Good Morning and Thank You!

I want a fitness video. Do you deliver?
The UCLA Healthy Campus Initiative: Make the Healthy Choice the Easy Choice
Envisioned and Supported by Jane and Terry Semel

Wendy Slusser, MD, MS
Associate Vice Provost
Healthy Campus Initiative
Clinical Professor
UCLA Schools of Medicine and Public Health
Learning Objectives

• Describe the Healthy Campus Initiative’s five core components and identify at least three strategies the HCI utilizes to promote health.

• Identify at least three key ingredients that support the HCI in meeting its goal of making the healthy choice the easy choice at UCLA.

• Identify at least three ways the UC Global Food Initiative provides a structure to facilitate innovation and education across and on UC Campuses.
Prevalence of and Trends in Diabetes Among Adults in the United States, 1988-2012

Andy Menke; Sarah Casagrande; Linda Geiss, Catherine Cowie

Diabetes Prevalence NHANES
(using Hemoglobin A$_{1c}$ or FPG)
Sample of US Population
All Age Groups, Races, Income and Education

- 9.8% (8.9-10.6)  10.8% (9.5-12.2)  12.4% (10.8-14.2)

- For Prediabetes  38%
Reducing Type 2 Diabetes

Persons with pre-diabetes walked or exercised five times a week (~10,000 steps) for 30 minutes for six months and at one year ate 450 Kilocalories less per day.

Lost 5% to 7% of their body weight.

Reduced their risk of diabetes by 58%.

(3234 people with Pre-Diabetes -- Impaired Glucose Tolerance)
STEP IT UP!
SURGEON GENERAL’S CALL TO ACTION TO PROMOTE WALKING AND WALKABLE COMMUNITIES
Addressing rising global obesity...
(5% of all deaths each year)

Today: 30% \(^1\)
In 2030: 41% \(^2\)

Obesity has roughly the same economic impact as smoking or armed conflict

- $2.0 trillion
- $2.1 trillion
- $2.1 trillion

...will require a sustained portfolio of interventions delivered by a range of different sectors.

Overcoming Obesity: Ana Initial Economic Analysis
www.mckinsey.com/mgi
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“Make the Healthy Choice the Easy Choice”

As Chancellor Block said in honor of UCLA going smoke free on Earth Day:

“In order to take care of the Earth, we must take care of ourselves.”
What are the Healthy Campus Initiative Core Values?

<table>
<thead>
<tr>
<th>Core Value</th>
<th>Description</th>
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<tbody>
<tr>
<td>High level wellness</td>
<td>• maximizing the potential of individuals</td>
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<tr>
<td>Personal responsibility</td>
<td>• freedom and autonomy</td>
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<tr>
<td>Diversity</td>
<td>• social groups define health differently; however they define it is “right”</td>
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<tr>
<td>Equity</td>
<td>• strive to reduce health disparities as much as possible</td>
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<tr>
<td>Integrative</td>
<td>• Body, mind and spirit are mutually influencing and emerge in a communal context</td>
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Health Impact Pyramid

- Public Health Campaigns
- Workplace wellness
- Parental education
- School Curriculum
- Labeling
- Primary and specialty clinics
- Gastric Surgery
- Breastfeeding
- Active Transport
- Price promotions
- Healthy Meals
- Portion Control
- High calorie food/beverage
- Schooling (high school degree)

In order to Live Well we aim to:

**Integrate**
- Mindwell, Eatwell, Bewell, Movewell, Breathwell

**Educate**
- Future and Current Leaders in our community.

**Support**
- Our graduates who will lead us in the future to Live Well.
- And share our work with our local, state, national and international community.

**Grow**
- Healthful living through creating a campus where “the healthy choice is the easy choice”
Educate

• Courses to support faculty innovation and evaluation of effectiveness:
  • Science and Food
  • Fiat Lux Courses
  • Urban Agriculture
  • Action Conversations
  • Martial Arts

• Health Literacy: food, mindfulness, physical activity, tobacco free, environment

• Undergraduate Food Studies Minor launched Winter 2016.

• Graduate Certificate Food Studies Program launched 2015-16 academic program
Support Student Organizations

Law Students in Balance
Support Staff Innovation

Mindful Music

Global Food Initiative

Mattel Children's Hospital

UCLA
Examples of the UCLA Healthy Campus Initiative Programs

• Innovative College Dining: Bruin Plate
• Interstitial gardens
Support

The Healthy Choice is the Easy Choice

- Drop in meditation
- Stairwell Activation
- Tobacco Free Environment
- Active Transport
Grow & Inspire
California, Nationally and Internationally
Launched in July 2014
Addresses one of the critical issues of our time:
How to sustainably and nutritiously feed
a world population expected
to reach **8 billion** by 2025.
UC Global Food Initiative

**Focusing** on five critical areas:

- Food Production
- Food Access and Security
- Food Sourcing
- Food Education and Communication
- Food Policy and Public Impact

http://universityofcalifornia.edu/global-food-initiative
GFI Action Steps

- **Creating** a dialogue around food issues and the food system as a whole.

- **Forming** collaborative working groups across UC that are identifying best practices and developing toolkits for sharing broadly.

- **Launching** GFI Student Fellowship program and funding student projects.
GFI Moving Forward

• Expanding external partnerships to support student health and food security and access while promoting sustainability.

• Increasing food literacy and collaboration between students, researchers, policymakers and global agencies to more directly influence food policy.

• Sharing information, disseminating best practices and toolkits, and building greater awareness throughout California, the U.S. and the world.
GFI Looking Outward

Starting at home, on the University of California campuses, GFI is collectively approaching the critical issue of how to sustainably and nutritiously feed a growing world population.
UCLA HCI Lessons Learned

• The initiative is nimble in design to respond to UCLA campus and health system priorities.
• The leadership emanates from the Chancellor’s office.
• Strengths and assets of the UCLA student, staff and faculty community are identified and built upon.
• The philosophy of the work is inclusive with regular communication, incorporated within the campus/health system’s strategic plan and vision and is guided by the UC mission of research, education and public service.
Global Food Initiative

Our Lessons Learned follow the five conditions that researchers have found lead to successful Collective Impact Initiatives:

• Provide a coordinating structure.
• Share a common agenda.
• Engage in mutually reinforcing activities.
• Participate in continuous communication.
• Agree on measurement systems.

With realization of one’s own potential and self confidence in one’s ability, one can build a better world.

Dalai Lama
UC Global Food Initiative
• http://universityofcalifornia.edu/global-food-initiative