

HEALTH & SUSTAINABILITY

Recommendations to center the Health and Sustainability section of the UC Berkeley Sustainability Report in environmental justice.

This document is living and we would love to incorporate student and stakeholder feedback. Some areas of the report are waiting for further information and are unfinished. We would like to emphasize that this is not a comprehensive look into EJ and is merely a set of recommendations that we put together from our own research and experiences.

Written by: Daisy Chu, Jakob Evans, Hayley Lai, Varsha Madapoosi, Chloe Olsen, and Jade Pannetier

TABLE OF CONTENTS

1. Food.....	2
2. Health and Wellness.....	9

Food

Goals

Objective	Progress
UC System: By 2030, 25% of food spend will be on sustainable food* products while maintaining accessibility and affordability for all students	
UC System: Each campus and health location shall strive to reduce greenhouse gas emissions of their food purchases through globally- inspired, culturally-acceptable plant- forward menus. By 2020, establish a baseline and goal	
UC System: Campuses will include the above goals in lease language as new leases and contracts are negotiated or existing leases are renewed and work with existing tenants to advance sustainable foodservice practices as much as possible	
UC Berkeley: All covered food service entities comply with the Food & Beverage Choices policy to provide nutritious food choices on campus	
UC Berkeley: Enhance knowledge and improve access to nutritious, sustainable, and plant-forward food options and menus to the campus community, including basic needs. Increase healthy, just, and sustainable event catering	
UC Berkeley: Develop accessible garden amenities on campus	
UC Berkeley: Reduce post-consumer food waste	
UC Berkeley: Expand food related learning and living lab opportunities	

Key Strategies – Food

Strategy	UN SDGs	Possible UN SDGs
Increase procurement of sustainable food products through policy on sustainable procurement. Menu development addition intended to increase globally-inspired, culturally-acceptable, plant-forward menus	3	10, 16



and reduce greenhouse gas emissions by tracking plant-based ingredients (establish a baseline and goal). Increase reporting by leased facilities.		
Develop a baseline and goal for incorporation of plant-forward menus. Track greenhouse gas emissions from food purchases.	11,12,13	
Promote the Eat Well Berkeley program and policy for concessions and campus restaurants, Basic Needs, and vending. Increase Chef-to-Student demos.	3	10, 11, 16
Set policy and guidelines for purchasing sustainable and nutritious staples for Basic Needs Center and Food Pantry.	2, 3	10, 11, 16
Promote use of Sustainable and Just Catering guide as well as Healthy Meeting and Event Guide.	3	10, 11, 16
Maintain the presence of farms and gardens on campus and identify opportunities for new and improved location of garden spaces and related engagement and programming.	3, 15	10, 11, 13, 16
Provide patrons and foodservice staff with access to educational and training materials that will help support their food choices.	3	10, 11, 16
Increase the tracking of food waste and recovery including use of Leanpath, and expand the food recovery program at foodservice locations on campus.	2, 3	10, 11, 13, 16

Strategy 1: Increase procurement of sustainable food products through policy on sustainable procurement. Menu development addition intended to increase globally-inspired, culturally-acceptable, plant-forward menus and reduce greenhouse gas emissions by tracking plant-based ingredients (establish a baseline and goal). Increase reporting by leased facilities.

Stakeholders: HADSA, Cal Dining, RSSP, Pour out Pepsi

Climate Benefit:

The policy on sustainable procurement stipulates that a minimum of 15% of the points utilized in solicitation evaluations should be allocated to sustainability criteria. This evaluation could be rendered more stringent by making the indicators used to measure the sustainability criteria more precise: adding more specific aspects such as

fair working conditions, length of the supply chain, degree of processing to various criteria including food products, sustainable product attributes, or supplier diversity.

