



Wellbeing Strategic Framework

University of British Columbia
Vancouver and Okanagan Campuses



THE UNIVERSITY OF BRITISH COLUMBIA

PHOTO CREDITS

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UBC Communications & Marketing

ABOUT UBC

The University of British Columbia is a global centre for research and teaching, consistently ranked among the top 20 public universities in the world. UBC aims to be a global leader in championing wellbeing for faculty, staff, students, and community members as part of our campus culture, promoting and supporting wellbeing in both large and small ways, and helping one another address challenges.



Acknowledgement

The Musqueam and Syilx Okanagan Nation peoples have lived in their respective territories for millennia and have deep understandings of the importance of wellbeing and its connection to all aspects of life. In recognition of this knowledge and because our Vancouver and Okanagan campuses are located on their traditional and unceded territories, UBC is working collaboratively with the Musqueam and Okanagan peoples in pursuit of greater wellbeing at UBC and in their communities.



UBC's Commitment to Wellbeing

UBC is a health- and wellbeing-promoting university where all people, places, and communities can flourish.

At UBC, we know that increased wellbeing leads to deeper learning, higher productivity, and a stronger sense of connection — all of which help create happier, healthier communities.

Supporting the wellbeing of our community members is very important to me personally. I was proud to take part as UBC became one of the first universities in the world to adopt the *Okanagan Charter: An International Charter for Health-promoting Universities and Colleges* in 2016. The launch of our *Wellbeing Strategic Framework* is an opportunity for us to strengthen our commitment to the Charter's calls to action to embed wellbeing across our university culture and lead health-promotion action and collaboration local and globally.

Now I ask each of you to join me in helping UBC become a health- and wellbeing-promoting university by seeking opportunities to work with each other, the community, and government to advance this important priority.

Our commitment as the University Executive, which extends to academic and administrative leaders, is to:

- Implement actions that promote wellbeing in the six priority areas of the *Wellbeing Strategic Framework*: Built & Natural Environments, Food & Nutrition, Mental Health & Resilience, Physical Activity, Social Connection, and Collaborative Leadership.
- Continue to invest resources into strategic supports for faculties, administrative units, and our community to facilitate UBC-wide action on wellbeing.
- Evaluate and report on outcomes through annual reporting.
- Collaborate with community members to embed wellbeing into organizational plans, including academic and operational policies, practices, workplans, and everyday decision making.
- Convene conversations and share best practices across Canadian and international campuses.

Our university is not just a place, it is our people – their success is UBC's success. By promoting their wellbeing, we promote their excellence. That is why we must do this together— across the university, for everyone, by everyone — to ensure that all our people, places, and communities can flourish.

Professor Santa J. Ono
President and Vice-Chancellor



Translating the Okanagan Charter into Action

In 2015, UBC led an international movement of campuses creating and adopting the *Okanagan Charter: An International Charter for Health-promoting Universities and Colleges*. The Charter provides institutions with a common language, principles, and framework to become health- and wellbeing-promoting campuses. From the Charter:

Vision

Health-promoting universities and colleges transform the health and sustainability of our current and future societies, strengthen communities and contribute to the wellbeing of people, places and the planet.

Shared Aspirations

Health-promoting universities and colleges infuse health into everyday operations, business practices and academic mandates. By doing so, health-promoting universities and colleges enhance the success of our institutions; create campus cultures of compassion, wellbeing, equity and social justice; improve the health of the people who live, learn, work, play, and love on our campuses; and strengthen the ecological, social, and economic sustainability of our communities and wider society.

Calls to Action

1. To embed health into all aspects of campus culture, across the administration, operations and academic mandates.
2. To lead health promotion action and collaboration locally and globally.

UBC AS A HEALTH- AND WELLBEING-PROMOTING UNIVERSITY

UBC Wellbeing is a strategic, collaborative, and system-wide effort to make the university a better place to live, work, play, and learn. The work of UBC Wellbeing is guided by the *Okanagan Charter*, a shared call to action for partners, leaders, and community members to make UBC a leading university in promoting health and wellbeing.



