UC SAN DIEGO
HEALTH, RECREATION & WELL-BEING
ANNUAL REPORT
2012 – 2013
As I reflect on the development of the Well-being Cluster, I am pleased to recall many exceptional achievements made through the combined efforts of our departments. Through the breadth and depth of wellness programs, classes, and clinical services offered, the Well-being cluster served nearly 600,000 contacts including, UC San Diego students, staff, faculty, and campus community members.

It is through the strength of our multidisciplinary team and their individual and collective commitment to wellness that our cluster excels in carrying out our mission – to promote a culture of health and well-being for the campus community, deliver high quality innovative services, promote the adoption and maintenance of healthy lifestyle choices and contribute to the overall academic and personal success of students. In an effort to truly develop a culture of well-being at UC San Diego, our cluster continues to develop new joint services between our departments including Counseling & Psychological Services, Recreation, the Sexual Assault and Violence Prevention Resource Center and Student Health Services.

Ultimately, our goal is to promote a well-balanced experience at UC San Diego in all areas of life – emotional, environmental, financial, intellectual, occupational, physical, social and spiritual. Undeniably, it is important that we as staff support our students in their academic excellence at UC San Diego; however, it is equally important that we concurrently promote the development of other aspects of their life to prepare them for a bright future– full of optimal health, wellness and contentment. We hope you will join us in this important effort.

In good health,

Karen Calfas, Ph.D.
Assistant Vice Chancellor – Health, Recreation & Well-being
HEALTH, RECREATION & WELL-BEING CLUSTER

MISSION STATEMENT
The mission of the Health, Recreation & Well-being cluster is to promote a culture of health and well-being for the campus community, deliver high quality innovative services, promote the adoption and maintenance of healthy lifestyle choices and contribute to the overall academic and personal success of students.

The Health, Recreation & Well-being cluster is comprised of several units on campus:

• Counseling and Psychological Services (CAPS)
• Recreation
• Sexual Assault & Violence Prevention Resource Center (SARC)
• Student Health Services (SHS)
• The Zone

Together, the Well-being cluster works to promote the flourishing of UC San Diego students in the 8 Dimensions of Wellness (Environmental, Emotional, Financial, Intellectual, Occupational, Physical, Social, and Spiritual Wellness) through a wide variety of services, workshops, events, and programming.

CLINICAL SERVICES
Through combined clinical services, the Well-being cluster served a total of 88,755 contacts at UC San Diego.

PROGRAMMING & OUTREACH:
Through combined programming offerings, the Well-being cluster served a total of 594,319 contacts at UC San Diego. Numbers do not include access to Main Gym, Rec Gym or any outdoor facility.
CLUSTER-WIDE COLLABORATIONS

Health, Recreation & Well-being Leadership Award Program
This program is designed to teach students new health, wellness, and leadership skills, and encourage the adoption of health behavior changes. To complete the program students must participate in a variety of programs offered by the Health, Recreation & Well-being cluster.

Program Highlights:
- Total New Participants: 81
- Total Award Recipients: 21

Award recipients reported the following as a result of the program:
- 100%: Improved Communication Skills
- 100%: Enhanced College Experience
- 95%: Learned New Wellness Skills
- 90% Learned New Leadership Skills
- 80%: Increased Confidence in Networking & Social Interaction

The Good Life Festival
The Well-being cluster hosted the 2nd annual Good Life Festival, an event focusing on well-being related fun! Nearly 1,400 campus community members came out to enjoy this night of fun, festivities and relaxation. Festival attractions included interactive well-being booths, inflatable activities, photo booth, climbing wall, human hamster balls in a pool, healthy food vendors, healthy tips, and much more!

Health, Recreation & Well-being Voucher Program
As an alternative form of medicine, the Well-being cluster’s clinical providers can choose to provide patients with a one-time Recreation class voucher, when the provider feels that it could assist the patient in their treatment plan.

