

EngageWell and MoveWell promote social and physical well-being through academic resources, experiential learning, policies, and research.



THIS IS ESSENTIAL BECAUSE:

- The health impact of poor social well-being is equivalent to smoking 15 cigarettes a day
- Over half of Americans do not have anyone to confide in
- 1 in 3 College students report they are lonely
- 23% of UCLA students report feeling very to somewhat dissatisfied with their overall social experience on campus, and 18% somewhat to strongly disagree with the statement:
"I feel that I belong at this university"
- 77% of US adults do not get enough exercise

STUDIES SHOW...

- Encouraging community dialogue within groups, as well as across different groups, can help facilitate new and deeper social connections.
- Empathy, compassion, kindness and acceptance benefit individuals, and bind communities together leading to stronger connections, productivity and overall social environments
- Taking short 1-2 minute breaks every 30 minutes is associated with reduced risk of mortality
- Mentorship education and training can improve skills of both faculty and students leading to greater motivation, personal satisfaction, improved academic and professional performance and career advancement.
- Social support is one of the most robust predictors of physical and mental health, yet we do not always know how and when and to whom to offer specific forms of assistance, companionship, information, or comfort and



Students play giant chess during ThursYAY

ACADEMIC PROGRAM & RESOURCES

- Created and disseminated a [UCLA student, staff and faculty Mentoring programs inventory](#), and resource flyer of use to the Graduate Division MEGAP implementation committee
- Held a Mentoring Workshop for 22 faculty in 2019 focused on mentoring in small groups or circles, which facilitate listening and support among peers in a structure manner
 - EngageWell developed a pilot program for testing mentoring circles at UCLA
 - Organized a Fiat Lux freshman seminar on healthy campus topics for Winter 2020

EXPERIENTIAL LEARNING & OPPORTUNITIES

- Jane b semel HCI Community garden.
- ThursYAYs! Making space available for physical activity and social interactions every Thursday in the Court of Sciences.
- Teaching Kitchen opportunities to help address food insecurity and build social wellbeing.

POLICY & PROGRAMS

- UCLA Welcome Posters: With BruinX in the Office of Equity Diversity and Inclusion.
 - We developed colorful posters expressing welcome to anyone of diverse statuses such as ethnicity, religion and disability.
 - Fifty posters are now in administrative offices all over campus and the banners have been displayed in orientation week and at other times of year.
- Accessibility Toolkit developed to help UCLA campus event planners to enhance pro-accessibility aspects of the physical event environment, messaging and compliance with campus policies.

PUBLISHED RESEARCH & TRANSLATION TO PRACTICE

- **CDC Diabetes Prevention Program social research** in collaboration with UCLA H&HS, and with support from Semel HCI, EngageWell initiated a research project assessing the impact of these social factors on outcomes in the CDC DPP.

Come to a Pod meeting!

For more information and pod meeting times, please visit our website at:

engagewell.healthy.ucla.edu/

POD CO-LEADERS



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