Wellbeing Strategic Framework Roadmap

Legend  Green light: milestone on track | Yellow light: milestone requires monitoring | Red light: milestone deferred, halted, or is lagging

### Mental Health & Resilience

**UBC Cares:** 10% increase in community members who feel mental health is a UBC priority by 2025
- Milestone 1. Implement a virtual 45 minute workplace training on Mental Health Literacy for managers and leaders within required workplace training mechanisms
- Milestone 2. Develop and implement an engagement strategy to collaborate with affinity groups on mental health literacy training, programs and campaigns
- Milestone 3. Develop mental health literacy program learning outcomes and competencies for students, staff, and faculty, and create a shared hub for training resources

**Mental Health Literacy:** 10% increase in community members reporting access to opportunities to develop mental health literacy by 2025
- Milestone 1. Partner with the Office of Provost to build capacity for units to embed cross institutional plans into their strategic planning and decision-making
- Milestone 2. Develop an engagement approach to unify action, capacity, recognition, and connection of wellbeing champions
- Milestone 3. Develop an integrated communications, engagement, and evaluation strategy to promote UBC’s role, approach, and actions as a leading health and wellbeing promoting campus
- Milestone 4. Report and plan using a multisolving approach to ensure wellbeing efforts align with other P&P priorities

### 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
- Milestone 1. Partner with the Office of Provost to build capacity for units to embed cross institutional plans into their strategic planning and decision-making

**All Faculties and Units Take Action:** All faculties and units are engaged with wellbeing action
- Milestone 2. Enrol at least five units or departments by April 2023 in a commitment to integrate wellbeing breaks into the classroom and workplace
- Milestone 3. Develop a plan to reduce sedentary behaviour that can result from hybrid work arrangements using programmatic and systemic solutions

### Food & Nutrition

**Increase Food Security:** Reduce food insecurity for UBC community members by 2025
- Milestone 1. Community Food Hubs launched on both campuses to drive collective food security action
- Milestone 2. Affordability plan created

**Healthy Beverage Consumption:** 50% increase in healthy beverage consumption on our campuses by 2025
- Milestone 3. Achieve compliance with ‘Healthier Choices in Vending Machines in BC Public Buildings’ policy, and develop HBI-supportive guidance for all food and beverage locations and events on UBC campuses
- Milestone 4. HBI designation program launched for food/beverage providers and events

### Physical Activity

**Mover More:** 10% increase in the prevalence of physical activity for UBC community members by 2025
- Milestone 1. Develop a plan for implementing the Canada 24hr Movement Guidelines in order to increase the number of community members who are aware and understand the benefits of embedding healthy movement, achieving quality sleep, and reducing sedentary behaviour throughout the day
- Milestone 2. Enrol at least five units or departments by April 2023 in a commitment to integrate wellbeing breaks into the classroom and workplace
- Milestone 3. Develop a plan to reduce sedentary behaviour that can result from hybrid work arrangements using programmatic and systemic solutions

**Diverse Community, Diverse Programming:** 10% increase in satisfaction with recreation facilities and programs for UBC community members by 2025
- Milestone 4. Report and plan using a multisolving approach to ensure wellbeing efforts align with other P&P priorities

### Built & Natural Environments

**Active Transportation:**
- At least 66% of all trips to and from UBC Vancouver 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 (UBCV and UBCO) and an increase in child care spaces to 1,200 (UBCV) by 2040

**Physical Activity**
- Milestone 1. Develop a plan for implementing the Canada 24hr Movement Guidelines in order to increase the number of community members who are aware and understand the benefits of embedding healthy movement, achieving quality sleep, and reducing sedentary behaviour throughout the day
- Milestone 2. Enrol at least five units or departments by April 2023 in a commitment to integrate wellbeing breaks into the classroom and workplace
- Milestone 3. Develop a plan to reduce sedentary behaviour that can result from hybrid work arrangements using programmatic and systemic solutions

### Social Connection

**Feel Part of a Community:** 10% increase in UBC community members feeling part of a community by 2025
- Milestone 4. Report and plan using a multisolving approach to ensure wellbeing efforts align with other P&P priorities

**Inclusive Environment:** 10% increase in UBC community members reporting that their beliefs, identity and experiences are valued by 2025

### Lead Unit(s)
- Human Resources
- Student Health & Wellbeing
- Office of the Provost
- Student Health & Wellbeing, Office of Wellbeing Strategy
- Affordability Task Force
- Food Services + Food & Nutrition Committee
- Athletics & Recreation
- Office of Wellbeing Strategy
- Office of Wellbeing Strategy
- Office of Wellbeing Strategy
- Food Services + Food & Nutrition Committee
- Human Resources
- Athletics & Recreation
- Athletics & Recreation; Human Resources

### Progress
- Green light: milestone on track
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### Target Date
- January 2023
- Summer 2022
- Summer 2023
- Fall 2023
- Spring 2022
- Fall 2022
- Summer 2022
- Summer 2023
- Fall 2022
- August 2023
- August 2023
- [Updated: December 2022]