Program Highlights:
- Total Vouchers Redeemed: 80
- Popular Classes Taken: Yoga, Massage, Swimming, Zumba, Boxing
CAMPUS-WIDE COLLABORATIONS

The Well-being cluster works closely with campus-wide departments each year, and participates in a variety of campus-wide committees, including those listed below:

- Alcohol Trends and Issues Committee*
- Assessment Coalition
- B.E.S.T. Eating Disorders Case Management
- Bystander Intervention Group (BIG)*
- Campus Wellness Committee
- Committee on the Status of Women
- Coordinated Community Response Team (CCRT)*
- Diversity Working Group
- Earth Week Planning Committee
- Family Weekend Planning Committee
- San Diego Law Enforcement Task Force
- Sex Offense Policy workgroup
- Sexual Assault Awareness Month*
- Student Affairs Professional Development Committee
- The Good Life Planning Committee*
- Tobacco Policy Working Group
- Traffic Safety Committee
- UC-Wide Wellness Committee (teleconference calls)
- United Way/CHAD Campaign Steering Committee
- Weight Management Group*
- Welcome Week Planning Committee
- Well-being Cluster Programming Committee*
- Well-being Cluster Student Advisory Board (includes SHIP Subcommittee)
- Well-being Cluster Web Committee*
- World AIDS Day Planning Committee

* Denotes a committee chaired by a Well-being cluster staff
COUNSELING & PSYCHOLOGICAL SERVICES

MISSION STATEMENT
CAPS is committed to promoting student mental health and well-being at an individual and organizational level, as well as the preservation and sustainability of an environment conducive to growth and lifelong learning.

CLINICAL SERVICES
CAPS provides individual, group, couples, and family psychotherapy to registered undergraduate and graduate students, including students of the Medical School and the Scripps Institution of Oceanography. Services are free of charge to currently enrolled students who have paid their registration fees.

SUMMARY:
- Top Clinical Issues: Anxiety, Depression, Adjustment, Relational, and Academic Issues
- 14,224 in total clinical units of service (22% increase over 5 years)
- 2,990 number of students served (34% increase over 5 years)
- 980 crisis/urgent appointments (12% increase over 5 years)
- 1,227 psychiatric appointments (61% increase over 5 years)
- 3,334 initial appointment requests (34% increase over 5 years)
- 2,963 group visits (12% increase over 5 years)

PROGRAMMING & OUTREACH
The CAPS staff consults regularly with the colleges, Residence Life, athletics, faculty, and multiple academic and student-support departments to provide consultation and outreach programs to meet the mental health needs of students. CAPS staff members also provide programming and consultation in urgent or crisis situations that affect the campus community.

SUMMARY:
- Website Pageviews: 125,026
- 499 outreach events/programs, with +15,000 participants
- 2,563 clinical consultations, with +11,000 consultations to faculty and staff
- Wellness Peer Educators participated in a total of 58 outreach events and served 3,492 UCSD students.
- Student Mental Health Initiative Grant provided 182 outreach programs and consultations, reaching 2,500 participants.

MAJOR EVENTS
Student Mental Health Initiative (SMHI):
The SMHI Grant rolled out to students, faculty, and staff, including a new marketing campaign to reduce mental health stigma and suicide prevention. Campaign materials included new posters, brochures, and presentations.
UCOP Risk Initiative:
CAPS successfully implemented the UCOP Risk Initiative efforts for technology and student resource management.

ASSESSMENT HIGHLIGHTS

- 98% indicated that CAPS is a valuable student service
- 95% would recommend CAPS to a friend
- 92% indicated that they benefited from utilizing CAPS
- 91% indicated they were satisfied with their experience with CAPS
MISSION STATEMENT
The Sexual Assault & Violence Prevention Resource Center (SARC) envisions a world free of violence. To that end, through policy development and campus-wide collaborations, we are committed to providing education and support services that empower students, faculty, and staff. SARC is dedicated to creating a safe and respectful community that does not tolerate sexual assault, relationship violence, and stalking.

CLINICAL SERVICES
SARC plays a key role in providing critical mental health services to student victims of violent crime. Since these incidents are emergencies and time-sensitive, when SARC is notified, either by the student, Police or a University member, SARC staff responds immediately 24 hours a day.

