

INTEGRATING BASIC NEEDS & HEALTH PROMOTION

Devon Sakamoto, MPH, MCHES | Director, The Well and Basic Needs

Megan Harbert, MPH | Basic Needs Coordinator

Daniel Lopez Salas, BA | R'Pantry Coordinator

INTRODUCTIONS



Devon Sakamoto
Director, The Well
& Basic Needs



Megan Harbert
Basic Needs Coordinator



Daniel Lopez Salas
R'Pantry Coordinator

UC RIVERSIDE

- Ranked #1 in social mobility (U.S. News 2020)
- More Pell Grant students enrolled at UCR than all Ivy Leagues combined
- 60% of UCR's undergraduates are first generation
- 48.2% of students experience food insecurity (NCHA, 2019)

25,548

Total students Fall 2019

20,581

Undergraduate

3,493

Graduate students

THE WELL



- The Well approaches student health through a holistic lense
- Seperate from clinical health services, responsible for health promotion and basic needs coordination
- Staffing

(2 FTE) Health Educators
(1 FTE) Wellness Program Coordinator

(1 FTE) Administrative Assistant
(1 FTE) Director

(1 FTE) Basic Needs Coordinator
(1 FTE) R'Pantry Coordinator

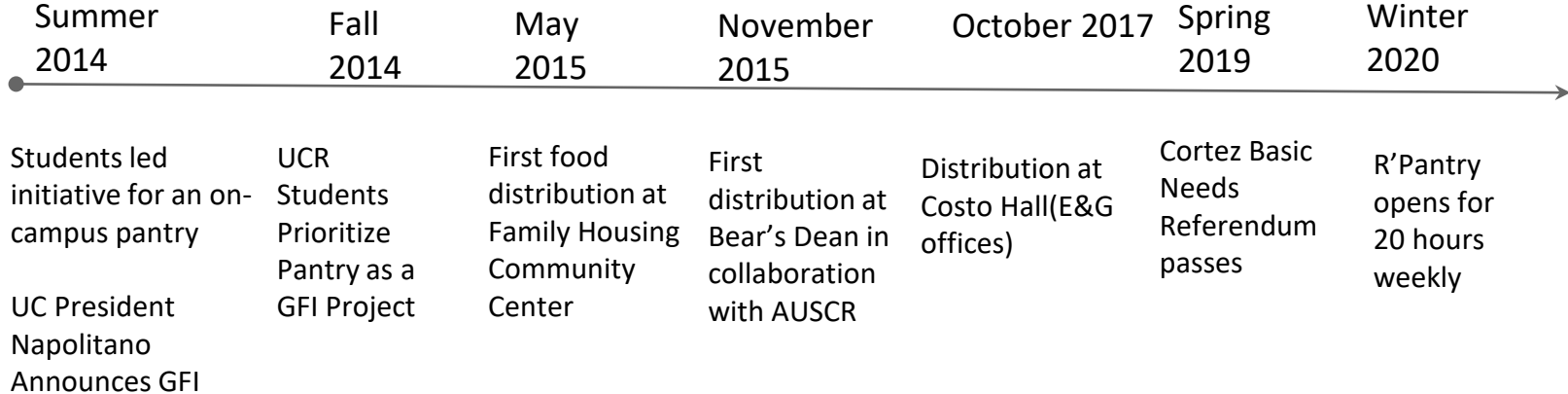
ORIGIN OF THE R'PANTRY



Cory Willis(ASUCR), Estella Acuña(Chicano Student Programs, and volunteers preparing for first ever distribution at Family Housing



Active Minds volunteer sets out citrus during Mobile Distribution



BASIC NEEDS & PUBLIC HEALTH

Low basic needs security has been linked to

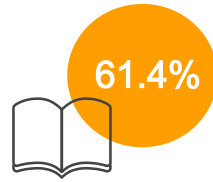
Poor mental health

- Depression
- Severe anxiety
- Eating disorders
- Suicidal ideation

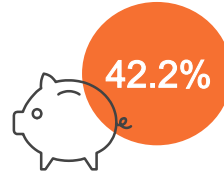
Poor physical health

- Delayed visits to the doctor
- Inability to pay for medical care
- Obesity
- Hypertension & cardiovascular risk factors

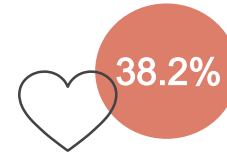
Within the last 12 months, UCR students categorized the following experiences as **traumatic** or **very difficult** to handle:



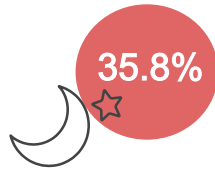
Academics



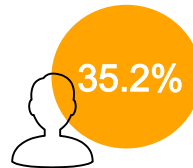
Finances



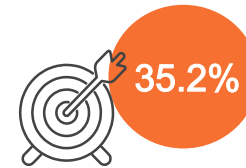
Family Problems



Sleep difficulties



Personal appearance



Career-related issues

OUR APPROACH

HEALTH PROMOTION & BASIC NEEDS PROGRAMING

STUDENT TRAINING

Health Promotion

- CAPS & SHS Tour
- Mental Health Gatekeeper Training
- Kognito's "At Risk" online training
- CPE Training

Basic Needs

- CalFresh & Housing Insecurity Training open to student leaders
- R'Pantry Tour & CalFresh orientation for Well student staff



OUTREACH & PROGRAMING

Basic Needs

Subcommittee under
Active Minds

Grad Hours & Pop -ups

Library Partnership

- Snack Stress Relief
- Therapy Fluffies





OUTREACH & PROGRAMING

Food Security 5k

Fitness & Nutrition Week

CalFresh 101

SRC & Food Demos

Peanut Butter & Jogging

Prioritizing Nutrition



DISCUSSION

What are the challenges and successes with collaboration between basic needs and health promotion on your campus? What are your future aspirations?

THANKS!

Any questions?

Basicneeds.ucr.edu

(951) 827-9355

@ucrpantry

thewell@ucr.edu