In addition to UC Berkeley's objective to strive for less carbon-intensive dining practices via plant forward options in the dining halls, more frequent low-impact dining initiatives could be put in place, possibly following the model of the international movement --[Meatless Monday](#). Having a set day, recurring every week or month, solely dedicated to sustainable meal options, could ensure that all students regularly come across, and appreciate low-carbon meals, even if they would not have picked a vegetarian or vegan option themselves. An example could be only serving foods that are only labelled with the [green carbon icon on Cal Dining's online menu](#) to encourage students to choose meals with the lowest climate impact.

The amount of plant-based ingredients currently purchased by CalDining should be reported, and could be posted on a website similar to [UC Davis's Campus Progress: Dining webpage](#) to increase transparency and accountability to key stakeholders.

One way the university can meet the standards of the Food & Beverages policy is by terminating UC Berkeley's pouring rights contract with PepsiCo. While UC Berkeley has taken strides to cultivate a healthier campus, partnering with PepsiCo is incompatible with these goals. PepsiCo's pouring rights contract demands that 80% of the shelf space in campus stores be filled with Pepsi products, filling food service entities with sugar-sweetened beverages and unhealthy snacks. UCB cannot maintain its goal of keeping healthy beverages at 70%+ in stores if 80% of products are from PepsiCo.

In addition, this corporation engages in racially discriminatory practices. According to [Pour Out Pepsi](#), the corporation has used child labor abroad, targeted BIPOC children in their advertising, contributed to the [deforestation](#) of at least 25,000 acres of Indonesian forest, and used harmful pesticides that are illegal in the U.S. As the [Pour Out Pepsi](#) campaign emphasizes, "It is impossible for UC Berkeley to uphold its values of health, sustainability, and equity while partnering with PepsiCo at the same time." UCB must terminate its pouring rights contract and replace these food and beverage products with healthier options at a price that encourages their purchase.

Strategy 2: Develop a baseline and goal for incorporation of plant-forward menus.
Track greenhouse gas emissions from food purchases.

Stakeholders: Cal Dining, HADSA, RSSP

Climate Benefit:

This baseline/goal for plant-forward menus could be built off of the existing [carbon footprint icon system](#) that Cal Dining uses to indicate how intense a meal's carbon footprint is. Plant based meals have a much [lower carbon footprint](#) than

non-plant based meals, therefore, a guideline that requires dining halls to have a certain ratio of “low” to “high” carbon emission meals per day could be put in place to encourage the dining halls to make more plant based meals. This could mean that for every day there should be three “low” carbon footprint main-course meal options for every one “high” carbon footprint meal. This **3:1 ratio** could also be applied to other food options the dining halls offer, such as the salad bars, pizza, desserts, etc. This provides students with the ability to choose multiple “low carbon” meals before opting for a carbon intensive meal.

Strategy 3: Promote the Eat Well Berkeley program and policy for concessions and campus restaurants, Basic Needs, and vending. Increase Chef-to-Student demos.	
Stakeholders: Cal Dining, HADSA, Berkeley Student Farms	Climate Benefit:

New Berkeley affiliated restaurants, retail food services, and vending machines must meet **Eat Well Berkeley guidelines** and **quarterly evaluations** should be performed to ensure that all food vendors comply. **Eat Well Berkeley signs** posted in windows display each venue’s dedication to healthy and sustainable eating, and QR codes can be added to allow customers to provide [feedback](#) on their experience of the restaurant or food service. Eat Well Berkeley signs can serve another purpose around campus and in residence halls by providing a **QR code** with the [online map](#) of Eat Well Berkeley restaurants to direct students and staff to healthy food options. In that vein, the University of Michigan has created an online tool called [MyNutrition](#) which tracks the health, nutritional and allergen information of the food offered by its dining services, empowering students to have an easier access to a healthy diet. An annual Eat Well Berkeley award could be given to the greenest and healthiest restaurant or food service as well.

