



UBC wellbeing



**UBC WELLBEING**

# 2017 *Status Report*



THE UNIVERSITY OF BRITISH COLUMBIA



Photo credit: Don Erhardt

## 2017 Highlights



# UBC WELLBEING: A YEAR IN REVIEW AND A LOOK AHEAD

The past year was one of growth and expansion for wellbeing promotion at UBC. Across our campuses, work to enhance the health and wellbeing of our community members continued to flourish.

In October 2017, UBC celebrated the one-year anniversary of the Okanagan Charter signing, our formal commitment to supporting wellbeing on our campuses. Since then, 10 Canadian universities and colleges have pledged their commitment to health and wellbeing by signing the Charter as well. Four organizations — the Canadian Association of College & University Student Services (CACUSS), the Canadian Mental Health Association BC, NIRSSA, and Healthy Campuses Alberta — marked the one-year anniversary by officially endorsing the Charter.

UBC’s million-dollar ongoing investment to “Support UBC’s People to Succeed by Promoting Wellbeing” funded new staff positions on both campuses. Our UBC Vancouver campus added new Wellbeing Strategist positions in the following units: Health Promotion & Education (within Student Development & Services), Workplace Wellbeing & Benefits (within Human Resources), the School of Kinesiology, and the UBC Wellbeing Secretariat. UBC Okanagan established a new dedicated staff position for the campus within the Faculty of Health & Social Development.

Priority area working groups continued to make strides toward their goals, developing key documents, campaigns, and exciting new initiatives, and forging partnerships across departments, units, and campuses. Examples of the diverse and extensive work happening in the five priority areas — Built and Natural Environments, Food and Nutrition, Social Connection, Mental Health and Resilience, and Physical Activity and Sedentary Behaviour — are detailed in the following pages.

While the university has made exemplary progress toward becoming a wellbeing-promoting university where all community members can thrive, there is still much work to be done. In 2018, a UBC-wide strategy will name wellbeing as a priority for the university, offering an unprecedented opportunity for growth and system-level change. UBC Wellbeing will lead the development of a university-wide wellbeing strategy, which will connect UBC’s university-wide aspirations with the extensive work happening on the ground, increase visibility for partners and the broader university community, and clearly articulate and build understanding of UBC’s role in relation to wellbeing.

UBC Wellbeing will also prioritize collaborative, targeted initiatives such as the Healthy Beverage Initiative (HBI). Created in partnership with the Food and Nutrition Working Group and executed with partners including Student Housing and Hospitality Services, the HBI will aim to promote increased consumption of tap water and decrease consumption of sugar-sweetened beverages on both campuses.

We hope you’ll continue to work, partner, and learn with us in 2018 and in the meantime enjoy exploring a sample of the inspiring wellbeing-promoting projects at UBC.



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## BUILT AND NATURAL ENVIRONMENTS

UBC's built and natural environments play important roles in facilitating physical, mental, social, and ecological wellbeing for all community members. The following are just a few examples of UBC's work in enhancing wellbeing in these environments.

UBC-V is currently developing a 20-Year Green Building Plan, which will guide sustainable development of academic and residential neighbourhood building projects. The plan will create a pathway for achieving buildings that contribute to a net-positive campus, promoting human and ecological wellbeing as expressed in UBC's 20-year Sustainability Strategy. Health and Wellbeing has been named one of the plan's eight core themes.

Last year, UBC delivered its most significant climate-change achievement to date, reducing Vancouver campus greenhouse gas emissions by 34% relative to 2007 levels and exceeding our Climate Action Plan reduction target of 33%, despite a 19% growth in building floor space and a 26% increase in student population.

In July 2017, UBC-V welcomed the Brock Commons Tallwood House, an 18-storey student residence with a hybrid mass-timber structure, and also an example of UBC's commitment to creating diverse housing options to enhance social and environmental wellbeing on campus. Brock Commons was the first in North America to use mass-timber products in a residential high-rise, and it is currently the tallest contemporary wood building in the world.

In December 2016, UBC-O announced a major expansion of its library, which includes a new Teaching and Learning Centre. UBC Wellbeing provided advice on the expansion from a health and wellbeing perspective, and as a result, the new centre will feature five treadmill desks and five cycling desks. Read more about UBC-O's active study stations on page 6.

