



UBC WELLBEING

2024-2025 Annual Report Highlights

UBC Wellbeing acknowledges *thəˈməθkʷəyəm* (Musqueam), *skwxwú7mesh* (Squamish), *səlilwətaʔ* (Tsleil-Waututh), and Syilx Okanagan Nation Peoples, on whose traditional territories UBC campuses are located and where we are privileged to live, work, learn, and play.

Read the full annual report at wellbeing.ubc.ca/annualreport24-25.



THE UNIVERSITY OF BRITISH COLUMBIA

Reflecting on 2024-2025 and Celebrating 10 Years of the Okanagan Charter

This past year, UBC celebrated significant milestones in its global leadership as a health-promoting university. The Okanagan Charter: An International Charter for Health Promoting University and Colleges marked its ten-year anniversary, highlighted at the 2025 International Health Promoting Campuses Conference hosted by the University of Limerick, Ireland, where UBC representatives delivered a keynote, workshops, and posters, sharing expertise with 400 participants from around the world.

Closer to home, UBC's Wellbeing Strategic Framework reached its five-year anniversary. Following extensive community engagement in 2019, our Framework set out a vision, priorities, and bold targets to embed health, equity, and sustainability into every part of campus life. As the first of its kind in Canada, it has since inspired many other institutions to develop similar approaches, further amplifying UBC's role as a leader in this work. As we reflect on the past five years, progress towards many of our population-level targets has been impacted by global challenges beyond our control, including COVID-19, affordability pressures, and climate change. Despite these circumstances, we are proud of the systems-wide initiatives UBC has advanced in response, with virtually all partner- and committee-led activities and milestones outlined for this period now completed.

This year, in addition to our UBC Wellbeing Year in Review: 2024-2025 Highlights and feature stories, we are sharing an Implementation Roadmap 5-Year Summary Report to showcase the progress and successes on these activities across each priority area, set by and made possible through the leadership and commitment of many UBC faculties, units, and supportive partners across the university. These collective efforts highlight how interconnected and foundational issues like anti-racism, decolonization, climate action, and collaborative leadership are to promoting wellbeing across UBC Vancouver, Okanagan, and our other sites across the province.

This report reflects the creativity, dedication, and collective impact of the UBC community working to nurture communities of care where people, places, and the planet can thrive. We invite you to explore highlights and stories from the UBC Wellbeing community in the full annual report at wellbeing.ubc.ca/annualreport24-25.

As we look ahead to renewing our Wellbeing Strategic Framework for the next five years, UBC remains committed to building on existing priorities while addressing emerging priorities for our community—such as digital wellbeing and the evolving needs within our teaching, learning, and workplace environments and deepening our engagement with partners to advance Indigeneity, equity and sustainability. Together, we will continue shaping campuses where wellbeing is integral to how we live, work, learn, and play, and invite our community to imagine what's next at wellbeing.ubc.ca.

Office of Wellbeing Strategy Team



MENTAL HEALTH & RESILIENCE

Wellbeing Strategic Framework



UBC Cares: Community members feel mental health is a UBC priority.



Mental Health Literacy: Community members report access to opportunities to develop mental health literacy.

View the Implementation Roadmap 5-Year Summary Report for progress at wellbeing.ubc.ca/annualreport24-25



1,200 students engaged in 45 peer-led workshops, booths, and events

at UBC Vancouver's Wellness Centre, focusing on sexual health and substance use.

279 faculty and staff

engaged in 26 specialized mental health and psychological health and safety workshops facilitated by UBC Human Resources at Vancouver and Okanagan campuses.



\$9,900 in grants supported 128 mental health-focused Thrive events led by student, faculty, and staff partners across Vancouver and Okanagan campuses.

1,634 self-care and harm reduction kits distributed

264 attendees at presentations and naloxone trainings at UBC Okanagan.

+4,500 hours contributed by 32 student volunteer Peer Health Educators

at the UBC Wellness Centre, focusing on sexual health and substance use health promotion and education.



+750 naloxone kits distributed

504 enrollments in the asynchronous SAVE Lives Canvas course, 1,190 attendees at SAVE Lives Harm Reduction and naloxone training workshops at UBC Vancouver.



The Wellness Centre launched the Wellness Zine—a campus-wide student health and wellbeing project featuring 59 artworks centered around themes of healing and connectedness.



459 students, faculty, staff, and alumni

enrolled in UBC's Suicide Awareness Intervention Training through UBC learning platforms, and 561 individuals received skills-focused training with a facilitator.

COLLABORATIVE LEADERSHIP

Wellbeing Strategic Framework



UBC is Committed to Wellbeing: Community members feel UBC is committed to the wellbeing of its people, places, and communities.



All Faculties & Units Take Action: All faculties and units are engaged with wellbeing action.

