UBC WELLBEING

2022-2023 Annual Report

Over the past fiscal year, teams from UBC Vancouver, Okanagan, and other sites across the province demonstrated resilience, adaptability, and dedication as they advanced the Okanagan Charter and Wellbeing Strategic Framework in support of campus communities where health and wellbeing are prioritized.

This annual report represents UBC’s collective commitment to addressing complex issues while continuing to nurture communities of care, mobilize innovation, and inspire positive change for people, places, and the planet.

UBC Wellbeing acknowledges the xʷməθkʷəy̓əm (Musqueam), skwxwú7mesh (Squamish), səl̓ílwətaʔ (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/annualreport22-23
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.

$15,000 in Thrive Grants awarded to over 80 students, faculty, and staff groups leading mental health-focused initiatives across both campuses.

18 faculties and programs served and 175+ wellbeing activities delivered by UBC Vancouver’s Embedded Counsellor Program to support student mental health and wellbeing through low-barrier, accessible counselling services.

158 faculty and staff engaged in synchronous mental health literacy and capacity-building workshops facilitated by UBC Human Resources, including QPR, The Working Mind, Mental Health First Aid and Understanding Mental Health.

97 student-led Wellness Centre workshops, booths, and engagement events held at UBC Vancouver on the topics of mental health, substance use health, sexual health, and food and nutrition.

Excellence Canada awarded UBC Gold certification for Mental Health at Work in 2022 based on UBC’s long-term commitment to wellbeing, mental health, and resilience.

1,364 faculty and staff with managerial duties completed UBC’s Mental Health in the Workplace for Managers and Supervisors, a new required mental health literacy training for all current and future faculty and staff.

579 students, faculty, and staff engaged in UBC’s new Suicide Awareness Intervention Training launched in the fall of 2022.

37 new departments and units participated in Not Myself Today, a Canadian Mental Health Association initiative that facilitates action and activities to help embed mental health conversations in the workplace, that is available to faculty and staff through UBC Human Resources.

2,100 students engaged with Nurse on Campus drop-in booths led by UBC Vancouver’s Student Health Service and UBC Okanagan’s Wellness Centre at Picnic, supporting students’ physical, mental, emotional, and social wellbeing.

Read the full annual report at wellbeing.ubc.ca/annualreport22-23
COLLABORATIVE LEADERSHIP

**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.

205 managers and supervisors completed comprehensive workshops to strengthen workplace leadership in the areas of psychological health and safety and inclusive leadership. Courses ranged from multi-session to year-long endeavours, including The Working Mind for Managers, Faculty Emerging Leaders Program, Leading Well training, and Inclusive Leadership Series.

The Faculty of Medicine committed to the Okanagan Charter as a member of both UBC and the Association of Faculties of Medicine of Canada and are currently building an overarching wellness strategy aligned with the Charter.

9 units piloted the Activate Wellbeing Toolkit, a new resource designed to help strengthen the health and wellbeing of teams across UBC, with an emphasis on workplace settings. Created in collaboration with HR Health, Wellbeing and Benefits; Workplace Health and Wellbeing; and the Office of Wellbeing Strategy.

$250,000 in Campus as a Living Lab funding awarded to 6 new interdisciplinary projects aiming to advance sustainability and wellbeing.

800 registrants from 21 countries attended the International Health Promoting Campuses Symposium co-hosted by UBC which included a panel discussion, “Wellbeing as a Priority: Presidents & Vice-Chancellors in Conversation,” with UBC’s 15th President and Vice-Chancellor, Dr. Santa Ono.

450 students, faculty, and staff attended 32 events led by Sustainability Hub, Climate Emergency Response, Climate Hub, and 29 groups from UBC Vancouver and beyond at the 2nd annual Climate Emergency Week.

100 Students, faculty, and staff attended UBCO’s 2nd annual Teach-In on Climate & Justice to engage in dialogue on climate and justice research and facilitate climate action in the UBCO community.

UBCO Human Resources launched the Wellbeing Award for the Staff Awards of Excellence to recognize, amplify, and connect wellbeing champions demonstrating exceptional leadership skills.

17 UBC faculty and staff presented at Healthy Minds | Healthy Campuses three-day virtual summit on the theme of Activating the Okanagan Charter in Different Areas of Campus Community.

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

Read the full annual report at wellbeing.ubc.ca/annualreport22-23
FOOD & NUTRITION

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.

58,854 items sold and 20 events held at the Food Hub Market - a student-led not-for-profit community space promoting social connection, cultural diversity, and access to at-cost foods at UBC Vancouver.

15 food skills workshops hosted in the newly launched Picnic - an initiative launched by the UBC Okanagan Student Wellness team designed to promote wellbeing, improve food skills, and build community.

9,039 households and 32,150 individuals served by the Acadia Food Hub, a community project at UBC supporting households with food and baby supplies.

Climate-Friendly Food Labels, a collaboration between Food Services and the SEEDS Sustainability Program, launched at UBC Vancouver Dining Halls to educate the campus community about sustainable food choices.

UBC Active Kids and the School of Kinesiology launched the resource book, “Healthy Eating Tips for Children and Families”, including an Indigenous Food and Nutrition section and funded by the Wellbeing Strategic Initiative Fund.

98% of all food waste composted and

50,000 lbs of fresh produce provided by UBC Farm for Food Services’ newly launched All Access Dining at UBC Vancouver.

1,641 students received up to $200 in financial support through UBC Meal Share programs, improving access to food at both campuses. (*some students supported Term 1 & 2).

288 participants and 24 campus and community partners engaged in food literacy outreach and programming with the UBC Vancouver Peer Health Educator Food & Nutrition Team.