UBC has also chosen to use "wellbeing" to represent our broader engagement in health promotion and social sustainability efforts. Our focus on wellbeing best represents the emergent conversations at UBC and draws on the concepts of health, health promotion, and regenerative sustainability.

We recognize that as part of a broader community and society, we have a duty and responsibility to work in and with our communities and partners at all levels to enable the adoption of wellbeing-related concepts and practices.

As the diagram below highlights, students, staff, faculty, and community are central to leading and informing actions in the wellbeing priority areas. Work is also guided by themes and core areas in the *UBC Strategic Plan*, to ensure that wellbeing is embedded at all levels of the university.



UBC is a health and wellbeing-promoting university where all people, places and communities can flourish.

Legend			
			
UBC Community Members All who work, study, play, and live on our campuses.	UBC Strategic Plan Themes Cross-cutting principles that guide the university's work.	UBC Strategic Plan Core Areas These capacities represent UBC's work as a public institution.	UBC Wellbeing Priority Areas We are collaborating to address challenges and enact meaningful change in these areas, which we identified through research and consultation with the UBC community.



Wellbeing Priority Areas for Action

UBC Wellbeing's priority areas for action were identified through consultation with our community and informed by research. Across UBC, faculties, departments, and units are collaborating to address challenges and enact meaningful change in each of these areas.

We recognize that all priority areas are interconnected and that advancement in one will impact advancement of another. For example, nourishing our bodies and being physically active both positively influence our mental health. Individual committees and initiatives should therefore consider alignment and partnerships across all areas.

We recognize that promoting wellbeing needs to be an iterative process and will revisit priorities, targets, and actions regularly as a community.



Collaborative Leadership

LONG-RANGE DESCRIPTION OF SUCCESS

As an institution and as individuals, we are committed to wellbeing and put our people, places, and communities first. Learning is cultivated across the institution through collaboration, and we work together to embed wellbeing into all our plans, processes, policies, and in everyday decision-making.

At UBC, we collaborate meaningfully to share expertise and work across differences to collectively enable creative and innovative systemic change. Senior leaders, Deans, managers, supervisors, faculty members, alumni, and student leaders model and advocate for wellbeing, and our whole community is empowered to champion it. We are interconnected and inclusive, reflecting the diversity of our community.

Recognizing that our responsibility to lead extends beyond our campuses, we work closely and collaboratively with communities and governments to support a resilient and flourishing civic society.

WHY IT MATTERS

Collaborative leadership starts with the premise that "if you bring the appropriate people together in constructive ways with good information, they will create authentic visions and strategies for addressing the shared concerns of the organization or community."¹ Culture change is greatly impacted by the commitment of leadership and involvement within an organization. Engaging in collaborative leadership reproduces and builds social capital, strengthening the beliefs and values that an organization embodies. Organizational performance and productivity, and therefore student experience and learning, are linked to the wellbeing of staff and faculty. Leadership support of collaborative problem-solving, knowledge sharing, and decision-making creates a culture of empowerment and trust, important contributors to happiness and wellbeing.

TARGETS

INDICATORS

UBC is Committed to Wellbeing

Community members feel UBC is committed to wellbeing of its people, places, and community*

Baseline and target established

% students, staff & faculty report UBC is committed to 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

faculties & schools

administrative units

*Target to be developed based on 2019 baseline data

SAMPLE ACTIONS IN PROGRESS

Establishing Senior Leadership Collaborative Dialogue

As part of the bi-annual Presidential Leadership Forum, Vice-Presidents and their direct reports will determine collaborative and portfolio-specific opportunities on how to take action on advancing wellbeing commitments, integrating strategic priorities from the *Inclusion Action Plan*, *Indigenous Strategic Plan*, *20-Year Sustainability Plan*, and *Focus on People Strategic Framework*.

Collaborative Planning & Reporting

Representatives of *People and Place* priorities within the UBC Strategic Plan — Wellbeing, Sustainability, Indigeneity, Inclusion, and *Focus on People* — are collaborating to develop processes to support faculties and units to take action and report annually on progress.

