



# WHAT THE HEALTH

Making UC Riverside a Healthy Place to Study, Work & Live

## Inside this Issue

Welcome Back Statement

Healthy Department  
Certification

COVID-19 Precautions

Mental Health Resources

Anti-Racism Resources

Healthy Eating & Nutrition

Marketing & Communications  
Interns

Upcoming Events

## UCR HEALTHY CAMPUS WELCOME BACK STATEMENT

Welcome back Highlanders! We hope that you had a fun and, more importantly, safe summer break. Although many of our summer plans were cancelled due to the ongoing pandemic, most of us were able to spend more time with our families and strengthen our relationships within the safety of our own homes.

As we start off this school year with fall quarter, we hope that you will work hard and succeed in your learning. We also hope that this pandemic will end soon so that we can all return to our normal lives. In the meantime, please continue to stay safe and follow COVID-19 guidelines. We hope that we all will see you soon.



# HEALTHY DEPARTMENTS RECOGNIZED

*Written by: Julie Chobdee*

UCR Healthy Campus and Faculty / Staff Wellness Program is pleased to announce the Healthy Department Certification (HDC) program award recipients for 2020. View [\*\*this short video\*\*](#) to see photos from each award recipient.

The HDC application covers eight core principles. Each of these principles is essential to creating a healthy campus:

- Leadership Support and Organizational Commitment
- Department Culture of Wellness
- Diversity, Equity, and Inclusion
- Mental and Emotional Health
- Built (Physical) Environment
- Nutrition and Hydration
- Physical Activity
- Safety

The Healthy Department Certification program is designed to recognize, celebrate, and reward sustainably healthy departments that enable faculty and staff to lead healthy lifestyles in support of creating a healthy campus culture. In highlighting exceptional departments, we hope to encourage the entire UCR community to practice and promote health and well-being on campus.

**Congratulations to the 2020 award recipients!**



## BRONZE LEVEL

The Well

UC Riverside Athletics

Environmental Health & Safety (EH&S)

Harvest Shared Services Center – CNAS

Dean's Office

UCR School of Medicine Center for  
Healthy Communities

## SILVER LEVEL

Risk and Safety Training

CHASS Facilities Management

UCR Health Administration Staff

CHASS Dean's Office

Palm Desert Center

# COVID-19 SAFETY PRECAUTIONS

Written by: Nitya Loganda

## CLASSES ARE BACK IN SESSION

UC Riverside is officially back in session and we are still adjusting to remote learning and online instruction. However, although most of us are unable to be on campus, we should continue to stay safe and follow COVID-19 guidelines during this pandemic.



### HERE ARE FIVE HELPFUL TIPS TO STAY SAFE:

- 1.) Wear your face covering over your nose, mouth, and under your chin.
- 2.) Practice social distancing! COVID-19 mainly spreads when people are in close contact for long periods of time.
- 3.) Clean and disinfect your household in order to limit the survival of germs in the environment.
- 4.) Get your flu shot! It will minimize the spreading of other infectious diseases.
- 5.) Wash your hands! Hand hygiene is essential to eliminating pathogens and preventing the spread of infections to others.



### LET'S WORK TOGETHER AND OVERCOME THIS!

Let's do our part to ensure our own well-being and that of our family, friends, and colleagues. We hope to see you all back on campus soon, while practicing these preventative COVID-19 measures.



**PLEASE TAKE CARE AND STAY SAFE EVERYONE**

# ANTI-RACISM FORUM ON AUG. 20

## PUBLIC HEALTH ANTI-RACISM SUBCOMMITTEE

Written by: Minu Ambashta

Long overdue, cities and counties across the United States have declared racism as a public health crisis. This declaration acknowledges the harmful effects of structural inequality and systemic oppression on people of color and ensures that people in positions of power recognize that there are race-based inequalities within institutions. These inequalities put some in positions of privilege while others remain disadvantaged – which we see impact their health and well-being.

UCR Healthy Campus and The Well partnered to host a forum that engaged the diverse perspectives of UCR faculty, students, staff, and community members to discuss actionable steps to create an anti-racist campus culture at UCR. This forum noted existing efforts and struggles within the UCR community and collectively identified community- and structural-level solutions.