4,000 lbs of produce donated by UBC Farm to the Vancouver Food Runners, Quest Food Bank, AMS Food Bank, and the Sprouts Community Fridge to support local food security.

4,000 lbs of produce

Read the full annual report at wellbeing.ubc.ca/annualreport22-23
SOCIAL CONNECTION

**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.

UBC recognized as one of Canada’s Best Diversity Employers in 2022.

xʷčičəsəm Garden received Campus Living Lab funding for a new initiative to improve UBC’s capacity to deliver Indigenous wellness programming, promote land-based engagement to support health and wellness and create opportunities for ethical dialogue and mobilization of perspectives on Indigenous health and wellbeing.

UBC’s Equity & Inclusion Office launched the Positive Space campus-wide initiative to raise awareness and visibility of 2SLGBTQIA+ students, staff, faculty, alumni and allies at UBC and foster a welcoming and inclusive environment for people of all sexual orientations and gender identities.

**1,073 participants** joined 22 Workplace Wellbeing equity-focused workshops led by IBPOC facilitators representing diverse perspectives on wellbeing.

Human Resources launched the Centre for Workplace Accessibility – a new office that aims to remove barriers by providing person-centred support, purchasing and implementing accessibility solutions, and building disability inclusion literacy in UBC workplaces.

UBC Equity & Inclusion Office launched the Queer Faculty and Staff Collective to provide a space for UBC faculty and staff who identify as members of 2SLGBTQIA+ communities to build community.

UBC Equity & Inclusion Office launched the Student Equity Engagement Network to bring together students working on equity, diversity, and inclusion initiatives at UBC to catalyze collaborations, knowledge exchange, and maximize the impact of student efforts.

**100** faculty, staff, and postdoctoral fellows attended the in-person 2023 IBPOC Connections Faculty & Staff lunch, supporting social connection and a sense of belonging on campus.

1,300 people attended the Summer on the Mall Series hosted by Campus + Community Planning, helping support a vibrant, connected campus.

xʷčičəsəm Garden received Campus Living Lab funding for a new initiative to improve UBC’s capacity to deliver Indigenous wellness programming, promote land-based engagement to support health and wellness and create opportunities for ethical dialogue and mobilization of perspectives on Indigenous health and wellbeing.

UBC’s Equity & Inclusion Office launched the Positive Space campus-wide initiative to raise awareness and visibility of 2SLGBTQIA+ students, staff, faculty, alumni and allies at UBC and foster a welcoming and inclusive environment for people of all sexual orientations and gender identities.
PHYSICAL ACTIVITY

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.

800+ students, faculty, and staff registered for Move UBC events across both campuses.

$19,000 Move UBC Grants awarded to 23 student, faculty, and staff groups leading physical activity-focused initiatives across both campuses.

560 employees participated in Faculty & Staff Sports Day hosted by UBC Recreation and Human Resources on both campuses.

546 registrants joined Wellbeing Walks at both campuses with diverse campus partners such as UBC Okanagan Library, Sustainability Hub, and UBC Botanical Garden.

466,419,312 collective steps walked by 750 students, faculty, staff and community members during UBC’s Walk for Joy, an annual 9-week walking and rolling challenge to help promote movement and social connection.

The Move U Crew launched Moves with the Move U Crew, a new podcast providing movement and mindfulness-related content through an auditory experience.

UBC Athletics & Recreation unveiled a new art piece, "Thunderbird Takes Flight," by Musqueam artist Deanna-Marie Point on the 12-foot wall of UBC's Storm the Wall event.

127 registrants participated in the Intercultural Sport Series hosted by UBC Okanagan Recreation in partnership with the Global Engagement Office and Indigenous Programs & Services.

140 registrants attended the Move UBC Research Roundtable on Anti-Racism and Lateral Allyship in Racism and Sport, bringing together diverse experts from across Canada.

560 employees

107 Movement Breaks delivered across 12 departments for this newly launched initiative at UBC Okanagan, including the Movement Break Challenge in partnership with Athletics & Recreation and Workplace Health & Wellbeing.

107 Movement Breaks

546 registrants

140 registrants

127 registrants

107 Movement Breaks

560 employees

**Built & Natural Environments**

**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.

UBC recognized as one of Canada’s Greenest Employers in 2023 for the 12th consecutive year.

**50% of all trips to and from UBC Vancouver and**

**40% of trips to and from UBC Okanagan made by sustainable and active transportation modes of walking, cycling, or transit.**

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.

12,795 student residence beds available at UBC Vancouver and 2,120 student residence beds available at UBC Okanagan making UBC the largest student housing system in Canada.

951 faculty and staff housing units at UBC Vancouver

Note: this figure is lower than last year due to an error that has been resolved in the housing database. 951 Faculty & Staff Housing Units in 2022/23 reflects an increase of 110 units with the completion of Evolve in Aug 2022. If you are monitoring trends, the revised 2021/22 figure is 841. These figures are consistent with CV 2050.

13,000 engagement touchpoints with UBC students, faculty, staff, and residents contributed to the Campus Vision 2050 draft process, which provides a long-range plan for how campus will change and grow to support the needs of the university, its community and Musqueam.

8,930 trips originated on campus and 8,240 trips ended at UBC Okanagan through a shared e-bike and e-scooter program with the City of Kelowna.

42,599 km cycled by 622 riders completing 3,690 cycling trips as part of Campus + Community Planning’s Go By Bike Week events on both campuses, in partnership with UBC Vancouver and Okanagan Recreation and HR.

600 participants engaged in the Pedestrian Priority Zones campaign, a Campus + Community Planning safety initiative to encourage a safe and friendly active travel community.