OUR GOAL

OUR GOAL IS TO MAKE UCLA THE HEALTHIEST CAMPUS IN THE COUNTRY.

To do this, we:

Learn from various campus constituencies about the health-related issues that are important to them;

Support and collaborate with existing health programs on campus;

Coordinate new programs to improve the health and well-being of UCLA students, faculty and staff;

Fund projects that are aligned with the HCI values and goals, and are sustainable and replicable;

Maintain a website that serves as a resource for health information as well as health-related programs and events on campus;

Develop and utilize metrics to measure the changes in health of the UCLA community.

Semel Healthy Campus Initiative Center at UCLA

Learn more about Semel HCI by attending one of our monthly pod meetings or by visiting us at: www.healthy.ucla.edu @healthyUCLA #healthyUCLA

REV. 06/2019
## OUR FOCUS:

### Well-Being
- Academic
- Life balance
- Healthy foundations

### Food & Nutrition
- Healthy dining
- Food literacy
- Food security

### Built Environment
- Active transportation (walking and bicycling)
- Space activation
- Campus environment & safety

### What Moves You
- Activity
- Awareness
- Activism

### Mind-Brain Health
- Mind, brain, and spiritual well-being
- Stress prevention & resilience promotion
- Sleep
- Creativity

### Social Well-being
- New social connections
- Healthy support systems
- More engaging campus

### Research & Evaluation
- Measuring impact

## SEMEL HCI SUPPORTS:

### Courses:
- Life Skills for College Students (CHS 179)
- Applied Positive Neuroscience (Psych 79)

### Programs:
- Diabetes Prevention Program (Ashe), Vaccine fair, Tobacco Free Campus

### Initiatives:
- Bruin Plate, North Campus Student Center, RRU MC cafeteria, DeNeve Flex Bar, healthy vending and healthy beverage options

### Programs:
- Edible gardens: Gardening workshops and adoptable plots for students, staff, and faculty to grow their own produce at jane b. semel HCI Community Garden

### Infrastructure:
- Bicycle infrastructure on and around campus and campus Bikeshare program

### Campaigns:
- Stair Well Campaign to encourage taking the stairs for those who can
- “Twenty is Plenty” speed limit reduction

### Workshops:
- Inclusive movement workshops, space activations, and collaborations around fitness and benefits of movement: Flexible Fridays, BHIP, MindFit, ThursYAYs

### Programs:
- Diverse movement programs, research, and course development
- Sports equity and inclusion

### Mindful Awareness:
- Mindful Awareness: free ongoing drop-in mindfulness sessions and workshops on campus
- Stress and Resilience Assessment
- Sleep Well Campaign: Nap Spaces, sleep hygiene
- Mindful Music to nourish your mind and spirit
- Financial Well-being

### North Court of Science & Election Walk Activation:
- Music, games, fitness activities, and more every week

### Student Group Project Grants:
- Up to $2500 for projects to improve health and wellness

## FOR MORE INFORMATION:

### Our website:
- healthy.ucla.edu
- livewell@ucla.edu
- BreatheWell: breathewell.healthy.ucla.edu

### EatWell:
- eatwell.healthy.ucla.edu
- Campus dining: dining.ucla.edu
- ASUCLA dining: asucla.ucla.edu/where-to-eat

### BEWell:
- bewell.healthy.ucla.edu
- UCLA Transportation: transportation.ucla.edu
- Be A Green Commuter Blog: beagreencommuter.com
- UCLA Bike Shop: recreation.ucla.edu/bikeshop

### MoveWell:
- movewell.healthy.ucla.edu
- UCLA Recreation: recreation.ucla.edu
- Move Mail: recreation.ucla.edu/movemail

### MindWell:
- mindwell.healthy.ucla.edu
- MindWell@ucla.edu
- CAPS (24/7): 310-825-0768
- Mindful Awareness Research Center (MARC): marc.ucla.edu
- UCLA Financial Wellness Program: financialwellness.ucla.edu
- Student Wellness Commission: swc.ucla.edu

### EngageWell:
- engagewell.healthy.ucla.edu
- Ice breakers for team building: engagewell.healthy.ucla.edu/ice-breakers/
- Resilience Peer Network: resilience.ucla.edu/resilience_peer_network
- GRIT Peer Coaching: grit.ucla.edu

### ResearchWell:
- researchwell.healthy.ucla.edu