SUMMARY:
- Total Appointments: 412
  - 141 clients were provided services (new and continuing)
  - 125 were identified as new clients
- 89 were identified as primary victims of a crime
- 36 were identified as secondary contacts (i.e. partners, friends, family members, co-workers of a victim)
  - For the 89 new primary victims:
    - 80 females and 9 males
    - Presenting issues included: 45 sexual assault, 10 relationship violence, 8 stalking, 23 other
  - Out of Office Accompaniment and Advocacy – 25
    - Police Interview Accompaniment – 10
    - Sexual Assault Forensic Exam (SAFE) Accompaniment – 1
    - Medical Accompaniment to Student Health Services – 10
    - District Attorney Interview Accompaniment – 3
    - Court Accompaniment for Temporary Restraining Order – 1

PROGRAMMING & OUTREACH
- Programming Efforts: 153 events, workshops, trainings, and presentations
- Total Individuals Served: 13,455 campus and community members
- Website Pageviews: 16,436
MAJOR HIGHLIGHTS:
Who’s Checking You In/Out?
With funding supported by the UCSD Parent Innovative Fund (awarded Winter/Spring 2013), SARC implemented a new educational campaign on stalking and cyberstalking, titled, “Who’s Checking You In/Out? Enhancing Online Safety”. Through a cyber persona named Ollie Hoo, SARC focused their education online to supplement in person education.

- 22 total number of events, workshops, trainings, and presentations
- 236 participants
- From Week 4 of Winter Qtr to Week 9 of Spring Qtr, Ollie Hoo Facebook page had a total of 14,686 individual page views.

SEXUAL ASSAULT AWARENESS MONTH
April’s Sexual Assault Awareness Month (SAAM) is SARC’s annual marquee program. SARC co-chairs the campus-wide SAAM committee along with the UCSD Women’s Center. Events focus on raising awareness about the issue of sexual assault and services that are provided for victims/survivors.

- Events included National Day of Action, Denim Day of Awareness, Rape Aggression Defense course for Women, 2nd Annual SAAM 3K, and various dialogues and workshops throughout the month.

CAMPUS COMMUNITY RESPONSE TEAM
SARC organizes and leads the Coordinated Community Response Team (CCRT), a group with members reflecting the wide variety of organizations on campus and in the San Diego area. The CCRT partners provide knowledge and expertise which is vital when striving for a community free from violence. The CCRT meets every quarter to improve coordination of prevention activities and victim services.

ANNUAL LIGHTING SURVEY WALK
SARC coordinates and conducts the Annual Lighting Survey Walk which reviews lighting and landscaping concerns in residential areas, on main campus, at SIO and in Graduate and Family Housing. In order to make this an effective outreach, SARC sends out an all-campus email inviting the campus community to give specific areas of concern. Then SARC collaborates with Grounds and Landscaping, Police, Risk Management, EH&S, Electric Shop, Transportation Services, Residential Life, Associated Students, Graduate Student Association to review the campus.

SAFE PLACE TO STAY
In collaboration with the Police, RIMAC, Office of Student Conduct, Student Legal Services, and Housing, Dining & Hospitality, SARC hosts the Sungod “Safe Place To Stay” for the participants who are intoxicated in or around the venue. UCSD staff volunteer to provide a safe environment for the students who normally stay for a minimum of 4 hours.
ASSESSMENT HIGHLIGHTS

Who’s Checking You In/Out?
SARC hosted 13 workshops as a part of this cyberstalking & online safety program. During the workshop students assessed their online behaviors to determine what areas they wanted to address. SARC received 116 survey responses for the in-person workshop surveys, yielding a 49% response rate. Highlights of the assessment data is included below.

What strategies have you learned to improve your overall safety online (short response)?

- 38% respondents learned to manage “privacy settings”
- 12% respondents learned to “delete inactive/old accounts”

After this workshop, I will implement the following online safety strategies (Check all that apply):

- 83% “Review my online profiles”
- 67% “Delete inactive accounts/profiles”
- 30% “Change shared passwords”
- 18% “Discuss online boundaries with my partner”

Please indicate your level of agreement with the following statement, “I will share the information I learned today with people I know.”

- 51% Strongly Agree
- 41% Agree
STUDENT HEALTH SERVICES (SHS)

MISSION STATEMENT

Student Health Services mission is to facilitate the retention, academic advancement and graduation of students by maintaining their maximum health and wellness.

CLINICAL SERVICES

Student Health Services provides quality primary medical care, including urgent care and support services such as laboratory, pharmacy, and x-ray. SHS is proud to be accredited by the American Association for Ambulatory Health Care, Inc. since 1995.

