OUR GOAL

OUR GOAL IS TO MAKE UCLA THE HEALTHIEST CAMPUS IN THE COUNTRY.

To do this, we:

- Learn from various campus constituencies about the health-related issues that are important to them;
- Support and collaborate with existing health programs on campus;
- Coordinate new programs to improve the health and well-being of UCLA students, faculty and staff;
- Fund projects that are aligned with the HCI values and goals, and are sustainable and replicable;
- Maintain a website that serves as a resource for health information as well as health-related programs and events on campus;
- Develop and utilize metrics to measure the changes in health of the UCLA community.

Semel Healthy Campus Initiative Center at UCLA

Learn more about Semel HCI by attending one of our monthly pod meetings or by visiting us at: www.healthy.ucla.edu
@healthyUCLA #healthyUCLA
**OUR FOCUS:**

**Well-Being**
- Academic
- Life balance
- Healthy foundations

**Food & Nutrition**
- Healthy dining
- Food literacy
- Food security

**Built Environment**
- Active transportation (walking and bicycling)
- Space activation
- Campus environment & safety

**What Moves You**
- Activity
- Awareness
- Activism

**Mind-Brain Health**
- Mind, brain, and spiritual well-being
- Stress prevention & resilience promotion
- Sleep
- Creativity

**Social Well-being**
- New social connections
- Healthy support systems
- More engaging campus

**Research & Evaluation**
- Measuring impact

**SEMEL HCI SUPPORTS:**

- Courses: Life Skills for College Students (CHS 179), Applied Positive Neuroscience (Psych 79)
- Diabetes Prevention Program (Ashe), Vaccine fair, Tobacco Free Campus
- Campus food initiatives: Bruin Plate, North Campus Student Center, RRUMC cafeteria, DeNeve Flex Bar, healthy vending options
- Student gardens: jane b. semel HCI Community Garden planted, maintained and harvested by student gardening groups and related courses
- Bicycle infrastructure on campus and in neighboring communities and Bikeshare program
- Stair Well Campaign to encourage taking the stairs
- “Twenty is Plenty” speed limit reduction

**FOR MORE INFORMATION:**

- Our website: healthy.ucla.edu; livewell@ucla.edu
- HCI Ted Talk: healthy.ucla.edu/tedtalk
- BreatheWell: breathewell.healthy.ucla.edu
- EatWell: eatwell.healthy.ucla.edu
- Campus dining: dining.ucla.edu
- ASUCLA dining: asucla.ucla.edu/restaurants
- Community Programs Office Food Closet (SAC #111): For free meals and basic needs, contact Chidera Izuchukwu at cizuchukwu@cpo.ucla.edu or 310-206-7192
- Food Studies Minor and Graduate Certificate: foodstudies.ucla.edu
- BEWell: bewell.healthy.ucla.edu
- UCLA Transportation: transportation.ucla.edu
- Be A Green Commuter Blog: beagreencommuter.com
- UCLA Bike Shop: recreation.ucla.edu/bikeshop
- MoveWell: movewell.healthy.ucla.edu
- UCLA Recreation: recreation.ucla.edu
- Move Mail: recreation.ucla.edu/movemail
- MindWell: mindwell.healthy.ucla.edu; MindWell@ucla.edu
- CAPS (24/7): 310-825-0768
- Mindful Awareness Research Center (MARC): marc.ucla.edu
- UCLA Financial Wellness Program: financialwellness.ucla.edu
- Student Wellness Commission: uclawsc@gmail.com
- EngageWell: engagewell.healthy.ucla.edu
- Ice breakers for team building: engagewell.healthy.ucla.edu/ice-breakers/
- Resilience Peer Network: resilience.ucla.edu/resilience_peer_network
- GRIT Peer Coaching: grit.ucla.edu
- ResearchWell: researchwell.healthy.ucla.edu