



UBC WELLBEING

2023-2024 Annual Report

UBC Wellbeing acknowledges the xʷməθkʷəy̓əm (Musqueam), skwxwú7mesh (Squamish), səilwətaʔt (Tseilil-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/annualreport23-24.



THE UNIVERSITY OF BRITISH COLUMBIA

Reflecting on FY23-24 & Celebrating 10 Years of UBC Wellbeing

As we present this annual report celebrating the wellbeing achievements of UBC's students, faculty, staff and broader community from the 2023-24 fiscal year, we also commemorate a significant milestone: the 10th anniversary of UBC Wellbeing.

Formed in 2014, UBC Wellbeing emerged as a collaborative, university-wide initiative to embed health and wellbeing into all aspects of university culture and life. This commitment brought together our campuses and engaged students, faculty, staff, and leaders in building a shared vision – one that fosters a campus community where health and wellbeing are prioritized. A defining moment came in 2015 when UBC Okanagan hosted the International Health Promoting Universities Conference, leading to the creation of the Okanagan Charter for Health Promoting Universities. This influential document has since been adopted by hundreds of institutions worldwide, strengthening our collective vision for healthier campus environments.

Inspired by the Okanagan Charter, the UBC Wellbeing network laid the groundwork for long-term aspirations where all people, places and communities at UBC can flourish. These goals were outlined in UBC's Wellbeing Strategic Framework and later reinforced in UBC's Strategic Plan: Shaping UBC's Next Century. These guiding documents have helped shape our collective efforts to integrate wellbeing into the university's plans, policies, practices, and decision-making processes.

Over the past decade, UBC has gained international recognition as a leader in the health promoting campuses movement and wellbeing has become a central pillar in many of UBC's strategic plans, research, programs, campaigns, and initiatives – thanks to the dedicated efforts of teams and individuals across the university.

Reflecting on the past fiscal year, we celebrate the dedication, perseverance, and collaboration of teams across UBC Vancouver, Okanagan, and other sites across the province. This milestone year is a testament to our ongoing commitment to cultivating a culture of health and wellbeing. Students, faculty, and staff have made significant strides in advancing initiatives that intersect health promotion, wellbeing, anti-racism, decolonization, and climate action. These efforts reflect our collective action to address complex challenges while nurturing environments that support people, places, and our planet.

This report highlights initiatives, successes, and learnings from the past year as we continue working to create campus communities where care and wellbeing inspire positive change at UBC and beyond.

We invite you to explore highlights, stories, and data from the UBC Wellbeing community in the full annual report at wellbeing.ubc.ca/annualreport23-24.



MENTAL HEALTH & RESILIENCE

Wellbeing Strategic Framework Targets



UBC Cares:

10% increase in community members who feel mental health is a UBC priority.



Mental Health Literacy:

10% increase in community members reporting access to opportunities to develop mental health literacy by 2025.

To follow our progress visit wellbeing.ubc.ca/annualreport23-24



2,011 faculty and staff with managerial duties completed UBC's **Supporting Mental Health in the Workplace for Managers and Supervisors** training.

636 students engaged in **71** peer-led workshops, booths, and events

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

700 students

engaged with UBC Vancouver's new **Indigenous Mental Health & Wellbeing program**, supporting mental health and wellbeing through sharing and talking circles, engagement with Elders, training opportunities, and more.



100 mental health-focused Thrive events led by **56** student, faculty, and staff partners across both campuses and launch of the inaugural **Research Roundtable** exploring social wellbeing.

1,542 students

engaged with **Nurse on Campus** drop-in booths at UBC Vancouver, connecting students with registered nurses about their physical, mental, emotional, or social wellbeing.

2,975 surveys completed through **Voice 6: Social Wellbeing**, launched by UBC Okanagan's **Campus Wellness and Education** team with 150 student co-researchers to understand factors that influence social wellbeing.



600+ individuals and **99** faculty and staff ambassadors

from 30+ departments, units, and portfolios participated in UBC **Human Resources' Not Myself Today**, a Canadian Mental Health Association initiative that promotes mental health conversations in the workplace.



559 faculty and staff engaged in **29** mental health literacy workshops facilitated by UBC Human Resources, including **The Working Mind, Psychological Health and Safety, Mental Health First Aid**, and **Understanding Mental Health**.



623 students, faculty, staff, and alumni

engaged in UBC's **Suicide Awareness Intervention Training** through UBC learning platforms, and 483 individuals received skills-focused training with a facilitator.