Summary of Services:

<table>
<thead>
<tr>
<th>Visit by Type</th>
<th>08/09</th>
<th>09/10</th>
<th>10/11</th>
<th>11/12</th>
<th>12/13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Care</td>
<td>18,839</td>
<td>22,637</td>
<td>23,552</td>
<td>22,069</td>
<td>21,680</td>
</tr>
<tr>
<td>Mental Health *</td>
<td>10</td>
<td>962</td>
<td>1,495</td>
<td>1,216</td>
<td>2,182</td>
</tr>
<tr>
<td>(Psychiatry, Psychology &amp; Social Work)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Urgent Care</td>
<td>14,292</td>
<td>11,663</td>
<td>11,211</td>
<td>10,104</td>
<td>9,223</td>
</tr>
<tr>
<td>Nursing</td>
<td>6,066</td>
<td>6,243</td>
<td>7,177</td>
<td>11,464</td>
<td>9,134</td>
</tr>
<tr>
<td>Optometry</td>
<td>2,626</td>
<td>3,412</td>
<td>4,061</td>
<td>4,597</td>
<td>4,205</td>
</tr>
<tr>
<td>SARC</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>201</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
<td>247</td>
<td>551</td>
<td>798</td>
</tr>
<tr>
<td><strong>Total In-person visits</strong></td>
<td>41,833</td>
<td>44,917</td>
<td>47,743</td>
<td>50,001</td>
<td>47,423</td>
</tr>
</tbody>
</table>

Note: Unable to determine eligibility for July 2008 visits

*Visits with Psychologists at SHS are also reported by CAPS, but are not included in the In-Person Eligibility data above, therefore total in-person visit numbers do not match for 2012/2013

Health Education

Student Health Services’ health educator/dietitian is available to provide nutritional counseling and one-on-one smoking cessation services to all registered students. This past year she was on maternity leave most of fall quarter and for the first month of winter quarter, with per diem dietitians filling in as available.

Individual Nutrition appointments: 471

Educational Programs provided / number of students attending: 7/71

Smoking cessation appointments: 16
In-clinic Educational Programs provided by SHAs:

- Sexual Health Information Sessions:
  - 104 sessions offered, 209 students attended
- Body Composition Analysis and Consultation:
  - 70 sessions offered, 310 students attended

PROGRAMMING & OUTREACH SUMMARY:

- Total Individuals Served: 15,566 campus community members
- Website Pageviews: 975,474

HIGHLIGHTS:

Flu Clinics
Beginning in October through Winter quarter, SHS offers the flu vaccine for all students. Students can walk into SHS to receive a vaccine or attend one of the many flu vaccine clinics held. This year 1,443 vaccines were administered during special flu clinics.

TB Screening
SHS initiated, promotes and coordinates the TB screening requirement. All incoming students are required to complete TB Screening prior to the start of their first quarter at UC San Diego. Additionally, if the campus is notified of a student with active TB, then SHS notifies all affected professors, roommates, and classmates. Special TB screening clinics are held to accommodate the large number affected. This year we had 1 case of active TB, with 1300 contacts.

Health Education
Health education outreach efforts include: direct staff-to-student programs, SHA student-to-student peer health education workshops, and passive programming such as campaigns and bulletin board design and distribution, as well as development of other educational materials. Health Education staff reached 2,490 campus community members through a number of events, trainings, and presentations.

Student Health Advocate (SHA) Program
The SHA Program is a volunteer peer health education program and is an essential part of the Health Education team at UCSD Student Health Services. SHAs are trained to educate other students about health issues through educational outreach programs on campus and in the community. In addition to the workshops described below, SHAs provided over 2,000 hours working in the clinic, assisting in health education projects and staffing the clinic's Information Booth.

The SHAs reached over 5,000 students with the following programs:
General Health Workshops: 149 programs, with 1,212 students attending.

General Health Outreach includes workshops on Nutrition (including healthy cooking demonstrations), Stress Management, Physical Activity, Sleep Hygiene and Body Image. General Health Outreach also includes Body Composition Analysis and consultation offered at RIMAC, as well as Fitness Assessments and consultation offered at the Zone and RIMAC.

Sexual Health Workshops: 39 programs, with 1,016 students attending.
Sexual Health Outreach workshops cover topics such as Safer Sex/Preventing STDs, Birth Control Information, Understanding HPV, Relationships and How to talk with a partner. Outreach efforts include workshops on campus and at several high schools in the San Diego Unified School District.