## FAST FACTS

**\$18,000** Amount allocated to 11 ergonomics projects through the Ergo Fund in 2017

**62** Green buildings on the UBC-V campus (achieved LEED or REAP Gold status)

**43%** Reduction in greenhouse gas emissions per m<sup>2</sup> at UBC-O since 2007

## UBC student creates Natural Space Index

*Emily Rugel, a PhD candidate at the UBC School of Population and Public Health, has been studying the link between access to natural spaces and mental health. In a study published in Fall 2017, Rugel created a Natural Space Index to more precisely measure exposure to nature across Metro Vancouver.*

*Rugel says that although natural spaces have been shown to provide psychological benefits to individuals, it's more difficult to determine population-level benefits. Her Natural Space Index aimed to improve upon current tools with one that's more robust and expansive in scope. The index combines four different areas: presence, form, accessibility, and quality. These were measured using a range of tools such as satellite imagery, public and private databases, and quality appraisals.*

*Rugel evaluated 200 parks in Metro Vancouver, in both low- and high-income areas. She found that there was no significant difference in park quality between low and high-income neighbourhoods. However, park quality was fairly low on average.*

*Her findings suggest that even small spots like traffic circle gardens may offer some of the same health benefits as larger areas, showing the importance of measuring a variety of natural spaces.*



Photo credit: Martin Deery / UBC Communications and Marketing



Photo credit: Martin Dee / UBC Communications & Marketing

## FOOD AND NUTRITION

Ensuring our communities have access to diverse, nutritious, safe and culturally acceptable food on our campuses is crucial to supporting their success, health and wellbeing. UBC's work in this area is vast and diverse; last year, it included the following initiatives.

In the fall, the Food and Nutrition Working Group and UBC Wellbeing began exploring options for a Healthy Beverage Initiative, with the aim of promoting consumption of tap water and decreasing that of sugar-sweetened beverages on campus (consumption of sugar-sweetened beverages currently account for nearly half of UBC beverages sales). Such an initiative would create an environment that's more conducive to making healthy beverage choices, exemplifying our commitment to the Okanagan Charter.

In 2017, UBC Food Services opened a new residence dining room in the fall, featuring fresh, healthy, West Coast contemporary cuisine. Gather in Vanier Residence offers Ocean Wise™ certified seafood, local and/or organic fruits and vegetables, and halal beef and chicken.

The UBC Farm began hosting monthly community kitchens in 2017, gathering students, faculty, staff, and neighbours together to prepare a vegetarian meal. The goal is to generate enthusiasm and community around preparing food and sharing cooking skills. Donations are accepted for these meals, but no one is turned away if they cannot afford to pay.

The Faculty of Land and Food Systems & UBC Wellbeing have partnered to offer UBC community members an opportunity to use Vij's Kitchen (a teaching and learning space in UBC's Food, Nutrition and Health building) for learn to cook programs. The primary objective is to promote the food skills of our community, which support healthy eating.

## FAST FACTS

**12,384** Stamps earned by students in UBC Food Services's Eat Your Greens stamp card program. When students purchase nine entrée salads, large salad bar salads, or vegetarian station entrées from the dining rooms, they receive their 10th free

**72** Healthy recipes entered into the UBC Food Services Recipe Challenge in March 2017. The winner: dietetics student Holly Heximer's Lentil Sloppy Joe

**68** Food hamper requests at the UBC-O Food Bank in 2017

### UBC Hosts Canada's First Forward Food Plant-Based Culinary Training

*In May 2017, UBC Food Services hosted the first Forward Food Culinary Training and Summit in Canada, in partnership with Humane Society International/Canada, The Humane Society of the United States, and Vancouver Humane Society.*

*The event consisted of a two-day culinary training experience followed by a one-day summit. The training, led by Chef Wand White, former Executive Operations Chef at the University of North Texas, who opened the first vegan university dining hall in the United States, focused on helping chefs refine their plant-based cooking skills and challenged them to think differently about their menus. Culinary training participants learned how to prepare delicious plant-based entrées that appeal to guests of all dietary preferences.*

*Inspired by this inaugural event, seven other universities across Canada have hosted similar events since last spring.*

Photo credit: Martin Dee / UBC Communications





Photo credit: Paul Joseph/ UBC Communications & Marketing

## SOCIAL CONNECTION

At UBC, we know that a culture of inclusion and connection is critical to ensuring a meaningful campus experience for all. Across our campuses, initiatives exemplify UBC’s commitment to enhancing social connection and building a more welcoming and inclusive campus community.