The forum established a new Healthy Campus subcommittee devoted to Public Health Antiracism. A team of student volunteers is analyzing data from the forum to identify the subcommittee's focus. Its mission is to continue efforts and initiatives that create a culture of health and well-being, recognizing the systemic oppression and racism that affects vulnerable populations and celebrates diversity, strives for health equity, and healthy working and learning environments.

We are recruiting for leaders and members of the Public Health Anti-Racism Subcommittee.

The subcommittee will:

- Explore and identify the current climate as it relates to health inequities, racism, and public health.
- Establish relationships with a wide variety of key stakeholders and engage them in ongoing efforts.
- Identify solutions and make recommendations for a more just and equitable campus community where health and social justice are prioritized and institutionalized.



## INTERESTED IN JOINING OUR SUBCOMMITTEE?

Please contact [healthycampus@ucr.edu](mailto:healthycampus@ucr.edu) for more information or to express your interest!





# MENTAL HEALTH RESOURCES

## Suicide Awareness Month

*Written by: Brandon Lee*

September is National Suicide Awareness Month. Suicidal thoughts can affect anyone regardless of age, gender or background. It is the 10th biggest cause of death worldwide. We lose over 800,000 people due to suicide per year. September is an annual month-long campaign that raises awareness about suicide prevention and destigmatize the this highly taboo topic and encourage those to utilize accessible resources. While there are many factors that influences a person's decision to commit suicide, the most common reason is through severe depression. It is important to reach out to those who are affected by suicide and ensure individual with accessible resources and that they are not alone.

Here are some way to help support someone who has suicidal ideations:

- *Don't judge*
- *Listen empathetically*
- *Be respectful*
- *Be patient*
- *Offer reassurance*
- *Don't force conversations*
- *Encourage professional help*
- *Ensure their safety*

UCR Healthy Campus is committed to providing accessible resources and support to ensure the safety of students, faculty, and staff.

If you or someone else is having a health or safety emergency crisis, please call

**911**

or contact the UC Police department (UCPD) at **(951) 827-5222**.

If help is needed but does not pose an immediate health or safety emergency, please call CAPS at

**(951) 827-5531**

or Case Management at

**(951) 827-5000**

If you are concerned about a student after hours, please call our 24/7 counseling line at **(951) 827-8522 (UCR-TALKS)**.

This number will connect you to a mental health therapist with whom you can consult, or who can speak directly to the student.

## MORE HELPFUL RESOURCES

● **National Suicide Prevention Lifeline:**  
**800-273-TALK (8255)**

● **Crisis Text Line:**  
**Text NAMI to 741-741**

● **National Domestic Violence Hotline:**  
**800-799-SAFE (7233)**

● **National Sexual Assault Hotline:**  
**800-656-HOPE (4673)**

**Visit NAMI (National Alliance on Mental Illness) for more information!**

# HEALTHY EATING & NUTRITION

Our team has shared three new healthy recipes to start this school year strong! A balanced meal is essential to fuel our brains and immune system to fight off disease. Subscribe to the UCR Healthy Campus [YouTube Channel](#) for more updates on nutritious and tasty recipes throughout the school year!



## POMODORO SAUCE

*An easy-to-make sauce that can be added to chicken or pasta for a quick meal on a busy school day. Tomatoes are loaded with antioxidants and vitamins A and C, which are important for heart health and immunity. In addition, pomodoro sauce is low in calories and saturated fat compared to a cream-based sauce.*

## LEEK POTATO SOUP

*This plant-based soup is delicious when served both hot and cold! As an added bonus, it is inexpensive to make and low in calories. Leeks are packed with vitamins A, C, and K. Enjoy this with a side of salad, bread, or as a stand-alone meal.*



## BEEF STEW

*A nice comfort meal to enjoy occasionally. Red meat is high in saturated fat and cholesterol, so it should only be consumed once in a while. Add less meat and substitute it with more vegetables for a healthier version!*