317 students

enrolled in the new **Mental Health: The Basics** online course to support mental health literacy.

COLLABORATIVE LEADERSHIP

Wellbeing Strategic Framework Targets



UBC is Committed to Wellbeing:

10% increase in community members who 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.

To follow our progress visit wellbeing.ubc.ca/annualreport23-24

13 faculty from **11** departments & **7** faculties formed the **Climate and Wellbeing Education Grant Cohort** to integrate climate change and wellbeing content into their teaching, reaching over 3,000 students.

10 units engaged in the **Activate Wellbeing Toolkit** strategic planning and dialogue process to help strengthen health and wellbeing within their workplace settings.

95% of participants surveyed felt the process generated valuable discussion and would recommend it.



33 projects supported by the **UBC Wellbeing Strategic Initiative Fund**, including a new funding stream to enhance wellbeing in **teaching, learning & research environments** at UBC Vancouver and Okanagan.



\$12,000+ awarded to 30 community projects through the UBC Inspired **Inspiring Community Grants** to foster community building and connectedness on campus and in the Musqueam community.

56 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.



1,400 attendees

joined Campus + Community Planning and the Arts and Culture District for **Kids Take Over** UBC festival - a day of arts, culture, music and more, with over 24 campus partners.



500+ students, faculty, staff, and community members attended 30 UBC **Climate**

Emergency Week events and workshops convened by the Sustainability Hub and partners from UBC Vancouver and beyond.

3rd annual **UBC Okanagan Teach-In on Climate & Justice**

led by the UBC Okanagan **Climate Action Plan Engagement** working group facilitated dialogue on climate and justice research.



150 students, faculty, staff, and community members gathered at celebratory events to mark **10 years of UBC Wellbeing** with opportunities to connect, engage, and hear inspiring stories from collaborators.



95 Workplace Wellbeing Ambassadors representing various units and departments across UBC championed **workplace wellbeing**.

FOOD & NUTRITION

Wellbeing Strategic Framework Targets



Increase Food Security:

Reduce food insecurity for UBC community members by 2025.



Healthy Beverage Consumption:

50% increase in healthy beverage consumption on our campuses by 2025.

To follow our progress visit wellbeing.ubc.ca/annualreport23-24

24 peer-led food skills workshops, 17 community meals, and 12 community markets hosted by the UBC Okanagan's **Wellness Hub in Picnic** to support social connection and food security.



11,874 students

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

UBC's **Food Systems Committee** launched as a multi-stakeholder and interdisciplinary hub to catalyze transitions towards sustainable, healthy, secure, and just food systems at UBC and beyond.



"Food has become a luxury for me since I relied so heavily on the food bank - this is appreciated." - Picnic student participant

56 local supplier events

and 13,600 meals using ingredients from local BC-based businesses such as **UBC Farm** were served at UBC Vancouver's **residence dining halls**.



37 nutrition & wellbeing booths and 5 events

hosted by the UBC **Food Services Nutrition Education Team** within All Access Dining and beyond, surrounding themes like building food skills for life.

2,225 lbs of food,

equivalent to 1,854 meals and 4,653 lbs of Co2 mitigation, donated from **UBC Food Services' All Access Dining** to the **Vancouver Food Runners** to support local food security.



141,237 items sold,

21 events, 44 volunteers engaged, and 10 food and nutrition booths hosted by the **Food Hub Market**, offering students healthy, culturally diverse food, promoting food literacy, and fostering social connection at UBC Vancouver.



"The Food Hub Market is vital to helping me afford groceries. Very appreciative for this resource.

Volunteers are engaged, friendly, and helpful and the food hub hosts many events focused on student welfare and sustainability."

- Food Hub Market student customer



SOCIAL CONNECTION

Wellbeing Strategic Framework Targets



Feel Part of a Community:

10% increase in UBC community members feeling part of a community by 2025.



Inclusive Environment:

10% increase in UBC community members reporting that their beliefs, identity and experiences are valued by 2025.

To follow our progress visit wellbeing.ubc.ca/annualreport23-24

UBC recognized as one of **Canada's Best Diversity Employers in 2024** for its workplace diversity and inclusiveness programs.



UBC Human Resources piloted the **New to UBC Connections Program** – a self-directed, cohort-based program to support new faculty and staff with building connections within the UBC community and creating shared experience as they navigate their onboarding journey.



1,400 participants

engaged in the 7th annual **UBC Activism** festival, highlighting stories of resilience and student activist art that challenged dominant narratives through live performances, poetry, music, art, theatre, and more.