In 2017, the Equity & Inclusion Office (EIO) launched the Student Diversity Initiative (SDI), which works with UBC partners to build capacity across university systems to create a community where all students are equitably supported to succeed. SDI has hired 11 staff to support these efforts within several early partner units and has formulated an approach to Inclusive Excellence, a framework and a set of guiding principles that informs efforts to advance inclusion across UBC. To connect diverse student populations, SDI organized a series of Get Connected events that brought together transfer students, students who identify as black, indigenous, and/or people of colour, and LGBT2SQIA+ students.

More broadly, EIO continued to deliver student, faculty, and staff programming that cultivates our community members’ understanding of diversity and builds skills that enable them to navigate difference in ways conducive to meaningful and respectful relationships.

In order to facilitate leadership and engagement around equity and inclusion, EIO continued to support community-led projects through the Equity Enhancement Fund. In the 2016/17 academic year, it funded 11 projects that enabled students, faculty, and staff to engage with diversity. The projects included an exploration of inequities experienced by new racialized faculty, a Syilx mural at UBC-O, and a collective that promotes indigenous perspectives and empowers indigenous and allied students through training in broadcast media and other multimedia initiatives.

EIO also expanded its efforts to productively engage with conflict by creating a new position of Director, Dialogue and Conflict Engagement. Dr. Aftab Erfan, the incumbent director, works with individuals and groups to facilitate productive engagement with conflict, fostering wellbeing and conditions for transformative learning.

## FAST FACTS

**17** Faculty Equity Leads who champion inclusion within UBC faculties

**70%** of Workplace Experiences Survey respondents agree with the statement “I feel that I am a part of a community at UBC”

**20** Positive Space workshops delivered on both campuses to make UBC more receptive to and welcoming of its LGBTQSQIA+ community members

## UBC’s first Pride Picnic celebrates 15 years of Positive Space

*On August 3, UBC kicked off Vancouver Pride Week with the university’s first-ever Pride Picnic, celebrating the Positive Space campaign’s 15th year on campus. The free and inclusive party showcased UBC’s commitment to providing an environment where equity, diversity, and inclusion are valued and respected.*

*The Pride Picnic featured one of UBC’s first outdoor pop-up libraries, offering a wide variety of Pride literature, and captivating performances by the UBC Slam Poetry Club. Installation panels highlighted student, staff, and faculty research projects that foster positive spaces on campus, encouraging the entire community to reflect on how they are creating or can support such spaces.*



Photo credit: UBC Community Development



Photo credit: Paul Josep/ UBC Communications and Marketing

## PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

We spend 50-70% of our time sitting, and these long bouts of sedentary behaviour can have negative health outcomes. But even small changes can positively impact our wellbeing. Last year's initiatives to help our community members increase levels of physical activity included the following:

In February, partners on both campuses launched the first Move UBC, an annual health promotion initiative to raise awareness of the prevalence of sedentary behaviours and encourage physical activity. Move UBC builds knowledge around individual health behaviours, engages and consults partners across campuses, broadens the definition of "exercise" to include a range of recreation pursuits, and builds a health-promoting culture for all people. Over 70 events took place on both campuses, ranging from lunchtime guided walks and healthy measures assessments to a yoga rave.

Created for Move UBC 2017, the Move U Crew is a group of "movement specialists" who enhance campus wellbeing by offering movement breaks for classes, conferences, and meetings. The Crew gets people moving through simple stretches, dances, and cheers. They also lead a walking program, offering guided walks and coordinating campus walking challenges. During Move UBC, 1,000 students, staff, and faculty participated in the Crew's movement breaks.

May 5 marked the 7th annual Staff and Faculty Sports Day on both the UBC-V and UBC-O campuses. Over 600 staff, faculty, at UBC-V and UBC-O joined in on the event, which included team games, prizes, and lunch.

Students in the UBC SEEDS Sustainability Program developed five printable walking maps, each detailing a 30-minute walk around the Vancouver campus. Each route came complete with distance, steps, terrain and difficulty level. Find more information on the SEEDS program on page 10.

