



# ***UC Berkeley Nutrition and Physical Activity Work Group***

## **Vision for a Healthier Cal Accomplishments, 2006-2013**

### **Background**

The *UC Berkeley Nutrition and Physical Activity Work Group* was organized in 2005 by University Health Services in partnership with faculty members, students and campus service units. Its purpose is to identify problems associated with poor nutrition and inactivity on campus and to recommend policy and environmental strategies that support the *Vision for a Healthier Cal*. The purpose of this report is to summarize the accomplishments to date.

The business case for the call to action to address poor nutrition and inactivity was originally based on two principal factors from the *Governor's Vision for a Healthier California-- California Obesity Prevention Plan (2005)*:

- California's current health status - Poor nutrition and inactivity are causing serious health problems – including diabetes, heart disease, stroke, and cancer.
- Competing environmental forces – Choices that lead to poor nutrition and inactivity are often more available, affordable, and convenient than healthier options.

The *Governor's Vision for a Healthier California* calls for policy strategies by schools, employers, the food service industry and many others to address the environmental forces contributing to poor nutrition and inactivity in California. UC Berkeley, as an institution encompasses all of these. Research shows that good health is essential to academic and work performance, and therefore should be part of our educational mission. We can help Cal students develop healthier habits that will make them better learners now, and stay with them long after they graduate and become leaders themselves. We can also support faculty and staff in health improvement efforts and, in the process, increase productivity and manage health care costs.

### **Goals and Accomplishments 2006-2013**

#### **Goal: DEVELOP A WELLNESS POLICY TO SUPPORT A HEALTHY CAMPUS COMMUNITY**

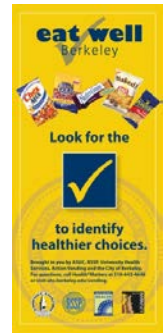
- After exploring options with several campus leaders to move forward a proposal for a release time policy that would support physical activity or wellness participation, we were advised to narrow the focus to healthier food choices. A draft policy, Food Choices, has been written and continues to be on hold.

In the meantime, the Eat Well Berkeley program launched with nutrition guidelines reflecting those in the proposed policy for snack and beverage vending, catering, healthy meetings and restaurants on campus. If and when the policy is approved in the future, it will institutionalize these improvements already in place (see Eat Well Berkeley).

**Goal:** IMPROVE ACCESSIBILITY TO HEALTHIER FOOD AND BEVERAGE CHOICES ON CAMPUS

### **Eat Well Berkeley -- Snack Vending**

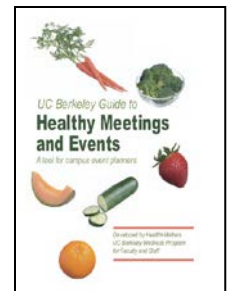
- In 2007, campus snack vending began stocking 40% product meeting the California Nutrition Standard for snacks. Temporary signage was posted on all vending machines.
- In Fall 2009, healthier snack vending options increased to 50% of total products and permanent signs were installed. Products are identified with the Eat Well Berkeley icon (✓).
- In Spring 2012, Canteen Vending became the new vendor, with their *Choice Plus* program that is in compliance with SB441: Healthy Options in State Vending Machines. They continue to be a supportive partner, along with RSSP and ASUC, both campus departments that manage vending.



### **Eat Well Berkeley -- Catering Program**



- In 2009, completed nutrition guidelines for Eat Well Berkeley Catering Program, in partnership with City of Berkeley.
- Participated on the Strategic Sourcing Catering Project; integrating the Eat Well Berkeley guidelines into the RFP.
- Eight caterers are now featured on the Eat Well Berkeley catering webpage. The Eat Well Berkeley Catering Program officially launched with a Berkeleyan announcement in Feb, 2011.
- Partnering with Strategic Sourcing as they move to a catering purchasing system, possibly with America to Go.
- In 2013, the application process for caterers has been enhanced. We continue to add new caterers, train campus Event Planners and communicate through these trainings, the BEN network, and the Wellness Ambassadors.



### **Eat Well Berkeley -- Healthy Meetings and Events**

- *UCB Guide to Healthy Meetings and Events* was first developed in 2006 and updated in 2010 with ongoing distribution to event planners and Wellness Ambassadors.
- Developed and distributed *Provide Healthy Choices* poster to Building Coordinators for posting in campus meeting rooms.
- In 2010, began training through the UCB Event Planning Certificate Program. This training continues and we also train the UCB Wellness Ambassadors and supervisors through the KEYS program.
- In 2010, developed shopping lists for popular stores that identify products for healthier, prepared foods to serve as meetings and events.
- Healthy Meetings website maintained with resources and tools for event planners, including the video of *Instant Recess*, a 5-minute clip to use for meeting breaks. Additional link added to other versions of Instant Recess, such as Reggae, Hip Hop and many more. Instant Recess is now promoted for activity breaks in the office setting, as well as a tool to use to provide a break for meetings longer than an hour.



### **Eat Well Berkeley -- Restaurant Program**

- Nutrition guidelines for restaurants were completed in 2010 with integration of the campus sustainability guidelines and the UC Sustainable Food Services Policy. We have made two requests (2010 2012) and to add nutrition requirements to the Systemwide Sustainable Food Policy; however, the Food Service Sustainable Workgroup has felt they could not take on the potential reporting requirements that this might create.
- In 2011-12, two of Cal Dining's retail operations launched EWB at Pat Brown's and Qual Comm Café.
- In 2013, several more campus retail operations joined EWB including, I-House Café, Café Zeb, FIFO @ Haas and Free Speech Movement Café. The [Eat Well Berkeley map](#) went live on the webpage and is featured on postcards to be distributed at all events, and on display at Free Speech Café.