Collaboration Between Campuses

UBC is driving new conversations and knowledge sharing across Canadian and International Health-Promoting Campuses networks to activate the *Okanagan Charter*.

Action Plan Design Lab

The UBC Wellbeing Strategic Support team is supporting units and departments to develop, implement, and evaluate wellbeing action plans that activate the *Okanagan Charter* and the *Wellbeing Strategic Framework* in their unique contexts.

ASSOCIATED STRATEGIES AND PLANS

[UBC Strategic Plan: Shaping UBC's Next Century](#)

[Focus on People Strategic Framework](#)

[Indigenous Strategic Plan](#)

[20-Year Sustainability Plan](#)

[Inclusion Action Plan \(in draft\)](#)

¹ Chrislip, D., & Carl, E. (1994). *Collaborative Leadership: How Citizens and Civic Leaders Can Make a Difference*. San Francisco: Jossey-Bass Publishers.



Mental Health & Resilience

LONG-RANGE DESCRIPTION OF SUCCESS

At UBC, we all value mental health and resilience as crucial to our capacity to flourish.

We recognize everyone's shared role in creating thriving communities. When challenges arise, we know when, where, and how to seek help for ourselves and others, and we feel safe discussing these challenges. Everyone has the skills, social networks, and access to resources they need to bounce back.

UBC works with local and Indigenous community members to understand and recognize distinct cultures and needs. Everyone has access to culturally appropriate opportunities to learn and share knowledge related to enhancing mental health.

University leadership has made a meaningful and inspiring commitment to create a culture and environment that promote mental health and resilience for all. Actions and decisions are driven by research, innovation, and the voices of our community.

WHY IT MATTERS

Mental health affects everyone, at UBC and far beyond. According to Statistics Canada,² one in four Canadians aged 15 and older reported finding most work days extremely or quite a bit stressful. At UBC, a substantial number of student respondents (14%) report having a mental health condition that has affected their everyday functioning, and nearly one quarter (24%) report having been diagnosed or treated for mental health conditions in the past year, with the most common being anxiety, depression, and panic attacks. Less than half (47%) of staff and faculty report having energy left at the end of the most day workdays for their personal life.

Enhancing mental health literacy, creating a supportive campus culture, and ensuring that faculty, staff, and students have the resources to help them understand mental health issues, and improve resiliency and coping skills, are key to living, learning, working well, and supporting one another.

This health-promotion approach to mental health and resilience is about equipping our community with the skills they need to live well and improve their health by creating environments that support them.

TARGETS

INDICATORS

UBC Cares

Increase community members who feel mental health is a UBC priority by 2025*

Baseline and target established

% students, staff & faculty reporting mental health is a UBC priority

Mental Health Literacy

Community members have access to opportunities to develop mental health literacy:

10% increase for students across all indicators by 2025**

10% increase for staff & faculty across all indicators by 2025**

% students, staff, & faculty who report a knowledge of resources designed to support mental health

% students, staff, & faculty who report an ability to manage stress successfully

% student, staff, & faculty who feel the campus climate encourages free and open discussion about mental health

*Target to be developed based on 2019 baseline data

**Using a 2019 baseline

SAMPLE ACTIONS IN PROGRESS

Mental Health Literacy for Students

UBC is embedding mental health literacy in student programs and curriculum, including Jump Start orientation for first-year students and student leader training for all residence advisors, Collegium Advisors, and Jump Start student staff. Through a Teaching & Learning Enhancement fund grant, pilot projects in Engineering and Biology will be assessed for impact on students' mental health literacy outcomes. The project will include strategies for building and maintaining mental health and help-seeking efficacy.

Mental Health Literacy in Workplace Environments

UBC Human Resources is expanding mental health literacy for faculty, staff, and postdoctoral fellows through a diversity of evidence-based programming and health promotion activities. Human Resources is also exploring pathways for embedding mental health literacy in leadership development programs and workplace practices.