121 recovery meetings

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

77 students engaged in 13 **StudyWell** sessions, a service provided by the Wellness Centre in partnership with the UBC Disabilities United Collective, providing students with an accessible study space.



1,929 faculty and staff

joined **48 Workplace Wellbeing** online workshops led by IBPOC facilitators representing diverse perspectives on wellbeing.

\$294,385 funded 41 community-led projects

across UBC Vancouver and UBC Okanagan, as part of the **Strategic Equity and Anti-Racism (StEAR) Enhancement Fund** to initiatives advancing racial, disability, gender, and 2SLGBTQIA+ equity.



UBC's inaugural **Accessibility Committee** launched representing a diverse and interdisciplinary group providing ongoing guidance and advice to the university on identifying, removing, and preventing barriers to accessibility

The annual **UBC Reads Sustainability** event centered just relations and reconciliation with author Jody Wilson-Raybould and the Honourable Steven Point.

PHYSICAL ACTIVITY

Wellbeing Strategic Framework Targets



Move More:

10% increase in the prevalence of physical activity for UBC community members by 2025.



Diverse Community, Diverse Programming:

10% increase in UBC community members' satisfaction with recreation facilities and programs by 2025.

To follow our progress visit wellbeing.ubc.ca/annualreport23-24



423 students, faculty, and staff registered for **Move UBC** programs on both campuses.

6,000,000+ collective steps walked

by 1,102 participants on 264 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.



96% reported **Walk for Joy** inspired them to move more.

93% reported that Walk for Joy promoted social connection.



920 Movement Breaks

across 17 departments held during Move UBC's Okanagan Faculty and Staff **Movement Break Challenge** in partnership with Athletics & Recreation and Workplace Health & Wellbeing.



1,032 employees

participated in the 14th annual **Faculty & Staff Sports Day** hosted by UBC Human Resources and Recreation on both campuses.



300 movement breaks,

18 events, 20 wellbeing walks, 8 Move More, Learn More sessions, 7 Lunch + Lift sessions, and 4 PA Coaching Sessions led by the **Move U Crew** at UBC Vancouver.

The **Wellbeing Break Commitment Pilot** launched to encourage units across UBC Vancouver and Okanagan to embed wellbeing in workplace and learning environments, with participation from the Faculty of Health & Social Development, the Centre for Heart Lung Innovation, and the Faculty of Arts Vancouver School of Economics.

"It's amazing how a short 5-minutes can make such an impact to our energy levels and overall morale."
- Wellbeing Break participant



260+ students, faculty, and staff joined the UBC Okanagan Move U Crew's drop-in **Lawn Games program**, providing a low-barrier, inclusive way to stay active midday.

13,500+ people

impacted by a **movement break** and 85% of respondents reported increased energy after a movement break.

BUILT & NATURAL ENVIRONMENTS

Wellbeing Strategic Framework Targets



Active Transportation:

At least 66% of all trips to and from UBC made by walking, cycling or transit by 2040. At least 55% of all trips to and from UBC Okanagan made by walking, cycling or transit by 2040.



Complete Communities:

Increase opportunities for people to learn, work, play, and live on our campuses through an increase in the number of student beds to 17,300 and an increase in child care spaces to 1,200 by 2040.

To follow our progress visit wellbeing.ubc.ca/annualreport23-24

54% of all trips to and from UBC Vancouver and



43% of trips to and from UBC Okanagan

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

1,103 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 in June 2023. The new building, opening fall 2024, will add 37 spaces for a total of 93 childcare spaces.

The **Spiritual & Multi-Faith Space** opened as an inclusive space for the diverse spiritual and multi-faith practices of the UBC Okanagan campus community.

A Coast Salish Two-Spirit Mosaic,

designed by Musqueam community member Mack Paul (xwməθkwɥəm), was installed outside of the Xwi7xwa Library in collaboration with the **Equity and Inclusion Office, Musqueam community, and Campus + Community Planning.**

13,394 student residence beds at UBC Vancouver, including the new **Brock Commons North** student residence which added 316 beds.



2,120 student residence beds at UBC Okanagan, making UBC the **largest student housing system in Canada.**

2,000+ bike share trips

to and from Vancouver campus using UBC's new **Mobi bike share stations**, enhancing sustainable transportation options and supporting the university's climate action goals.



1,300 engagement touchpoints

with the UBC Okanagan community contributed to **Campus Planning's** public planning process to update the 2015 Campus Plan.



UBC recognized as one of **Canada's Greenest Employers in 2024** for the 13th consecutive year.