## FAST FACTS

**150** average trips per day by bicycle to UBC Okanagan (1% of total transportation modes)

**2800** average trips per day by bicycle to UBC Vancouver (2% of total transportation modes)

**453** Staff and faculty participants in the 2017 Pick Your Peak Stair Challenge

## UBC Okanagan conducts Active Study project

*The average university student sits for eight to 10 hours a day, fact that compelled Campus Health at UBC-O to install a treadmill desk on the main floor of the library in 2016. In May 2017, they added a bicycle desk, where individuals could pedal while reading or studying. These active study stations are available for all UBC library cardholders to use.*

*Each active study desk user was invited to participate in a survey about their perceptions of the study stations. Results indicated that the stations increased users' sense of physical and mental wellbeing, helped them focus on work tasks, and were simple to use and adjust. Respondents expressed a desire to see more such innovative study stations on campus.*

Martin Dee/UBC Communications & Marketing





Photo credit: JoJo Das

## MENTAL HEALTH AND RESILIENCE

Across both campuses, units and departments are exemplifying UBC's commitment to enhancing mental health and resilience. This extensive work includes these 2017 initiatives:

The Senate Ad-hoc Committee on Student Mental Health and Wellbeing concluded its three-year mandate at UBC Vancouver by sharing a final report and recommendations with Senate. Recommendations included exploring how teaching and learning environments at UBC impact student wellbeing and also how informal learning spaces, including the availability of after-hours study spaces, affect students.

Human Resources continued to offer a range of programs that enhance mental health literacy and encourage employees to seek support for mental health challenges. The 30-Day Mindfulness Challenge, for example, is an online training program wherein community members commit to 10 minutes of mindfulness each day for 30 days. Participants have found it to help reduce stress while increasing joy and peak performance in all areas of life including leadership, interpersonal communication, and conflict management.

The Mental Health First Aid (MHFA) training program equips participants with the skills and knowledge necessary to provide support in the event of a mental health problem or crisis. In 2017, UBC increased the number of certified MHFA local facilitators from two to four; session offerings for both staff and faculty are being expanded.

The Healthy Workplace Initiatives Program (HWIP) funded health-promotion activities in 39 departments and units across both campuses. In addition to the usual annual funding, Human Resources offered a second opportunity for workplaces to participate in HWIP, focusing specifically on programs supporting mental health education.

### FAST FACTS

**91%**

Workplace Experiences Survey respondents who say they are committed to contributing to an environment that supports mental health and wellbeing

**52%**

4th year student respondents to the National Survey of Student Engagement feel UBC emphasizes support for their overall wellbeing "quite a bit" or "very much."

**993**

Hours logged by participants in the 2017 30-Day Mindfulness Challenge for staff and faculty on both campuses

### Thrive Week 2017 reaches over 70,000 community members

*Thrive week is a week-long collaborative, university-wide initiative that increases awareness of the ways in which we can strengthen our mental health. Over 100 events were held across both campuses—everything from workshops on suicide prevention to equestrian therapy and the largest Zumba gathering.*

*In 2017, Thrive piloted a series of pop-up wellness lounges, where students, staff, and faculty could drop in for a hot drink, a healthy snack, activities like puzzles and crafts, and an opportunity to talk to a wellness peer. The wellness lounges, which "popped up" in locations across campus, offered community members a chance to connect with others and learn about key UBC resources.*

#### **Fast facts from Thrive 2017:**

- Approximately 70,000 students, staff, faculty, and community members were reached through in-person and online events, programming, and outreach
- Over 1,000 faculty and instructors were invited to learn more, and over 60 instructors shared mental health messages with their classes
- Approximately 10,000 individuals took part in a Thrive activity during the week
- 82 campus partners (including units, departments, and faculties) contributed to Thrive efforts through events
- Thrive was featured as a promising practice in a panel presentation at the 2017 Canadian Association of College and University Student Services Conference
- 11 Canadian post-secondary institutions have adopted Thrive and now host it annually



Photo credit: Hover Collective

## WELLBEING ACROSS FACULTIES

Faculties across UBC are continually championing wellbeing and embedding it into their teaching, learning, and research activities and spaces. The following are just a few examples of interdisciplinary faculty initiatives that are enhancing wellbeing for the UBC community.