View the Implementation Roadmap 5-Year Summary Report for progress at wellbeing.ubc.ca/annualreport24-25

119 Workplace Wellbeing Ambassadors

representing 109 units and departments across UBC championed workplace wellbeing.



82 nominations

for UBC Okanagan's Golden Apple and "I am Accessible" Awards organized by UBC Okanagan's Wellbeing & Accessibility Services and the Disability Resource Centre, recognizing the role staff and faculty have in fostering wellbeing and inclusive environments.

\$121,000 awarded

27 new collaborators, 23 projects supported by UBC Wellbeing Strategic Initiative Fund supported by the UBC Wellbeing Strategic Initiative Fund to enhance wellbeing at UBC Vancouver and Okanagan.



54 Canadian campuses

adopted, 8 organizations endorsed, and over 40 countries engaged with the Okanagan Charter.

73 students attended Day of the Dot, a Campus Wellness & Education and UBC Okanagan Student Union initiative, addressing period poverty through education and free sustainable period products during Climate Action Month.



\$15,000 grants

awarded to 34 community-led projects through the Inspiring Community Grant Program, a collaboration between UBC Inspired, and the Vancouver Foundation's Neighbourhood Small Grants program.



400 delegates from 40 countries

gathered at the 2025 International Health Promoting Campuses Conference in Ireland – marking 10 years since the

Okanagan Charter was developed at UBC's Okanagan campus. UBC joined campuses and organizations including the WHO, UNESCO, and International Union for Health Promotion & Education.

Limerick Framework for Action

A new international roadmap for advancing health and wellbeing in higher education was unveiled at the 2025 International Health Promoting Campuses Conference, with plans to launch in December 2025.

2,511 students, faculty, staff, and community members

attended at 41 UBC Climate Emergency Week events convened by the Sustainability Hub and 48 partners from UBC and beyond.



FOOD & NUTRITION

Wellbeing Strategic Framework



Increase Food Security: Reduce food insecurity for UBC community members.



Healthy Beverage Consumption: Increase healthy beverage consumption on our campuses by 2025.

View the Implementation Roadmap 5-Year Summary Report for progress at wellbeing.ubc.ca/annualreport24-25



14,748 students

served a free grab-and-go breakfast at UBC Okanagan's Picnic.



"This is a safe space where I can be myself and talk about different cultural foods and traditions." – Picnic student participant

UBC Food Services and Vancouver Community College, with support from UBC's Food Systems Committee and FeedBC, held the Cooking in Two Worlds gathering with renowned Indigenous leaders and chefs to enhance the presence of local Indigenous foods in BC's public institutions.



45 local supplier spotlights

and 11,560 meals featuring ingredients from 16 local BC-based vendors served in UBC Vancouver's residence dining halls and, for the first time, sold in campus retailers.



44 peer-led food skills workshops, 24 community meals, and 12 community markets

hosted by the UBC Okanagan's Wellness Hub in Picnic to support social connection and food security.

210 tours, 20 nutrition and wellbeing booths, 5 events

hosted by the UBC Food Services Nutrition Education Team at UBC Vancouver with monthly themes like plant-based eating.

1,655 lbs of food

equivalent to 1,379 meals and 1,905 lbs of Co2 mitigation, donated from UBC Food Services' All Access Dining to the Vancouver Food Runners to support local food security.



87,975 items sold, 43 volunteers engaged, 26 events and booths

hosted by the Food Hub Market to increase food access, literacy, knowledge of food security resources, and foster social connection.



"I'm so happy for the opportunity to be involved in this community, combat food insecurity, and to build relationships and work together with members of this community." - Food Hub Market student volunteer



UBC's Food Hub Market and Food Services hosted the third annual Food Hub Market Grocery Games event where students had the opportunity to learn how to cook simple and affordable meals Master Chef style.

SOCIAL CONNECTION

Wellbeing Strategic Framework



Feel Part of a Community: Increase in UBC community members feeling part of a community.



Inclusive Environment: Increase in UBC community members reporting that their beliefs, identity and experiences are valued.

View the Implementation Roadmap 5-Year Summary Report for progress at wellbeing.ubc.ca/annualreport24-25

2,200 faculty and staff

engaged through the Centre for Workplace Accessibility virtual learning platform, building disability inclusion literacy across campuses.



1,215 faculty and staff

engaged, 26 live workshops & presentations delivered by the Centre for Workplace Accessibility.

140 recovery meetings

hosted by the Student Recovery Community Peer Leaders – a peer support, evidence-based model to help empower students with lived experience to support one another on their chosen recovery pathway.

First student-led Indigenous-focused recovery circle launched at UBC Vancouver.

20 hrs of low-sensory StudyWell sessions offered during each exam break by the Wellness Centre in partnership with the UBC Disabilities United Collective, providing students with an accessible study space.



+300 visits to the SRC Coffee Bike where students spoke with Peer Leaders and SRC Members about recovery and SRC programming.

1,372 free meals provided

provided and 610 participants at UBC Okanagan's Recess Revival events organized by Campus Wellness & Education and Recreation in response to Voice 6 data to promote social connection, nutritious food choices, and recreation.

51 attended 3 Voice 6 social wellbeing events

held by Campus Wellness to enhance social inclusion, healthy social norms, and interpersonal relationships at UBC Okanagan.



2,200 faculty and staff

engaged through the Centre for Workplace Accessibility virtual learning platform, building disability inclusion literacy across campuses.



+700 students, faculty, staff, residents, and community members

gathered for the return of Harvest Festival, an epic outdoor evening of food, friends, and arts and culture presented by UBC Inspired, Sage Catering, and the UBC Arts and Culture District.

16th year

UBC recognized as one of Canada's Best Diversity Employers for its workplace diversity and inclusiveness programs.



PHYSICAL ACTIVITY

Wellbeing Strategic Framework



Move More: Increase in the prevalence of physical activity for UBC community members.



Diverse Community, Diverse Programming: Increase in UBC community members' satisfaction with recreation facilities and programs.

View the Implementation Roadmap 5-Year Summary Report for progress at wellbeing.ubc.ca/annualreport24-25

62 events held during Move UBC

9th annual university-wide campaign.

**645,511,485
collective steps walked**

by 1,286 participants on 265 teams during UBC's Walk for Joy, an annual walking and rolling challenge to help promote movement and social connection at UBC Vancouver and Okanagan campuses.



405 participants joined UBC Okanagan's Move U Crew's hiking series.

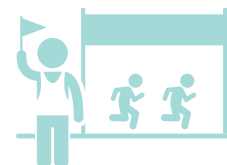
358 registrants

at UBC Recreation's new Run Club initiative, welcoming runners to a beginner friendly and community focused weekly meet up.



843 employees, 176 teams

participated in the 15th annual Faculty & Staff Sports Day hosted by UBC Human Resources and Recreation on both campuses.



**284 movement breaks,
7,454 participants**

led by the Move U Crews at UBC Okanagan and Vancouver.

**\$10,000 distributed to
32 community-led projects with
+1,000 participants engaged,**

at UBC Vancouver, Okanagan, and Prince George Northern Medical Program through Move UBC Grants in support of physical activity.



**439 participants at 19 UBC
Okanagan Recreation events
with 17 SUO clubs & groups**
to celebrate a diverse range of free cultural activities during the Intercultural Activity Series.

UBCO partnered with BC Wheelchair Sports to offer its first wheelchair sports event.

BUILT & NATURAL ENVIRONMENTS

Wellbeing Strategic Framework



Active Transportation: Increase in trips to and from UBC made by walking, cycling or transit.



Complete Communities: Increase opportunities for people to learn, work, play, and live on our campuses through an increase in the number of student beds and child care spaces.

View the Implementation Roadmap 5-Year Summary Report for progress at wellbeing.ubc.ca/annualreport24-25

54% of all trips to and from UBC Vancouver*

made by sustainable and active transportation modes of walking, cycling, or transit.

*Note: UBC Okanagan data is not available for FY24-25 as they do a Transportation Status Report every two years.



Two new projects funded by UBC Okanagan's Campus as a Living Lab program helped tackle real-world challenge, strengthening first-year student connections and investigating indoor air quality to improve environmental health.

25,859 bike share trips



to and from Vancouver campus, enhancing sustainable transportation options and supporting climate action goals.

13,394 student residence beds at UBC Vancouver, making UBC the largest student housing system in Canada.



2,120 student residence beds at UBC Okanagan.

1,239 faculty and staff housing units at UBC Vancouver.



994 child care spaces

provided for ages 0-5 and out-of-school care, making UBC Vancouver the largest campus-based child care provider in North America, and the largest provider of infant and toddler child care in Vancouver.

UBC Okanagan child care transitioned from an independent non-profit society to a university department and opened a new building in fall 2024, providing a total of 93 childcare spaces.



Campus + Community Planning launched the Campus Meadows project, transforming lawns at the Reconciliation Pole and Martha Piper Plaza on Vancouver campus into biodiverse, climate resilient meadows. These living landscapes showcase a process-based approach to landscape design and reconnect people with nature through active stewardship.



UBC recognized as one of Canada's Greenest Employers in 2025 for the 14th consecutive year.

24 campus partners entertained and educated hundreds of families at this year's Kids Take Over UBC festival, activating spaces across UBC Vancouver including the First Nations House of Learning and Nitobe Gardens.