Chef-to-Student demos should be frequent and can take place in dining halls, on Upper Sproul, and in residence hall kitchens to assist students with healthy cooking and meal planning. **Garden-to-Table** demos could additionally teach students healthy eating habits; Berkeley Student Farms can be involved to encourage students to grow their own food and practice sustainable living. At Emory University, the student Group Slow Food Emory (a local chapter of the global Slow Food movement) regularly conducts [cooking demos](#) that are free and open to all students, in collaboration with Emory Dining. These cooking demos are articulated around seasonal produce and may also feature guests. A similar kind of collaboration between Cal Dining and students organizations interested in hosting demos could be considered. Duke University has

gone a step further by establishing its [Chef's Kitchen](#), an interactive kitchen space that hosts all sorts of events, from cooking classes to guest chef demos or pop-up restaurants.

Chef-to-Student demos can be used to promote environmental justice by including a wide variety of cultures, cuisines, and chefs. Also, chef-to-student demos can be expanded to include farmers. Farm workers and student farmers can provide insight to the labor put into food production, knowledge about various foods, and bring fresh produce/products to the demos for students. BIPOC farmers and farmers connected to a labor union should be prioritized for this program

Strategy 4: Set policy and guidelines for purchasing sustainable and nutritious staples for Basic Needs Center and Food Pantry.

Stakeholders: Basic Needs Center, SERC, University Health Services

Climate Benefit:

An essential notion of environmental justice is that healthy and environmentally-sound lifestyles have to be accessible to all from undergraduate and graduate students to faculty members and staff. Serving as an emergency food relief supply, the Food Pantry should make the quality and sustainability of the food it provides a priority. [The College & University Food Bank Alliance](#) provides resources on national research studies that have been previously conducted as well as methods to address food insecurity for undergraduate students. Guidelines for [The Basic Needs Center and Food Pantry](#) could draw inspiration from the broader food and beverage choice [campus policies](#) in terms of nutrition standards. At the [University of Maryland's Campus Pantry](#), they have specific objectives to create "a safe space to distribute good quality and nutritious emergency food" to all students, faculty, and staff members.

Moreover, a [free nutrition coaching service](#) is provided that "empowers and supports members of the University of Maryland College Park community with the knowledge and skills needed to make and implement healthy nutrition choices today and for a lifetime." Regarding sustainability concerns, a [baseline should be set](#) regarding the amount of third-party certified foodstuff currently purchased by the Food Pantry from its main suppliers UFI/ACCFB/Daylight foods and have an aim of increasing this share. The [procurement of fresh produce](#) should also target smaller businesses and more local vendors located preferably in the Bay Area or California as a whole.

Strategy 5: Promote use of Sustainable and Just Catering guide as well as Healthy Meeting and Event Guide.

Stakeholders: SERC, Lead Center, University Health Services, Cal Dining

Climate Benefit:

The [Sustainable and Just Catering guide](#) resources should be distributed and sent out to all student organizations, groups, campus communities, and faculty members at UC Berkeley, as they can serve as tools for contributing to a holistic healthy campus culture. It would also be helpful to review the guide in comparison to other Universities such as New York University, which has options to [exclude napkins and plastic utensils when catering](#), UCLA, which details [sustainable catering tips for consumers](#), and Stanford, which has created an [entire sustainable event planning checklist, include catering](#).

For student organizations specifically, it may be advisable to include these guides on the [Berkeley Student Organizations page](#) and actively encourage students to refer to these resources during their event-planning processes. The guides themselves contain an environmental justice perspective in addition to minimizing waste and supporting local businesses in the Bay Area.

Strategy 6: Maintain the presence of farms and gardens on campus and identify opportunities for new and improved location of garden spaces and related engagement and programming.