### UBCV CREATES NEW PHYSICAL ACTIVITY OFFICE

UBC Kinesiology, UBC Athletics and Recreation, and UBC Wellbeing have established a Physical Activity Office on the UBC Vancouver campus. Its mission is to change behaviour, improve health, advance and translate research, and positively impact the campus and broader community by leading and coordinating programming, research, and education in physical activity and health promotion. To advance the work of the Office, a Physical Activity and Wellbeing Strategist position was created, housed in the School of Kinesiology. The new strategist works alongside UBC Recreation's Physical Activity Manager.

### TRAVELLING HEALTH FAIR OFFERS FREE DIABETES SCREENINGS

In March, Human Resources partnered with the UBC Pharmacists Clinic and Faculty of Pharmaceutical Sciences to provide over 200 diabetes screenings to UBC staff and faculty at the Travelling Health Fair in Vancouver. The theme of the 2017 Health Fair was Diabetes Awareness and Screening; 196 staff and faculty members were assessed, and as a result, 13% of participants discovered that they were pre-diabetic or at risk for pre-diabetes. The screenings also prompted 44% of participants to seek follow-up care with another health professional.

### WALKABOUT PROMOTES EXERCISE IN SOCIAL SETTINGS

UBC Vancouver's Faculty of Education has been hosting the Walkabout Challenge every year since 2005. Designed by Dr. Joy Butler, the nine-week walking challenge launches every year in January and invites teams of UBCV community members to cover the distance of a virtual route. Participants continually claim to have benefited from time spent outside socializing with colleagues and from establishing exercise routines that improve their health and wellbeing, particularly in the dark winter months. In 2017, 245 walkers from 49 teams took part in the Challenge.

### Community members gather for faculty roundtables on mental health and resilience

*In Spring 2017, UBC community members attended multiple roundtable events on both campuses, engaging in vibrant discussions about mental health and resilience at UBC. These sessions, hosted by UBC Wellbeing, Thrive, UBC Health, and the VP Research Office, provided an opportunity for faculty to share current teaching, learning, and research practices related to mental health and resilience and facilitated interdisciplinary collaboration with researchers from UBC-V and UBC-O.*

*Eighty faculty, staff, and students on both campuses participated; according to their feedback, 90% of participants increased their understanding of mental health and resilience related resources at UBC. Eighty percent reported an enhanced sense of connectedness with other campus community members.*

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Photo credit: Martin Dee/UBC Communications & Marketing

## WELLBEING IN LEARNING ENVIRONMENTS

### WELLBEING LIAISONS ENHANCE STUDENT WELLBEING AT UBCV

The Wellbeing Liaison Program embeds key resource people in faculties and units across UBC, to share information on student wellness services and resources with their colleagues. The program aims to ensure faculty and staff are aware of and effectively supporting students with health and wellbeing resources, to facilitate conversations and knowledge sharing around best practices to enhance student wellbeing, and to build connections across faculties and student service units.

Now in its fourth year, the program continues to expand, with 60 wellbeing liaisons embedded in 45 departments and units including applied sciences, arts, science, pharmacy, medicine, forestry, graduate and post-doctoral studies, land and food systems, and Student Development & Services.

Liaisons have the ability to define and interpret their roles in whichever way they believe best suits their department or unit. Their activities typically include organizing training opportunities for faculty and staff, sharing key resources at the start of each term and with new staff and faculty, and assisting colleagues who need help identifying, accessing, or effectively using student wellness services and resources.

The program is coordinated by the Health Promotion and Education unit in partnership with Student Support Services Managers and Counselling Services.

### UBC-O LAUNCHES HEAL 100

In Fall 2017, UBC-O launched HEAL 100, Introduction and Principles of Health and Wellbeing, demonstrating an effective way of embedding wellbeing into the classroom. Throughout the semester, 98 students from a wide range of disciplines gained knowledge of wellbeing topics from food and exercise to relationships, acquiring skills for health, resilience, and academic tenacity. The students also took part in a Health Fair, where they shared their health knowledge to the larger campus community.