ASSOCIATED STRATEGIES AND PLANS

[UBC's Commitment and Approach to Mental Health and Resiliency](#)

[Focus on People: Workplace Practices](#)

[Student Mental Health Strategy](#)

[Early Alert: Identifying students facing difficulties](#)

[Framework for Senate Consideration of Student Mental Health and Wellbeing](#)

² Source: Statistics Canada Mental Health Indicators, 2012



Food & Nutrition

LONG-RANGE DESCRIPTION OF SUCCESS

At UBC, it's easy to choose healthy food options. We can all find delicious, wholesome food we can afford and safe tap water to drink. Food served on campus is nutritious and diverse, and it reflects the university's goals to reduce waste. Labels indicate ingredients, source, certifications, and nutrition facts. At our dining halls, restaurants, and events, we celebrate diverse cultures and locally grown ingredients.

We all value the role of food in our lives, and we understand and appreciate how it enriches our ability to work, learn, and play. We are all food literate. In farms, gardens, kitchens, and other spaces on campus, we gather to learn, eat together, and share food traditions from a variety of cultures. These experiences help us lead healthier and happier lives at UBC and beyond while supporting both local and global food systems that continually strive to be more equitable and just.

A leader in food and nutrition, UBC shares its knowledge, practices, and research widely, and it challenges itself and the community to implement even more innovative, effective, and resilient food systems.

WHY IT MATTERS

Currently, one in 12 Canadians over 20 years old live with heart disease and 11 million Canadians live with diabetes or prediabetes. Improving the quality of our food and what we drink will not only benefit individual and population health but enhance academic and workplace performance outcomes.

Household food insecurity, defined as the inadequate or insecure access to food due to financial constraints, is a serious public health issue in Canada. It negatively impacts physical, mental, and social health, and costs our healthcare system considerably.³ Adequate physical and economic access to safe, sufficient, and nutritious food can be a challenge for students. The largest cross-campus study in Canada found 39% of students surveyed experienced some degree of food insecurity.⁴ At UBC Okanagan, the VOICE 4 research project found that 42% of student respondents were sometimes or often worried that food would run out before they got money to buy more. Similarly, at UBC Vancouver, a study conducted in the Faculty of Land and Food Systems found that 40% of students surveyed reported food insecurity. A thriving campus community requires that we understand and address food insecurity.

TARGETS

INDICATORS

Increase Food Security⁵

Reduce food insecurity for UBC community members by 2025*

Baseline and target established

% students, staff & faculty reporting food insecurity

Healthy Beverage Consumption

50% reduction in sugar-sweetened beverage consumption on our campuses by 2025**

% SSB sales

% SSB availability in outlets/vending

% buildings that have at least one tap water fixture with bottle filling capacity

* Targets to be developed based on 2019 baseline data

** Using a 2019 baseline

SAMPLE ACTIONS IN PROGRESS

Food Insecurity Baseline and Action Plan Project

The Food & Nutrition Committee will bring together stakeholders to develop a food insecurity baseline for the UBC community. Outcomes include creating food insecurity reduction targets, as well as advocacy and program activities to address the issue.

Swipe Out Hunger Feasibility Project

Conducted in Winter 2019 by Student Housing and Hospitality Services to determine how a meal sharing program could work in UBC residence dining rooms. This will be based on the “Swipe Out Hunger” program implemented on almost 50 campuses in the US, which provides a platform for students with left over meal dollars to donate to students in need.

Healthy Beverage Initiative

UBC has identified the promotion of drinking water and the reduction of sugar-sweetened beverage consumption as a priority on both campuses. Our major food and beverage providers are collaboratively participating in a Healthy Beverage Initiative launched in Fall 2018 to promote healthier beverages choices.

Making Healthier Options Available

UBC Okanagan is transitioning to an in-house food service delivery model. This will give UBC Food Services the ability to emphasize fresh, nutritious foods, prepared in-house and in alignment with UBC’s sustainability and wellbeing goals. UBCO will also be hiring a Manager, Nutrition & Wellbeing, to lead programs and initiatives to enhance students’ health and wellbeing, with a focus on food and nutrition.

