



UBC WELLBEING

2020-2021 Annual Report

Since launching the Wellbeing Strategic Framework in 2019, UBC's shared vision for becoming a health and wellbeing promoting university has become more important than ever in the face of complex societal challenges, including the global pandemic, climate emergency, colonization, and systemic racism. Despite COVID-19, units, departments and community members from across UBC worked together to significantly advance the Okanagan Charter and Wellbeing

Framework's targets and help create campus communities where health and wellbeing for all is championed and supported. This year, specific attention was made to action wellbeing efforts through a multisolving lens – a dynamic framework used to explore and address interconnected societal challenges in a unified way. This annual report highlights our collaborative approach to advancing sustainability, decolonization, and equity while advancing wellbeing. As well, it showcases our community's collective resilience and innovation through an unprecedented year.

Read the full annual report at wellbeing.ubc.ca/annualreport20-21



MENTAL HEALTH & RESILIENCE



UBC Cares:

Increase community members who feel mental health is a UBC priority by 2025.

Mental Health Literacy:

Community members have access to opportunities to develop mental health literacy.



Thrive — UBC’s annual mental health literacy initiative — went virtual with **199 events** focused on help-seeking, stigma-reduction and diverse perspectives on mental health, addressing the systemic and structural factors that impact our community.

NEARLY

100

virtual mental health sessions across both campuses, **reaching 2,300 staff and faculty.**



Mental Health & Resilience Committee

launched with diverse representation from UBC Vancouver and Okanagan, including students, staff, faculty, and senior leaders, to focus on advocacy and systems-level change.



Workplace Wellbeing launched **“Intersectional Approaches to Mental Health — A Facilitator’s Guide”**, a new resource offering an intersectional approach to support mental health literacy from a place of inclusion and diversity.



2 QPR Workshops

7 Working Mind Workshops

4 Mental Health First Aid Workshops

135 staff and faculty participants engaged in mental health literacy capacity-building at UBC Vancouver and Okanagan campuses.

41 virtual QPR Workshops for students

with **474 student participants** funded by the Student Wellbeing Fund.

The Wellness Centre launched virtual health education and literacy training for students at our campuses via Canvas with up to **2,500 course users.**



38% more faculty and staff from across 43 departments participated in **Not Myself Today**, a Canadian Mental Health Association workplace mental health initiative.

2,000+

students completed **Live Well to Learn Well**, a mental health literacy course to help new students successfully transition to UBC.

COLLABORATIVE LEADERSHIP



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



All Faculties & Units Take Action: All faculties and units have included wellbeing in their plan and report on progress annually.



59 WORKPLACE WELLBEING AMBASSADORS

supporting staff and faculty wellbeing from **54 departments** across UBC Vancouver and Okanagan campuses.



52 WELLBEING LIAISONS

supporting student wellbeing from **37 departments** across UBC Vancouver.



37 GRADUATE STUDENT WELLBEING AMBASSADORS

from **32 departments** across UBC Vancouver campus.



65 MANAGERS

completed the **Leading Well: Supporting Mental Health and Resilience in the Workplace** workshop through Managing at UBC.



54 DIRECTORS, DEANS, OR DEPARTMENT HEADS

signed off on a **Healthy Workplace Initiative Project**.

135

UBC Vancouver faculties, departments, schools, and units engaged in **Workplace Wellbeing programs** and consulting.

15

UBC Okanagan units and departments received funds from the **Thriving Workplaces micro fund**, reaching **195 employees**.

UBC co-hosted **"Leveraging the Charter"**, an international event to strengthen understanding of the *Okanagan Charter* with over 250 participants in partnership with **McGill, Waterloo, and the Canadian Health Promoting Campus Network**.

The **UBC Wellbeing Okanagan Action Network** continued to expand and develop new collaborations for action.

PHYSICAL ACTIVITY



Move More:

10% reduction in the prevalence of physical inactivity for UBC community members by 2025.



Diverse Community, Diverse Programming:

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



UBC Vancouver and Okanagan Recreation expanded virtual programming to bring **accessible** and **inclusive** physical activity to our community while they worked and studied from home, and also reduced barriers such as cost, transportation, and time.



The Move UBC campaign pivoted to focus on research, equity and inclusion, and Indigeneity through initiatives, including the **"Inclusive Physical Activity Toolkit"**, **3MT event**, and **Online Healing Centred Yoga** in partnership with the **Sexual Violence Prevention & Response Office**.

 **4,798**

Movement Breaks completed during Move UBC's Movement Break Challenge for staff and faculty at UBC Okanagan.

 **26,000+**

Instagram movement break views as the **Move U Crew** went virtual to engage the UBC community.



700+

registrants for **Move UBC's** feature event, **Decolonizing Physical Activity & Sport Panel**, discussing how to decolonize physical activity and sport spaces in partnership with the **Indigenous Physical Activity & Cultural Circle, UBC Learning Circle, Indigenous Sport, Physical Activity and Recreation Council** and the **School of Kinesiology**.

600+

participants at the first dual campus virtual **Staff & Faculty Sports Week** offered through UBC Vancouver and Okanagan Recreation and UBC Vancouver and Okanagan Human Resources.



Launched in Summer 2020, **Lunch & Lift** successfully combined physical activity with other wellbeing priority areas, including food and nutrition.



