



Health & Well-being for ALL

Impact Statement 2018-19

139K

visits

90%

of students served
through services
and programs

45K

prescriptions
filled

4.3K

x-rays
performed

113K

labs performed

22K

students on Student Health
Insurance Plan (SHIP)

90%

would recommend
UHS to others

80%

said their visit helped
prevent issues from
becoming barriers to
academic performance

92%

of those who used
Be Well at Work - Employee
Assistance services reported
they were very or extremely
likely to use them again

*“The Tang Center staff
were incredible
compared to my past
experiences at other
offices in my lifetime.
Everyone seemed to be
genuinely invested in
my health.”*


Improving the Health and Well-being of the Campus Community

Healthy Campus

Advancing our Healthy Campus Initiatives

Inaugural campus-wide Healthy Work Environments Summit (focused on the Built Environment & Health in All Policies)



healthycampus.berkeley.edu was launched and hosts the vision, goals, and success stories 

 First staff garden planted

26 vendors implemented the newly launched Food and Beverage Policy





Launched recalibrate.berkeley.edu, a website that helps students, faculty, and staff find and take advantage of the wealth of wellness resources on campus

1.5K participated in wellness activities at staff appreciation events



Healthy Departments

Programs and Services Leading to a More Engaged and Productive Workforce

11 campus departments achieved Healthy Department Certification



2.2K Occupational Health visits 

1.9K participants in Ergonomic services



38% decrease in custodial service injuries in departments participating in WorkSmart



179 management consultations provided by Employee Assistance

150 WorkStrong graduates since the program started

“WorkStrong armed me with the tools, resources, and skills to build and retain better wellness habits that I’ll continue to use as I go through my life’s journey to a better me.”

Healthy People

Services and Programs on a Continuum from Prevention to Treatment

9.3K participated in Be Well at Work programs

322 participated in Know Your Numbers health screenings

166 Be Well at Work workshops, programs, and events



97% recommended Be Well at Work Health improvement programs after participating

2.7K participated in onsite wellness programs at Housing/Dining and Facilities Services

“Employee Assistance was an important bridge between an urgent need and longer-term care. It made me feel like I had access to support when I really needed it.”

“Words can’t describe how much the Elder Care counselor has help me navigate this difficult time.”

Caring for Students

Medical Services

Primary Care

40K visits
39% of student population seen in Primary Care

70% of appointments were for same day care

“My nurse was amazing. She went above and beyond to ensure that I was comfortable, healthy, and satisfied with my care and that I felt heard as a patient.”



Immunizations and Allergy/Travel

11.5K visits
13.4K vaccinations given

990 students cleared to travel the world (2x the amount from last year)



Urgent Care

12K visits (up over 10%)
2K weekend visits (up over 13%)

Physical Therapy

2K patients seen
8.4K treatments

Specialty

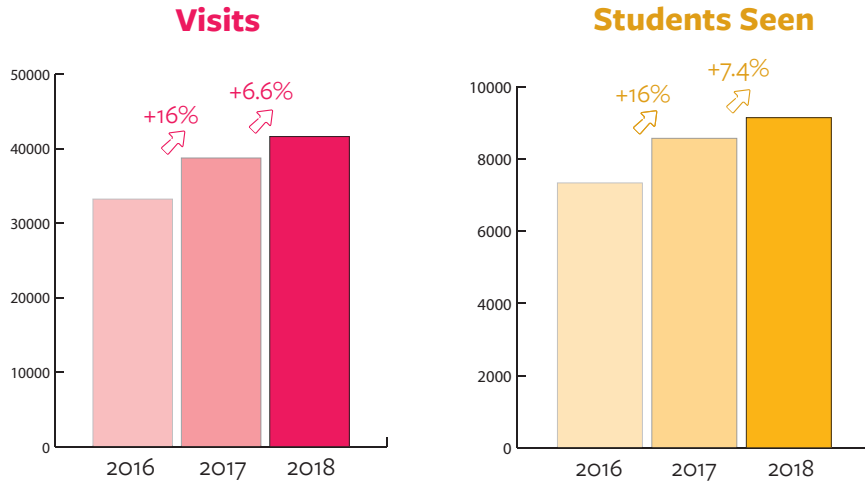
3.6K visits
2K patients seen

Mental Health

Mental Health Services Visits

Includes students seen in:

- Counseling and Psychological Services (CAPS)
- Social Services (SoS)
- Behavioral Health
- Psychiatry



Collaborative Care Model

Integrating Behavioral Health services in Primary Care

Anxiety continues to be the top concern for students

16K students screened for depression and anxiety (38% of student body)

5K visits with Behavioral Health providers (15% increase)

“I really appreciated the instant attention. I told my Primary Care doctor something was wrong and ten minutes later I was speaking to someone who could help. Speaking with a behavior health provider who sees this stuff all the time helped me get perspective and not feel quite as hopeless.”

Satellite Counseling and Groups

11.3K satellite counseling visits for 4K students

800 students attended close to 500 group sessions (CAPS + SoS)



Caring for Students

Student Programs and Outreach

Social Services

Sexual Violence/Sexual Harassment

272 clients seen **939** appointments **40** sexual assault survivors group sessions

Eating Disorders (ED)

UHS has a multidisciplinary eating disorder team, the gold standard for treatment of eating disorders

25% increase in ED visits over the past five years **20%** more students are being seen for eating disorders

1000 participants at 15 body image and eating disorder prevention events



Food and Cooking Demonstration in partnership with the Basic Needs Center at the Food Pantry.

Nutrition Outreach Program Expands

9.2K students reached through 117 outreach events by Nutrition Outreach Workers **2.5K** students reached at 58 events focused on food security, such as food and cooking demonstrations

Created digital nutrition content for Berkeley students with limited budgets and time

- No cook recipes
- No cook videos
- Three-part home cooking basic series

Mental Health Outreach

18.4K reached through presentations, trainings, workshops, and consultations **300** outreach presentations **1.5K** Let's Talk consultations

"This service is great. I learned to have a more positive mindset and got connected with a provider to continue my therapy."

Opened Be Well at B North in the lower level of Martin Luther King Jr. Building

- Wellness Wednesdays
- Drop-in Nutrition Counseling and Workshops
- Drop-in Health Coaching
- Counseling for Student Parents



Health Promotion

17K students reached at events **1,650** pet hugs given

1.9K workshop and training participants **4.5K** participants in student-led workshops and trainings

8K condoms and other safer sex supplies distributed **1.9K** hours of health & wellness service provided by 80 students



Mandatory TB & Immunization Program

Protecting against:

- Measles
- Mumps
- Rubella
- Chickenpox
- Meningitis
- Pertussis
- Tuberculosis

Full compliance requirement successfully launched for Fall 2019

Customer service center opened

99.8% compliant for Fall 2018 **9K** contacts helping students with requirements

Student Health Insurance Plan (SHIP)

Successful transition to new insurance carrier, Wellfleet Student



52% of all students on SHIP

65% of graduate students on SHIP

90% of prescriptions (41K) filled at the Tang Center through the insurance carrier benefit had no copay

Health Innovation

Telehealth on eTang

Making it convenient for students to get care and services without having to come in

69K 

virtual consultations

30%

increase in virtual consultations

20% 

more students using virtual consultations



11K New birth control prescriptions, Rx refills, and self-directed STI tests ordered without an appointment

Wellness Vending Machine

Making it easy to access discounted over-the-counter, sexual health, and first aid products



The Wellness Vending Machine is located at the Recreational Sports Facility.

UHS Strategic Priorities

Bold Health Leadership

Elevating health as essential to campus sustainability, viability and humanity

Predictive Prevention

Working upstream to identify critical trends, harness technologies, and adopt evidence-based prevention practices

Access to Seamless, Integrated Care

Unwavering commitment to access for all to timely and excellent collaborative, interdisciplinary services from UHS providers and partners

Research and Data-Driven Advances

Developing creative and bold ideas with transformative potential in college health

Enterprising Investment

Making deliberate investments in our people, our technology, our space, and our financial sustainability and establishing ourselves as a model for a healthy workplace