ASSOCIATED STRATEGIES AND PLANS

[UBC Action Framework for a Nutritionally Sound Campus](#)

[Food Vision and Values](#)

[UBC Sustainable Campus Food Guide](#)

[AMS Student Driven Sustainability Strategy](#)

[UBC Centre for Sustainable Food Systems Strategic Plan](#)

[UBC Land and Food Systems Action Plan](#)

³ Source: PROOF Food Insecurity Policy Research

⁴ Source: 2016 Meal Exchange Hungry for Knowledge Report

⁵ Supports UN Sustainable Development Goal #2: End hunger and ensure access by all people, to safe, nutritious and sufficient food all year round by 2030



Social Connection

LONG-RANGE DESCRIPTION OF SUCCESS

At UBC, we all understand that social connection is a core human need, and that everyone thrives when they feel respected, supported, and part of a community. UBC encourages all community members to work, learn, collaborate, and build connection in ways that are meaningful to them.

We celebrate diversity and inclusion of individuals, groups, and histories; we share knowledge, listen to each other, and learn from differences. Understanding local Indigenous peoples and their histories deepens everyone's relationships to community and place.

Everyone at UBC feels welcome and see themselves represented. Those who are historically, persistently, and systemically marginalized are treated equitably, feel respected, and belong.

All community members at UBC feel included, connected, and valued.

WHY IT MATTERS

Strong and lasting social and friendship connections are critical to our wellbeing and have a positive influence on our physical wellbeing, mental wellbeing, and longevity.

Conversely, having few or poor-quality social connections has been shown to cause detrimental health outcomes.

In 2012, one-third of respondents to the Vancouver Foundation's "Connections and Engagement" said it was difficult to make new friends in Vancouver, and one in four reported feeling alone more often than they would like. At UBC, just over one-third of Vancouver undergraduate students feel part of their campus community whereas 72% of staff and faculty report similar feelings. Seventy-six percent of staff and faculty feel that people treat each other with respect and consideration in the workplace and 73% of Vancouver undergraduate students feel UBC is a respectful environment.

The opportunity to cultivate strong and lasting connections contributes positively to our capacity for learning and a sense of fulfilment in our working lives.

TARGETS

INDICATORS

Feel Part of a Community

Community members feel part of a community at UBC:

10% increase for students by 2025*

10% increase for staff & faculty by 2025**

% students who report they have a group, community or social circle at UBC where they feel they belong

% staff & faculty who feel part of a community at UBC

% 1st year students that visit Collegia at least once a week

Inclusive Environment

Community members report that their beliefs, identity and experiences are valued at UBC:

10% increase by 2025*

% students

% staff & faculty

*using a 2019 baseline

**using a 2017 baseline

SAMPLE ACTIONS IN PROGRESS

New Collegia

Two new Collegia location will open in 2019, increasing opportunities for first-year commuter students to experience this “home away from home.” This will bring the total number of Collegia locations to six on the Vancouver campus and five on the Okanagan campus.

Enhancing Graduate Student Community

This project – which is a collaboration between the Graduate Student Society, VP Students Office and the Faculty of Graduate and Postdoctoral Studies – aims to explore the feasibility of creating a vibrant Graduate Life Centre at UBC. It also aims to pilot a program to encourage and support enhanced intellectual community within and between graduate programs.

Honouring Indigenous Histories and Cultures

UBC is increasing supports for students, staff, and faculty to build awareness of Indigenous history and core issues and to work respectfully with Indigenous students, colleagues, and communities.

ASSOCIATED STRATEGIES AND PLANS

[Focus on People Strategic Framework](#)

[UBC Student Experience Strategic Framework](#)

[Indigenous Strategic Plan](#)

[Valuing Differences: A Strategy for Advancing Equity and Diversity at UBC](#)

[Inclusion Action Plan \(in draft\)](#)



Built & Natural Environments

LONG-RANGE DESCRIPTION OF SUCCESS

At UBC, our built and natural campus environments contribute to human and natural systems.