Dr. Sally Willis-Stewart, course creator and senior instructor, surveyed students on course delivery and content as well as students' own health knowledge and resilience. She found that not only did students find course content helpful, they reported a significant increase in their own feelings of resilience after taking the course. Dr. Willis-Stewart is excited to be teaching the course again this spring semester at UBC-O to continue developing and refining it. She is also working on alternative modes of delivery in hopes of reaching more disciplines across campus and also other institutions.

### TLEF project explores how classroom environments impact student learning

*From 2015 to 2017, a project supported by the Teaching and Learning Enhancement Fund (TLEF) sought to determine whether teaching practices influence post-secondary students' mental health and wellbeing, and if so, how. A collaboration between the faculties of Arts and Science and the Health Promotion and Education unit, the project was led by an interdisciplinary team of faculty, staff, and students who spent two years researching the relationship between teaching and wellbeing.*

*Year 1 of the project (2015-16) focused on data collection and analysis; year 2 of the project (2016-17) focused on creating and sharing professional development resources for instructors. The project found that student wellbeing is supported when learning (and motivation to learn) is supported, students feel a sense of connection and social belonging, and students are holistically supported.*

*The team has shared its results widely, presenting at events such as the CTLT Climate Series Workshop, the UBC Okanagan Annual Learning Conference, the Healthy Minds Healthy Campuses Summit, and many workshops for faculties and departments across UBC.*

Photo credit: Martin Dee/UBC Communications & Marketing





Photo credit: Martin Dee/UBC Communications & Marketing

## STUDENT LEARNING AND RESEARCH

### WELLBEING SCHOLARS TACKLE INTERDISCIPLINARY RESEARCH

The Sustainability Scholars Program is an innovative paid internship program that matches UBC graduate students with on- and off-campus partners to work on projects that support the advancement of sustainability. Last year, UBC Wellbeing partnered with the University Sustainability Initiative to expand the program to include a cohort of five Wellbeing Scholars:

*Community-based Participatory Action Research Project Focusing on Mental Wellbeing (VOICE 4) (UBC-O: Institute for Healthy Living and Chronic Disease Prevention) – Keskiné Owusu Poku*

*Developing a UBC Action Framework for Inclusion and Connection (VP Students) – Alexandria Davis*

*Wellbeing in the Graduate Supervision Context (Faculty of Graduate and Postdoctoral Studies) – Jocelyn Micallef*

*Develop a Kindness Week Action Plan (University Multifaith Chaplains Association) – Sara Thiessen*

*Developing an evaluation framework for SocialSport (School of Kinesiology) – Wafa Asadian*

### VOICE 4 PROJECT ENTERS ACTION PHASE

Launched in 2006, VOICE is the longitudinal research project that informs a majority of Campus Health's work on the UBC Okanagan campus. The project's fourth phase, known as VOICE 4, is a community-based participatory action research project that investigates how the entire UBC-O campus environment (including social, economic, academic, policy, built environments, and university culture) impacts mental wellbeing. Student researchers play a key role in advancing the project.

In a survey of the UBC-O campus community, in which over 40% of the population participated, student respondents indicated that they believe economic and academic environments are most hindering to their mental wellbeing. The social environment was viewed as the most supportive to mental wellbeing.

In response to these findings, campus community members have begun to take action related to the academic concession policy, exam scheduling practices, and work to facilitate wellbeing in the classroom setting.

### SEEDS Wellbeing projects

*The SEEDS (Social Ecological Economic Development Studies) Sustainability Program advances campus sustainability by creating partnerships between students, operational staff, and faculty on innovative and impactful research projects. In the 2017/18 academic year, 41 SEEDS projects supported wellbeing at UBC. These included:*

#### **Healthy Beverage Initiative Projects**

*Students from the departments of Land and Food Systems; Food, Nutrition, and Health; and Geography all contributed to the exploration of a Healthy Beverage Initiative at UBC. Their many projects included mapping the beverage landscape of the Vancouver campus and surveying UBC community members to determine consumer beverage preferences.*

#### **Irving K Barber Action Stations**

*This collaboration between Electrical Engineering Capstone and Irving K Barber saw students design and build human-powered work stations. This is an invitation to students to engage in quiet forms of physical activity into the library, and enable students to keep track of their total exercise as they study over the year. The action stations were installed in Spring 2018.*

