



UBC WELLBEING

2022-2023 Annual Report

Over the past fiscal year, teams across UBC Vancouver and Okanagan campuses faced new challenges and uncertainties that had a profound impact on the health and wellbeing of our community. Despite this, teams 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), səliłwətaʔ (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



MENTAL HEALTH & RESILIENCE



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.



Excellence Canada awarded **UBC Gold certification** for **Mental Health at Work in 2023**

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.



\$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.



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.



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.**

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.



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.



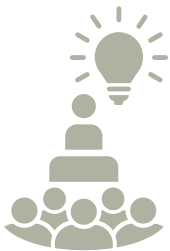
All Faculties & Units Take Action:

All faculties and units are engaged with wellbeing action.



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.



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.

\$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.



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.



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.



71 Workplace Wellbeing Ambassadors

representing various units and departments across UBC championed workplace wellbeing.

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.



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.



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**.



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**.



x^wcičəsəm 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.

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.



1,073 participants

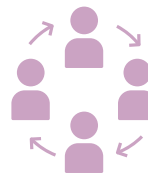
joined **22 Workplace Wellbeing equity-focused workshops** led by IBPOC facilitators representing diverse perspectives on wellbeing.



Human Resources launched the **Centre for Workplace Accessibility** – a new supportive office that aims to help remove barriers, expedite the accommodation process, and where possible, minimize the medicalization of disability by identifying resources, supports, or workplace adjustments.



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.

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.



560 employees

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



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.



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 Vancouver's Walk for Joy**, an annual 9-week walking and rolling challenge to help promote movement and social connection.



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.



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

127 registrants

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



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.



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.



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.



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.

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.

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.



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.



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.



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