

The Wellness Program at UC Berkeley

Berkeley's Wellness Mission *wellness.berkeley.edu*

UC Berkeley Living Well represents the University's commitment to a healthy campus community. Wellness programs, services and initiatives help to enhance quality of life and optimize personal, academic and work performance.

The campus strives to support a culture of wellness by:

- Implementing policies and practices that create healthy and supportive environments.
- Educating all members of the campus community on healthy personal practices.
- Fostering inclusiveness and participation of all members of the University community.

Wellness Programs for UCB Faculty and Staff...

Provide education, tools and resources to improve the health and well-being of faculty and staff:

- Annual Health Assessment
- *Know Your Numbers* health screening
- *Eating Well* workshops, healthy cooking classes, behavior change classes, web resources
- *Getting Active* workshops, pedometer program, walking group, web resources, Recreational Sports *WorkFit* onsite exercise classes, free 30-day pass to Rec Center
- Health*Matters listserv providing monthly wellness calendar
- Breastfeeding Support Program with worksite lactation rooms, breast pumps sold at cost, education
- Smoking cessation consultations

Foster a healthy workplace culture:

- No smoking policy
- *Eat Well Berkeley* nutrition guidelines for all campus food service operations, vending, and catering
- *UCB Guide to Healthy Meetings and Events*
- Supervisor programs: supporting wellness at work, healthy office program
- Department Wellness Network developing Wellness Coordinator role to facilitate communication and programs in departments
- Community Building events: *Cal for the Cure* annual breast cancer walk; *UC Walks: Cal Walks at Work Day*

Deliver a wellness program for the 340 employees of Housing & Dining:

(Health*Matters and Recreational Sports)

- Annual *Know Your Numbers* health screening
- Wellness interventions on nutrition, fitness and other issues to reduce health risks
- Development of peer-chosen Wellness Leaders
- *WorkFit* fitness and conditioning program delivered onsite at multiple locations, 3 times a week.

The health and well-being of students, faculty and staff are central to UC Berkeley's educational, research and public service mission.

Chancellor Robert J. Birgeneau

Health*Matters, UC Berkeley's wellness program for faculty and staff, was established in 1990.

Health*Matters program partners include:

- Environment, Health & Safety
- Human Resources
- Physical Education Program
- Recreational Sports
- UHS Faculty/Staff Health Programs:
 - CARE Services employee assistance
 - Disability Management Services
 - Ergonomics@Work
 - Occupational Health Clinic
 - Work/Life Program

For more information about UC Berkeley's Wellness Program, visit our website at: www.uhs.berkeley.edu/facstaff/healthmatters

UC Berkeley
Recipient of 2010
California Fit Business
Gold Award