### **Beverage Contract**

- In 2011, provided *Recommendations for Healthier Beverages*, nutrition guidelines included in the campus RFP process for the Beverage Contract (awarded to Pepsi)
- In 2013, working on a collaborative partnership with the Beverage Alliance to recommend the promotion of the healthier options in Pepsi's portfolio.

### **Cook Well Berkeley**

- In 2011, launched *Cook Well Berkeley* website, complementary to the Eat Well Berkeley program, to provide education and skills on nutrition, cooking, and sustainability through cooking videos, recipes, and campus and local resources. Nutrition to Kitchen recipes are posted on this page.



### **Goal: IDENTIFY AND UTILIZE CAMPUS DATA TO PROVIDE DIRECTIONS TO INITIATIVES**

- The Community Nutrition Class (NST 166) has supported the Nutrition and Physical Activity Work Group with assessments and summary reports as a part of their class projects. We have data on:
- Eating and beverage habits (Fall 06); vending machine analysis and mapping (Fall 07); 400 water fountains assessed for visual appeal, water pressure, color, odor and taste. (Fall 08); behavioral survey of green/open spaces on campus (Fall 09), eating and beverage habits with comparison to Fall 06 results (11). No surveys done in Fall 2010 or 2012.
- Public Health 14, an undergraduate class taught by UHS: Health Promotion, surveyed 170 students on drinking water habits, on and off campus sources for water, and campus sources refilling water bottles (Fall 09).

**Goal: PROMOTE HEALTH AND SUSTAINABILITY BY IMPROVING ACCESSIBILITY TO TAP WATER**

- Collaborative *I Heart Tap Water* campaign with Cal Dining, Environment, Health & Safety (EH&S), Recreational Sports, and University Health Services funded by The Green Initiative Fund (TGIF 2008) for the pledge website, posters, Facebook page, collaterals, events, and water bottles.
- Student intern, funded through TGIF 2010, assisted with I Heart Tap Water campaign organizing events, writing and posting department success stories and managing database.
- Distributed 60-ounce water pitchers to campus event planners and Dept Wellness Coordinators to use at meetings and events.
- Department success stories about reducing bottled water purchasing practices and changing to tap water are posted on the I Heart Tap Water website (continually).
- Video about the project was completed and promoted at PlayGreen event.
- Developed Google Map of hydration stations and popular water fountains on campus.
- Analysis of sales data of bottled water for 2006-2010 showed a decline of 48% in sales of bottled water on campus with this campaign and the refill station contributing to this goal.
- In 2012, launched the Water Cooler Conversion Guide to help departments eliminate their water coolers with tap water options.



**Water Bottle Refill Stations:**

- In 2009, Recreational Sports installed two hydration stations by HAWS.
- In 2010, we managed a TGIF grant to fund work with Capital Projects on the development of the *Design Guidelines for Installation of Hydration Stations in Existing Buildings*, and install a Refill Station in Dwinelle.
- In 2011, assessed campus buildings to identify those with water fountains that met the *Design Guidelines* for replacement with refill stations. TGIF funded five new refill stations in high traffic classroom buildings, and several departments paid for their own installations.
- We also successfully championed for Refill Stations to be included in the Design Guidelines for new buildings through training the architects and project managers in Capital Projects.
- In 2012, TGIF funded three additional Refill Stations and 20 water fountains retrofitted with bottle fillers. Several more departments funded their own installation of refill stations.
- Fall, 2013, the inventory of refill stations on campus is 29 refill stations in publically accessible areas.



## Nutrition and Physical Activity Work Group Membership, 2012-13

University Health Services leads the UC Berkeley Nutrition and Physical Activity Work Group, with the charge to address the public health challenge of poor nutrition and inactivity, through policy and environmental strategies that support a healthy student body and workforce.

Jackie Armstrong  
Worksite Wellness Dietitian, Health\*Matters  
University Health Services

Kim LaPeau  
Communications Manager  
University Health Services

Shiva Barforoshi  
Cal Student

Shawn LaPeau  
Director, Cal Dining

Tori Brodsky  
Student, Dietetics  
Co-President, Student Nutrition Association

Lisa McNeilly  
Director  
Office of Sustainability

George A. Brooks  
Professor  
Integrative Biology

Toby Morris  
Nutritionist  
University Health Services

Katherine Brown  
Health Educator, City of Berkeley  
Chronic Disease Prevention  
Kristl Buluran  
Health Educator, Health\*Matters  
University Health Services

Sarah Nathe  
Office of Vice Provost, Academic Planning and Facilities

Kristen Rasmussen  
Lecturer, Academic Coordinator  
Nutrition and Toxicology

Patricia Crawford  
Director  
UC Berkeley Center for Weight and Health

Trish Ratto\*  
Manager, Health\*Matters  
University Health Services

Karen Gee  
Health Educator  
University Health Services

Elizabeth Scott  
The Local  
ASUC Sustainability Team

Wendi Gosliner  
Project Manager  
UC Berkeley Center for Weight and Health

Kathryn Scott  
Director  
Physical Education Program

Susan Hsueh  
ASUC Auxiliary

Ida Shen  
Assistant Director, Cal Dining

Sharon Johnson  
Health Care Facilitator  
Human Resources

Sara Souza (Patrick Kaulback is back-up)  
EH&S Specialist  
Environment, Health and Safety

Lin King  
Manager, Campus Refuse and Recycling

John Swartzberg  
Clinical Professor, School of Public Health

Matthew Kirkenbaum  
Berkeley Student Food Collective  
\*Chair

Mike Weinberger  
Director, Recreational Sports