Stakeholders: Berkeley Student Farms, Herbicide Free Cal, NASD, Suitcase Clinic

Climate Benefit:

Currently, [Berkeley Student Farms \(BSF\)](#) facilitates programming for a variety of campus gardens, such as SOGA, Gill Tract, Fannie Lou Hamer Garden, among others. Institutionalizing the student-led work of BSF through university funding and partnerships, including through offering paid student positions and opportunities, can help expand the presence of garden spaces on campus and encourage more community involvement in the caretaking of these sacred agricultural spaces. It is also important to center conversations around campus farms and gardens around food justice, agroecology, Indigenous Land Acknowledgements, and anti-oppression to provide a comfortable space for all to interact with the gardens.

When considering engagement and programming for garden spaces, it is important that these conversations **center the voices and needs of students**. Programming for gardens can incorporate environmental justice by targeting audiences in order to provide marginalized campus groups with a sense of community and food security. The Office of Sustainability can collaborate with organizations like the [Suitcase Clinic](#) and [People's Park](#) to create programming that includes communities most impacted by food insecurity, such as people experiencing homelessness.

The Fannie Lou Hamer Garden operates in collaboration with the Fannie Lou Hamer Black Resource Center to foster community within the Black campus community. The Office of Sustainability could increase funding and institutional support to community-based garden spaces, such as the La Loma rooftop garden led by Hispanic Scientists and Engineers and the Guerilla/Barker Garden led by INC. Ensuring that these communities have a say in any decision making processes surrounding their on-campus garden space will help create and uplift affinity-based garden spaces.

Strategy 7: Provide patrons and foodservice staff with access to educational and training materials that will help support their food choices.

Stakeholders: Cal Dining, HADSA, FEED, Berkeley Student Farms, Spoon @ Berkeley, Berkeley Food Institute

Climate Benefit:

Cal Dining could **host monthly training sessions for patrons and food service staff on food justice**, inspired by the [Food Leaders Lab](#) created by the Los Angeles Food Policy Council. Examples of thematic sessions could include: how to make more conscious food choices, supporting local businesses and farmers of color, familiarization with the concept of food justice, and successful food justice initiatives. For more information on an equity centered training for Cal Dining, the [Racial Equity Toolkit](#) is a great resource to reference. Student organizations, such as [FEED](#), [BSF](#), [Spoon @ Berkeley](#), could also participate to contribute their own perspective. In addition, partnering with [Berkeley Food Institute](#) could be an excellent way to form collaborations and expand food justice training opportunities. **Feedback and suggestions** from the participants to these sessions should be solicited via a survey to ensure that patrons and foodservice staff have learned the necessary information.

Strategy 8: Increase the tracking of food waste and recovery including use of Leanpath, and expand the food recovery program at foodservice locations on campus.

Stakeholders: Cal Dining, HADSA, Berkeley Food Pantry, RSSP

Climate Benefit:

Currently, leftover edible food is donated to the [Berkeley Food Pantry](#), while food waste is composted. It is important to work with Cal Dining to promote [smaller portion sizes](#) to ensure less food waste in both the dining halls as well as the various convenience stores located across campus. Strengthening our partnership with the Berkeley Food Pantry is imperative to support students and community members who may not be able to afford or access nutritious food due to various food injustice issues. In addition, Cal Dining can draw inspiration from other universities with similar programs such as [Oregon State](#) and [Skidmore University](#) among others. Ensuring that [leftover food from meetings and events](#) are delivered to the food pantry can provide additional options for food insecure students and staff.

Expanding the [food recovery program](#) to actively and intentionally include food insecure students and community members is an effective way to incorporate food justice into the program. [Spreading information](#) to these community members must also be a priority. This can be done through flyers, emails, and signs placed around food sites to ensure equitable access to relevant information regarding the food recovery program.