#### **Recreation Framework Projects**

*Thirteen teams of kinesiology students took on three major wellbeing challenges to help inform a UBC recreation framework. Several teams investigated the barriers that minority groups face on campus in accessing recreation programming and provided recommendations for more inclusive programming. Two teams developed recreation programming toolkits to help campus groups host their own recreation events. Four teams analyzed how different communication techniques and platforms resonate with specific campus groups and how recreation programming can more effectively reach UBC's diverse population. All projects shared the goal of advancing physical activity and recreation opportunities on campus.*

## WANT TO JOIN THE CONVERSATION?

*"People who study, work and live in environments that make healthy living a priority are happier, more successful and better equipped to handle tough times. I am proud of UBC and our partner universities for taking steps to strengthen our communities."*

- Santa J. Ono, UBC President and Vice-Chancellor

*"At UBC, our students are the first priority; we are providing amazing academic programs for them to be contributors to our community; but we need to ensure they are healthy to be able to do so. Fostering their wellbeing as they go through their degree programs is critical to their success and happiness and ours. Let's nourish our students in many ways! I am so excited to be part of a university that is putting wellbeing on the forefront!"*

- Sally Willis-Stewart, Director, Nutrition Education Center, School of Health and Exercise Sciences, UBC Okanagan

*"Wellbeing to me is living a balanced life. It's not about trying to be perfect in every aspect of life, but more about making time for the things that are important to me."*

- Kiran Pushpkiran, UBC Student

*"Move more! Some is better than none, and more is better!"*

- Guy Faulkner, Professor, School of Kinesiology

*"It is up to us as leaders to create and nurture an environment that supports wellbeing."*

- Lisa Castle, VP Human Resources

*"What we know now from really solid research, is that...if you foster an environment that is healthy - if we look after each other and you look after yourself- you won't compromise excellence; in fact, you will be better."*

- Martha Piper, Former UBC President

*"The priority to support student mental health goes beyond the need to support students in crisis. As university prepares students to thrive in today's society, we all must learn how to build resilience and cope with the inevitable stress that life presents."*

- Amika Shah, UBC Student

*"It is a very beautiful environment; close to water and mountains. We are close to our cultural foods, fish and wildlife and berries. It has been our home for thousands of years. We have inclusivity just by being here, because this is where we have always been, since time immemorial."*

- Musqueam community member

*"The Gardening Club on the Okanagan Campus has been very therapeutic, promoting both mental and physical health while connecting with nature."*

- Deborah Buszard, Deputy Vice-Chancellor and Principal, UBC Okanagan

*"As a public university we are members and ambassadors for change in our communities. UBC has an important role to play in championing wellbeing for everyone."*

- Louise Nasmith, Associate Provost, Health

*"It is important to look at the university in terms of its structures—what are the barriers and impediments to wellbeing and mental health? This is the focus of our Wellbeing Steering Committee, which is working at the highest level to make wellbeing a priority—for students, faculty and staff."*

- Louise Cowin, VP Students

*"Participation in one of our recreational programs is not only great for your personal health and wellbeing but connects you to the broader web of cultural diversity and community that inevitably connects us all."*

- Andrew Clements, Program Manager University Neighbourhoods Association

*"Wellbeing needs to be embedded in all that we do at UBC as students, staff, faculty and our leadership team. It is vital that we nourish, move, thrive, and connect with others in our environment and our communities."*

- Tracey Hawthorn, Director, UBC Wellbeing UBC Okanagan

*We see learning to take care of oneself in the context of a demanding academic program and being equipped with skills and strategies for resilience as part of professional training for a career in the law. There is no question that there are significant stress-related issues impacting wellness in the legal profession. The discussion of how to manage the high expectations placed on lawyers in a holistic and healthy way needs to start in law school.*

- Catherine Dauvergne, Dean of Law, Allard School of Law

### GET CONNECTED & INVOLVED

**Faculty, staff & post-doc wellbeing**  
crystal.hutchinson@ubc.ca

**Undergrad. & grad. student wellbeing**  
patty.hamblar@ubc.ca

**Community member wellbeing**  
carole.jolly@ubc.ca

**Strategic supports for wellbeing**  
matt.dolf@ubc.ca

[wellbeing.ubc.ca](http://wellbeing.ubc.ca)