**ATOD (Alcohol Tobacco and Other Drug) Education Workshops:** 36 programs, with 763 students attending.

Alcohol education workshops include information on what constitutes “a drink”, protective strategies when drinking, how to party safely, how to help a friend, dangers of mixing alcohol with other substances. Health Ed also provides CARRS (College Alcohol Risk Reduction Seminar), the class required class for sanctioned students. CARRS was provided in-clinic this year for 131 sanctioned students.

**R&R (Resources and Relaxation) Squad:** R&R Squad provided services to 1,895 students.

The R&R Squad is a group of trained peer educators who complete additional training in basic chair massage techniques, and in-depth review of campus well-being resources. The R&R Squad provides chair “massage” during regular hours at the Zone and by request at various events on campus.

**College Liaison Bulletin Boards:** 100 Bulletin Boards Distributed.

SHAs with Health Education staff develop bulletin boards on various college health issues throughout the year. Colleges are notified of the topic and then can request the number desired. In addition to bulletin boards the SHAs provided weekly health and well-being tips to the colleges for their newsletters.

**Conference Presentations:** 117 students reached

The SHAs reached an additional 4,967 students with the following special events:

- Great American Smoke Out: 100
- World AIDS Day: 3,000
- Beat Stress: 75
- Halloween Safer Sex Give-Away: 50
- Valentines Day Safer Sex Give-Away: 265
- SunGod Safety Kit Give-Away: 420
- Get Yourself Tested Campaign: 300
- LGBT Health Day: 25
- Greek Community Students Reached: 732
- Good Life Festival: 350
- Miscellaneous Tabling at Events: 239

**MAJOR EVENTS**

**Tobacco-free Policy:**

SHS Health Ed staff took the lead on planning for and communicating the new smoke and tobacco-free policy at UCSD, implemented on September 1, 2013. A website and content was developed, as well as other promotional materials such as an informational business card, mirror and window decals, stress balls, and a Fact Sheet in English and Spanish. The new policy information and resources were included in every presentation made this year. Also, special presentations specifically about the policy were made to subgroups of students such as Orientation Leaders, International Students, and Campus Tour Guides.

**Professors Cookbook Launch:**

This was a special project made possible by a small grant from the Parent and Families Fund. SHAs approached their professors to ask them to submit a healthy recipe and to also share their “recipes” for success, and for a healthy life. Recipes were compiled in a colorful cookbook, which included pictures of the cooked recipes and featured their professor’s healthy living tips. Professors were invited to
attend the launch event where the cookbooks were distributed and a live cooking demonstration and samples of the recipes were offered to students, professors and staff. Over 100 people attended and 86 assessments were completed.

SHA Reunion:
2013 marked the 20th year of the SHA program. To celebrate this wonderful milestone, the Health Ed department held the first-ever SHA Reunion. Twenty-five SHAs and guests attended. Old photo albums were pored over and a map with a pin signifying “where are you now?” showed SHAs from as far away as Boston and many other states. The consensus was to not wait another 20 years before the next reunion.

ASSESSMENT HIGHLIGHTS
SHS: Summary Results of AAAHC Patient Satisfaction Survey - Winter 2013
The purpose of the study was to survey students regarding their satisfaction with the health care provided at UCSD Student Health Services. Since this was a reaccreditation year, SHS used surveys developed by AAAHC. AAAHC gave SHS 100 surveys to distribute. There were 96/100 completed surveys which were mailed back to AAAHC for analysis. Results were compared to our last Patient satisfaction survey, which was done in winter quarter 2012.

Students were asked to grade their health care and overall rating of the organization on a scale of 1-10, 1 being worst, 10 being the best possible.

<table>
<thead>
<tr>
<th>Percent of students giving a 6 or greater rating</th>
<th>Percent of students giving a rating between 2-5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Of health care received</td>
<td>96%</td>
</tr>
<tr>
<td>Of overall organization (SHS)</td>
<td>97%</td>
</tr>
</tbody>
</table>

Respondents rated providers highly, 95%-97% on the following items:

- Listening to patients
- Explaining things clearly,
- Being respectful of the patients, and
- Spending enough time with patients
SHA Exit Survey
This assessment was given to twenty-four graduating Student Health Advocates (SHAs). Ninety-one percent of graduating SHAs completed the assessment. A particular set of questions asked to what extent did participating in the SHA program help with specific skills, behaviors, and attitudes. The following represent responses captured by SHAs reporting a “great deal” or “considerably”:

Below are some quotes from graduating SHAs that explain their favorite part of being an SHA:

“Being able to represent the campus as a leader in student health, knowing I was making a difference in the UCSD community, and getting to know some amazing individuals.”