Health and Wellness

Goals

Objective	Progress
UC System: Smoking and tobacco use is prohibited at all University controlled properties	
UC Berkeley: Promote and expand health and wellness options in infrastructure and practices for faculty, staff and students	

Key Strategies - Health and Wellness

Strategy	Current UN SDGs	Possible UN SDGs
Expand the UC Berkeley Healthy Department Certification program.	2, 3	10, 12, 16

Expand the UC Healthy Beverage Initiative program to improve access to tap water and communicate the benefits of tap water to health and sustainability.	3, 6	10, 11, 16
Support programs to increase awareness, use and reuse of ergonomic design, equipment and furniture to improve the well-being of employees and reduce workplace injuries.	3, 8, 11	10, 16
Evaluate health and sustainability benefits and promote expansion of flexible work schedules and telework/work-from-home.	3, 8, 11	10, 16
Identify and expand best wellness practices that enhance environmental sustainability from the emergencies such as wildfire/smoke and COVID-19 Experiences.	3, 11	10, 13, 16
Identify and implement additional mental health practices and healing resources for climate and environmental related anxiety and concerns.	3	11, 16
Implement upcoming UC Sustainability Practices Policy additions to health and wellness.	3, 16	
Implement health and wellness strategies identified in the new campus Long Range Development Plan/Environmental Impact Report and Campus Master Plan (expected 2021)	3, 16	

Strategy I: Expand the UC Berkeley Healthy Department Certification program.

Stakeholders: University Health Services

Climate Benefit:

The current Healthy Department Certification program is quite comprehensive in incorporating aspects of environmental justice, [Wellness Culture Assessment Worksheet](#) already including an Equity and Inclusion checklist and promoting an accessible food environment. Adding a specific checklist section for environmental justice training to the ["Wellness Culture Assessment Worksheet"](#) will help normalize learning about environmental justice within the department culture. This could include topics around [afro-veganism](#), [agroecology](#), indigenous sovereignty and labor rights, and more. Promote the Certification in different departments on campus, in order to increase exposure. A survey could also be conducted to collect feedback on the program. It is also important to make sure the program's implementation is transparent, so key stakeholders can be informed on campus departments' progress on wellness and DEI.

Strategy 2: Expand the UC Healthy Beverage Initiative program to improve access to tap water and communicate the benefits of tap water to health and sustainability.

Stakeholders: HADSA, RSSP

Climate Benefit:

[95% of campus freshmen](#) spend their first year in the dorms, so increasing the visibility of and access to tap water in on-campus housing can cultivate a “tap-water-centric” campus culture. Installing a water bottle refill station on every dorm floor can increase accessibility to tap water, as well as encourage students to choose water over sugar-sweetened beverages (SSBs). In addition, when buildings are undergoing construction/renovation, the Office of Sustainability can ask that vending machines be placed next to either tap water fountains or water refill stations. This would further incorporate the UC Healthy Beverage Initiative’s (HBI) goal of limiting consumption of SSBs because when staff/students initially consider purchasing a sugar-sweetened beverage or bottled water from a vending machine, the fountains and refill stations can serve as a reminder that tap water is a free and healthy alternative.

Additionally, tap water is a free resource but tap water containers (i.e water bottles) are not. The Office of Sustainability can engage in an information campaign that targets freshmen by providing each dorm resident with a water bottle and flyer that discusses the benefits of tap water. This way, freshmen are informed about tap water and given the tools to take advantage of it. At Brown University, a student-led initiative called [Beyond the Bottle](#) organizes the handing out of reusable bottles to all first-year students and visitors attending Commencement, reducing barriers to tap water on campus.

Another way to incorporate environmental justice into this strategy is to highlight ways to increase the availability of tap water to all members of the Berkeley community. There are currently [no tap water sources](#) that are located outside of campus buildings. That means that the houseless community and Berkeley city residents are not able to access this tap water. Implementing intentionally accessible tap water sources could include placing tap water sources in highly visible sections of campus. Positioning moveable, refillable water stations, similar to the [University of Victoria’s “Waterfillz” stations](#), near Sproul Hall, Dwinelle Hall, Haas School of Business, etc. could allow any passerby, no matter their knowledge of the locations of water fountains on campus, to have easy access to tap water. To improve the accessibility of these refill stations, mapping tools could also be used. The [Tap](#) software and mobile app, a technology used by universities such as the University of Arkansas, works with QR technology to indicate nearby bottle filling stations, and provides other useful tools



such as tracking hydration or refills. Utilizing Tap’s QR technology to provide better access to the [Berkeley Food Institute’s existing map](#) of campus water stations could allow more students and community members to utilize the campus’s tap water.

