



# Worksite Wellness at UC Berkeley

<b>AWARENESS PROGRAMS AND COMMUNICATIONS ~</b>	
Objective: Enhance health awareness and education; promote wellness programs.	
Email and Web	<ul style="list-style-type: none"> <li>• Be Well at Work – Wellness Program (<i>formerly Health*Matters</i>) monthly newsletter</li> <li>• Department Intranet</li> </ul>
Posters/Flyers	<ul style="list-style-type: none"> <li>• Specific Program Flyers, Active @ Work, Eat Well @ Work</li> </ul>
Awareness Campaigns	<ul style="list-style-type: none"> <li>• I ♥ Tap Water; Take the Stairs signs, UC Walks: Cal Walks @ Work Day</li> </ul>
Newsletters	<ul style="list-style-type: none"> <li>• UC Berkeley Wellness Letter, copies provided for posting</li> </ul>
<b>HEALTH IMPROVEMENT PROGRAMS ~ Objective: Provide skills and tools to support healthy lifestyles.</b>	
Health Assessment	<ul style="list-style-type: none"> <li>• Know Your Numbers Health Screening</li> </ul>
Educational Workshops	<ul style="list-style-type: none"> <li>• Eat Well @ Work</li> <li>• First Steps into Functional Fitness</li> <li>• Get Fit in 7 Minutes</li> <li>• Nutrition Essentials for Healthy Living</li> <li>• Sugar Savvy Presentation</li> </ul>
Behavior Change Support Programs	<ul style="list-style-type: none"> <li>• Healthy Lifestyle Programs (6-12 weeks)</li> <li>• Be Well at Work – Wellness Program Walking Group</li> <li>• I CAN! Commitment to Activity &amp; Nutrition (6-week class)</li> <li>• WorkFit (Recreational Sports)</li> </ul>
<b>HEALTHY WORK ENVIRONMENT ~ Objective: Create an environment that supports healthy lifestyles.</b>	
Healthy Culture	<ul style="list-style-type: none"> <li>• Eat Well Berkeley (EWB)               <ul style="list-style-type: none"> <li>◦ Catering, restaurants and retail, vending</li> <li>◦ UCB Guide to Healthy Meetings and Events &amp; EWB Caterers</li> <li>◦ Shopping lists for healthier, prepared food at popular stores</li> <li>◦ Healthy Choices Poster</li> <li>◦ Cook Well Berkeley; Eat Well @ Work; online resources</li> </ul> </li> <li>• I ♥ Tap Water               <ul style="list-style-type: none"> <li>◦ Pitchers for meetings to promote drinking tap water, reduce waste</li> <li>◦ Water cooler conversion guide</li> <li>◦ Hydration station campus map</li> </ul> </li> <li>• Take the Stairs campaign and stair signs</li> </ul>
Department Champions and Employee Ownership	<ul style="list-style-type: none"> <li>• Wellness Ambassador Program</li> <li>• Supervisors: Supporting Wellness at Work</li> <li>• Department Health &amp; Safety Committee</li> </ul>
<b>FOR FACULTY, STAFF, AND STUDENTS ~</b>	
Breastfeeding Support Program	<ul style="list-style-type: none"> <li>• Breastfeeding Your Baby Workshop</li> <li>• Lactation rooms on campus with hospital-grade pumps</li> <li>• Personal pumps and parts for sale at cost</li> </ul>