Sustainability and Employee Wellness at the UA

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In our presentations, individual nutrition/fitness/wellness consultations, and university wide campaigns, we set the standard for healthy and sustainable eating in the following ways:

Food Production and Consumption:

- We encourage using foods in their whole, unprocessed natural form; this cuts energy costs from packaging and processing.
- We advocate making meals at home using real foods. Healthy and quick recipes can be found on our website under Healthy Recipe of the Month.
- We are collaborating with UA Dining Services and Campus Health Services to label UA restaurant menu items that are both healthy and sustainable as a Smart Move Food.
- We have collaborated with the Maricopa County Agricultural Center in the promotion of tepary beans, which are native to the arroyos of southern Arizona. We developed a pamphlet with a variety of recipes.
- We offer presentations to departments on container and backyard gardening.
- We support Farmer’s Markets, to encourage our employees to buy locally and support our local farmers.
- We support community gardens, both on the UA campus and in neighborhoods.
- We encourage home gardens and have practical advice on our website.
- We participate in the planning and implementation of Food Day, which helps to educate the UA community on healthy and sustainable foods.

Physical Activity to Decrease Energy Costs:

- We participate in Parking and Transportation’s Bike Share Program.
- We encourage walking or biking around campus instead of using vehicles.
- We encourage recycling as part of a healthy workplace.

Nutrition, physical activity, and other habits that promote well-being will vary throughout the life cycle, from preconception through the elderly years. UA employees can practice healthy and sustainable habits themselves and then share these practices with family and friends. The UA can be a leader in setting the pace for wellness for people and wellness for the environment through our example.