“Participation in campus events throughout the school year that keeps me engaged with the UCSD community and also the issue/topic of the event. Great support from the SHS staff, their availability to meet and talk to. I wish I could be and SHA for another year!”
CARRS Pre and Post Test
The College Alcohol Risk Reduction Seminar (CARRS) is facilitated by the Alcohol, Tobacco, and Other Drugs Health Educator within the Health Education department at Student Health Services. Students sanctioned by their college for breaking alcohol policies must attend this hour and a half workshop. One-hundred and nine participants were given a pre and post test. The summary of the assessment is as follows:

<table>
<thead>
<tr>
<th>Question</th>
<th>Pre-test Average Correct Scores</th>
<th>Post-test Average Correct Scores</th>
<th>Increase in correct scores</th>
</tr>
</thead>
<tbody>
<tr>
<td>In order to &quot;get the best buzz&quot; at what level should your blood alcohol concentration be?</td>
<td>20%</td>
<td>98%</td>
<td>390%</td>
</tr>
<tr>
<td>A standard drink contains ___ ounces of pure alcohol</td>
<td>43%</td>
<td>89%</td>
<td>100%</td>
</tr>
<tr>
<td>Name at least 3 factors that can affect someone’s intoxication level</td>
<td>48%</td>
<td>84%</td>
<td>75%</td>
</tr>
<tr>
<td>If you had three pints of beer (6% alcohol), how many standard drinks did you consume?</td>
<td>38%</td>
<td>60%</td>
<td>58%</td>
</tr>
</tbody>
</table>

Seventy-seven percent of participants were under the age of 21, with underage males making up over half of this sample (58%).

One of the main goals for CARRS is to encourage behavior change to reduce risk, so asking participants what personal changes they plan to make after attending CARRS is an important measure. Ninety-five percent of participants reported that they plan to make changes. The top 3 reported changes include:

- Drinking less (40%)
- Being more responsible when drinking (17%)
- Keeping track of how much they drink (9%).
**MISSION STATEMENT**

The UC San Diego Recreation Department is committed to providing a broad scope of high quality, dynamic recreational experiences that benefit students, staff, faculty and the University community.

**PROGRAMMING**

**Summary:**

Website Pageviews: 3,039,809

Total Individuals Served: over 527,505 campus community members

- 421,388: RIMAC total usage
- 99,296: Canyonview total usage
- 6,821: Natatorium total usage

**DEPARTMENT HIGHLIGHTS:**

**Aquatics**

Total Canyonview Access Counts: 99,296

**Highlights:**

- Implemented significant new procedures in lifeguarding training and operations systems.
- Expanded sales offerings including providing service for Climbing Center.
- Commitment to community outreach continues with the addition of the UCHS aquatic programs.

**FitLife**

Total Classes: 434

Total Participants: 3,934

**Highlights:**

- Offered new Graduate Student Personal Wellness and Ask the Trainer informal programming in the Wellness Studio.
- 2nd Annual Zumbamania special event to raise awareness of women’s heart health.
- 3rd Annual FitFest was a huge success, which included free classes, chair massage, Ask the Trainer, and Ask the Dietician opportunities.
- Renovated the Main Gym area now titled: Rejuvenations: Massage Therapy and Pilates Center. Changes have resulted in increased participation.

**Intramural Sports**

Total Teams: 1,211

Total Participants: 9,827
Highlights:

- Two sports were revived in the Fall Quarter – coed inner-tube water polo and beach volleyball doubles.
- Championship t-shirts were provided for the first time and were extremely well regarded by the participants.

KnockAround
Total Participants: 1,144

- 90% are children of UCSD affiliates (faculty, staff, or students)

Highlights:

- Four successful new camp programs introduced in 2013: circus arts, global kids, wacky science, and martial arts.
- Twenty-five UCSD students or recent graduates were hired.
- All staff received extensive training which included the most recent OP mandated reporter training and their initial youth protection training.
- Collaborated with CAPS to provide staff with training on Pediatric Mental Health issues.