Certain universities have even become bottled water free, as the example of the [University of Ottawa](#) shows. Such an ambition does not only imply banning the sale of bottled water on campus but also making sure that alternatives (water refill stations) are developed to their fullest extent. The university makes its 210 drinking fountains a priority, with a team being in charge of surveying, repairing, and installing new models where appropriate. The drinking fountains also meet the local accessibility standards to ensure that their design (height, handles, gooseneck...) also makes them physically accessible to everyone, including people with disabilities. Such an ambition has resulted in an improved management of water refill stations, whose characteristics and design could be a good source of inspiration to the Office of Sustainability.

Strategy 3: Support programs to increase awareness, use and reuse of ergonomic design, equipment and furniture to improve the well-being of employees and reduce workplace injuries.

Stakeholders: University Health Services

Climate Benefit:

We recommend sending out two user [surveys](#) a year to faculty and staff to gather their thoughts on the [USGBC Ergonomics Requirements for Innovation and Design](#), and subsequently draw recommendations for areas that could be improved. In addition, [ensuring that stretching exercises are posted in office spaces](#) and not exclusively online would remind staff to take breaks when needed. Faculty and staff should be made aware of [recalibrate](#) -- an online resource with quick, effective, and personalized ways to dial into a variety of wellness resources.

On a larger scale, UC Berkeley should look to [certify buildings with WELL Building Standards](#) where possible. The [standards](#) measure and monitor buildings’ functions and their effects on human health and wellbeing (and essentially focus on the people rather than just the building itself). Berkeley’s Chou Hall was the first academic building not only on campus, but in the country, to achieve WELL Building certification. It can serve as a precedent to rethink UC Berkeley’s new and existing buildings.

Some examples of WELL recommendations include minimizing disruption to circadian rhythms through circadian lighting design and ensuring air purifiers filter VOCs to minimize sources of indoor air pollution. [Appealing and accessible stairs and walking routes](#) can additionally encourage walking around the building and provide support for an active lifestyle. Specifically at UC Berkeley, floors and hallways in

buildings such as McCone and Dwinelle could be improved with brighter lights and larger windows. The built environment is an important component of social and environmental justice; ensuring an inclusive and comfortable design that anyone can enjoy is thus essential to uphold both well-being and justice.

Strategy 4: Evaluate health and sustainability benefits and promote expansion of flexible work schedules and telework/work-from-home.

Stakeholders: University Health Services

Climate Benefit:

The COVID-19 pandemic has altered all students, staff and faculty work schedules and habits through remote learning and telework. However, this affects members of the UC Berkeley community differently depending on their field of work or study and [existing inequalities](#) like socioeconomic background, and access to technology and a safe work environment. This expansion of telework can allow the campus to [employ more people with disabilities](#) who are [unable to work on campus](#) and this should be examined in any effort to increase this type of remote work. Additionally, this expansion of telework can be used as a “living lab” to create a [telework model for distance learning](#) after COVID-19. There are many barriers students face in participating in school on-campus, whether it be financial issues, disability, or physical distance from campus and expanding distance learning opportunities to students will lessen these inequities.

In terms of sustainability, one drawback to tele-work is how [carbon-intensive Zoom](#) and similar programs are. Because these programs process and transmit data during calls, massive amounts of energy are used. According to [ScienceDaily](#), just one hour of Zooming with your camera on “emits 150-1,000 grams of carbon dioxide, requires 2-12 liters of water, and demands a land area adding up to about the size of an iPad Mini.” Over a 40-hour work week, the benefit these tele-workers provide in terms of sustainability because of the elimination of transportation emissions is jeopardized. The Office of Sustainability can ask the campus to use the upcoming transition to “hybrid-learning” as a living lab to gather research on how much more sustainable tele-work with Zoom is than in-person work.

