

UBC WELLBEING 2019-2020 ANNUAL REPORT

# A Year of Wellbeing at UBC

In Fall 2019, UBC launched the *Wellbeing Strategic Framework*, our shared vision and approach for becoming a health and wellbeing promoting university. Over the past year, departments and community members from across UBC have worked together to advance the targets in the *Wellbeing Strategic Framework* and help to create campus communities where health and wellbeing for all is championed and supported. This annual report represents our collaborative approach to achieving this vision.

Read the full annual report at [wellbeing.ubc.ca/annualreport19-20](https://wellbeing.ubc.ca/annualreport19-20)



## 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.



### 120 UBC LEADERS

gathered at the President's Leadership Forum to consider ways to embed wellbeing into their portfolios at a systems-level.

**46 unique whole-system commitments** across **6 wellbeing priority areas** were made.

### Student Wellbeing Fund launched

A joint collaboration between VP Development & Alumni Engagement and VP Students portfolios.

The **UBC Wellbeing Okanagan Action Network** and the **Wellbeing Teaching & Learning Network** were launched at UBC Okanagan.



Completion of a three-year TLEF project on academic tenacity. Health Promotion and Education engaged **15 faculty member collaborators from 10 Faculties and schools** in implementing teaching practices to promote student wellbeing.



**8 toolkits** highlighting tangible strategies and featuring faculty stories were developed.

### \$90,000

in Strategic Initiatives Funds granted to 24 capacity-building projects to support wellbeing at UBC.

### 263

students undertook student-led research through the SEEDS Sustainability Program, to advance UBC's wellbeing commitments.

### 22

Canadian post-secondary institutions adopted the *Okanagan Charter* on their campuses with guidance from the Canadian Health Promoting Campuses Network.



## MENTAL HEALTH



### 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

# 100+

mental health workshops delivered by units in HR, Student Services, and Workplace Health Services.



Celebrated **10 Years of Thrive** at UBC, supporting mental health literacy, with a month-long campaign.

**240+ Thrive events** were held by **113 partners.**



**85% increase** in the number of managers trained and certified in **The Working Mind for Managers**, a training program aimed at increasing mental health literacy.

Campus Health led UBC Okanagan in hosting the **first Jack.org summit** in the interior.



**38 QPR Workshops**

**5 Mental Health First Aid Workshops**

38 QPR workshops and 5 Mental Health First Aid Workshops engaged **782 faculty, staff and student participants** in mental health literacy capacity-building at UBC Vancouver.



**"Connecting the Dots" workshops** at UBC Okanagan equipped student leaders with resiliency skills as they transition from post-secondary school into careers.

Mental health literacy learning outcomes and curriculum delivered to **all Jump Start and Go Global students.**

## PHYSICAL ACTIVITY



### Move More:

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



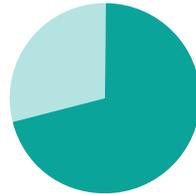
### Diverse Community, Diverse Programming:

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



# 1000+

community members participated in physical activity programs during **Move UBC**.

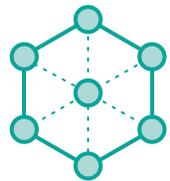


# 71%

of survey respondents discovered new ways to be active, with **64% planning on continuing to move more**.



**UBC Recreation, School of Kinesiology, and UBC Wellbeing** partnered to facilitate a student-led fitness testing pilot with the **School of Music** and **Thunderbird Sports Clubs**.



Physical Activity Framework developed to guide recreational programming at UBC Okanagan.

UBC Recreation, Health Promotion and Education, the Faculty of Arts, School of Kinesiology, and Faculty of Education partnered to assess the impact of movement breaks in the classroom. A **Physical Activity Toolkit** was created for educators to embed movement into their learning environments.



HR, Human Kinetics and UBCO Recreation teamed up to offer **Healthy Measures Fitness Testing and Ergo Your Office** to staff and faculty at UBC Okanagan.



**Move UBC Research Roundtable** brought together faculty members from **7 disciplines** to share and discuss their research with the community.



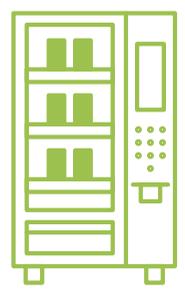
## FOOD & NUTRITION



**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



**25%**

of vending machines at UBC Vancouver converted to comply with the provincial **Healthier Choices in Vending Machines Policy.**



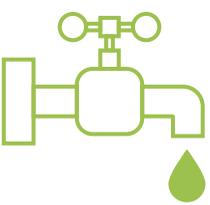
Food service operations at UBC Okanagan transitioned to an in-house model, prioritizing fresh, local ingredients.

### VOICE 5, *Food Security at UBCO: What's your recipe?*

launched, with an emphasis on understanding the lived-experience of student food insecurity, system-level barriers and facilitators to food security, and identifying opportunities for action.

#### Food Security Initiative

formed to deepen our understanding of food security, provide dignified supports for students in need, and further policy and advocacy work.



#### UBC Drinks Tap Water

campaign encouraged community members to take to the tap instead of sugary bottled beverages.

**57%** of survey respondents said they are now more likely to drink tap water.

**FOOOOD,**  
a **"pay-what-you-can"** cafe launched by UBC Food Services on the Vancouver campus.

**68%**

68% of UBCO catering orders provided with **Healthy Beverage Initiative** options

## BUILT & NATURAL ENVIRONMENTS



### Active Transportation:

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



### Complete Communities:

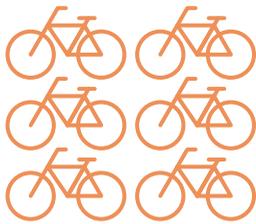
Increase opportunities for people to learn, work, play, and live on our campuses



UBC, Musqueam, Squamish, Tsleil-Waututh, and the City of Vancouver joined together to advocate for rapid transit to campus.



Health precinct and Library Gardens **smoke and vape-free area** implemented at UBC Vancouver.



# 48,996 KM

travelled by using green modes of transportation during UBCO's participation in the **National Campus Commuter Challenge**.

## 200+ BIKES

brought to UBC Vancouver through the **HOPR bike-share program**, while a partnership between C+CP and local bike shops let faculty and staff in Vancouver try e-bikes for free.

## 12,425

student beds available at UBC Vancouver, including the pilot of **71 recently-built nano units**.

## 1,680

student beds available at UBC Okanagan, with plans to add **440 more** over the next few years.



## 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



The Equity and Inclusion Office presented the **Inclusion Action Plan** to the Board of Governors. It was endorsed by UBC Executive and will formally launch at UBC in Fall 2020.

## Indigenous Student Collegium

created in collaboration between the First Nations House of Learning and UBC's Collegia program.

# 800+

community members gathered during the 5th Annual Harvest Festival to share a meal and a night of arts and culture.



**24 graduate students in 20 departments** across campus participated in the pilot for the **Graduate Student Wellbeing Ambassador Program**.

# 600+

Staff and Faculty engaged in IBPOC Connections, an initiative designed for and by Indigenous, Black, and People of Colour at UBC. It was established in December 2019, as a convening space where IBPOC faculty and staff can come together to be in good company, to have candid conversations, and to collaborate.



## Staff and Faculty Sports Day

at UBC Okanagan saw its highest ever participation rates and included a celebration with food trucks and beer garden.