Masters
Total Registered Participants: 1,430

- 70% Community
- 25% Students
- 5% Faculty/Staff

Highlights:

- Celebrated the 30th year of serving UC San Diego and the community. The major success of this program is entirely due to the leadership of Sickie as the Head Coach/Director since the program started.
- There are numerous special events and social opportunities created throughout the year which enhance the overall experience. Some of these are: Midnite Madness, Memory Swim at La Jolla Cove to recognize participants who have passed away (there are 6 Memory Lane Plaques embedded in the Canyonview pool deck who’s families have donated to recognize the importance of the Masters Program in their lives), Annual Sports Banquet, Quarterly pancake breakfasts, and Christmas Toy Drive.

Outback Adventure
Trip & Class Participants: 812
Outdoor Leadership Certificate: 18 students, 64 training events
Wilderness Orientation Participants: 177
Challenge Course Participants: 2,277
Climbing Center Participants: 5,777
Special Events: 1,028 attendees at 4 events

Highlights:

- Successfully moved an enhanced Challenge Course (Ropes Course) from east campus to the grove adjacent to RIMAC. The new course allows for exceptional new individual and team development opportunities for campus and community groups.
- Successful completion of the Non-Resident Student Experience (NRSE) collaborative programming. A total of 145 non-residents participated in Wilderness Orientation and various weekend, overnight, and spring break trips.
- Offered five full spring break trips. The most since 2004.
- Highly successful and visible all campus special events that included: Reel Rock Film Tour, Boulderdash climbing competition, and Moon God Full Moon 5K.

Rec Classes
Classes Offered: 2,307

Total Participants: 18,638

- Students: 11,701
- Non-students: 6,937

Highlights:

- High student interest in new parcour, juggling, and circus arts classes.
- Interest in developing archery at the competitive level.
- New programs developed in an effort to minimize the impact of the Crafts Center closure. Discussions with Student Life continue regarding the future of the Crafts Center.
- Triton Games – an inaugural event this year to determine the Female and Male overall best athlete on campus. Although initial participation was lower than expected, the event was successful.

Sports Clubs
Sport Club Participants: 1,150
Rec Club Participants: 270

Highlights:

- Seven teams competed in national championship events.
- Dragon Boat competed in the programs first international competition in Vancouver, British Columbia.
- Sports Clubs incorporated community service into the program for the first time and partnered with various groups throughout San Diego.
- Tennis, Baseball, and Dragon Boat were new additions to Sports Clubs bringing the total to 29 teams.
ASSESSMENT

FitLife
Participants were selected at random to take part in an assessment at the end of their FitLife classes. Included below are the highlights of that assessment data.

I learned a new health or wellness skill as a result of this FitLife class or workshop

- Strongly Agree: 43%
- Agree: 29%
- Neutral: 23%
- Disagree: 11%
- Strongly Disagree: 5%

Did this class have any effect on your health and happiness?

- Diminished: 1%
- No change: 27%
- Somewhat improved: 61%
- Greatly improved: 2%

Will you continue to practice what you learned when this class is over?

- No: 5%
- Yes: 22%
- Not sure: 73%

Outback Adventures

Outdoor Excursions
Participants on outdoor excursions were emailed a link to an online assessment form at the close of the trip. Depicted below are highlights of the assessment data.

Q21. Please indicate your level of agreement with the following statements: - This trip has introduced me to a wider community at UCSD.

- Strongly Agree: 43%
- Agree: 27%
- Neutral: 4%
- Disagree: 3%
- Strongly Disagree: 2%

Q22. Please indicate your level of agreement with the following statements: - I am more able to deal with challenges.

- Strongly Agree: 31%
- Agree: 34%
- Neutral: 15%
- Disagree: 7%
- Strongly Disagree: 4%

Q26. Please indicate your level of agreement with the following: - Because of the Outback Adventures trip, I am better able to... Work effectively in groups which are diverse in their composition or in order to formulate creative ideas, solutions or other aims.

