posters which were distributed to all Chairs and Deans for display in their offices as a welcome to students and visitors, demonstrating a common vision of inclusion, acceptance, equity and diversity across the campus.

Generating a Positive Workplace by Increasing Awareness of Microaggressions and Encouraging Microinterventions

Sparked by the social unrest surrounding the murder of George Floyd and the health inequities exacerbated by the pandemic in Spring 2020, the EngageWell pod embarked on a project to develop and pilot campus workshops with small groups of UCLA staff to increase awareness and knowledge of microaggressions, how often they occur, how harmful they can be, and how to intervene when they occur (i.e. "microinterventions"). These workshops were so highly valued that EngageWell has shared the workshop materials with the Office of Equity, Diversity and Inclusion to help facilitate campus wide training for UCLA staff and faculty. Building off of this work, surveys were used to determine awareness and experiences of microaggressions among staff and faculty. The findings of these studies are being disseminated widely to the broader campus community and a paper will be submitted for publication in an academic journal. EngageWell has also proposed several recommendations for addressing these issues on campus.

Professional Engagement: Staff Assembly Staff Engagement Survey

The Staff Assembly Staff Engagement Survey Task Force was co-led by EngageWell Pod Co-Leader Ted Robles in Fall 2020 to examine data from a biannual survey showing that staff reported lower perceived cooperation between departments in 2020 compared to a previous 2017 survey, and that perceptions of working relationships were lower than national norms. The Task Force also examined ongoing concerns about working relationships during remote work and prepared three sets of recommendations, which were presented to senior university leadership, leaders of the Reinventing the UCLA Workplace of the Future work group, and the Wellness and Work Expectations work group. This effort demonstrates an example of EngageWell's dedication to improving the quality of existing relationships in the workplace.

Impact of Social Support on Health: the Diabetes Prevention Program

During the 2018-2019 academic year, in response to AVC Pete Angelis' observation of enhanced sense of community among his staff who were participating in the DPP, EngageWell Pod Co-Leader Ted Robles, in collaboration with faculty members Tannaz Moin and Janet Tomiyama, and GSR, Peter Nooteboom launched a research project to understand the role of social support in UCLA's Diabetes Prevention Program (DPP) and assess its impact on participant health outcomes. In collaboration with UCLA Housing & Hospitality Services, EngageWell recruited 79 of its employees to participate, and preliminary findings suggest participants who reported increasing social support over time also showed greater weight loss over time. Overall, the findings highlight

HCI ACTS AS AN INCUBATOR TO JUMP-START THIS CRITICAL WORK, AND CREATES THE BUY-IN FOR THE COORDINATION NECESSARY FOR POSITIVE CHANGE TOWARD A HEALTH-PROMOTING ENVIRONMENT."
- VALERIE SHEPARD, SENIOR WRITER AT UCLA RECREATION

the important role of social support in the DPP in which future DPP programming may implement more aspects of social support to improve participants' health outcomes. This example also illustrates the living laboratory that Semel HCI fosters where research is translated to practice, which then nurtures further research and academic inquiry.

Research on Social Well-Being: 2020 UCUES Survey "Wild Card" Module

The University of California Undergraduate Experience Survey (UCUES) is a biennial, UC-wide survey that collects information on student demographics, as well as student behaviors and attitudes around a wide range of topics. For the 2020 UCUES, EngageWell helped to revise UCLA's "Wild Card" module to gain more detailed data about students' perceived social isolation, and access to emotional support, by recommending two additional items borrowed from the National Institute of Health (NIH) Patient Reported Outcomes Measurement Information System (PROMIS). About 11% of undergraduate student respondents in 2020 felt they did not have someone to confide in, and 21% felt others do not fully understand them. These results underscore the importance of assessing students' social well-being to better address their needs.

Fiat Lux Seminars on "Stress, Resilience, and Health" and "Adulting"

EngageWell designed two Fiat Lux Seminars, which were offered in Winter and Fall 2020. Pod Co-Leader Professor Dunkel Schetter taught one of the seminars to introduce incoming freshmen to Semel HCI and the people, processes, and accomplishments of Semel HCI's effort to foster a culture of health at UCLA. The second seminar was taught by Pod Co-Leader Ted Robles and Associate Director of Health Education and Promotion, Tiffani Garnett, focusing on intersections between adulting skills (financial management, self-care, navigating the Ashe Center, communication skills, and career exploration), social identity development, and theories of health behavior change. The Fiat Lux Seminars demonstrate one of the many ways the pod strives to educate students on the importance of social connection and the broader goals of the Semel HCI, in an effort to foster health, social well-being, and resilience in first-year students by building life skills.

“I THOUGHT THIS SEMINAR GAVE US VALUABLE SKILLS AND KNOWLEDGE ABOUT THE ASPECTS OF 'ADULTING' INCLUDING HANDLING FINANCES, THE HEALTHCARE SYSTEM, AND MANAGING OUR OWN SELF CARE.”
- STUDENT REFLECTION ON THE FIAT LUX SEMINAR ON "ADULTING"



POD MILESTONES

October 2017

EngageWell Kick-off Event at Food Day 2017

EngageWell's inaugural event as the seventh pod in Semel HCI featured keynote speaker, Dr Julianne Holt-Lunstad, a leading social relationships researcher from Brigham Young University, who presented on the importance of social well-being for public health. Attended by over 100 constituents from across campus, including faculty, staff, and postdocs as well as graduate and undergraduate students, the event included healthy catering from Roy Choi's Locol, and performances from Mindful Music. In collaboration with EatWell, attendees had the opportunity to connect with each other through a series of reflective questions at cocktail tables about food.

May 2018

Court of Sciences Activation

EngageWell collaborated with MoveWell and BEWell to revitalize and activate the UCLA Court of Sciences and co-hosted the celebratory launch, "Reclaiming Our Healthy Spaces." EngageWell deployed a social engagement activity ("Thumballs") with the goal of getting attendees to connect and meet new people. Despite the rainy weather, the event reached over a hundred students, staff, and faculty.

Fall 2019

Integration of MoveWell into EngageWell

The MoveWell Pod was integrated into EngageWell. This move was initiated by former MoveWell pod leader, Director of UCLA Recreation, Erinn McMahan, who recognized overlap between the pods' work on fostering social engagement on campus. Erinn now serves as the third pod co-leader of EngageWell.

2018

EngageWell Conversation Cards

EngageWell developed "EngageWell Conversation Cards," a resource for stimulating entertaining conversations and facilitating new social connections at EngageWell and Semel HCI events. Originally distributed during the Court of Sciences Activation and subsequent Semel HCI events (e.g., 2019 Celebration), people were invited to take a card and ask other people questions on the card to connect with people on campus



2018

UCLA Welcome Posters

EngageWell collaborated with the Office of Equity, Diversity & Inclusion to develop a poster to express compassion and acceptance of diverse statuses on campus.

August 2019

2019 UC-Wide Resilience Summit

Planned and overseen by pod co-leader Chris Dunkel Schetter, the Semel HCI hosted the 2019 UC-wide Resilience Summit, to better conceptualize resilience and to develop concrete steps to enhance resilience on campuses and in communities. Several experts shared evidence on social well-being.

2018-2019

Collaboration with the Diabetes Prevention Program

EngageWell launched a research project to understand the role of social support in UCLA's Diabetes Prevention Program (DPP) and assess its impact on participant health outcomes. (Read more about DPP on p.102.)

2019

Accessibility Toolkit

EngageWell assisted Carolanne Link, who at the time was an undergraduate student at UCLA and a member of the Semel HCI student staff, in developing an Accessibility Toolkit for organizations holding events and activities at UCLA to enhance accessibility in the physical event environment, event messaging, and event staff, as well as compliance with campus ADA (Americans with Disabilities Act) policies. For example, the Toolkit provides specific criteria for choosing and setting up a venue, such as identifying the elevators within the venue and preparing appropriate seating accommodations. The Accessibility Toolkit is available on the Semel HCI website.

2020-2022

Microaggressions and Microinterventions Workshops

Following the social unrest surrounding racism during late Spring 2020, EngageWell was motivated to respond to the issues of discrimination and systemic racism. Pod Co-Leaders Chris Dunkel Schetter and Ted Robles, in consultation with others on campus and the pod members, developed and piloted workshops with UCLA staff to increase awareness and knowledge of microaggressions, and how to intervene when they occur.



2021-2022

Staff and Faculty Microaggressions Surveys

With funding from Semel HCI, EngageWell continued its mission to promote healthy social behaviors, inclusivity, respect, and integrity for all UCLA members through research on microaggressions. The overall goal of the studies was to determine awareness and experiences of microaggressions among UCLA staff and faculty.

2021-2022

Staff Assembly Staff Engagement Survey

Pod Co-Leader Ted Robles co-led a Staff Assembly Staff Engagement Survey Task Force to examine data from a biannual survey showing that staff reported lower perceived cooperation between departments compared to a previous 2017 survey, and that perceptions of working relationships were lower than national norms.

2020

Engaging Grads Group: A Response to the Pandemic

Developed by Pod Co-Leader Chris Dunkel Schetter, this initiative represented one of the primary ways EngageWell responded to the challenges posed by the COVID-19 pandemic through connecting campus staff serving graduate students through weekly virtual meetings to share information on graduate student needs and to help collectively meet these needs during the pandemic.



“

“[ENGAGEWELL] SERVES AS THE PERFECT ENVIRONMENT TO FOSTER SOCIAL RELATIONSHIPS AT UCLA. MY PARTICIPATION ALLOWED ME TO CONNECT WITH PEOPLE OUTSIDE OF MY DEPARTMENT AND THE POD SERVED AS A FUN WORKPLACE DURING THE UNCERTAINTIES OF THE COVID-19 PANDEMIC.” – METZY SORIANO, MICROAGGRESSIONS RESEARCH TEAM MEMBER

MICROAGGRESSIONS WORKSHOPS AND SURVEYS

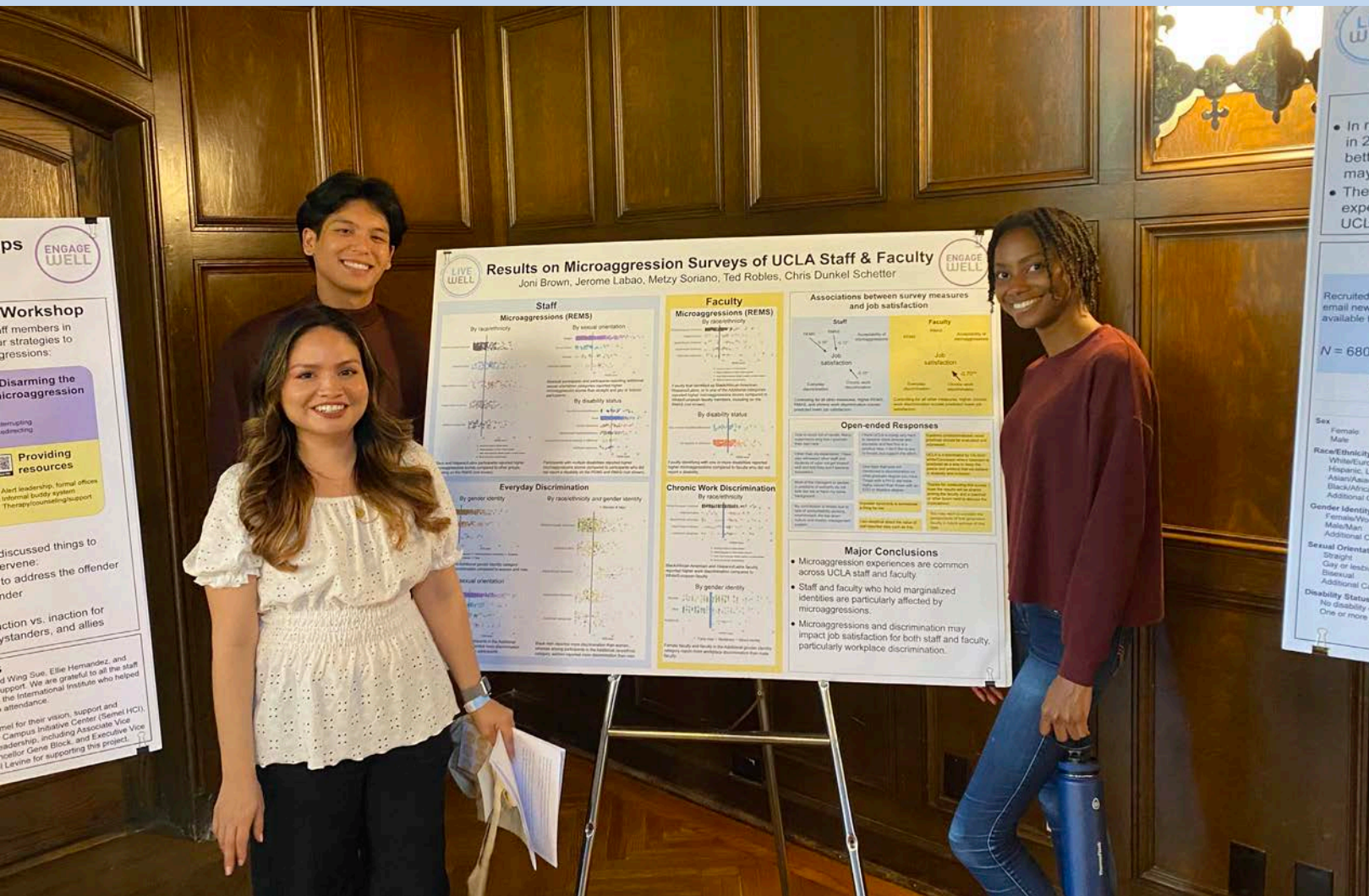
During the 2020-2021 and 2021-2022 academic years, EngageWell responded to the social unrest surrounding systemic racism in the US by developing and piloting workshops on microaggressions with four small groups of UCLA staff to increase awareness and knowledge of microaggressions, how often they occur, and how harmful they can be. Participants strongly agreed that they learned new things in the workshop and were interested in learning more about how to address microaggressions. A second workshop on micro-interventions was piloted with one small group of UCLA staff to provide tools and examples of how to intervene and assist when microaggressions occur. Participants strongly agreed they felt comfortable during the session and that these are important topics to be aware of as Bruin staff, faculty and students.

With funding from Semel HCI, the EngageWell Microaggressions Research Team also conducted research on awareness and experiences of microaggressions among UCLA staff (n=680) and faculty (n=288). Findings showed that experiences of microaggression and discrimination differed across key demographic factors. For example, on

average, Black/African American and Hispanic/Latinx staff members reported greater experiences of microaggressions on one measure compared to Asian/Asian American and White/European staff members. Similarly, female faculty reported greater experiences of microaggressions and higher chronic work discrimination compared to male faculty. Moreover, higher chronic work discrimination predicted lower job satisfaction for both staff and faculty. The research also identified significant interactions between race/ethnicity and gender identity, and gender identity and sexual orientation on measures of microaggressions and discriminations for UCLA staff. Study results underscore the frequency of microaggressions experienced by staff and faculty, particularly those holding marginalized identities, elucidating a clear need for intervention. The findings highlight the social needs of UCLA staff and faculty, and EngageWell has proposed recommendations for addressing these issues on campus, such as further research with broader and more representative groups of staff and faculty, and increasing campus support for targets of microaggressions.

FUTURE DIRECTIONS

Promoting social well-being is an even more critical focus area for Semel HCI given the negative impact of COVID-19 on the emotional and social well-being of our communities. Moving forward, EngageWell will continue to fulfill its mission of promoting healthy social relationships at UCLA through various programs. Given its work on microaggressions over the last two years, the pod will focus on promoting opportunities to increase prosocial behaviors for the 2022-2023 academic year. This topic is particularly timely to explore and research as the university continues to navigate the social well-being costs and benefits of remote and hybrid workplaces. Furthermore, EngageWell aims to enhance its focus on promoting kindness and empathy on campus moving forward. A 2019 book by Stanford professor and author Jamil Zaki, *The War for Kindness*,⁵ emphasizes empathy and kindness as vital survival skills. Thus, a pod theme involving prosocial values and behaviors can generate great enthusiasm across campus in the coming year. Overall, EngageWell is committed to enhancing social well-being at UCLA for the next decades to come; future projects will continue to provide opportunities to form new social connections, strengthen existing social connections, and uphold the True Bruin values of integrity and respect for others.



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MIINDWELL

WHY FOCUS ON PSYCHOLOGICAL WELL-BEING?

It is now clear psychological factors are among the most important domains impacting overall health-related outcomes.¹ Prioritizing support for resources to address psychological well-being, therefore, is critical to the promotion of overall health. This is even more urgent given college students surveyed between 2018-2019,² in 2020,³ and since the COVID-19 pandemic began,⁴ report increases in psychological distress and mental disorders. Furthermore, it is not only about making resources available to college students, but also providing college students with education about and connections to relevant psychological resources, given evidence suggesting college students have low levels of knowledge with regards to professional support available to them and do not pursue these types of services when needed.⁵ Attention to psychological well-being should also extend beyond students to staff and faculty on university campuses. For instance, in a study at one university, researchers identified a substantial prevalence of poor mental health among students, but also for staff and faculty.⁶ Specifically, around 30% of staff and faculty indicated symptoms related to severe or extremely severe depression, anxiety, and stress, yet more than half of these respondents reported time constraints prevented them from pursuing care for their mental health.⁶ Moreover, in a study on the effects of the COVID-19 pandemic and limits to in-person presence, greater than 50% of surveyed employees at an institution of higher education indicated experiencing greater anxiety, stress, and struggles with mood.⁷ Promoting psychological well-being and highlighting resources for psychological well-being, including resilience and coping mechanisms, among UCLA community members through individual, community, and upstream approaches, is therefore a high priority in making UCLA the healthiest campus in the nation.

MOTIVATING STATISTICS

41%

In 2020, 41% of surveyed university students indicated they had experienced a mental disorder diagnosis in their lifetime.³



In 2020, 28% of surveyed students reported that over a four week period, emotional or mental struggles negatively impacted their academic work for 6 days or more.³



Among surveyed students in higher education in 2020, there was a high prevalence of psychological distress and symptoms of mental illness, including overall depression (39%), major depression (21%), symptoms of anxiety disorder (34%), and suicidal ideation (13%).³



As of 2020, 38% of surveyed students in higher education indicated a positive score on The Flourishing Scale,³ which is a self-report measure that evaluates thriving in areas such relationships, purpose, and optimism, among others.⁸

NIH

The National Institute of Mental Health⁹ indicated suicide was the second leading cause of death in 2019 for those between 10 and 34 years of age, based on data from the Centers for Disease Control and Prevention (CDC) WISQARS Leading Causes of Death Reports.^{9,10}



In a study at an institution of higher education, 28.3% of staff and faculty indicated symptoms related to severe or extremely severe depression, 38.6% indicated anxiety symptoms and 31.1% were identified for stress indicators. However, around 57% reported not having the time to pursue care for their mental health.⁶



THE MINDWELL POD

The mission of the MindWell pod is to raise awareness, to educate and pursue research on psychological well-being, and to direct students, staff, and faculty in the UCLA community to relevant resources that may enable them to thrive and flourish in the face of stressors. MindWell explores well-being and resilience via research activities with other UCLA community members and entities. Beyond this, MindWell translates research into practice through activities such as music interventions for psychological well-being, sleep campaigns, gratitude campaigns, among other activities. In addition, the pod leaders and members have created, developed, and taught academic courses related to psychological well-being and mind-body connections. It is important to educate on psychological well-being and mental health, not only to increase awareness and knowledge on ways to improve psychological well-being, but to ensure members of our UCLA community are aware of the resources they can harness and how they can leverage them to enhance their psychological well-being, cope with mental illnesses when these arise in themselves and others, and work to prevent the occurrence of mental illness.