UBC's **Walk for Joy 2021**, a 9-week walking challenge, went virtual with **650+ students, staff and faculty participants** - its highest participation base ever.

4,562

fitness sessions completed by 183 UBC staff and faculty participating in **Lift Challenge**, a virtual fitness challenge fostering physical health at our campuses.



FOOD & NUTRITION



Increase Food Security:

Reduce food insecurity for UBC community members by 2025.



Healthy Beverage Consumption:

50% reduction in sugar-sweetened beverage consumption on our campuses by 2025.



96

students at UBC Vancouver supported through the **UBC Meal Share Program Pilot**, a new food security initiative ensuring students have a low barrier and discrete access to food.

500+



students and families supported with weekly food and baby supplies hampers at the height of COVID-19 provided through the combined efforts of **volunteers, Faculty of Education, Origin Church, Acadia Park community, AMS Food Bank, Student Housing and Community Services, and UBC Wellbeing.**

545

participants engaged in **NourishU**, a new nutrition month program led by UBC and UBCO Food Services and funded by UBC Wellbeing.

23

consultation sessions were held with 109 stakeholders to create a vision for a **Community Food Hub** at UBC Okanagan campus.

Promoting Food Security in Higher Education conference had 700+ students, staff, faculty and community members attending 12 virtual events held in partnership with **UBC, Meal Exchange, University of Guelph, McMaster University, and University of Ottawa.**



Campus as a Living Lab

competition awarded the Food Security Initiative \$50,000 towards supporting community engagement for the launch of a future physical **Community Food Hub** at UBC Vancouver.



Healthy Beverage Initiative

transitioned Sunshine, a UBC Okanagan dining location, to 100% HBI compliant



Funded **7 strategic initiative projects** totaling \$15,000 in funding, including the **Beyond the Plate** recipe video competition with the **Counsellors in Residence.**

BUILT & NATURAL ENVIRONMENTS



Active Transportation:

Increase trips to and from UBC made by walking, cycling, or transit by 2025.



Complete Communities:

Increase opportunities for people to learn, work, play, and live on our campuses.



31%



of all trips to and from campus were made by transit, walking, and cycling at UBC Vancouver.*



**2020 data was collected during the COVID-19 pandemic when classes were mostly online and many staff and faculty were working from home. As a result, the data in 2020 is substantially different from previous years.*

12,425

student beds available at UBC Vancouver.

1,900

student beds available at UBC Okanagan,

including 220 beds available at the new Skeena Residence targeting Passive House certification.



The South Campus Greenway, a 700-metre path within the treed area between UBC Farm and Wesbrook Place, was completed.



INCREASE OF 49

child care spaces available at UBC Vancouver to a total of 1,000 spaces.

The new **Wesbrook YMCA Child Care Centre** opened as the greenest child care centre at UBC Vancouver and one of the first buildings on campus to address the **UBC Green Building Action Plan strategies**.



841

staff and faculty housing units available at UBC Vancouver.

UBC Campus + Community Planning kicked off the **UBC Okanagan Transportation Plan's** engagement process to support future campus growth, community wellbeing, and climate action.

57,000 SQ FT

of turf field upgrades for recreation and athletics completed at **MacInnes Field Public Realm**. Musqueam artist Brent Sparrow designed **ten carvings** featuring traditional First Nations designs installed along the field's perimeter.



SOCIAL CONNECTION



Feel Part of a Community:

Community members feel part of a community at UBC.



Inclusive Environment:

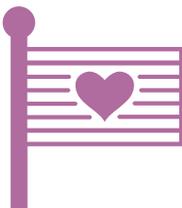
Community members report that their beliefs, identity and experiences are valued at UBC.

\$22,000

awarded to **39 community projects** through the **Community of Caring** grant program in support of social connection and community resilience.

1,200+

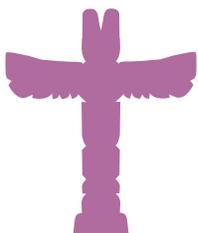
participants attended 11 events, including **IBPOC Connections for staff and faculty, Get Connected for students, Through the Lens, IGNITE! Book Club, Radical Self-Care for IBPOC Communities: Strategies for Wellbeing,** and **Black Artistic Expressions in BC.**



From Vogue lessons to queer histories and art, **UBC Pride Online** celebrated the diversity of UBC's LGBTQ2SIA+ students, staff, and faculty.



Led by the Community Programming unit in **UBC's Campus + Community Planning**, 14 UBC departments—from the School of Music, to Beaty Biodiversity Museum, to the Department of Astronomy & Physics — partnered on the annual **Kids Takeover** UBC celebration.



The UBC 2020 **Indigenous Strategic Plan** launched on September 14, 2020, with the plan's implementation coordinated across campuses by the new **Office of Indigenous Strategic Initiatives.**



137

participants attended **IBPOC Perspectives on Mental Health and Wellbeing: Heart, Mind and Soul** - a Thrive virtual session focused on IBPOC specific experiences as related to wellbeing.



How COVID Reveals Gaps in Food Security webinar presented in partnership with **alumni UBC, UBC Wellbeing,** and **UBC Equity and Inclusion.**



UBC Okanagan **Inclusion Storytelling Project** launched with support from the **UBC Equity and Inclusion Office.**