Strategy 5: Identify and expand best wellness practices that enhance environmental sustainability from the emergencies such as wildfire/smoke and COVID-19 Experiences.



Stakeholders: University Health Services, SERC, Academic Senate

Climate Benefit:

The Office of Sustainability should consider conducting a thorough research report (through faculty and student surveys and data collection) to identify and evaluate which demographic groups of undergraduate and graduate students as well as physical communities in Berkeley and the Bay Area, are being disproportionately affected by wildfire/smoke and the COVID-19 pandemic - physically, mentally, psychologically, financially etc. Groups that may offer valuable information include [CLEE](#), the [Student Environmental Resource Center](#), and the [ESPM Department](#). [BBC's Article](#) contains graphics, maps and statistics relating to the California wildfires. This should then serve as a strong foundation and guide to consequently target actions to help these affected people first. Currently, [UC Davis' Office of Research](#) has a team of researchers that are responding to mitigating the California Wildfire Crisis. It might be beneficial to collaborate with such a team in order to gain further insight.

Support systems should be established across various locations on campus, whether that be physical spaces on campus or online/in-person counseling services offered by UC Berkeley, to provide a safe, supportive, and confidential space for affected students to find necessary assistance and advice outside of their immediate family circles. [UCSF has recently spearheaded actions](#) to help students cope with wildfires as well as the climate crisis, in particular for the domain of mental health and psychological stress. It is imperative that these students, families, and communities are not neglected during their times of struggles, by prioritizing offering numerous resources, services, and aid to these groups first. Reference can be taken from [UBC's Wildfire Prevention and Response Plan](#).

Strategy 6: Identify and implement additional mental health practices and healing resources for climate and environmental related anxiety and concerns.

Stakeholders: ASUC Senate, SERC

Climate Benefit:

The [ASUC Senate](#) has 20 senators and a majority of them campaign on increasing access to mental health resources. Collaborating with them, namely the ASUC Eco Senator, could be a great way to implement student-led events, practices, and resources for environmental related anxiety. Each senator, though, represents a key constituency of the campus community (i.e. International community, East-Asian community, Jewish community, etc.) For example, partnering with a Black-community endorsed senator could be a great way to increase access to mental health resources

for a community disproportionately impacted by climate change. [UCSD has an environmental justice affairs department](#) in their student government that focuses on a lot of student focused environmental justice and wellness concerns.

The ASUC Eco Office of Sarah Bancroft currently has a [Wellness Department](#) that puts on events about climate anxiety. While Eco Senators change every year, some platforms/departments stick in the Eco Office and a collaboration with the Office of Sustainability could result in a lasting wellness initiative on campus. Tufts University has created a [comprehensive memo](#) on eco-anxiety among college students and recommends ensuring “counselors are equipped to handle climate discussions” among other solutions.

The Student Environmental Resource Center and various student environmental organizations also put on a variety of events related to [climate anxiety](#) through guided meditation sessions and open places of venting. In addition, a lot of the climate action and environmental justice organizing work on campus is done by students who receive no compensation for the additional stress they ensure. Supporting these events and campaigns as they are being organized, either monetarily or through promotion, can help expand the presence of mental health resources on campus. Other campuses that have supported similar events or resources include [Princeton University](#), [University of California, San Francisco](#), [University of Calgary](#), and the [University of Wisconsin-Madison](#), among many others.

Strategy 7: Implement upcoming UC Sustainability Practices Policy additions to health and wellness.	
Stakeholders:	Climate Benefit:

Strategy 8: Implement health and wellness strategies identified in the new campus Long Range Development Plan/Environmental Impact Report and Campus Master Plan (expected 2021)	
Stakeholders:	Climate Benefit:

