



HEALTH *improvement program*

As one of the first employer sponsored wellness programs, the Stanford Health Improvement Program (HIP) has been integral to SPRC for over 30 years.

We are a leading organization within the Stanford BeWell program, and our mission is to enhance the health, lifestyle, and quality of life of faculty, staff, their family members, and the broader community by sharing health improvement information. More than 9,000 faculty, staff, and their family members participate in the approximately 2,000 classes offered each quarter. Classes range from physical activity and health education to health improvement “events,” webinars, and online programs.

Stanford Health Promotion Resource Center (HPRC)

Since its inception more than 30 years ago, this unit has developed educational materials that have been licensed in many countries around the world.

Stanford Health Promotion Resource Center (SHPN)

Created more than ten years ago as a way of disseminating scientific information about wellness, this unit has over 88 community partners from high profile Silicon Valley companies, public health departments, hospitals and large medical groups, and universities.

YMCA of the USA

HIP has worked with the YMCA for more than a decade. Local and national projects include a healthy lifestyle program that taught YMCA employees how to deliver health promotion and behavior modification programs, and a fitness program for cancer survivors. HIP also supported the CDC’s Healthy Community Initiative and developed a Healthy Living Index that enables communities to evaluate healthy eating and physical activity resources.

Stanford Women’s Health Conference at Sierra Camp

This past year HIP offered its 20th annual Women’s Health conference for Stanford Alumni, which offered health and fitness testing, physical activity, and presentations by staff from HIP and SPRC.

HIP and International Health

As longstanding international leaders in wellness, we frequently host official delegations and visiting professors, travel abroad for speaking engagements, and also train organizations to help them see the possibilities and benefits of wellness.

35%

INCREASE IN INDIVIDUALS
PARTICIPATING IN HIP HEALTH
EDUCATION WORKSHOPS SINCE
2010

190

SECTIONS OF FITNESS CLASSES
OFFERED PER QUARTER INCLUDING
YOGA, CARDIO, STRENGTH, DANCE,
TAI CHI, MARTIAL ARTS, AND
AQUATICS.

>2,000

GROUP FITNESS CLASSES PER
QUARTER ARE TAKEN BY FACULTY
AND STAFF.

109%

INCREASE IN PARTICIPATION IN HIP
GROUP FITNESS CLASSES BETWEEN
2010 AND 2013

53

CLASS LOCATIONS BOTH ON AND
OFF CAMPUS.