# Meet our new team of Marketing & Communications Interns



Ashleigh Singh  
Biology, 2023



Rangsiman Chantasorn  
Business, 2023



Alina Das  
Business, 2022



Lauryn Miramontes  
Political Science, 2023



Andre Nguyen  
Business, 2022



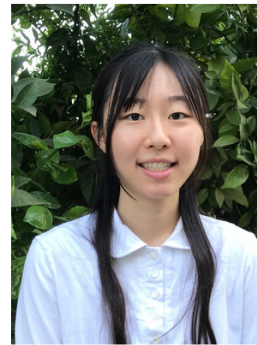
Christian Lopez  
Business, 2023



Minu Ambashta  
Business, 2020



Chelsea Luong  
Business, 2023



Sky Shin  
Business, 2023



Brandon Lee  
Media & Cultural Studies,  
2021

This summer was one of the most creative and productive time we've experience at UCR Healthy Campus. This is due to our new cohort of marketing interns! Our content curators, Chelsea Luong, Ashleigh Singh, Lauryn Miramontes, Alina Das, Minu Ambashta, Andre Nguyen, and Brandon Lee, and videographers, Sky Shin, Rangsiman Chantasorn, and Christian Lopez have dedicated content for our six social media platforms.

From launching a campaign, participating in the Anti-Racism Public Health Forum, and representing the marketing team in subcommittee meetings, our interns have found different ways to encourage the UCR community to live a healthier lifestyle. We're thrilled for their projects and initiatives, and grateful for their contribution to Healthy Campus. Stay tuned!

## Student Marketing Leads



Neha Loganda  
Public Policy, 2021



Karlee Labrador  
Business, 2021



Nitya Loganda  
Psychology, 2021

***Want to join our team? Email [healthycampus@ucr.edu](mailto:healthycampus@ucr.edu) to learn more!***

# UPCOMING EVENTS: FALL 2020

---



## HEALTHY CAMPUS ANNUAL SURVEY

STUDENTS, FACULTY AND STAFF: WE NEED YOUR INPUT!

To understand how the work of Healthy Campus and its various subcommittees impacts the health and wellbeing you experience at UCR, we are conducting our annual survey. We ask that UCR faculty, staff, and students to take less than 10 minutes to complete our survey before October 30, 2020. Participation is voluntary and all responses are anonymous.

For your time, we are offering a chance to enter into a drawing to win one of six \$50 Barnes & Noble gift cards.

If you have any questions about the survey, please email [healthycampus@ucr.edu](mailto:healthycampus@ucr.edu).

---

## LIVEKIND PANEL AND CAMPAIGN LAUNCH

Healthy Campus is launching the “LiveKind” Campaign with an expert panel on Wednesday, October 7, 2020 from 12 pm – 1pm. Click [here to register](#).

UCR Faculty experts will share their research and insights into kindness and ways to encourage the UCR campus community to be kind to one another and create a sense of community and belonging.

Panelists:

- **Sonja Lyubomirsky** | Distinguished Professor, Department of Psychology
- **Kalina J. Michalska** | Assistant Professor, Department of Psychology
- **Megan L. Robbins** | Associate Professor, Department of Psychology
- **Kate Sweeny** | Professor, Department of Psychology



---

## UNIFIED CALIFORNIA COLLEGIATE RECOVERY CONFERENCE

FRIDAY, OCTOBER 23RD | SATURDAY, OCTOBER 24TH | SUNDAY, OCTOBER 25TH

This conference aims to build and enhance communities that support students in recovery from addiction. With guest speakers from Project SAFE, the University of California education system, and rehabilitation networks, all focused on what we can do to enhance the experiences and resources for the collegiate recovery community and engage in future research to improve the health and wellbeing of this student population. This event is free and open to students, faculty, staff, healthcare providers, community members, and anyone else interested in learning more about what we can do together. This virtual conference will take place via Zoom.

If you have any questions about the event, please email [mcurr007@ucr.edu](mailto:mcurr007@ucr.edu). The first 200 attendees will receive a conference gift bag.

Event RSVP Link: <https://rb.gy/aewza9>