- Strongly Agree: 22%
- Agree: 43%
- Neutral: 15%
- Disagree: 7%
- Strongly Disagree: 4%
MAJOR EVENTS

Meet the Beach
Over 3,000 students participated in this tremendously successful event. It is the signature event to anchor Welcome Week and jump start the Fall Quarter. Every member of the department’s career staff has some role in the planning and implementation of this event. We also collaborate with numerous departments both in Student Affairs and the campus in order to insure the success of this unique and special event.

Western Regional Outdoor Leadership Conference
Hosted by Tom Rottler and the Outback Adventure staff, this conference had 240 attendees representing 25 universities throughout the western region. This was the highest attended western regional conference ever. Ninety-five percent of the attendees stated they were either satisfied or very satisfied with the overall conference.

Wellness Studio
Completed the expansion of the Wellness Studio in RIMAC. This remodel allowed for additional small group classes, Student Personal Wellness programs, newly offered Graduate Student Personal Wellness, enhanced opportunities for personal trainers and their clients, expanded nutrition services provided by Yumi, Registered Dietician, and additional Informal Recreation time.
THE ZONE
MISSION STATEMENT

The mission of The Zone is to provide innovative programming that promotes skill development for healthy living, and introduces well-being resources to students; and to serve as a student space for relaxation, social connections and personal development.

PROGRAMMING

Website Pageviews: 33,402

Total Individuals Served: 17,301 campus community members

- 4,965: Zone Program Attendees
- 4,919: Zone Special Event Attendees
- 3,472: Attendees Outside of Program Hours
- 3,945: Attendees Reached at 19 Tabling Events

Highlights:

Art & Soul:

New to The Zone after receiving feedback in 2011-2012, this program was developed as an opportunity for students to de-stress through crafts. Each week students are guided through a new and unique DIY project and are encouraged to utilize their creativity. Craft projects included cardboard journals, make-your-own mug, indoor terrariums, holiday greeting cards, magazine art bowl, and many more. This new program was regularly attended and become very popular among zone guests.

Crafting Your Good Life at UCSD:

For the first time, The Zone hosted two days of crafts during welcome week to introduce students to The Zone, inform them of the well-being resources available on campus, and engage them in a fun social activity. This was a very successful event for The Zone with nearly 400 students visiting the space throughout the two-day program.

Therapy Fluffies Extravaganza (Quarterly):

During finals week of each quarter, students visit The Zone in Price Center Ballroom or on Library Walk to de-stress and relax with nearly two dozen dogs. Now a campus tradition, this event has quickly become a favorite among students, staff and faculty, with nearly 800 campus community members attending each quarter.
ASSESSMENT

To measure The Zone’s impact, students were asked to complete evaluations immediately following their participation in a program. Evaluations were completed on a voluntary basis and with no incentive. A total of 131 students completed program evaluations, and of those evaluations respondents either Agreed or Strongly Agreed with the following statements:

- I intend to change a behavior as a result of this program: 72%
- I learned more about a UC San Diego health/wellness resource: 85%
- I learned a new health/wellness skill as a result of this program: 88%
- I am satisfied with the quality of the presenter/presentation: 98%
- I am satisfied with the quality of this program: 99%
- I will recommend The Zone and/or this program to others: 99%

MAJOR EVENTS

The Zone received two generous donations during the 2012 – 2013 academic year, both of which were used to enhance the programming, marketing, and outreach efforts of The Zone. Included below is a summary of each gift.

**Whole Foods 5% Day: $5,304**

On Wednesday, April 10, 2013 Whole Foods Market La Jolla hosted a 5% Day for The Zone in which 5% of the day’s net profit was donated to The Zone. Whole Foods and The Zone collaborated on the marketing and promotion of this day, which raised a total of $5,304.00. A portion of this gift went to fund The Good Life Festival on May 2, 2013, while the remaining amount went towards the development of a new marketing campaign called “Zone Tips” – positive health messages designed in a fresh manner and disseminated through social media channels which students are most receptive to.

**Karen Morgahan: $50,000 over 5 years**

UCSD Alumna, Karen Morgahan, committed to giving $10,000 a year to The Zone for the next 5 years, for a total of $50,000. Karen’s gift helped fund a new weekly program in 2012-2013 titled “Art & Soul”. Additionally, this gift helped The Zone develop new marketing campaigns, as well as devote more staff time to creating new social media campaigns.
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