POD LEADERSHIP



ROBERT BILDER, PHD

Distinguished Professor of Psychiatry & Biobehavioral Sciences; Chief of the Division of Psychology at the David Geffen School of Medicine, Semel Institute for Neuroscience, and Resnick Neuropsychiatric Hospital; and Director of the Tennenbaum Center for the Biology of Creativity
MindWell Pod Co-Leader



NICOLE GREEN, PHD, EDM

Executive Director of UCLA Counseling and Psychological Services (CAPS), the Campus Assault Resources and Education (CARE) program, and the Resilience In your Student Experience (RISE) Center
MindWell Pod Co-Leader



LEONA M. OFEI, MPH

MindWell Graduate Student Researcher



MARISSA HONG

MindWell Undergraduate Pod Assistant

IMPACT

Since its inception, MindWell has worked towards ensuring its interventions and activities are evidence-based and result in tangible outcomes for UCLA students, staff, and faculty. These are some highlights of the pod's impact over 10 years.

Providing leadership & guidance on navigating psychological well-being during the pandemic

Dr. Nicole Green and Dr. Bob Bilder featured as guests on Semel HCI's original LiveWell podcast, covering important concepts for psychological well-being to listeners within and beyond the UCLA community. Podcast episodes featuring MindWell Pod Leaders include: "Episode 1: The Neuroscience of Music with Dr. Bob Bilder", and "Episode 6: Managing Stress and Anxiety with Dr. Bob Bilder and Dr. Nicole Green."¹⁷ In addition, in March and April of 2020, Dr. Green and Dr. Bilder provided vital emotional and psychological well-being guidance for the campus community during the pandemic, which was disseminated via Bruinpost. The pod leaders also participated in a working group of the COVID-19 Response and Recovery Task Force focused on staff well-being; they brought vital expertise to the working group to address the urgent challenges to staff's emotional well-being.

Emphasizing the benefits of the arts for well-being

Since 2014, MindWell has supported Mindful Music, a music intervention that exposes people on UCLA's campus to peaceful music during lunch time with audiences reporting feeling less stressed after exposure.¹⁶ This program benefited students, but more predominantly staff and faculty.



Promoting positive emotions such as gratitude on campus

Inspired by filmmaker Louie Schwartzberg's *Gratitude Revealed Project*,¹³ MindWell coordinated an email-based gratitude challenge in 2017.¹⁴ UCLA community members were exposed to images, videos, exercises, and scientific information related to gratitude from the UC Berkeley Greater Good Science Center.^{14,15} This activity resulted in increased awareness surrounding gratitude practices for 63% of those who participated; 74% of participants also indicated they were likely to engage in actions learned, including but not limited to reflection, journaling, and random acts of kindness.¹⁴

Celebrating those living life with purpose and meaning

Beginning in Spring 2017, the MindWell pod honors eudaimonic individuals on an annual basis. These individuals are those who reflect the themes of finding meaning, experiencing fulfillment, and pursuing a greater good.¹⁸ Individuals highlighted since 2017 include those who have addressed homelessness, contributed to arts and music, promoted racial justice, diversity, equity and inclusion, and have generally made a positive impact on those around them. The Eudaimonia awards not only serve to honor these people, but to also highlight their work to inspire a broader audience.

Increasing mental health literacy rates on campus

In collaboration with Ross Szabo (Geffen Academy at UCLA), former MindWell GSR Artemisia Valeri and Mindwell Pod Co-Leader Robert Bilder developed an interactive curriculum on mental illness, piloted by UCLA Residential Life staff for their resident assistant (RA) training in Fall 2017. The program educated students about the definitions of mental illnesses and how to prevent or cope with them. Many participants (63% and 53% of respondents from the depression and anxiety workshop, respectively) agreed that they were likely to apply the knowledge and skills in their lives.¹¹

Advancing research on psychological well-being

MindWell Pod Co-Leader Robert Bilder and EngageWell Pod Co-Leader Chris Dunkel Schetter received a grant from the American Association of Colleges and Universities, and along with other Semel HCI and UCLA colleagues (Julian, Cheadle, Knudsen, Bilder and Dunkel Schetter, 2020),¹² conducted research to validate a Resilience Resources Scale (RSS). This scale can be useful for identifying student resilience needs and may be beneficial for both campus resource creation as well as future research in other student and general populations.¹²

POD MILESTONES

2012

Campus Resource Map for Well-Being

Since its inception, MindWell has worked to provide an extensive catalog of campus resources related to mind-brain health and psychological well-being that is periodically updated and can be accessed at the campus resource map section of our campus resources page.¹⁹ Working with Student Affairs, the MindWell pod has integrated these resources into a student-facing app that we hope will be released during the 2022-2023 academic year. This endeavor stemmed from our identification of a need for students to have a better and more organized way to learn about and access relevant resources for their psychological needs, especially given research that indicates college students have low knowledge of the kinds of professional support available to them.⁵ In addition, the entire MindWell website is dedicated to this goal and houses a variety of psychological well-being resources from UCLA and beyond.²⁰

Mindful Awareness Research Center (MARC) Collaboration

MindWell has long highlighted mindfulness awareness by promoting and/or collaborating with the MARC²¹ leadership (Associate Director, Dr. Marvin Belzer, and Director of Mindfulness Education, Dr. Diana Winston) on events and courses on mindfulness. With financial support from Semel HCI, the MARC has also provided free non-credit courses, retreats, guided meditations and other workshops for staff and students. The value of mindfulness practices is highlighted via research that points to its potential utility in improving mental and psychological health, as well as physical health.^{22,23}



2014-2015

SleepWell

The inception of the SleepWell Campaign aimed to raise awareness on the crucial value of sleep for mental well-being and academic success. The pod continues to host a SleepWell webpage to promote research, resources, and useful tips on sleep.²⁴ The MindWell team has also put together an annotated “Place to Nap” campus map for students to identify ideal campus locations for napping.^{24,25} This endeavor is substantiated by evidence that suggests better sleep is beneficial for reduced depression, anxiety, and stress as well as psychosis²⁶ and that addressing insomnia, for example, can be beneficial for improving mental health.²⁷



Mind Lexicon

In partnership with Ross Szabo (Wellness Director of the Geffen Academy at UCLA), the Mind Lexicon project aimed to decipher students' current knowledge of mental and psychological health terminology and vocabulary to inform mental health outreach strategies. A resulting curriculum and workshop to improve understanding of anxiety and depression has been presented to various student groups, such as Greek Life, with demonstrated increases in literacy around the topics of anxiety and depression after the workshop.¹¹

Stress and Resilience Assessment (SARA)

MindWell and its partners, supported by a grant from the American Association of Colleges and Universities, deployed the Stress and Resilience Assessment (SARA), an online tool to assess individual perceived stress levels as well as resilience resources.^{14,28} Data from SARA was used to validate the Resilience Resources Scale (RRS), a 12-item scale that can help identify student resilience needs, developed by EngageWell Pod Co-Leader Chris Dunkel Schetter and her students. A resulting journal article titled “Resilience Resources Scale: A brief resilience measure validated with undergraduate students,” was published in the Journal of American College Health in 2020.¹²

2014-2015

Mindful Music

MindWell has supported Mindful Music, founded in 2014 by Dalida Arakelian, a classical pianist and UCLA alumna. Mindful Music organized live performances during lunchtime in different areas at UCLA and preliminary research found this intervention reduced stress levels for audiences after exposure.¹⁶ Mindful Music has engaged with different audiences including ten live performances at UCLA, for over 2,700 faculty, staff, and students between August 2019 and March 2020. Mindful Music has also performed at the Santa Monica UCLA Medical Center Pediatrics Unit.²⁹ Additionally, Mindful Music had five virtual concerts during the first three months of the pandemic, which garnered over 6,700 views.³⁰



Developing an Arts Impact Measurement System (AIMS)

MindWell Pod Co-Leader Robert Bilder serves as principal investigator for the National Endowment for the Arts (NEA) Research Lab at UCLA³¹ which conducts research to highlight the value of the arts for well-being.³² The MindWell Pod and Semel HCI are highlighted as contributors to the initiative.³³ In June 2021, the UCLA NEA worked with Dr. Kenneth Wells, a UCLA professor, to obtain responses from audience members who viewed Dr. Well's Veteran Journeys Opera³⁴ - an opera based on stories from veterans and their families.³⁵ It was an official selection at the 2021 Awareness Film Festival.

2015-2016

Mind-Body Summit

MindWell Pod Co-Leader Robert Bilder and Associate Vice Provost Wendelin Slusser convened 60 stakeholders, including deans, faculty, staff, students, and senior administrators to identify priorities and existing assets for the development of a Mind-Body Initiative modeled after the HCI Food Initiative. Many identified priorities would come to pass, such as the resurrection of the “life skills” course (CHS 179) and establishment of an undergraduate Brain & Behavioral Health Minor.

Resurrection of the Life Skills Course

Through discussions that arose in the MindWell pod about the development of students' “life skills”, Semel HCI decided to support the revival of the academic course, *CHS 179: Life Skills for College Students*. This was accomplished under the leadership of AVP Wendelin Slusser, the expertise of Rena Orenstein (Associate Director, UCLA Student Health Education & Health Promotion at the Arthur Ashe Student Health & Wellness Center), and the co-sponsorship of the Fielding School of Public Health. This experiential learning course relies upon the use of cognitive behavioral theory to help students develop the life skills needed for healthy emotional and social development.

Through the course, the three modules focusing on stress reduction, identity, and communication help students develop skills to identify anxiety triggers and coping methods, mindfulness, healthy eating, the importance and value of sleep, healthy relationships, communication skills, and self-discovery. Earlier iterations of CHS 179 had enrolled around 700 students annually, and, similar to outcomes demonstrated in the evaluations of years past, outcome data for academic year 2019-2020 showed significant positive impact on students' mental and emotional well-being. In particular, comparing end of term scores to those from the beginning of the course, students scored significantly higher on self-compassion, as well as two of five components from the five facet mindfulness measure—non-reactivity to inner experience and ability to observe. Covering an array of topics relevant to students' lives has been essential during the COVID-19 pandemic as courses shifted online and students faced greater degrees of isolation during this period.

“CHS 179 HELPED ME TO BETTER UNDERSTAND AND VALIDATE MY LIVED EXPERIENCES AS A COLLEGE STUDENT, ALL BACKED BY ACADEMIC LITERATURE AND THEORY. I LEARNED SO MUCH ... COPING WITH MY EMOTIONS, UNDERSTANDING MY IDENTITY, AND COMMUNICATING IN A HEALTHY WAY”
– KATELIN TANJUAQUIO, BS '22

Spring 2017

Eudaimonia Awards Ceremony

Beginning in 2017, the MindWell pod hosts an annual Eudaimonia celebration to recognize Bruin community members who exemplify the ideals of Eudaimonia. These individuals embody the themes of finding meaning, experiencing fulfillment, and pursuing a greater good.¹⁸ This event not only honors those who reflect these ideals, as well as their causes, but also serves to inspire other Bruins to pursue a greater good and contribute to the good of society at large.

“THE PURPOSE OF THE AWARDS IS TO RECOGNIZE OUTSTANDING PERSONS WHOSE ACTIONS EMBODY OUR COLLECTIVE IDEALS OF A LIFE WELL LIVED. THE WINNERS NOT ONLY EXCEL AS INDIVIDUALS, BUT ALSO USE THEIR TALENTS FOR THE BROADER GOOD OF THE COMMUNITY AND SOCIETY AT LARGE....” – JOSEPH RAHO, UCLA HEALTH ETHICS CENTER³⁶

Eudaimonia Awardees

- 2017 - Meb Keflezighi, Eritrean refugee & Olympic athlete
- 2018 - Louis Tse, who established Bruin Shelter - while at UCLA - with the aim to house college students experiencing homelessness
- 2019 - Kryssia Campos, UCLA alumna and staff member at the Center for the Assessment and Prevention of Prodromal States (CAPPS)
- 2020 - Dr. Kelly Lytle Hernandez, MacArthur Award winner & Professor of History, African American Studies, & Urban Planning
- 2021 - Dr. Nicole Green, Executive Director of the UCLA Counseling and Psychological Services and MindWell Pod Co-Leader
- 2022 - Dr. Medell Briggs-Malonson, MD, MPH, MSHS, Chief of Health Equity, Diversity & Inclusion for the UCLA Hospital & Clinic System

Eudaimonia Lifetime Achievement Awardees

- 2019 - Quincy Jones, renowned record producer, musician, composer, film producer, & humanitarian
- 2020 - Janet Napolitano, former UC President
- 2021 - Jeanie Buss, governor of the Los Angeles Lakers

2019

Incorporating SARA into a web application

MindWell worked closely with Student Affairs to incorporate the assessments from SARA (including additional measures for students to assess their own stress and well-being levels) into a web application that can aid students in identifying the resources most relevant to what they need. As of 2022, app development is in progress.

2020

MindWell doubles down on its goal to address health equity

MindWell Leadership has worked to highlight the effects of racism on mental health via events and trainings. This has also included elevating and honoring those working to address equity. Dr. Kelly Lytle Hernandez, Professor of History, African American Studies and Urban Planning, who won the prestigious MacArthur Award for her work on racial justice; Dr. Nicole Green, MindWell Pod Co-Leader, who raises awareness on the impacts of racism on mental health; and Dr. Medell Briggs-Malonson, the Chief of Health Equity, Diversity and Inclusion for the UCLA Hospital and Clinic System, have all been honored at Eudaimonia.

“FOREMOST, I APPRECIATE THE “HEART” SHOWN BY MEMBERS OF THE POD, AND THE CARE ABOUT AND INTENTION TO IMPROVE THE QUALITY OF LIFE OF THE UCLA COMMUNITY. THIS IS DONE THROUGH AN INTEGRATION OF SCIENCE-BASED PRACTICES WITH CLINICAL EXPERIENCE AND EXPERTISE”
- DR. STEPHEN SIDEROFF, CLINICAL PSYCHOLOGIST & CONSULTANT, DEPARTMENT OF PSYCHIATRY & BIOBEHAVIORAL SCIENCES

Fall 2020

Discrimination and Mental Health

MindWell convened a meeting centered on the effect of perceived discrimination on physical and mental health, featuring guest speaker Dr. April Thames. Dr. Thames highlighted how perceived discrimination may have an effect on brain functioning, the immune system, as well as mental health, and discussed how her research investigates the biological mechanisms that underlie mental distress and cognitive dysfunction as a result of microaggressions and stereotype threat.³⁷

Fall 2020

Brain and Behavioral Health Minor

The undergraduate minor in Brain and Behavioral Health recommended during the Mind-Boby Summit, sponsored by Semel HCI, is launched as a result of a collaboration including MindWell Pod Co-Leaders and Semel Institute faculty. This minor allows students to learn more about brain and behavioral health across the lifespan, bridging science and wellness.³⁸

Spring 2021

Health Equity & Social Justice Panel

MindWell leadership hosted the Health Equity & Social Justice panel at the Semel HCI 2021 Virtual Year-End Event. This panel, moderated by MindWell Pod Co-Leader Dr. Nicole Green, featured Metta Sandiford-Artest (NBA World Champion), Dr. Michael Rodriguez (UCLA professor and expert on health equity), Jessica Arzola (RN, an MPH student at the time), and Miranda Kim (Assistant Commissioner of the Student Wellness Commission, an undergraduate student at the time). The recording for this panel is accessible online.⁴²

Other courses by MindWell affiliates over the years include:

- *Personal Brain Management (Neuroscience 161/Psychiatry 182)*: Taught by MindWell Pod Co-Leader Robert Bilder to educate students on cognitive training principles including developing good habits, and positive psychology.³⁹
- *Mindfulness Practice & Theory (Psychiatry 175)*: MindWell Pod member and MARC director Dr. Marvin Belzer teaches the theory and practice of mindfulness including sitting and moving meditation, strengthening positive emotions, and relational mindfulness.⁴⁰
- *Applied Positive Neuroscience: Skills for Improving Productivity and Well-being (Psychiatry 79)*: MindWell pod member and neuroscience researcher, Alex Korb, introduces students to the neuroscience and psychology of productivity, happiness, and well-being.⁴¹



"I'VE KEPT COMING BACK TO MINDWELL POD MEETINGS BECAUSE EVERY TIME I LEARN SOMETHING NEW ABOUT WHAT UCLA IS DOING TO PROMOTE STUDENT, STAFF, AND FACULTY MENTAL WELL-BEING... MINDWELL TRULY PROMOTES MENTAL WELL-BEING IN THE MOST WHOLESOME WAY POSSIBLE."
 – DERICA SU, UCLA STUDENT



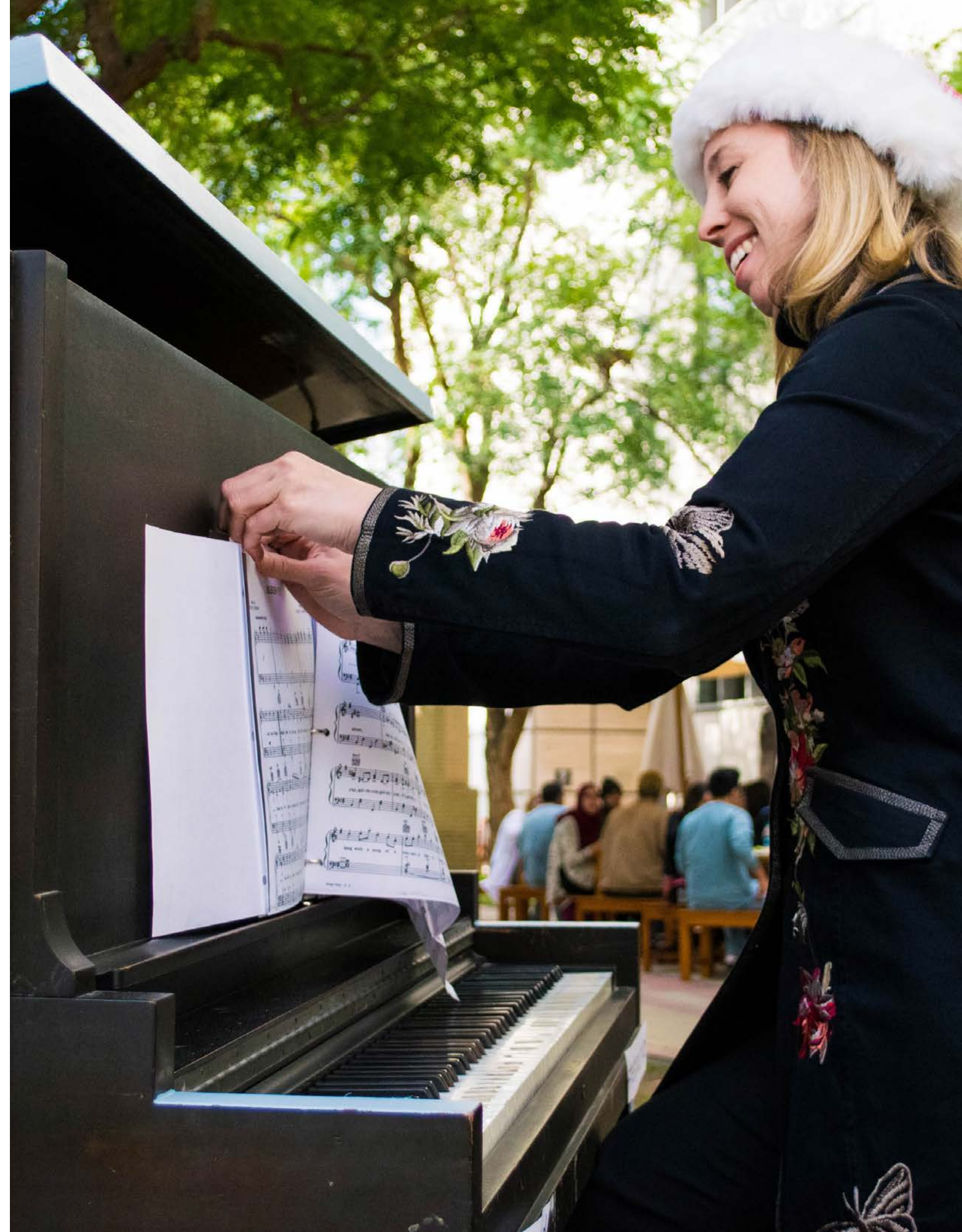
FUTURE DIRECTIONS

The MindWell pod looks forward to not only increasing psychological well-being literacy, but also continuing to ensure students know where and how to pursue help for their needs - whether it is through our campus resource lists or through building up the student facing application, among other strategies. The pod also acknowledges the pandemic has had varying effects on students, staff, and faculty and we plan to take into account the myriad of experiences in order to discern the interventions that might be useful for our community as we continue to navigate these times. We also hope to promote and provide toolkits, information, resources and strategy around psychological well-being including but not limited to resilience, positive psychology, mindfulness, utilizing the arts for well-being etc. Finally, the work around equity and social justice will continue to be a priority for the pod. We will continue to highlight the ways in which all forms of inequity and discrimination can impact well-being and ensure our work is useful to all underserved, underrepresented, and historically marginalized groups.

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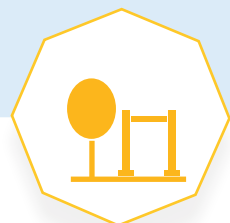


MOVEWELL

WHY FOCUS ON PHYSICAL ACTIVITY?

The MoveWell Pod of the Semel HCI addresses the physical activity needs of the UCLA community. Regular physical activity is necessary for preventing chronic illness, extending one's lifespan, alleviating stress and improving one's mental health. The UCLA campus has long been a leader in developing programs to provide diverse options for engagement in movement-based activity and exercise to students, faculty, and staff. The MoveWell Pod works closely with UCLA Recreation to expand and "co-brand" physical activities within and beyond the John Wooden Center and associated recreational facilities with the aim of making movement "the easy choice" for the UCLA community.

MOTIVATING STATISTICS



Outdoor exercise, compared to indoor exercise, promotes greater enjoyment and satisfaction among participants, which increases the likelihood of repeated activity.⁴



Taking 1–2-minute breaks every 30 minutes to move is associated with lower risk of early death.²



Physical exercise can change the way the brain is structured, creating positive shifts that have the potential to deliver enormous benefits on both cognitive functioning and well-being.¹



Exercise is associated with greater reduction in depressive symptoms, in comparison to no treatment, placebo and other treatments such as meditation or relaxation.³

Peer-delivered health and wellness programs can help address the health disparities faced by people with mental health disorders, through peer health specialists who provide support from overall health and wellness.⁵



MOVEWELL POD MISSION

The missions of MoveWell are to develop and promote integrative and culturally sensitive options for physical activity, awareness and activism, to implement and advocate for health initiatives inspired by the Semel HCI directive to "make the healthy choice the easier choice," to identify opportunities for the campus to engage with sensitive, health-critical issues through creative and interactive initiatives that promote principled action toward improved health and wellness, to make these diverse options for "moving" and "being moved" accessible to all, and to expand collaboration with other Semel HCI pods and campus organizations on mutually important issues.

FORMER POD LEADERSHIP



ERINN MCMAHAN
 Director of UCLA Recreation
 2017-2019 MoveWell Pod Co-Leader
 2019-Present EngageWell Pod Co-Leader



WENDY WINDSOR, EDD, MED
 Former Director of UCLA Recreation
 2016-2017 MoveWell Pod Co-Leader



ANGELIA LEUNG, MA, CMA
 Professor Emerita & Interim Chair of
 World Arts & Cultures/Dance
 2013-2019 MoveWell Pod Co-Leader



MICK DELUCA, MS
 Assistant Vice Chancellor of Campus Life
 2012-2016 MoveWell Pod Co-Leader



ANTRONETTE (TONI) YANCY, MD, MPH
 Late Professor of Public Health
 2012-2013 MoveWell Pod Co-Leader

IMPACT

Promoting Exercise and Nutrition through FITTED (Fitness Improvement Training Through Exercise and Diet)

FITTED, jointly funded by UCLA Recreation, the Community Programs Office (CPO) and the Ashe Center, is a student-led program that encourages participation in exercise by underrepresented students and promotes widespread utilization of UCLA Recreation facilities and programs. Supported by Semel HCI, FITTED leadership created CHAMPS, a program offering personal training in exercise and nutrition for campus custodial and food service workers. FITTED utilized FITWELL's "Warm Up to Work (WU2W)" program as a recruitment source for CHAMPS in a collaboration between FITTED and UCLA Recreation's personal trainers.

Facilitating Physical Activity through Yoga: Flexible Fridays

In Winter and Spring of 2016, MoveWell launched "Flexible Fridays", a program developed by undergraduate student and yoga instructor Robin Blades to provide free yoga classes to undergraduates on Fridays in convenient locations on campus. An evaluation of the program showed that 100% of survey respondents agreed or strongly agreed they gained health knowledge, information, and/or skills and would attend a similar event in the future. They were also extremely likely to apply the knowledge, skills, and/or information gained by developing their own yoga practice, using mindfulness throughout their daily routines, trying to relax and de-stress, and introducing yoga to their friends. Flexible Fridays was continued throughout the 2016-2017 academic year.

"MOVEWELL HAS ALWAYS BEEN ABOUT MAKING THE SMALL THINGS VISIBLE SO THAT WE CAN CELEBRATE AND AMPLIFY THE OPPORTUNITIES TO BE ACTIVE AND ENGAGED IN OUR UCLA COMMUNITY." – MICK DELUCA, ASSISTANT VICE CHANCELLOR OF CAMPUS LIFE, 2012-2016 MOVEWELL POD CO-LEADER



Collaborating with the Graduate Student Resource Center to Support Fitness Among Graduate Students

In Spring 2016, MoveWell piloted a collaboration with the Graduate Student Resource Center in the form of two workshops: "Healthy Writing Ergonomics" and "Fitting Fitness In." These workshops encouraged graduate students to maintain physical exercise and attend to their physical well-being while completing their studies. An evaluation of the program showed that 100% of survey respondents agreed or strongly agreed that they gained and would apply health knowledge, info, and/or skills. When asked if they would attend a similar event in the future, 89% agreed or strongly agreed, and 95% said they were likely or extremely likely to apply the knowledge, information, and/or skills gained.

Collaborating with the Office of Instructional Development to Promote Movement in the Classroom

In Spring 2016, MoveWell piloted a collaboration with the Office of Instructional Development to develop and conduct two workshops on "active engagement" with graduate students. In these workshops, students practiced teaching strategies that emphasize collaboration between students, non-sedentariness and student engagement. An evaluation of the program showed that 100% of survey respondents agreed or strongly agreed they gained and would apply health knowledge, information, and/or skills. When asked if they would attend a similar event in the future, 93% agreed or strongly agreed.



Revitalizing Spaces on Campus: Court of Sciences Activation Pilot Project

At the beginning of the 2017-2018 academic year, an opportunity emerged to collaborate with the BEWell and EngageWell pods to "activate" the Court of Sciences, guided by a collective vision to transform the space into a destination for movement activities and social connectedness. On May 1, 2018, the pods hosted a celebratory launch of the newly activated Court of Sciences called "Reclaiming Our Healthy Spaces", with a positive response from participants.

Encouraging Outdoor Movement: ThursYAYs at Court of Science

In Spring 2018, MoveWell launched ThursYAYs, a weekly pop-up of UCLA Recreation-staffed activities for students. A total of 374 individuals participated in ThursYAYs, with an average of 42 participants per hour. Weekly averages vary, as the duration of ThursYAYs was extended from one to two hours after the

first three weeks of programming. The success of this pilot project, the input collected from student surveys and focus groups and lessons learned along the way have encouraged MoveWell to determine which UCLA campus site to activate next. It is anticipated that ThursYAYs will return for the 2022-2023 academic year.

Integrating Exercise Breaks into Meetings

Inspired by Dr. Toni Yancey's "Instant Recess," Semel HCI worked with the Chancellor, Provost/Executive Vice Chancellor, and Chair of the Academic Senate to include exercise breaks at the monthly meetings of the Chancellor's Executive Committee, Deans' Council, and the Senate Executive Board in the 2013-2014 academic year. The Health Champions program (described in the following timeline) was also part of this effort to bring regular exercise breaks to the wider campus community, and these initiatives demonstrate the commitment of MoveWell and Semel HCI to increase physical activity at UCLA.



POD MILESTONES

2010-Present

FITTED (Fitness Improvement Training Through Exercise and Diet)

FITTED is a student-led program that encourages participation in exercise by underrepresented students and promotes widespread utilization of UCLA Recreation facilities and programs. The Semel HCI supported FITWELL's CHAMPS program which offered personal training in exercise and nutrition for custodial and food service workers.



November 2014

Affiliation with Partnership for a Healthier America (PHA)

On November 16, 2014, UCLA partnered with PHA to make the campus a healthier environment by committing to meet 23 of PHA's Healthier Campus Initiative Guidelines, which spanned physical activity, nutrition, and other programmatic criteria. MoveWell Pod Leader Mick Deluca provided input for the physical activity criteria, and EatWell Pod Leader Wendelin Slusser was instrumental to the development of the nutrition criteria. UCLA was among the first handful of universities to meet the criteria; today, 79 universities meet the criteria.

2016-2017

Bruin Health Improvement Program (BHIP) for Graduate Students

In Winter and Spring 2016, MoveWell piloted the Bruin Health Improvement Program (BHIP) for graduate students at UCLA. It was directly modeled after the successful staff/faculty BHIP program. The program consisted of bi-weekly workout sessions led by UCLA Recreation trainers. The program was extremely well received, with 100% of respondents indicating they gained health knowledge, information, and/or skills, would attend a similar program in the future, and are likely to apply the knowledge, information, and/or skills gained. Due to its success, MoveWell continued to offer the program in the 2016-2017 academic year.



2018

Support for Student Dance Groups Rehearsal Space

In Spring 2018, MoveWell and UCLA Recreation convened campus stakeholders to address the need for adequate student dance group rehearsal space.

2019

Integration of MoveWell into EngageWell

In 2019, the MoveWell Pod was merged into the EngageWell pod. This move was initiated by former MoveWell Pod Co-Leader and Director of UCLA Recreation, Erinn McMahan, who recognized overlap between the pods' work on fostering social engagement on campus. Erinn now serves as the third EngageWell Pod Co-Leader.

2013-2014

UCLA Health Champions

Starting in Fall 2013, student and staff volunteers began leading activity breaks at five locations throughout campus. The goal of the program was to have 15 Health Champions trained and certified to conduct three 10-minute Instant Recess Sessions (i.e., 10-minute physical activity breaks) every day of classes throughout the year.



2015-2017

The MoveWell Sedentary Habits Survey

In the 2015-2016 academic year, MoveWell launched a study to learn more about the sedentary habits of UCLA undergraduate and graduate students in class, at home, and at work. The study used a mixed-methods approach that consisted of an online quantitative survey with students, qualitative interviews with faculty, and focus groups with students. The findings showed that students spend an average of nearly 10 hours continuously sitting each day. Additionally, too much sitting in class was a major concern for almost all participants, and more than 60% of students felt that interventions that encourage movement breaks during classes would be acceptable.⁶

2017-2018

Social Media Presence

MoveWell's media presence increased in the 2017-2018 academic year with the aid of media staff and the new website launch. From February 25, 2018, to March 3, 2018, MoveWell hosted a spotlight week that engaged people across campus using multiple media platforms, including Facebook, Twitter and Instagram. During the MoveWell spotlight week, Semel HCI's overall following and engagement increased. MoveWell also leveraged a new blogging strategy throughout the year and took great strides in maintaining and upkeeping the pod's media presence through frequent, weekly postings of upcoming events and happenings across campus.





“SEMEL HCI BRINGS VALUE THROUGH EMPOWERING WORLDWIDE HEALTH BY ACTING LOCALLY TO MAKE THE HEALTHY CHOICE THE EASY CHOICE... DURING MY TIME WITH SEMEL HCI, I LEARNED FIRST-HAND HOW TO THINK ABOUT PROGRAMMING IN A VERSATILE FASHION TO REACH AND APPEAL TO A DIVERSITY OF PEOPLE.”
– TRACY LAHEY, 2017-2019 MOVEWELL UNDERGRADUATE STUDENT RESEARCHER

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UCLA Homelessness & Food Insecurity

Jasmine Fong UC Global Food Initiative Fellow jrfong@g.ucla.edu

Hunger Project at UCLA

Hunger Project aims to **destigmatize** homelessness and food insecurity by raising awareness about and compassion for affected populations. Our mission is to provide basic aid, relieve food insecurity, and help disadvantaged individuals successfully reintegrate into society. We seek to offer a **hand up, not a hand out**, to the 58,000+ homeless men, women, and children in L.A.

What is Food Insecurity?

- (noun): the state of being without reliable access to a sufficient quantity of affordable, nutritious food
- 2016: 1 in 8 Americans were food insecure, equating to 41 million people, including 13 million children.
 - 2015: 42% of UC undergraduate and graduate students reported struggling with food insecurity.
 - Poverty and food insecurity are closely related.
 - 2015: L.A. county had the highest population of food insecure people in the U.S. (1.5 million) and only 12% of that demographic lived above the poverty line.

PATH: People Assisting the Homeless

PATH is a non-profit organization that provides temporary housing for the homeless. They also offer support services to help their residents obtain a permanent housing solution.



We volunteer at two PATH locations on the weekends:
West LA – veterans **Hollywood** – general public

RECREATION

We host recreational activity workshops to promote mental health and positive outlets for stress. These typically involve creative art projects on various mediums.

COOKING

We purchase...

Monday & Friday Night Mission

On Monday and Friday nights, we distribute hot meals and sandwiches to the less fortunate of Skid Row, who have been turned away from homeless shelters.

Other HP Events Include: Homeless Awareness Week, Hunger Banquet, Skid Row Distributions, Shower of Hope, Volunteer Involvement with Other Food Assistance & Education Organizations: Bruin Dine, Watts Tutorial Program (Healthy Diner Prep), Project Literacy Tutor



"Our lives begin to end the day we become silent about things that matter."
-Martin Luther King Jr.

Recommendations

... Semel for their vision, ... Healthy Campus Initiative, ... including Chancellor ... Scott Wright, and

The impact of Semel HCI over 10 years at UCLA is vast; in the following sections we share a small handful of examples that scratch the surface. These examples illustrate the steps and strategies Semel HCI and our partners take to advance our collective work, while aiming to forge a legacy on campus. Some of the key ingredients include: leadership with a broad vision guided by equity and inclusivity, incubating innovative ideas and translating them from research to practice, educating the next generation of leaders to enhance health equity, and inspiring health promotion by building a culture of health, equity, and social justice state-wide, nationally, and internationally. For more detail of Semel HCI's work over the decade please see our past progress reports on our website.¹



Bolstering ACADEMICS

Semel HCI is well-situated to develop health programming and research, especially focusing on impacting students during their formative college years through their academic coursework, service learning, work-study, and co-curricular opportunities. From the outset, Semel HCI focused on transforming the academic course offerings to include health and well-being related courses. For instance, in Winter 2013, Semel HCI supported UCLA's first credit-based course in urban agriculture for 25 students through the Institute of the Environment and Sustainability (IoES), thus initiating a longstanding tradition in which Semel HCI has developed and supported degree programs, courses, research, fellowships, and co-curricular programming. Indeed, the five Semel HCI-sponsored summits have acted as the impetus for the creation of academic programs such as the Food Studies minor (from the Food Summit in 2014), the Brain and Behavioral Health minor (from the Mind-Body Summit in 2015), and the Health Equity minor which is in development (from the Health Equity Summit in 2020). These summits rely on social movement principles whereby experts, stakeholders, and decision makers gather to develop academic, co-curricular, and research agendas around a well-being topic, then identify and agree upon priorities. Since its inception, Semel HCI has actively contributed to 5 academic programs and 35 unique academic courses with funding and/or program administration support. This amounts to 98 separate offerings of these courses across the 10 academic years. Furthermore, the summits have resulted in a Food Studies Minor, Food Studies Graduate Certificate Program, Brain and Behavioral Health Minor, research agenda, an on-campus teaching kitchen, the Jane B Semel HCI Community Garden, the Rothman Family Institute of Food Studies, development of a health equity minor, education around marijuana use, and strong and emerging transdisciplinary collaborations across departments and divisions at UCLA. The following page shows a selection of academic courses and programs supported by Semel HCI since 2012.



Elevating STUDENT VOICES

Since the beginning, Semel HCI has provided a platform for students to highlight their concerns and test innovative solutions to address them. The earliest example of this is the Semel HCI Student Group Grant Program, launched in Spring 2013, which aimed to engage students by supporting their projects in health and well-being focus areas that are important to them. While on campus, there are many projects and opportunities for students to get involved in, which are dictated by the focus areas of the faculty members leading the projects. Semel HCI student funding enables student groups to engage in projects specific to their interests. Since its inception, the Student Group Grant Program has been expanded to offer skill-building workshops for student groups on grant writing, evaluation methods and practices, and presenting research posters at the end of the year on their work, and has even inspired former UC President Janet Napolitano's systemwide GFI Student Fellowship Program. In 10 years, Semel HCI has supported over **200 student-initiated projects** and has supported nearly **300 undergraduate and graduate students**.

FITTED

FITTED (Fitness Improvement Training through Exercise and Diet) is a student-initiated, student-run program in the Community Programs Office and the first student group supported by Semel HCI. In 2012, FITTED proposed a program focused on the health and well-being of UCLA maintenance staff to former Semel HCI Associate Vice Provost Michael Goldstein called Creating Healthy Ambassadors for Maintenance Personnel (CHAMP).

The proposed CHAMP program involved expanding FITTED's fitness training as a method of injury prevention for participating maintenance staff and AVP Goldstein was quick to offer funding support to this opportunity for student innovation. CHAMP was led by students supported by Semel HCI: first, Sergio Guevara, the 2012-2013 FITTED Project Director, then Saul Garcia, the 2013-2014 FITTED Workout Coordinator. Aside from being the first example of a student-initiated project supported by Semel HCI, this also serves as an example of Semel HCI's work to enhance inclusivity and health equity by supporting creative ideas and opportunities for underrepresented students and staff.



Piano Project

Launched in January 2019, the piano project infuses music into the campus soundscape with students and staff sitting down at one of the many public pianos to spontaneously play harmonious melodies. Listening to and playing music has been found to relieve stress and cement a sense of peace, joy, and community.^{2,3} This impactful project was created and developed by UCLA student Jeremy Barrett, whose passion captured the attention of Chancellor Block, inspired the former Dean of the Music School to donate four pianos, and attracted the immediate buy in from Semel HCI after presenting the piano project at one of the monthly steering committees. Barrett had been hitting roadblocks for months, but just one week after his presentation to the Semel HCI steering committee, three of the donated pianos were placed in outdoor campus public spaces thanks to Semel HCI's committed pod leaders, Steering Committee members, and cross-campus partners who immediately jumped in to support Barrett's innovative idea to enhance well-being.



This is a perfect example of a creative project envisioned and proposed by a passionate student that enhances the well-being of the community, and aligns with Semel HCI's goals to promote health equity and well-being. Semel HCI can help accelerate the implementation of student and staff project ideas by connecting and advocating for them with administrative leadership. This model has incubated multiple innovative projects that have been disseminated to other UC campuses and even across the US, such as the Take the Stairs project described below.



"MY TIME WITH HCI SHOWED ME HOW A LARGE INITIATIVE CAN REALLY BRING PEOPLE TOGETHER TOWARDS A COMMON GOAL AND SUPPORT MANY LEVELS OF EFFORTS (E.G., SMALL STUDENT-LED PROJECTS TO LARGE UNIVERSITY-WIDE POLICIES) TO CREATE POSITIVE CHANGE. I HAVE BROUGHT THIS EXPERIENCE TO MY ROLES BEYOND UCLA TO WORK ON COLLABORATIVE PUBLIC HEALTH PROJECTS AT MANY DIFFERENT LEVELS."

– TYLER WATSON, GRADUATE STUDENT RESEARCHER, 2013-2018



Take the Stairs

In Spring 2014, BEWell Graduate Student Researcher Tyler Watson led a group of students in the UCLA Fielding School of Public Health to launch the "Take the Stairs" pilot project, a CDC evidence-based approach to increasing physical activity. This project, funded by the Fielding School of Public Health and Semel HCI, promoted the use of stairs over the elevators through infrastructure and design changes, reactivation of existing spaces, and visual cues on the elevators and on the stairway entrance. Designs for the project were created by students and key stakeholders included the Public Health Student Association, UCLA Facilities Management, and the UCLA Fire Marshal.

Physical counts showed a nearly 29% increase in stairwell usage over 14 weeks of follow-up compared to baseline, indicating some success in increasing physical activity. However, that's not where Semel HCI's involvement ends – in response to community feedback and concerns about ableist language, Semel HCI met with students from the UCLA Committee on Disability to address the concerns and incorporate feedback into the resulting campuswide and systemwide scale up of the initiative. This exemplifies how Semel HCI not only supports student initiatives, but also elevates student voices so they can be part of the decision-making process and their concerns can be addressed. (Read the project brief on our website.)



"I AM SO GRATEFUL TO THE SEMEL HEALTHY CAMPUS INITIATIVE CENTER FOR NURTURING MY DEVELOPMENT AS A PUBLIC HEALTH RESEARCHER, PRACTITIONER, AND ADVOCATE FOR HEALTHY, SUSTAINABLE FOOD. THROUGH HCI, I FOUND MY NICHE AND CONNECTED WITH PEOPLE ON CAMPUS WHO HELPED TURN MY IDEAS INTO ACTION. HCI BRINGS OUR CAMPUS TOGETHER TO PRIORITIZE WELLBEING AND EXPLORE WHAT WORKS TO IMPROVE HEALTH FOR ALL."

– HANNAH MALAN, EATWELL POD GRADUATE STUDENT RESEARCHER AND GLOBAL FOOD INITIATIVE FELLOW, 2016-2018



Student Advocacy

Miso Kwak, a 2015-2017 Semel HCI student staff member, advocated for Semel HCI to work to increase equity for students with disabilities.

As a member of the BEWell pod, Kwak helped inform pod priorities to include diverse perspectives to better understand challenges faced by different communities when it comes to the campus built environment. Through her work with the BEWell pod, sidewalk disrepair (especially from tree roots) was highlighted as a major challenge for navigating Westwood. Kwak and Semel HCI staff member Sanna Alas also created a short video for Semel HCI's YouTube channel (HealthyUCLA) to highlight these challenges called "Miso Goes to Class: Navigating UCLA as a visually impaired student".⁴



Kerckhoff Patio Redesign

The Kerckhoff Patio project reflects the efficacy of Semel HCI's collective impact model in bringing together talented students, staff and faculty from Architecture and Arts, Urban Planning, Public Health, Social Work, Capital Programs, Transportation and Events, and ASUCLA to reimagine Kerckhoff Patio through focus groups and planning and design sessions. The re-design focused on input shared by students through Semel HCI led focus groups: such as desires for outdoor study spaces with electrical outlets and flexible seating arrangements that can meet a variety of needs from social gatherings among friends to more formal academic or extracurricular meetings. Four architecture students, with the support of Semel HCI and the BEWell pod, translated the focus group insights into a thoughtful design, by students and for students. Already, in one quarter since the redesign, it has been wonderful to see students, staff, and faculty alike enjoying the new furniture and engaging in the patio in new ways, growing our campus into a stronger community.



"I'M MOST PROUD OF THE FACT THAT I WAS ABLE TO BE A PART OF AN ENTITY DRIVING A TRULY GOOD IMPACT ON UCLA'S CAMPUS, AND AN INITIATIVE THAT IS SETTING AN EXAMPLE FOR OTHER CAMPUSES ACROSS THE NATION." – FIONA ZHANG, UNDERGRADUATE STAFF COORDINATOR, 2017-2019

"I'M REALLY PROUD TO HAVE BEEN A PART OF HCI AND HAVING GOTTEN TO SEE IT DEVELOP FOR THE FIRST FEW YEARS AS WELL AS THE EVENTS THAT WE WERE ABLE TO WORK TO ORGANIZE. I SAW THE WIDE-RANGING IMPACT WE HAD AND HAVE SEEN HOW THE SCIENCE AND RESEARCH WERE REALLY EMPOWERING NEW SOCIAL INITIATIVES." – PHILLIP COX, EATWELL BLOGGER, 2015-2017





Championing STAFF WELL-BEING

At a higher education institution such as UCLA, students are the obvious demographic served. However, it is important to recall that the university itself could not operate without the over 40,000 staff and faculty working behind the scenes to create a positive learning and living environment for students.⁵ Semel HCI has long been a champion of staff well-being, using its platform to elevate staff voices and concerns, much in the same way it does for students. In Spring 2013, Semel HCI invited the president of Staff Assembly to participate on its steering committee, generating buy-in from Staff Assembly and, in time, their counterparts on other campuses, thereby generating interest in establishing similar “healthy campus” initiatives UC-wide. The Semel HCI steering committee annually welcomes the Staff Assembly President as an important partner. Semel HCI also supports a Staff Grant Program, in addition to the Student Group Grant Program, to provide small seed grants to support innovative faculty and staff projects focused on health equity and well-being. Semel HCI has supported **109 staff projects since 2014**. Below you’ll find a couple examples of projects supported by Semel HCI.

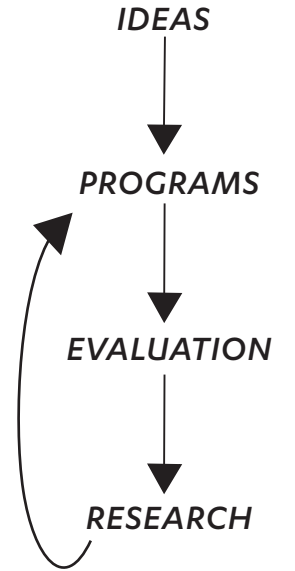
Emotional Resilience for Hospital Staff

Funded by Semel HCI and the UCLA Department of Pediatrics, the UCLA Pediatric Residency Resilience Training Program was conceived and led by Jessica Lloyd, M.D., and Brenda Bursch, Ph.D., in collaboration with the Semel Institute for Neuroscience and Human Behavior’s Division of Population Behavioral Health in the 2015-2016 academic year. Drs. Lloyd and Bursch adapted the skillset from the training framework “Families OverComing Under Stress” (FOCUS) to address specific stressors and traumas commonly encountered by pediatric residents. FOCUS is a trauma-informed, preventive intervention, which promotes resilience and reduces behavioral health risks through skills training focused on enhanced emotional regulation, effective communication, goal setting, problem solving, and management of behavioral triggers. After six trainings, residents reported significant changes in their perceptions about how patient deaths impact attending medical personnel; what helps them when they disagree with attending medical personnel or family members about patient management; how to recognize signs of stress and/or trauma; and evidence-based approaches to managing stress and trauma.^{6,7}



Mindful Music

The Mindful Music program was founded in 2014 by Dalida Arakelian, a UCLA alumna whose passion for the power of music inspired Jane Semel to support her through the MindWell pod of the Semel HCI Center. This program is founded on the growing body of research that correlates listening to music with stress reduction, mood elevation, and even physiological benefits such as decreased heart rate and blood pressure.² Beginning as an opportunity for student musicians to perform, the program evolved into mid-day musical performances for students, staff, and faculty to relax, recharge, connect with colleagues, and center themselves in the present moment. Mindful Music has resulted in significant stress reduction for listeners⁸ and also planted the seed for MindWell Pod Co-Leader Robert Bilder’s research project to develop an Arts Impact Measurement System (AIMS) to assess how arts engagements positively impacts well-being. This project is funded by the National Endowment of the Arts and Dr. Bilder has recently published on the subject.⁹ This project reflects how Semel HCI programs can not only generate scientific publications based on program evaluations, but also generate new research questions, spurring on opportunities for funding to pursue additional research.



SPOTLIGHT

SUPPORTING STAFF WELL-BEING DURING THE COVID-19 PANDEMIC

Semel HCI’s work over its first 8 years in supporting staff well-being established infrastructure and a network which made it possible for Semel HCI to rapidly respond to the urgent challenges posed by the COVID-19 pandemic. During the unprecedented first year of the pandemic, the emotional and social well-being of our communities often (and understandably) took a backseat to the more acute physical health and safety concerns of COVID-19. Nonetheless, the emotional and social health impacts of the pandemic were severe and of real consequence across the world, with roughly 4 in 10 adults in the U.S. reporting symptoms of anxiety or depressive disorder during the pandemic, compared to 1 in 10 from January to June 2019.¹⁰⁻¹² The pandemic shone a light on the importance of employers prioritizing the physical, emotional, and social well-being of their employees, many of whom were dealing with loss and grief while navigating the uncertainty of the pandemic and lacking the in-person supportive social networks they had been accustomed to at work. Early in the pandemic, Semel HCI worked on addressing these heightened social, emotional, and physical challenges at UCLA through education and increasing access to resources through all-staff and student e-mail communications (Bruin Posts), recording and posting the Semel HCI LiveWell podcast series called 6 Feet Apart, and increasing access to food for frontline workers.

As the pandemic continued on, Semel HCI also led the successful effort for UCLA to become an affiliate of the Total Worker Health Affiliate® Program, paving the way for Semel HCI AVP Slusser to lead the Wellness and Work Expectation Work Group of the UCLA COVID-19 Response and Recovery Task Force. This work group focused on the health and well-being of UCLA staff and was the only one of its kind in the entire UC system’s COVID response efforts – a testament to the groundwork of Semel HCI and our partners and stakeholders on campus. Leveraging Semel HCI’s existing network, AVP Slusser brought together a diverse coalition of stakeholders, including student staff, staff, and faculty representatives from departments and organizations across campus, such as Staff Assembly, Housing & Hospitality, UCLA Health, the School of Public Health, Recreation, and many more. The group developed recommendations to UCLA and the UC system to support the health and well-being of our community members. These recommendations were based on group discussions, key informant interviews, published research and UCLA focus group discussions conducted since August 2020 with our Bruin community. Key recommendations include revising the UC Sick Leave Policy to expand the definition of who is considered a “caregiver”, continuing telecommuting whenever possible and supporting a built environment that encourages a sense of belonging. Read the recommendations and lessons learned from the working group on our website.¹



Accelerating RESEARCH TO PRACTICE

As the Semel HCI Center grew into a large, diverse network of UCLA faculty, students, and staff engaged in building the healthiest campus in the country to work, learn, and thrive through academics, research and practice, it became evident there was a need to develop a systematic evaluation plan. The ResearchWell pod was born to address this need, motivated by the persistent question from internal and external stakeholders: “how do we know we are creating the healthiest campus in the country, where UCLA students, staff, and faculty work, learn, and thrive?” This led to more questions:



ResearchWell pod leadership also identified other evaluation needs including provision of technical assistance to Semel HCI’s other pods and student-funded organizations that did not have the capacity to engage in research and evaluation of their planned activities, as well as to identify opportunities for collaboration across campus administrative and academic departments in the areas of research or evaluation. Hence, Semel HCI’s ResearchWell pod leads the effort to systematically collect and manage data, capturing evaluation outcomes across the pods’ programs and research, and establishing standards for group data collection practices related to the Semel HCI Student Group Grant Program.

In addition, each year, Semel HCI’s key stakeholders and leadership lead and/or participate in authorship of peer reviewed journals and professional presentation with just this year (2020-2021) alone, co-authoring over 50 publications and participating in 21 professional presentations. Semel HCI’s work is also evidence-driven, with published research in peer reviewed journals, qualitative research, and existing campus-wide data sets used to inform our policies and programs, while generating further research.

THE RESEARCHWELL POD

The ResearchWell pod aims to provide vision and support for the research and evaluation needs of the Semel Healthy Campus Initiative Center at UCLA and Semel HCI-funded student organizations. To achieve this goal, ResearchWell identifies data sources to track progress toward the Semel HCI mission, conducts workshops with student organizations on grant writing, program evaluation and poster presentations, provides technical assistance to Semel HCI pods in evaluation of programs and activities, conducts and supports research on student health and well-being, and supports the dissemination of findings from Semel HCI studies.

POD LEADERSHIP



MICHAEL ONG, PHD
Professor of Medicine at the David Geffen School of Medicine and Health Policy and Management at the Fielding School of Public Health
ResearchWell Pod Co-Leader



KRISTEN MCKINNEY, PHD
Chief of Staff/Chief Financial Officer of Graduate Division
ResearchWell Pod Co-Leader



BURT COWGILL, PHD
Assistant Professor/Fielding School of Public Health
ResearchWell Faculty



ANUSHA FATEHPURIA
Student Grants Program Coordinator/Research Assistant

FORMER POD LEADERS:

2016-2017: Warner Hudson, MD, Medical Director of Occupational and Employee Health for UCLA Health System and Campus
2016-2017: Roshan Bastani, PhD, Professor of Health Policy and Management
2019-2020: Lee Cooper, PhD, Professor Emeritus at UCLA Anderson School of Management



RESEARCH IMPACT

Measuring a "Culture of Health"

ResearchWell is leading the development of measures to evaluate progress towards a culture of health on college campuses across the nation, by first working with campus stakeholders to develop a set of metrics to track the health and well-being of UCLA students, staff, and faculty. Early work included the development of a logic model that identified Semel HCI pod efforts and outcomes related to health and well-being. More recently ResearchWell has been working with UCLA and UC stakeholders to adapt the Robert Wood Johnson Culture of Health Framework¹³ to the UCLA and university settings, which would allow for cross-campus comparison and alignment of work towards a culture of health at the systemwide level.

Sparking Innovative & Transdisciplinary Research

ResearchWell has conducted transdisciplinary research projects on campus, such as the sedentary habits study. This partnership with the MoveWell pod assessed student and faculty experience with prolonged sitting and sedentary habits in the university setting. The work resulted in an article published in the Journal of the American College Health Association.¹⁴ Another transdisciplinary research opportunity sparked by the connecting force of Semel HCI, was a study conducted by former EngageWell GSR and doctoral student, Peter Nooteboom, on the social well-being impacts of participation in the Diabetes Prevention Program (DPP). This is the kind of research that can be inspired from programmatic work, like the DPP, supported by Semel HCI.

Process Data Collection Effort

The ResearchWell pod consistently tracks the impact of pod events using a uniform set of demographic and outcome metrics. The data collected allows pods to better understand the characteristics of who attends their events and participates in their programming with an eye towards improving outreach and messaging to attract diverse groups of campus constituents and to be more inclusive. Feedback from the participants themselves provides evidence of knowledge gained, skills obtained, and suggestions for improvements as pods look to engage in continuous quality improvements of their activities.

Measuring Impact

ResearchWell works with the campus stakeholders to identify and develop data sources to inform Semel HCI's impact on the campus community. For example, Semel HCI guided efforts to add food security items to the UC Undergraduate Experience Survey (UCUES) and UCLA Graduate and Professional Student Survey (GPSS) in 2014 to better understand the prevalence and needs of food insecure students, illuminating opportunities to better serve these students. Simultaneously, this catalyzed graduate student research involving focus groups with students to better understand student needs when it comes to food, highlighting the catalytic nature of Semel HCI's data and metric efforts. The data also inspired the Vice Chancellor of Research to provide additional funds for Semel HCI to research solutions to student food security at UCLA. Ultimately, the USDA Food Security measures have been routinely included in UCUES since 2016 in order to provide a consistent measure across campuses. Read more about this research in the Research Milestones.

"WHEN WE INCLUDED A SET OF ITEMS TO MEASURE MEAL-SKIPPING BASED ON WHAT A FEW FOLKS WERE SEEING ON THE GROUND, I DON'T THINK ANYONE EXPECTED IT WOULD CATALYZE A MUCH LARGER CAMPUS CONVERSATION ABOUT FOOD INSECURITY. THE SWITCH TO THE COMMON USDA MEASURE ACROSS SURVEYS ALLOWED FOR MORE COLLECTIVE UNDERSTANDING OF THE SCOPE—AND THE POSSIBILITY OF MORE ROBUST COMPARISON."

— KRISTEN MCKINNEY, FORMER DIRECTOR OF THE STUDENT AFFAIRS INFORMATION AND RESEARCH OFFICE & RESEARCHWELL POD CO-LEADER



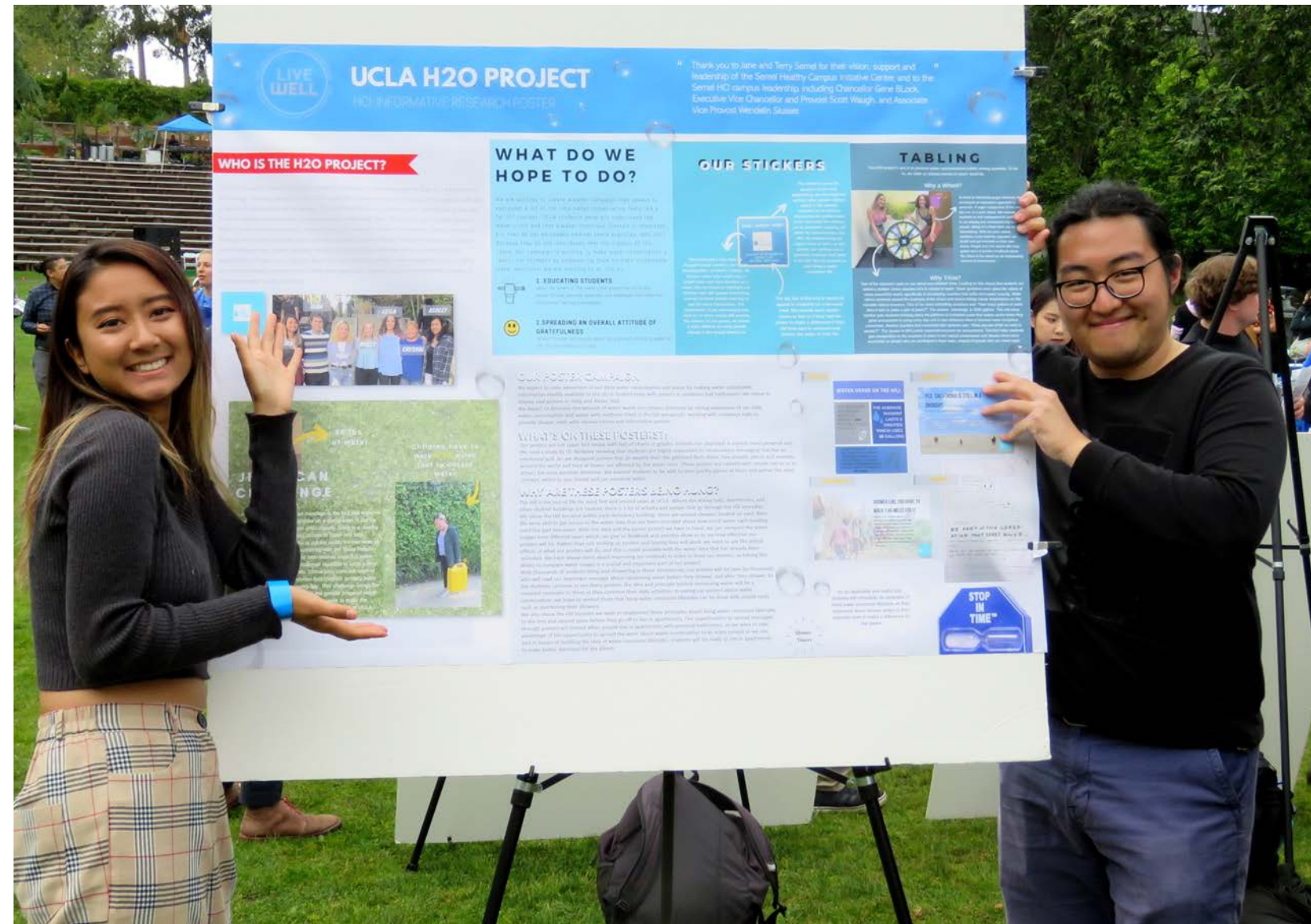
Catalyzing a Growing Body of Research

As a research center, the Semel Healthy Campus Initiative Center has the opportunity to stimulate research opportunities which may grow and snowball into larger research projects. For example, Dr. Tannaz Moin's work with the establishment of the Diabetes Prevention Program (DPP) on UCLA's campus, then scaling up the program across the UC system with a coordinating center at UCLA, resulted in Moin applying for an R01 grant to study the implementation of the DPP across all of the UC campuses. This grant would not have been possible without the establishment of the UCLA DPP and UC DPP with the support of Semel HCI and its vast network of experts and thought leaders.

Supporting Students

Semel HCI supports students and their innovative ideas through its student group grant program: 217 student group projects have been funded by Semel HCI from 2012 to 2022.

"THANKS TO THE SUPPORT OF OUR SEMEL HCI GRANT, WE WERE ABLE TO BRING TOGETHER STUDENTS, FACULTY, AND COMMUNITY MEMBERS FOR A MULTI-DISCIPLINARY CONVERSATION ABOUT MEDICAL AND PUBLIC HEALTH PROBLEMS AND SOLUTIONS TO STRUCTURAL INEQUITIES IN HEALTH. WE ARE EXTREMELY GRATEFUL FOR THE CONTINUED SUPPORT AND LEADERSHIP OF SEMEL HCI."
— DAVID GEFFEN SCHOOL OF MEDICINE HEALTH CARE SYMPOSIUM TEAM, ONE OF THE STUDENT GROUPS FUNDED BY SEMEL HCI



RESEARCH MILESTONES

2012

Convening of Metrics Task Force

Prior to the formation of the ResearchWell pod, the Metrics Task Force (a group formed by Semel HCI) recognizes the need to identify and develop new and existing resources to track and assess a broad range of health and wellness indicators among faculty, students, and staff. The Metrics Task Force identifies campus surveys with undergraduate and graduate students as a possible mechanism to track health and wellness over time. The need for a pod dedicated to research and evaluation originates from the initial discussions of the Metrics Task Force, resulting in the formation of the ResearchWell pod in Spring 2015.



Research and Evaluation Support for Semel HCI-Funded Student Organizations

The Semel HCI Student Group Grant Program is launched, giving students a platform to test innovative solutions to address their public health concerns. The coordination and oversight of the Student Group Grant Program is later transferred to the ResearchWell pod in the 2015-2016 academic year. In collaboration with the UCLA Biomedical Library, ResearchWell develops workshops to support student organizations in the application, evaluation, and dissemination of their Semel HCI-funded health and wellness programming. On average each year, 20 student groups are awarded up to \$2500, with 217 funded applications awarded from 2012 to 2022. At the end of the academic year, these student groups produce a poster illustrating their work for presentation at the Semel HCI Celebration. The student poster session continues to serve as a focal point of the Celebration event and demonstrates the diverse and important work being done by UCLA students to address health and wellness, including health equity, across campus. (Check out funded student group projects on our website: researchwell.healthy.ucla.edu.)

2013-2014

Healthy Vending Research Study

Assistant Vice Chancellor Pete Angelis is inspired to replicate a healthy vending study at UCLA spurred by various studies shared by Dr. Wendelin Slusser during monthly EatWell pod meetings which described successful efforts to nudge sales of healthier food items. As a result, Semel HCI supports the hiring of graduate student researcher and doctoral student, Joe Viana, to lead the healthy vending study under Slusser and Angelis's mentorship. A team of UCLA nutritionists adapted criteria for healthier vending machine items from the Los Angeles County Department of Public Health guidelines, to create a food item list of 'EatWell picks.' The intervention was simple: one-third of UCLA's snack vending machines included one or two rows of healthier options placed at eye-level and slightly raised prices on the unhealthier snacks, with the rest of the machines remaining the same. Viana found customers chose healthier snacks more frequently in the modified machines and vending machine revenue overall was unchanged from the previous year, demonstrating that strategic vending machine interventions can influence consumer behavior with positive health impacts, without compromising the bottom line.¹⁵⁻¹⁷

2014

Inclusion of Health and Well-being Wildcard Module in the UC Undergraduate Experience Survey (UCUES) and Graduate and Professional Student Survey (GPSS)

Building off of questions included in the 2014 Health and Wellness Wildcard Modules in the UCUES and GPSS surveys, UCLA formally includes United States Department of Agriculture (USDA) food security questions in all subsequent UCUES and GPSS surveys. This important catalytic data collection effort not only was scaled up to include all UC campuses, but also provided critical information for the UCLA Basic Needs Committee as they worked to address food insecurity on the UCLA campus. These efforts resulted in an improved food pantry, a CalFresh benefits representative on campus, and teaching kitchen offerings for students and staff.

Inspired by this survey data, Semel HCI GSR Hannah Malan, public health doctoral student Tyler Watson, and other colleagues conduct focus groups with UCLA students to explore the issue of food security on our campus. Not only did they find that students needed more availability and access to food, but they also desired more experiences to learn to cook and eat healthfully on a budget. This spurred a multitude of food security efforts and built greater evidence to the prior recommendation of the 2014 Food Summit to establish an on-campus teaching kitchen. Moreover, this insight directly from students provided additional support for funding requests, which helped the teaching kitchen become a reality.^{18,19}



Spring 2015

Formal Establishment of the ResearchWell Pod

The founding of the ResearchWell pod establishes a formal structure in which the research and evaluation needs of Semel HCI could be addressed.

Fall 2015

Development of Intercept and Process Surveys for Evaluation Needs of Semel HCI Pod

ResearchWell develops a toolkit for consistent and uniform evaluation of pod programming and events with an eye towards continual quality improvement. The toolkit included a Process Survey for pod GSRs and staff to identify key metrics and goals for event and program planning, including information on topics, intended audiences, marketing approaches, and participant satisfaction. An Intercept Survey is also developed to capture participant demographic characteristics, takeaways from pod programming, and suggestions for improvement.



"AS PART OF RESEARCHWELL, WE'VE FOUND THAT IT'S BEEN HELPFUL TO HELP PODS COLLECT INFORMATION ABOUT HOW THEY PLAN THEIR EVENTS AND PARTICIPANT TAKEAWAYS. IT IS WHAT ALLOWS US TO UNDERSTAND THE IMPACTS THE PODS AND HCI AS A WHOLE HAVE HAD ON THE UCLA COMMUNITY OVER THE YEARS."

– ANUSHA FATEHPURIA,
2020-PRESENT RESEARCHWELL
UNDERGRADUATE STUDENT
RESEARCHER



Fall 2016-Present

Collaboration with Semel HCI Pods on Research and Evaluation Efforts

An ongoing priority of the ResearchWell pod has been to partner with the other pods and campus departments to conduct research and evaluation around new and innovative ideas related to health and wellness. Three examples are included below, and the ResearchWell pod continues to offer technical assistance and leadership in developing similar collaborative research and evaluation projects across campus, helping accelerate research into practice.

Examples:

- **Fall 2016-Spring 2018:** The EatWell pod, Dining Services, and the ResearchWell pod collaborated to evaluate the implementation of a Flex Bar at De Neve Dining Hall which emphasized plant-based proteins and minimized the use of animal-based proteins. A combination of student surveys and assessment of purchasing data were used to assess changes in overall plant-based protein consumption after a year of Flex Bar operations.
- **May-September 2017:** The UCLA Arthur Ashe Student Health and Wellness Center, the UCLA Center for Cancer Prevention and Control Research, and the ResearchWell pod partnered to assess HPV vaccination rates and uptake among unvaccinated students using the Ashe Center. This research resulted in an NIH funded study and a paper was published in Vaccine based on the findings from the mixed-methods study.²⁰
- **Fall 2016-Fall 2018:** The MoveWell and ResearchWell pods partnered on a mixed-methods study to assess awareness and potential interventions addressing prolonged sitting in academic settings. Study methodology includes surveys, focus groups, and key informant interviews. This "Sedentary Habits Study" is published in the Journal of the American College Health Association.^{14,21}

Spring 2017

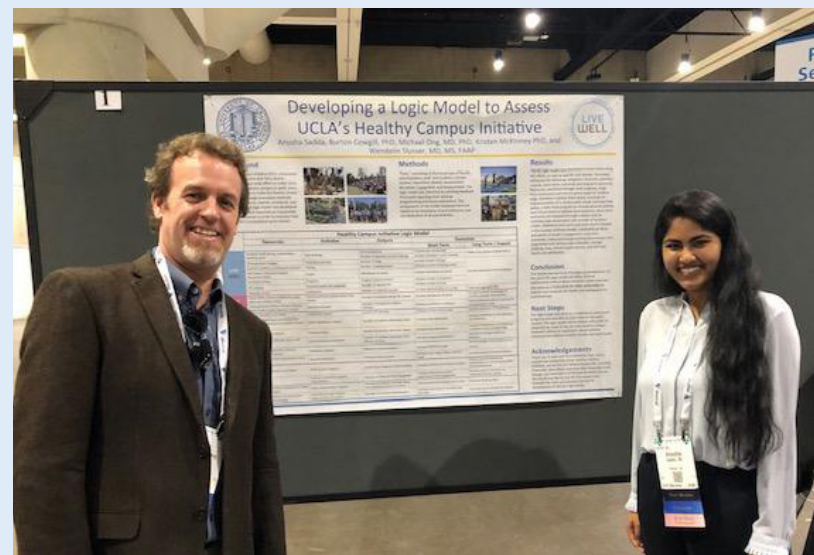
Health and Well-being Dashboard Development

In collaboration with the Student Affairs Information and Research Office (SAIRO), dashboards are developed in collaboration with the EatWell pod and UCLA Dining to provide snapshots of student consumption of fruits and vegetables and sugar-sweetened beverages, as well as with the BEWell pod and UCLA Transportation to display and share findings from the annual "State of the Commute" Report. The ultimate goal of identifying and sharing key campus health and wellness metrics through such dashboards aims to engage campus stakeholders in catalytic data collection efforts that incentivize and inspire adoption of improved health and wellness practices across the campus community. Integration of these metrics into the dashboard is still ongoing, but the current dashboard can be found online at sairo.ucla.edu/wellness-dashboard.

Winter 2018

Development of a Semel HCI Logic Model

To assess ongoing trends in health and wellness among students, faculty, and staff, the ResearchWell pod leads the development of a logic model in collaboration with the other pods which includes resources, activities, outputs, and short-term and long-term outcomes associated with Semel HCI activities across campus. The logic model was presented by ResearchWell pod members at the Annual American Public Health Association Meeting in 2018.



Fall 2019-Present

Adaptation of the Robert Wood Johnson Culture of Health Framework to UCLA

Building off the logic model development, ResearchWell embarks on a multi-year effort to adapt the Robert Wood Johnson Culture of Health Framework (which is designed for cities and towns) to the UCLA campus community. After a series of pod brainstorming sessions, Steering Committee discussions, and two rounds of consensus building using an adapted Delphi Method process, the ResearchWell pod develops a set of measures to broadly measure and track progress in improving health and wellness within the UCLA community. Next steps in this process include capturing data across the UCLA campus to populate the selected indicators, completing a report for dissemination to the UC-wide Healthy Campus Network, and developing a peer-reviewed article for submission to the Journal of the American Public Health Association.

2019-2020

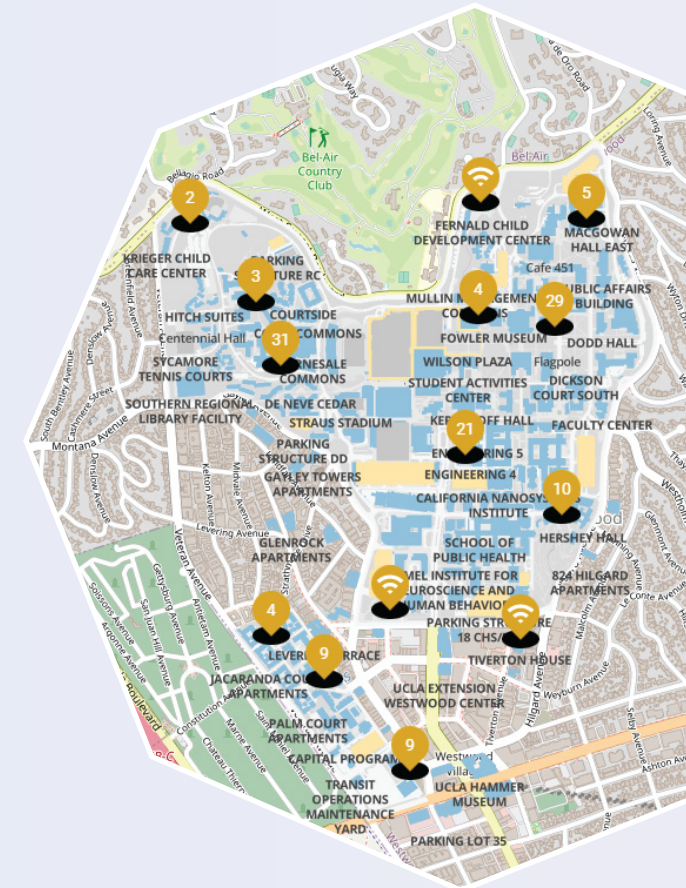
Tap Water Accessibility Research

As part of the UC-wide Healthy Beverage Initiative, Semel HCI Graduate Student Researcher Meagan Wang conducts a series of focus groups with UCLA students and staff about tap water perception and beverage decision-making processes. The results of these focus groups along with hydration station mapping efforts help to lay a foundation for important work to increase access to tap water at UCLA, including the installation of over 78 new water bottle refilling stations ("hydration stations") on campus since 2019.

Fall 2020

Launch of the UC Global Food Initiative (GFI) Campus Collaborative Centers (CCC)

The UC GFI launches its next iteration of funding to the UC campuses to establish Campus Collaborative Centers (CCCs) on each campus. The CCCs are tasked with key objectives of identifying a research focus area and creating an asset map of food-related projects and stakeholders to establish strong channels for each CCC to facilitate, support, and apply research to understand and improve food systems. The CCC at UCLA is led by Drs. Jenny Jay and Amy Rowat (EatWell Pod Co-Leader) and focuses on research at the intersection of human and planetary health. The work of the UCLA CCC was already being generated under the umbrella of Semel HCI, however, the establishment of the center strengthens transdisciplinary research moving forward. (Read more about specific projects in our 2020-2021 progress report.)



2020-2021

COVID-19 Focus Groups

Semel HCI conducts focus groups with UCLA students and staff to better understand the unique challenges the Bruin community is facing during the COVID-19 pandemic, including knowledge, attitudes, and behaviors regarding COVID-19 precautions, future vaccination, and the university's role during the pandemic. Findings from this research are shared with university leadership, including the COVID-19 Response and Recovery Task Force, in a timely manner to inform university planning.

2020-2022

Microaggressions & Microinterventions Study

With funding from Semel HCI, the EngageWell pod responds to the social unrest surrounding systemic racism in the US by developing and piloting workshops on microaggressions and microinterventions with UCLA staff to increase awareness and knowledge of microaggressions, how often they occur, how harmful they can be, and how to intervene and assist when they occur. (Read more in the EngageWell section.)

Fall 2020-Present

Reimagining Kerckhoff Patio

As part of its continued space activation efforts, the BEWell pod hosts a series of seven focus groups with 52 graduate and undergraduate students aimed to better understand student needs for public spaces as we returned to campus after the COVID-19 pandemic closures. The focus groups revealed the importance of having multi-purpose and versatile spaces on campus that accommodate different needs, ranging from a quiet space to meditate in nature to a lively environment to gather and socialize. This research informed the newly revamped Kerckhoff Hall Patio – designed by a team of four UCLA architecture students.



Winter 2021-Present

Virtual Health and Wellness Programming Qualitative Study

ResearchWell partners with the Student Affairs Information and Research Office (SAIRO) and the UCLA Undergraduate Student Wellness Commission (SWC) to conduct focus groups and key informant interviews with UCLA student leaders and staff engaged in health and wellness programming to learn about challenges and success stories related to the shift to virtual programming caused by the COVID-19 pandemic. This effort aims to highlight the incredible efforts of UCLA students and staff, and to learn from their experience to better design and deliver health and wellness programming in a post-pandemic campus environment.

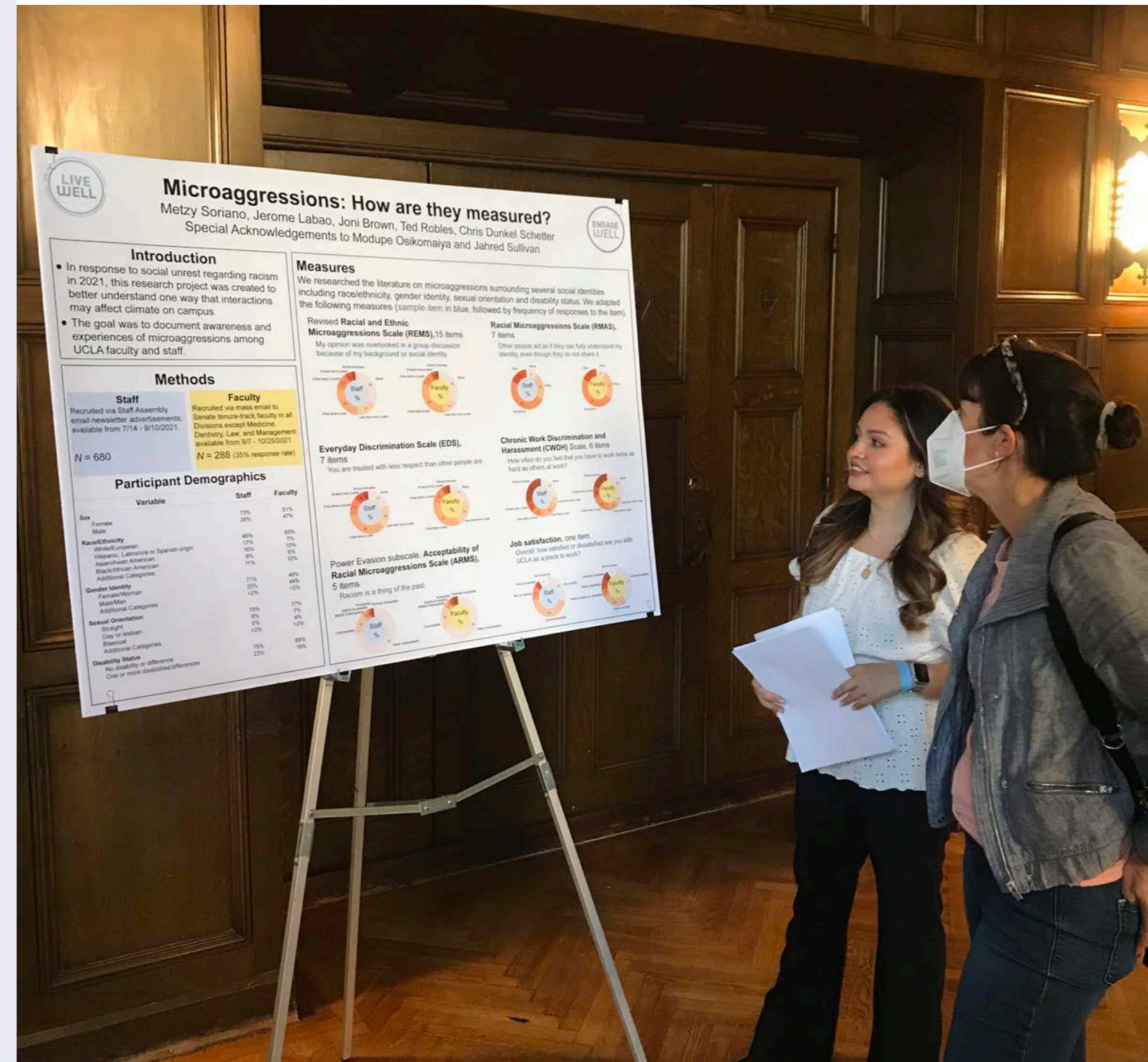
Spring 2021-Present

Key Informant Interviews on Staff Well-Being

In an effort to better understand staff needs during the pandemic, Semel HCI conducts key informant interviews to mine best practices and lessons learned from managers around promoting the well-being of their staff.

FUTURE DIRECTIONS

In the next 10 years of Semel HCI, we intend to expand our research capacity and potential with several initial steps. First, we will welcome a new pod leader, Janet Tomiyama, to the ResearchWell pod starting in the 2022-2023 academic year. Dr. Tomiyama is a respected expert in eating behavior and weight stigma, and is an Associate Professor in the Department of Psychology. Her research prowess and strategic thinking will help Semel HCI to hone and enhance the research efforts falling under its umbrella. Next, we intend to establish an advisory team for our research center, run out of the ResearchWell pod and made up of leading UCLA researchers. This group will provide vital insight and vision to amplify Semel HCI's research efforts and elevate mutually reinforcing activities. Lastly, we are committed to learning from other established research centers both on and off campus to identify best practices in running a research center. Together these next steps will provide a platform to elevate our work, continuing to accelerate research to practice for the health and prosperity of our Bruin community.



Inspiring Innovation Through SERVICE

Semel HCI not only works to further the academic and research missions of the university, but also to further the university's mission of service. Here are just a few recent examples of Semel HCI's efforts to serve our Bruin community as well as communities beyond our campus borders, particularly during the COVID-19 pandemic.

Crowdfunding

In Fall 2020, Semel HCI collaborated with the Community Programs Office (CPO) on a Spark Crowdfunding Campaign which raised \$90,000 to put food on the table for UCLA students, staff, and retirees struggling with food insecurity.

Efforts in Graduate Housing

During the first year of the pandemic, 344 pounds of produce were donated from the Jane B Semel HCI Community Garden to students living in the University Apartments South, which houses around 1,600 student residents (some with their families), as well as to garden community members and the UCLA Teaching Kitchen. Additionally, in Winter 2021, 45 fruit trees were planted as part of the Edible Community Garden Project in the University Apartments South to provide a free permanent and ongoing source of fresh fruit for the residents and their families.

Grant Funding to Support the Community Programs Office

In Fall 2020, in a two-week deadline call for applications Semel HCI and the CPO wrote and ultimately received a \$180,000 CARES grant award from the California Community Foundation to support the CPO's ongoing initiatives and programs addressing food insecurity among the Bruin community. This provided funding for infrastructure for safely distributing food during the pandemic, such as portable freezers for the new "Food Closet on the Go!". This new CARES funding provided the opportunity to expand the existing food box program with a total of 800 food boxes during the annual "Turkey Day Food Box Giveaway" and the "Winter Holiday Food Box Giveaway" specifically designated for staff, faculty, and retirees.

Healthy Cooking on a Budget

Semel HCI collaborated with the CPO and the UCLA Teaching Kitchen at the height of COVID-19 pandemic in the Spring of 2020 with support from an Our Food Chain foundation grant to host "Healthy Cooking on a Budget" virtual cooking classes with grocery gift cards for 885 food insecure undergraduate and graduate students.

Meals for Patients at Venice Family Clinic

Semel HCI leadership conceived of the idea to connect UCLA Dining Services with Venice Family Clinic (one of the largest free clinics in the US), ultimately providing over 600,000 meals between July 2020 and August 2021 to help the growing food needs of its patient population during the pandemic.

Meals for Homeless Vets

Semel HCI wrote and secured an award from Los Angeles County Supervisor Sheila Kuehl's Discretionary Funding Grant program, with which UCLA partners provided 6,411 delicious and nutritious meals to feed on average 450 food insecure homeless veterans living at or around the West LA Veterans Affairs campus per month for three months. This partnership addresses the shared mission of the West Los Angeles Veterans Affairs, Village for Vets, and UCLA to encourage more homeless veterans in the Los Angeles metropolitan area to leave the streets and come to the West Los Angeles VA campus. The success of this partnership demonstrates Semel HCI's approach to act as a spark plug by supporting innovative ideas and, when successful, identifying a home for the project that ensures long term sustainability. As of June 30, 2021, UCLA Dining Services and Veterans Affairs Relations had provided a total of 31,287 meals to food insecure vets.

Los Angeles Unified School District

In the summers of 2020 and 2021, Semel HCI spearheaded a partnership with the Los Angeles Unified School District to develop a science and food summer enrichment program, which served over 2,000 K-12 students in our local Los Angeles community.

JANE B SEMEL HCI COMMUNITY GARDEN

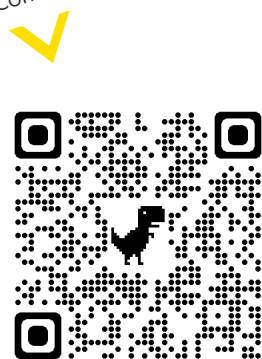
Semel HCI activates spaces across campus to enhance the well-being of the Bruin Community and beyond through academics, research, and service. In the early years of Semel HCI, the development of campus garden spaces was prioritized due to emerging evidence that working in a garden (or even just sitting in a garden) can enhance social, physical, and emotional well-being.²²⁻²⁴ So it is no surprise that within 2 years of Semel HCI's inception, the Ronald Reagan Medical Center Medicinal Garden was researched, developed and planted by Semel HCI. Given UCLA is one of the most densely populated universities in the country, establishing additional garden space was a challenge. However, Jane Semel's creative eye noticed an abandoned space with overgrown brush above the iconic Sunset Canyon Amphitheater during one of the many walks she made with AVP Slusser while dreaming about how to accelerate Semel HCI's vision. It is this site, now called the jane b semel (jbs) Healthy Campus Initiative Community Garden, situated atop Sunset Canyon Amphitheater that acts as a dynamic learning space comprised of 31 raised biodynamic plant beds flanked by an assortment of over 50 evergreen and deciduous fruit trees. Since May 2017, Bruin community members across campus have come together in the garden to grow, learn, engage, and enjoy. As a transdisciplinary hands-on learning space at UCLA, the jane b semel Healthy Campus Initiative Community Garden builds community, offers opportunities to be of service to others, and promotes personal and planetary health with a goal of supporting equity and food justice.



I NOW UNDERSTAND HOW TO ENCOURAGE A HEALTHIER SOIL MICROBIOME TO PRODUCE MORE NUTRIENT RICH PLANTS. THIS IN TURN WILL ALLOW ME TO MAKE MORE NUTRITIOUS MEALS, WIDEN AND STRENGTHEN SOCIAL CONNECTIONS AND IMPROVE THE QUALITY OF LIFE FOR ME, MY FAMILY, FRIENDS AND NEIGHBORS." – 2022 HEALTHFUL GARDENER CERTIFICATE PARTICIPANT



Scan the QR code for a video of the jbs HCI Community Garden!



Mission

As a transdisciplinary hands-on learning space at UCLA, the jane b semel Healthy Campus Initiative Community Garden builds community, offers opportunities to be of service to others, and promotes personal and planetary health with a goal of supporting equity and food justice.

Building community...

Along with birds chirping and bees buzzing, the garden is often filled with the laughter and chatter of Bruins coming together. Since its inception, the garden has engaged organizations, departments and teams across campus – offering the space, tools, and resources to learn gardening skills, engage with one another and give back to our Bruin community. Graduate student cohorts build community outside the classroom by adopting a plot together and research teams find opportunities to get outside of the wet lab and into the living lab—exemplifying the power of community gardens to support social well-being.²⁶

Supporting equity and food justice...

Growing food yourself can be a powerful experience.²² By providing the space, tools, and resources to grow your own food, the garden is an important part of the food justice movement. The garden addresses the basic needs of UCLA students by providing produce to the food closet, the Teaching Kitchen and graduate family housing. One of the garden's close partners, the UCLA Recreation Teaching Kitchen teaches Bruins about healthy cooking on a budget.

Transdisciplinary hands-on learning...

At the jbs HCI Community Garden, a Math post-doc can learn about growing the most nutritious and delicious produce side-by-side with an academic affairs officer, undergraduate art student and biology lab assistant. Community gardens have been shown to be valuable learning spaces and platforms for education, particularly around sustainability.²⁵ Most recently, the garden launched two new hybrid certificate programs (the Regenerative Gardening Certificate and Healthful Gardener Certificate) consisting of online and in-person workshops, a self-guided curriculum, structured assignments, and online forum for community engagement. In addition, the garden serves as the perfect space for transdisciplinary learning and is an incredible learning asset for the UCLA community, hosting Professor James Bassett's class on urban gardening (CHS 131).

Promoting personal and planetary health...

Community gardens provide engaging spaces to gain hands-on experience and skills to support one's own health as well as the well-being of our planet.²³ The garden promotes physical, emotional and social well-being through an integrative approach centered on the cultivation of delicious and nutritious produce. Garden community members have the opportunity to learn tangible skills and regenerative gardening practices. This past year through the Healthful Gardener Certificate hybrid program, Bruins across the United States learned about the intricate ties between the health of our planet and our own personal health through following the journey from planting a seed to digesting its fruit. What better place to do so than in the garden!



Engaging Through STRATEGIC COMMUNICATIONS

Semel HCI aims to make UCLA the healthiest community in which to work, learn, and thrive and to inspire others through building a culture of health as the foundation for a resilient, equitable, and flourishing community for the over 85,000 students, faculty, staff and visitors at UCLA. To reach this goal, we engage with the campus community in a wide variety of ways, including both in-person and virtual methods (since the start of the pandemic). From its inception, Semel HCI worked tirelessly to build trusted relationships across campus to share its mission and establish a long-lasting presence. Now, 10 years later, Semel HCI is an integral part of UCLA activities, events, and traditions, and is regularly asked to table or present at various events, demonstrating the acceptance and recognition of Semel HCI within both the UCLA community and other academic institutions far beyond our own campus borders. Such events include New Student and Graduate Student Orientations, Bruin Day, Disability Awareness Week, Eudaimonia Awardee Spotlights, Bike Recycling Day, and many more. The establishment of our now robust student team of both undergraduate and graduate students has been crucial to our participation in outreach events across campus. Recognizing the importance of student-to-student conversation and engagement for communicating our vision and mission, Semel HCI prioritized the development of a student team several years into its existence, which has been crucial to keeping physical and virtual programs and activities running smoothly. Not only do we hope to create a positive experience for our student staff to grow personally and professionally, but in return, they give us highly valuable insights about what students want and need.

Aiming to share lessons learned and best practices in building a culture of health on college campuses beyond its home campus of UCLA, Semel HCI disseminates its work statewide, nationally, and internationally through presentations on and off campus, a campus-wide annual celebration, research articles and professional association presentations, blogs, podcasts, panel discussions, and leadership roles in seven state and six national initiatives. In the last year alone, Semel HCI affiliates have produced over 50 publications and 21 professional presentations, the latter of which were given at professional and external outreach meetings locally, nationally, and internationally to share and/or further Semel HCI's work.



SEMEL HCI'S COMMUNICATIONS STRATEGY

This year, Semel HCI has focused on the increasing importance and relevance of media and information literacy in a society that has been fundamentally transformed by digital and networked information communication technologies. These technologies challenge and define the ways in which we build a culture of health and provide enormous potential to enhance teaching and learning, to bring people together from diverse locations and perspectives to build alliances and virtual communities, to share knowledge and information across the globe, and to improve planetary and human health and well-being. As an anchor for trusted science-based knowledge, Semel HCI closely collaborates with our UCLA Librarians, including the newly endowed Rothman Family Food Studies Librarian.²⁷

With strong relationships and a vast network throughout UCLA, the UC system, nationwide, and internationally, Semel HCI uses a variety of communication methods to amplify valuable health and well-being resources and information. Our communication strategy is guided by our mission to build a culture of health, grounded by our core values, and achieved using a variety of communication methods.

Storytelling & Discovering New Perspectives in Health & Well-Being

UCLA LiveWell Podcast

Produced by Semel HCI and hosted by AVP Wendelin Slusser, this project interviews leading experts in health and well-being – bringing never-before broadcasted information about cutting-edge research, policy, and programs focused on health and well-being for individuals, the community, and our planet. Since its launch in May 2019, 45 episodes have been released with over 12k streams. Listen to our top three most popular episodes below!

- *The Recipe for Success with Pete Angelis*
- *Pain Management and How to #HacktheVax*
- *Getting a Good Night's Sleep with Dr. Alon Avidan*



Semel HCI Blog

Written by the Semel HCI team and partners, the Semel HCI Blog shares science-based tips to support your health and well-being. Check out some of our most popular blogs:

- *Beyond Disability Awareness Month*
- *My Adventure CSA Box*
- *What does an Artist's box actually look like?*

YouTube Channels & Videography

Key to our communication strategy is sharing health and well-being information through storytelling. Semel HCI videographer, Skye Blee, has demonstrated the power of storytelling through her thoughtful videography. Her video, "Surfing with Skye- What Does Health Mean to You?" highlights the different shapes and forms health can take for each individual. Watch our three most popular videos:

- *The Science of Sleep and Caffeine*
- *Lunchables What's in the Box*
- *Food Insecurity in the UC*



The Semel HCI YouTube channel's engagement has been purely through word of mouth. Future communication goals include developing a thoughtful marketing strategy to more widely share the work of Semel HCI and its partners.

Amplifying Voices & Creating Community

Garden Slack Channel

This past year, the jbs HCI Community Garden has built a robust online community through Slack with over 150 participants. The success of Slack in facilitating hybrid certificate programs and building community will be used as a model for future online community-building.

@healthyucla on Instagram

The Semel HCI Instagram @healthyucla continues to amplify health and well-being research and resources with a 7.7% growth in followers and 14k post views from 2021-2022.

Pod Email Listservs

Pod membership is inclusive not exclusive and all are welcome to sign up to the listserv and attend the monthly meetings during the school year.

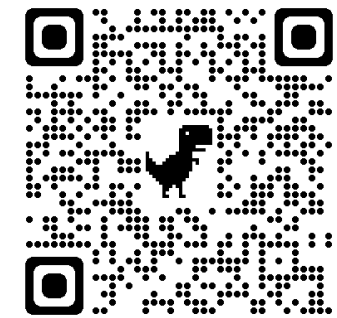
- MindWell: 391 members
- BEWell: 153 members
- EatWell: 372 members
- EngageWell: 239 members



A Trusted Resource

Semel HCI Website

Housing our podcast, blog, press, reports, and hundreds of resources, the Semel HCI website serves as a go-to trusted site for health and well-being for our UCLA community and the greater community at large. From 2021 to 2022, the website has seen a 24% increase in unique visitors. This growth is particularly significant given a decrease in virtual programming this past year—demonstrating the continued importance of the Semel HCI website as a valuable source for health and well-being tips, knowledge, and resources. The UCLA LiveWell podcast continues to be a main driver of traffic to the website. (Scan to listen!)





Scaling Up Through UC SYSTEMWIDE EFFORTS



The Semel Healthy Campus Initiative Center at UCLA actively pursues collaboration beyond the borders of our home campus such as through participation and leadership in the UC-wide Healthy Campus Network (HCN),²⁸ which at its core is a network of similar initiatives (inspired by the Semel HCI Center at UCLA) at each UC campus. This group meets regularly to learn from each other and share best practices, as well as to lead and/or support systemwide initiatives, such as the Global Food Initiative Student Fellowship Program,²⁹ the UC Diabetes Prevention Program Initiative,³⁰ the Healthy Beverage Initiative,³¹ and the Health in All Policies review of the UC Sustainable Practices Policy.³² While all of the UC campuses engage in these initiatives, each campus implements them differently based on what works best for their own campus. While all of the UC campuses engage in these initiatives, each campus implements them differently based on what works best for their own campus culture and resources. The following illustrate the breadth and impact of UC systemwide well-being efforts initiated, led, and inspired by Semel HCI.

UC Healthy Campus Network (HCN)

Terry Semel’s prediction at the start of Semel HCI - if successful and done well, others will follow UCLA’s lead in building a culture of health and well-being – was realized in the creation of the UC Healthy Campus Network. In Spring 2015, buoyed by the success of the GFI subcommittee work, a group of like-minded leaders (Wendelin Slusser - UCLA, Laura Schmidt - UCSF, Trish Ratto - UCB, Julie Chobdee - UCR, Gale Sheean-Remotto - UCOP) emerged who recognized the potential of the GFI to replicate and amplify successful, impactful well-being work conducted at UCLA, UCSF, and other campuses systematically across the UC system, and shared a common vision to expand the scope beyond food for the next steps for GFI and to address promoting health and well-being from the bottom up across the UC system.

Concurrently, staff support of the concept of systemwide “HCIs” was attained through work conducted by Mike Lee (President of the UCLA Staff Assembly) who was tapped as the leader of the Council of UC Staff Assemblies (CUCSA) by then-UC President Napolitano to make a recommendation for a replacement of the commercially available Optum employee health promotion program which had very low participation across all UC campuses. As President of the Staff Assembly,



Mike Lee represented the interests and concerns of the UCLA staff on the Semel HCI Steering Committee. He met AVP Slusser to discuss the idea of the HCI model as a replacement for Optum for all of the other 9 campuses and arranged for AVP Slusser to present HCI to CUCSA. He successfully gained buy-in from CUCSA membership to champion the idea of establishing HCIs at each UC campus and formally presented this CUCSA recommendation to President Napolitano in December 2015.

The HCN leadership team presented the idea of the UC Healthy Campus Network (HCN) to UCOP Human Resource leadership in January 2016 and GFI leadership in February 2016, proposing a UC network in which each UC campus had an HCI to coordinate systemwide well-being efforts and implement well-being initiatives specifically addressing the priorities and needs of each individual campus. UCOP approved the idea and helped to identify funding to support the establishment of the infrastructure of an HCI on each UC campus. The HCN

leadership team’s plan to build the foundation of the HCN included obtaining the buy-in from key UCOP organizations and all of the UC chancellors, establishing the coordinating structure for the HCN, conducting an asset and mobilization exercise and developing a mentoring plan to help each campus establish their individual HCI. The HCN leadership team completed the long process of presenting to and earning the support for HCN from UC Health, UC Human Resources, and the chancellors in June 2016. Key components of the two-year implementation plan included three UC-wide meetings hosted by Semel HCI at UCLA for campuses to learn and share best practices from one another:

1. June 2017: This meeting introduced the UCLA HCI, provided opportunity to share lessons learned, and envision progress for the following 6 months. A UC-wide Take the Stairs campaign was agreed upon as a group to pursue.
2. January 2018: Campuses shared program progress, support to continue building, and evaluation for long term success. Guest speaker Dr. Casey Chosewood, CDC Director of the Total Worker Health Program, introduced the state-of-the-art data on holistically promoting employee health.
3. October 2018: HCN affiliates leveraged cross-sector relationships across the UC, other universities and community partners, documented innovations and lessons learned for building a culture of health in higher education, and created an advisory team to build a sustainable HCI model within the UC and identified 8 achievable goals to collectively strive for. Portions of 7 of the goals have all been reached. Each campus also created a poster highlighting their work in the four action areas of the Robert Wood Johnson Foundation’s Culture of Health Framework (see UCLA’s poster on the next page).

Since its inception four years ago, HCN continues to infuse health and well-being throughout the UC system. The advisory team meets regularly, championing health equity in efforts to make the UC the healthiest universities in which to learn, work, and live. The creation of HCN amplified Semel HCI’s work, raised recognition of UCLA’s leadership in well-being efforts nationally and internationally, demonstrated the replicability of the Semel HCI collective impact model, validated well-being as a necessary pillar for the University to embrace to support its pursuit of excellence in education, research, and service. AVP Slusser and UCLA have been a driving force behind the creation of the HCN and HCN’s subsequent initiatives, with Semel HCI providing the roadmap and expertise of Semel HCI’s leaders and campus partners as well as the coordination, management and support for most of the HCN’s systemwide efforts.

Global Food Initiative Student Fellowship Program

Inspired by the concept of Semel HCI and the work of the EatWell pod, the UC Global Food Initiative (GFI) was launched by then UC President Janet Napolitano on July 1, 2014, with the goal to support multi-disciplinary research on issues related to food and seek solutions to sustainably and nutritiously feed a world population projected to reach eight billion by 2025. A key component of the UC GFI was the GFI Student Fellowship Program (inspired by the Semel HCI student group grant program) which offers a unique opportunity for like-minded students across the UC system to collaborate and learn from each other, plugging them into a statewide network that benefits them far beyond their time as students. The UC GFI continues to support the fellowship program: since its inception, 83 GFI fellowships have been awarded at UCLA, with an additional 19 GFI fellowships directly funded by Semel HCI.

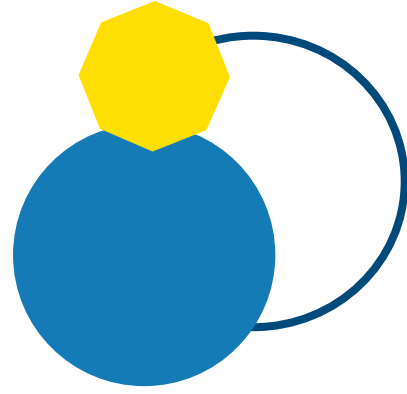
Health in All Policies

In January 2021, HCN leadership proposed the addition of a new section in the UC Sustainable Practices Policy on health and well-being. With approval from the UC Sustainability Steering Committee, the HCN committed to explore the integration of health equity and well-being throughout the full policy using a Health in All Policies approach. This collaborative and intersectoral approach aims to identify and integrate health across sectors and policies in a holistic, equitable, and integrative manner.³⁵ Spearheaded by Semel HCI AVP Wendelin Slusser, Semel HCI Project Coordinator Catie Imbery, and Assistant Professor-in-Residence at the Fielding School of Public Health, Brian Cole, this project has made great strides over the 2021-2022 academic year, from recruiting a HiAP expert to train the team and recruiting fellows and content experts to mentor them as they review the ten existing policy sections. As of June 30, 2022, the fellows have completed their policy review and the next steps are to develop an executive report of their recommendations to further integrate health into the policy sections. This work exemplifies yet another way Semel HCI and the Healthy Campus Network are working to weave health and well-being into all aspects of university life, school, and work, in this case operating at the policy level to achieve lasting and positive change around sustainability and health equity.



Healthy Beverage Initiative

With consumption of sugar-sweetened beverages as the primary source of added sugars in the average diet in the United States and a leading cause of many diet-related chronic diseases, there is an urgency for healthy beverage promotion and intervention.³³ Moreover, not only is tap water the healthy beverage choice, but it is also the sustainable one, as bottled water requires 2,000 times more energy to produce than tap water.³⁴ The system-wide Healthy Beverage Initiative (HBI) was launched in 2019 through the leadership of the HCN partnering with UC Systemwide Human Resources, and mentored by UCSF's team which had successfully removed the sales of sugar-sweetened beverages from their campus. The goal for the HBI was to increase tap water consumption as the healthy and sustainable alternative to sugar-sweetened beverages. This work could not have been timelier, as all drinking fountains were closed during the pandemic, leaving water bottle refilling stations as the only source of free drinking water in public spaces. A total of 78 hydration stations have been installed either directly or indirectly from this work. Semel HCI worked with Facilities Management to also install student-designed hydration station signage for easy identification. This initiative was then-student Meagan Wang's Urban Planning capstone project and she continued to shepherd the project through after graduation as part of Semel HCI's full-time staff.



Mission and Values

Mission: Semel HCI aims to make the healthy choice the easy choice for the more than 85,000 students, faculty, staff, and visitors at UCLA.

Values: Fostering high-level wellness by maximizing the potential of individuals to improve their health; encouraging personal responsibility by creating an environment that facilitates healthy living; respecting diversity by understanding that health and wellness are concepts that are frequently defined differently by people; striving to reduce inequities in health by increasing awareness and creating activities that reduce or eliminate them whenever possible; and being integrative in acknowledging that body, mind, and spirit each have the potential to influence the other.

UC Healthy Campus Network

The Healthy Campus Network (HCN) is a systemwide initiative that promotes innovative reforms in all dimensions of health and well-being. "to make UC the healthiest place to work, learn and live." Supported by President Napolitano and GF funding, the HCN aligns with GF's goals by engaging each UC location to address the need for a strong, sustainable campus-coordinating infrastructure. HCN is founded on a vision that, to fundamentally change our health environment, campus communities must invest in a host of small changes that add up to meaningful shifts, thus producing a lasting culture of health.

Process Insights

Semel HCI embraces the five conditions for reaching successful collective impact (Kania and Kramer, 2011):

- **Share a common agenda** – we began by developing key themes rooted in UCLA's core values
- **Provide a coordinating structure** – dedicated staff positions create the initiative's "backbone" and support collaboration across different campus units.
- **Engage in mutually reinforcing activities:** Semel HCI builds upon and elevates ongoing work.
- **Participate in continuous communication:** regular meetings break down silos and infuse the vision into daily thinking and decision-making
- **Agree on shared measurement systems**

Action Area 1 Making health a shared value

- Launch WorkWell Healthy Department Certificate to incentivize a culture shift towards health within departments by providing resources and multiple levels of engagement to departments
- Development and expansion of Life Skills courses (CHS 179) to fulfill the diversity requirement for graduation with more than 290 students reached
- Creation of an Interdisciplinary Food Studies Minor and Graduate Certificate
- Recent creation of "Vice President of Wellness" position in UCLA's Staff Assembly
- Emphasizing importance of individuals, families, communities, and social connectedness through the establishment of EngageWell Pod

Action Area 2 Fostering cross-sector collaboration to improve well-being

- Implementation of healthy vending policy across campus with proven effectiveness; lessons documented in a Healthy Vending Policy toolkit
- Activation of underutilized campus spaces to promote improved health, well-being and social connection through movement and play
- Leveraging campus-wide data sets to develop informed solutions to complex issues such as food insecurity
- Increased opportunities for active transportation through Bruin Bike Share, improved bike lanes, and decreased campus speed limit
- Sedentary survey results inform guides for active teaching, working, and studying

Action Area 3 Creating healthier, more equitable communities

- The Jane b Semel HCI Community Garden increases food literacy and fosters greater community on campus while supplying the campus food closet with more than 250 pounds of fresh produce
- Increase in the number of food vouchers available for food insecure students through UCLA Basic Needs Committee
- CalFresh recruitment facilitated by
- Expansion of UCLA teaching kitchen offerings through the development of new infrastructure on campus
- Free meditation opportunities and Flexible Fridays yoga on campus
- Stairwell activation initiatives encourage increased movement

Action Area 4 Strengthening integration of health services and systems

- Expansion of the Diabetes Prevention Program to different units on campus through the "train the trainer" model and collaboration
- Sharing health and wellbeing resources at the annual Immunization Fair which is mandatory for incoming students
- Mindful Music performances across UCLA campus and health system to help alleviate stress, depression, and loneliness while building community
- Participation of key health system leaders as steering committee members



Facilitators of Change

- Semel HCI's housing in the Chancellor's office and support from highest level of leadership.
- The engagement of a diverse Steering Committee, that includes Vice Chancellors, Deans, administrators, faculty, and student leadership who prioritize engagement.
- The identification of faculty and senior administrators with expertise in pod subject areas for leading each of the seven pods to initiate programs, research, and partnerships.
- Pod membership that is determined by a philosophy of being "inclusive not exclusive" with monthly open meetings to share resources and initiate programs.
- Maintenance of institutional memory through an annual progress report to capture insights and recommendations for the upcoming year.
- Asset mapping, regular pod meetings, and funding for projects demonstrates how collaboration through the initiative adds value to individual units

Barriers to Change

- UCLA community is large (85,000) and has a rapid turnover; communicating the mission and impact of Semel HCI to these diverse groups every year involves continuous effort and investment in outreach
- Stagnation can occur over time as pod meetings settle into routine; spaces must be constantly reinvigorated and demand active participation of new voices
- Student leaders are not always well-versed in collaboration or collective impact approaches and often duplicate efforts; need to create greater incentives for student collaboration

References

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Acknowledgements

The Semel Healthy Campus Initiative Center at UCLA is envisioned and supported by Jane and Terry Semel. Thank you to past and current leadership for your support in living well on campus and beyond.

THE DIABETES PREVENTION PROGRAM

In 2014, then-Associate Vice Provost (AVP) of the Healthy Campus Initiative (HCI) at UCLA, Michael Goldstein received alarming data: Kaiser Permanente reported the highest rates of obesity among children of UCLA staff compared to the other UCs. This worrisome trend spurred many new efforts, even free gym memberships, but these did little to impact the health and well-being of UCLA's staff. Dr. Wendelin Slusser, a pediatrician who was the EatWell pod leader at the time and eventually took on the role of AVP from Goldstein in 2014, was determined to address this issue. Dr. Slusser knew that educating parents on how to improve the home food environment positively impacts their children's weight.^{36,37} With that in mind, the right intervention could improve not only UCLA staff's health outcomes, but also their children's.

In 2015, Dr. Slusser met with Drs. Carol Mangione and Tannaz Moin, two physician researchers leading extramurally funded research projects to help adults with prediabetes lower their risk of developing type 2 diabetes. Prediabetes is a major public health concern and not only puts individuals at an increased risk of developing type 2 diabetes, it also puts them at risk for developing many chronic health care conditions such as heart disease and stroke.³⁸ However, overweight and obese individuals with prediabetes can significantly lower their risk of developing type 2 diabetes by participating in an intensive lifestyle intervention known as the Diabetes Prevention Program (DPP; ~58% risk diabetes reduction with about 5% weight loss).³⁹ The DPP was shown to have a return on investment, including an estimated \$2650 in cost savings over 15 months for Medicare beneficiaries who participated in the program⁴⁰ and is fully endorsed by the Centers for Disease Control and Prevention (CDC).⁴¹

Drs. Mangione and Moin had been referring UCLA patients to the DPP at local YMCAs, but Dr. Mangione and AVP Slusser formed an idea for the DPP to be offered more proximally. AVP Slusser wondered if the DPP could be offered centrally on the UCLA campus to help increase prediabetes awareness and make it easier for UCLA staff to participate in the year-long program.

AVP Slusser's own research with preschool parents had shown higher attendance in group classes if classes were offered in locations parents frequented daily (i.e. their child's preschool or childcare site).⁴² By offering DPP on the UCLA campus, UCLA faculty, staff, and students would know it was an option at their immediate disposal and may be more willing to participate in the program.

Dr. Warner Hudson, former Medical Director at Ronald Reagan UCLA Medical Center Occupational Health Facility,

MORE THAN 1 IN 3 AMERICAN ADULTS HAVE PREDIABETES BUT 90% DON'T KNOW IT.³⁸

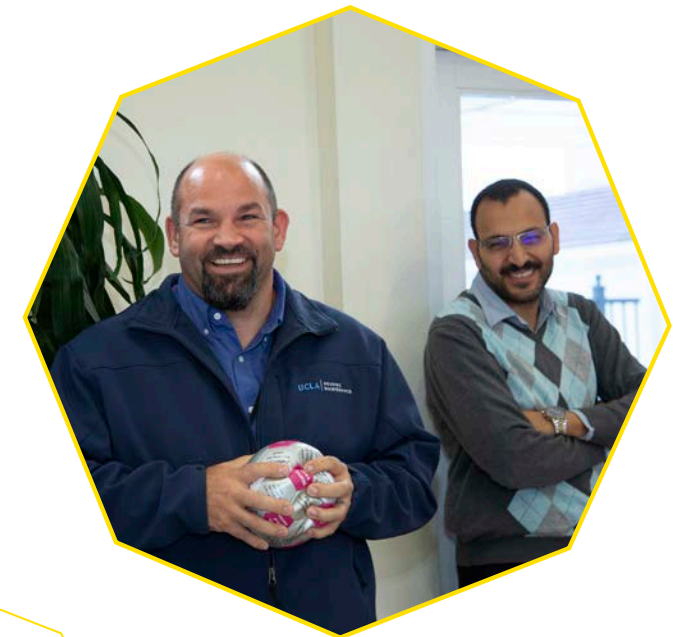


had tried for years to launch the DPP at UCLA. However, it had been difficult to get the program off the ground. With the collaborative networks of the HCI in place, AVP Slusser invited Drs. Hudson and Moin to present the case for a cross campus effort to launch DPP to the Semel HCI steering committee in 2015. Then-Director of UCLA Recreation and Leader of the Semel HCI MoveWell pod, Mick Deluca, was also convinced and became a crucial early partner in establishing DPP delivery through UCLA Recreation.

With the pieces finally in place, Semel HCI offered funding from 2015 through 2017 to support a pilot collaboration between Dr. Moin's team and UCLA Recreation to train lifestyle coaches and deliver the DPP at the John Wooden Center. By 2018, UCLA was offering the DPP to broad segments

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"WE WOULD TALK ABOUT HIGHS AND LOWS AND HOW THAT CAN AFFECT OUR EATING HABITS... IT WAS REALLY HELPFUL TO HEAR THAT IT'S NOT SOMETHING THAT I'M THE ONLY ONE THAT GOES THROUGH"
– UC DPP PARTICIPANT



“

"I WAS BEING MORE INTENTIONAL ABOUT EXERCISING AND MOVING ... I DID REALIZE THAT IT WOULD GIVE ME MORE ENERGY OR THAT I WOULD JUST BE IN A BETTER MOOD"
– UC DPP PARTICIPANT

of the campus and LA community and was one of the first universities in the US to achieve full recognition from the CDC. To be fully recognized, the yearlong DPP had to include a CDC-approved curriculum and meet all CDC milestones, including average 5% weight loss among participants.

Two years after DPP was launched on UCLA's campus, Pete Angelis, AVC Housing and Hospitality joined the HCI leadership team co-leading the EatWell pod and heard Dr. Moin present UCLA DPP progress updates at the Semel HCI steering committee. He immediately realized the importance of the DPP and quickly began planning ways to expand the DPP to include his staff. AVC Angelis said that if he could prevent even one case of diabetes among his employees that would be the best thing he could do in his entire career. With

his customary speed and early adoption of best practice, he carved out time for his employees to be trained as CDC certified facilitators by Dr. Moin's team and launched "DPP on the Hill" within two months. All housing and hospitality staff were able to attend DPP sessions during their routine work hours. Providing paid work time to attend DPP was a novel approach approved by the union and made it possible for about 150 staff to participate in the program. AVC Angelis spearheaded efforts that take to heart one of HCI's goals – making the healthier choice the easier and more convenient choice. Utilizing the CDC DPP lesson plans, videos, literature, and an abundance of information on dietary and physical health along with MyPlate and the expertise of Housing and Hospitality's dietitian, the participants learned about nutrition and health during the 22-session, year-long program. DPP

THE DIABETES PREVENTION PROGRAM

classes hosted by Housing and Hospitality are tailored to fit the different availabilities of their employees.

Not only have outcomes been positive for the physical health of participants, but also AVC Angelis observed that there were positive impacts on the social and emotional well-being of his staff. Given the positive role of social support in management of illness, especially for diabetes, doctoral student Peter Nootboom studied the impact on social support on weight loss and self-efficacy in 79 participants from UCLA Housing & Hospitality before the COVID-19 pandemic.^{43,44} Nootboom found that as social support increases, weight decreases, and self-efficacy mediates this relationship. DPP cohorts provide participants with critical social support, which was even more important after the shift to remote work and learning during the COVID-19 pandemic. In a time of heightened social isolation and loneliness, having a safe and supportive space (even virtually) proved incredibly helpful and positive for participants.

Many additional benefits in the realms of education and research have also been realized. For example, Dr. Tannaz Moin was awarded an NIH grant to study the implementation of the DPP across the UCs, to not only inform our UC approach to obesity and diabetes prevention, but also lessons that can be shared with other large university systems and employers.

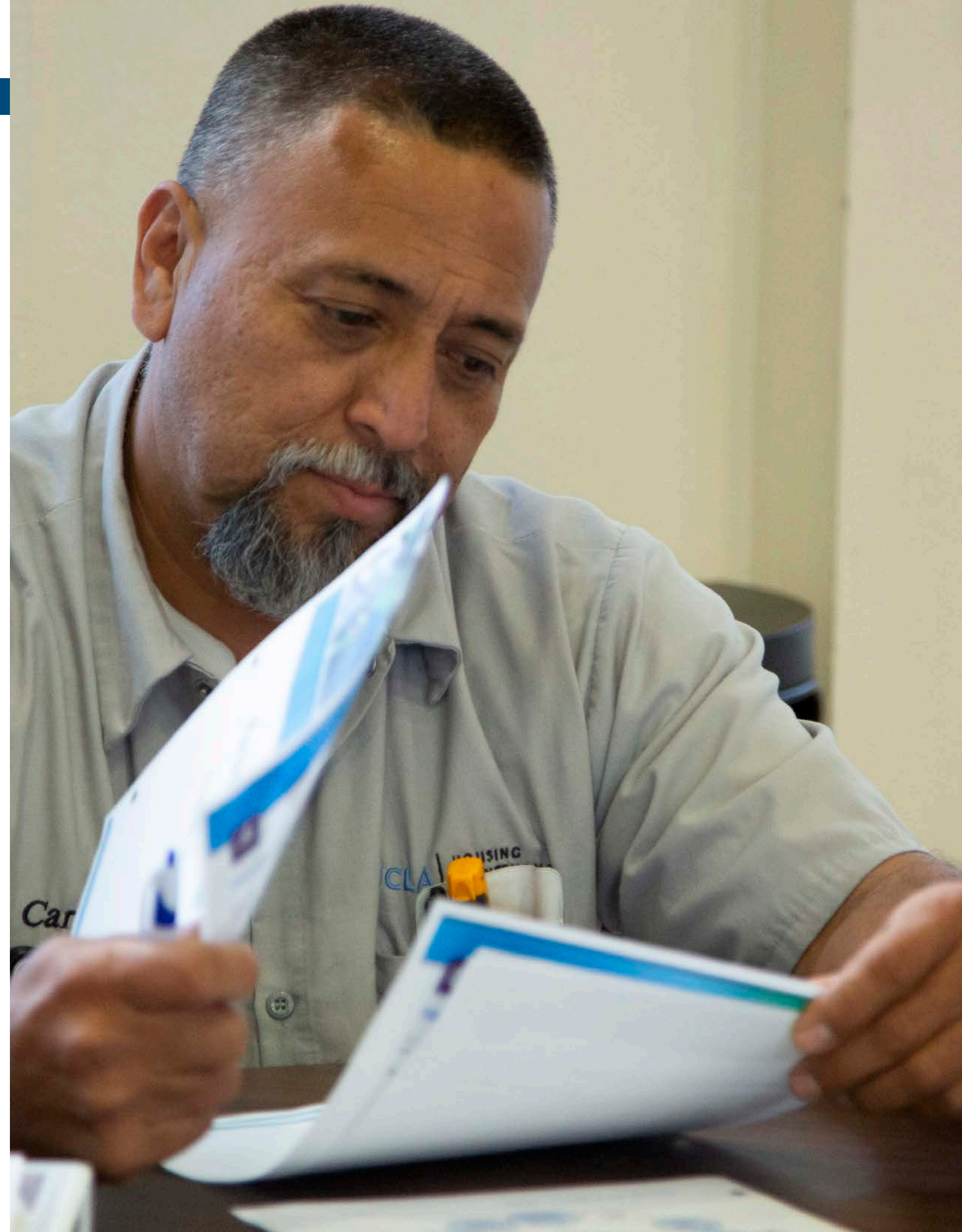
The successful launch of the DPP was facilitated by the HCI collective impact approach and strong leadership from UCLA Recreation's Samantha Soetenga, Kelly Shedd, Elisa Terry, and Erinn McMahan, as well as Dr. Moin and the Assistant Vice Chancellor of Campus Life, Mick Deluca. Semel HCI facilitated numerous connections among key stakeholders, essentially creating a win-win scenario for all collaborators. With Semel HCI supporting the collaboration, the DPP was provided

to the entire campus community with rigor and fidelity to the evidence base. The research team, led by Dr. Moin, provided their expertise to support program implementation and evaluation. The campus Recreation team provided their expertise in program recruitment and campus-based delivery. Support from Occupational Health, UCLA Health, and Human Resources was also critical for referrals. Seeing all of these stars finally align with UCLA DPP exemplifies how Semel HCI leverages existing assets and talent within the UCLA community and engages them in mutually reinforcing activities. With its broad network and scope, Semel HCI is able to act as a catalyst for innovative projects and research by connecting the dots across campus - in this case by bringing together stakeholders from Workers Compensation, Occupational Health, the Ashe Center, UCLA Recreation, and UCLA Health.

The success of the program at UCLA also led to a UC-wide DPP Initiative to improve prediabetes awareness and diabetes prevention across all UC campuses. As part of this initiative, UC Health provided funding to expand campus-based DPP delivery, recruitment, and coordination across all 10 UC campuses. Recognizing the importance of mentorship to successfully implement DPP in a University setting, based on UCLA's lessons learned, the UC DPP Coordinating Center was established in 2018 to support DPP implementation and recruitment efforts across all 10 UC campuses, UCOP, and UC Agriculture and Natural Resources (ANR). The UC DPP Coordinating Center is the UC leader and mentor in propagating the overarching goals of DPP. The UC DPP Initiative was the first coordinated effort to spread DPP across an expansive university system. All UC locations now participate in DPP with all 10 being eligible or recognized by CDC to be a DPP program and, as of June 2022, UC DPP has enrolled over 1,600 participants in over 110 cohorts.

Another key to success: implementing a cohort-based funding model

Given potential attrition that may occur with any program as long as 12-months in duration, Drs. Slusser and Moin advocated for UC Health to provide funding based on a cohort participation model. This ensured that campuses prioritized cohort-based milestones (as opposed to individual-level outcomes) and could sustain DPP delivery over time. In contrast, many community-based DPP providers have discontinued DPP delivery because they could no longer afford the individual-based payment structure. The UC DPP collaboration has valued the importance of a population-based prevention approach, and this group payment structure has proven critical to the long-term sustainability of the UC DPP Initiative.





Expanding Our Influence via EXTERNAL PARTNERSHIPS

Semel HCI's collaborative spirit and leadership goes even beyond the borders of UCLA and the UC system, with partnerships and efforts locally, nationally, and internationally.

Local

Semel HCI has the capacity to be responsive and nimble addressing the needs of our community. At a local level, once Associate Vice Provost (AVP) Wendelin Slusser learned about then LAUSD Superintendent Austin Beutner's plans to launch a thematic summer enrichment program in 2020, she pitched the idea of including a nutrition-focused virtual offering to him. This was based on the success Semel HCI was having with virtual teaching kitchen classes offered to UCLA students in the early months of the pandemic and the track record of EatWell Pod Co-Leader Amy Rowat with teaching science concepts through the lens of food. Over the summers of 2020 and 2021, the summer enrichment program enrolled over 2,000 K-12 LAUSD students and was very well received.

National

From the beginning Semel HCI aspired to serve the whole campus community, recognizing that very few well-being programs on campuses across the country included staff and faculty well-being. Efforts to serve UCLA's staff and faculty realized a significant milestone in December 2020, when UCLA became the 51st member of the CDC's Total Worker Health Affiliate Program, including both the main UCLA campus and UCLA health system. Read more about Total Worker Health and the benefits to workers, employers, and communities on the CDC's website (check out our reference list for the webpage).⁴⁵

National

An early leadership role Semel HCI took on at a national level was with First Lady Michelle Obama's Partnership for a Healthier America (PHA). In Fall 2014, Semel HCI signed a Memorandum of Understanding with PHA, with buy-in from major stakeholders in UCLA Housing & Hospitality, UCLA Recreation, and Associated Students UCLA (ASUCLA). As one of five campuses in the nation to receive PHA's certification as a "healthier campus" at its inception, UCLA and Semel HCI played a key role in the conception of PHA's Healthier Campus Initiative program, with former MoveWell Pod Leader Mick Deluca and his team, Assistant Vice Chancellor Peter Angelis and his team, the ASUCLA dining team, along with former EatWell Pod Leader Wendelin Slusser guiding efforts to develop criteria around physical activity and nutrition. At the 2014 APHA annual meeting, PHA honored the first cohort of campuses to complete their commitments, including UCLA. Since its involvement in PHA, Semel HCI's national presence has only continued to grow, evidenced by the attainment of the Centers for Disease Control and Prevention (CDC) Total Worker Health Affiliate status.⁴⁶

International

Semel HCI has developed relationships with individuals doing similar work across the globe, particularly in Germany, Italy, and Singapore.

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LOOKING FORWARD

A Vision for HEALTH EQUITY, SOCIAL JUSTICE, & A THRIVING FUTURE

The Semel Healthy Campus Initiative (HCI) Center at UCLA and its vast network of partners and collaborators worked tirelessly over the past 10 years laying the groundwork to grow and inspire the Bruin community and beyond including Los Angeles, California, the nation and worldwide to build a culture of health as the foundation for a resilient, equitable, and flourishing community. A culture of health put simply is when “healthy behaviors are the norm, and in which the institutional, social, and physical environments support this mindset.”¹ As Chancellor Block stated in the UCLA Newsroom article in January 2013: “This initiative is about helping members of the campus community and beyond make informed choices. Whether it’s about diet, exercise, transportation or sustainability, our goal is to leverage our unique strengths in health sciences and as a leading research university to encourage healthier outcomes for individuals and for society as a whole.”

We were able to accomplish so much over the past ten years due to the selfless work of our strong campus and community collaborators, the enduring commitment from Chancellor Gene Block and Executive Vice Chancellor and Provost Michael Levine and the vision and support of Jane and Terry Semel who all recognized and mobilized the strengths and assets of our community to build a more healthy, equitable, and just world. Jane and Terry Semel’s aspirational vision to create the healthiest campus in the country and inspire others has served as a guiding light for the initiative to engage the community from the bottom up and collectively help to break down the silos at UCLA to promote health defined as “a state

of complete physical, mental and social well-being and not merely the absence of disease and infirmity.”²

Our annual report this year, highlights our major accomplishments over the past ten years. We do not know what lies ahead, but we do know over the last ten years, Semel HCI has built a nimble infrastructure that allows our Center to respond to community priorities and opportunities in a timely and effective manner. As we evolve, we plan to maintain the collective impact model so we can respond to the everchanging demands and priorities of our time as we continue to build a healthier and more equitable world.

NEXT STEPS

Looking forward, Semel HCI in partnership with our vast network of collaborators will identify and support opportunities for engagement, teaching, and research in order to:

Strive to Reduce Health Inequities

- We will expand our work integrating storytelling as a major pillar of our efforts to build media literacy while enhancing empathy and compassion.
- We will explore opportunities to mitigate the impact of climate change in particular for the most vulnerable communities such as increasing shaded areas around bus stops and other active transport locations.
- We will support food security and basic needs efforts

through the lens of equity and document progress on and off campus, by supporting students, retirees, staff, and community partners.

- We will continue to collaborate across UCLA and the UC system to create a healthier, more equitable, and more resilient workplace by implementing and disseminating lessons learned related to Semel HCI-inspired model programs such as the UC Diabetes Prevention Program (DPP) now offered virtually and in person that has increased access and availability for this evidence-based prevention program to our students, staff and faculty.

Be Integrative – In Our Promotion of Mind-Body and Planet Health

- We will develop 1-2 drop-in locations where students, staff, and faculty can have an opportunity to reflect and engage in mindfulness by viewing Louie Schwartzberg’s short films of time lapses in nature called MovingArt.
- We will expand access and availability to the Jane B Semel HCI Community Garden educational opportunities through the engagement of master gardeners.
- We will continue to co-lead the UC-wide Healthy Campus Network efforts to integrate health and equity into the UC Office of the President’s Policy on Sustainable Practices.
- We will maintain responsiveness to student, staff, and faculty’s innovative ideas through catalytic grants focused on reducing health inequities guided by social and racial justice.
- We will build our research pod’s membership and provide a research hub for transdisciplinary research focused on health, well-being, and equity.

Promote Diversity and Cultivate the Next Generation of Leaders in Human and Planetary Health and Well-Being

- We will work with our local, national, and international partners to identify opportunities for our students, staff, and faculty to engage and share research, education, and programmatic work focused on a culture of health.
- We will continue the annual Eudaimonia Award to honor individuals who are living a life of meaning and purpose.
- We will support the on-going development of the health equity minor.
- We will work on enhancing a sense of belonging and community through partnerships with Student Affairs, Staff Assembly, and the UC Healthy Campus Network.
- We will identify opportunities to address burnout and

uncertainty among students, staff, and faculty, such as recommending policies with broad campus buy-in.

- We will enhance data and build robust systems for data tracking such as the current development of the Semel HCI Dashboard.
- We will continue to be a catalyst for interdisciplinary programs and research.

CONCLUSION

We have so much more to look forward to as we enter our second decade. In the next ten years, we foresee the Semel HCI Center at UCLA continuing to transform research into practice and ideas into reality while addressing health inequities and social injustices to build a culture of health and a thriving community and planet. Specifically, we will continue to work on building a more healthy and equitable community that flourishes; cares for each other and the planet; practices life balance with clarity; values inquiry and discovery; recognizes the value of biophilia; builds life skills; and engages in storytelling. We look forward to the hard work and will take every opportunity that comes our way to make UCLA and the world a healthier and more equitable place, to live, learn, thrive, work, and play, while inspiring others along the way.



“START WHERE YOU ARE.
USE WHAT YOU HAVE.
DO WHAT YOU CAN.”
– ARTHUR ASHE, TENNIS
CHAMPION & ACTIVIST,
UCLA CLASS OF 1966

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ACKNOWLEDGMENTS

We are so grateful to Jane and Terry Semel for their vision, support, ongoing collaboration, and creative leadership for the Semel Healthy Campus Initiative Center at UCLA.

A special thank you to our team who helped produce this report: Louise Ino, Catie Imbery, and Meagan Wang.

Photography and graphic design credits: Rachel Kwan, Nurit Katz, and UCLA Newsroom.