Wellbeing is embraced by and deeply embedded in the ways in which we plan, design, and program our spaces and places. We strive to develop buildings and landscapes that promote active living, enhance social connections, and are inclusive and accessible to all. We create places for reflection, contemplation, and respite.

UBC is deeply engaged with our local and global community members, and we work with them to create complete, sustainable, and vibrant campus communities that not only support the academic mission but also provide a range of housing choices, amenities, and services such as childcare.

UBC attracts, engages, and retains a vibrant and diverse community to learn, work, play, and live on our campuses.

WHY IT MATTERS

UBC's campus environments play an important role in enhancing the physical, mental, social, and ecological wellbeing of our community. The ways in which we design our spaces and provide access to nature can have a profound impact on people's health and resilience and can facilitate better learning outcomes.

Our campuses are large and growing. The Point Grey campus in Vancouver currently has 400 institutional and residential buildings, its community members take over 150,000 trips to and from campus each day, and an additional 11,000 people live in campus neighbourhoods surrounding the academic core. The Okanagan campus has 35 buildings, and community members take around 20,000 trips to and from campus daily. To effectively provide for such a large number of people with diverse needs, UBC aims to be a model of a vibrant, complete, sustainable community at an urban neighbourhood scale complete with diverse housing options, active transportation choices, and community programs to enhance human and ecological wellbeing.

TARGETS

INDICATORS

Active Transportation ⁶

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

Baseline and target established

% commuting trips made by walking, cycling or transit

Complete Communities ⁷

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

Baseline and target established

Change in housing, child care, and community amenities

* Target to be developed based on 2019 baseline data

SAMPLE ACTIONS IN PROGRESS

Advocating for SkyTrain extension to UBC Vancouver

A rapid transit connection to UBC's Vancouver campus is critical to meeting our sustainability and wellbeing objectives. The university is committed to an advocacy strategy focused on accelerating investment in a Millennium Line extension to the Point Grey campus, building upon the recently approved extension to Arbutus Street. These advocacy efforts will include exploration and communication of the wellbeing benefits of the project to both the campus community and broader region.

Campus-wide bike share pilots

In 2018-2019, UBC Vancouver is piloting a campus-wide bike share program with support from TransLink's New Mobility program. The pilot, operated by Dropbike Inc. under a license agreement with the university, will reduce barriers to cycling on campus and generate new data to support other active transportation initiatives. UBC Okanagan is also exploring participation in Dropbike's city-wide program in Kelowna.

ASSOCIATED STRATEGIES AND PLANS

[Campus Biodiversity Initiative: Research and Demonstration](#)

[Green Building Action Plan – Pathway to a Net Positive Campus](#)

[Land Use Plan](#)

[Neighborhood Plans](#)

[Okanagan Campus Plan](#)

[The University Community on Campus: UBC's Housing Action Plan](#)

[UBC Child Care Expansion Plan](#)

[UBC Transportation Plan](#)

[UBC Okanagan Public Realm Plan](#)

[UBC Vancouver Public Realm Plan](#)

[Vancouver Campus Plan](#)

⁶ Target as set in the UBC Transportation Plan

⁷ Target in development by Campus & Community Planning



Physical Activity

LONG-RANGE DESCRIPTION OF SUCCESS

At UBC, we are all inspired to move more and spend less time being sedentary. We know that physical activity is important to our wellbeing and that daily movement benefits us all in work, study, and life.

Collaboration and partnerships across our campuses produce accessible programs, policies, and facilities that support physical activity for all ages and abilities, making it simple and convenient to be active. We can all find diverse and inclusive opportunities to add movement to our days, and we are encouraged to use active and sustainable transportation.

It's easy to find information and resources to support being more physically active no matter where we are — on or off campus. There is an accessible option for every community member, no matter their skills or experience.

UBC inspires us all to be active for life.

WHY IT MATTERS

Being physically active is key to good overall physical and mental health and is an important factor in preventing chronic disease. Here at UBC, the 2018 Undergraduate Experience Survey (UES) found that 45% of students are physically inactive (not meeting recommended Canadian physical activity guidelines). Additionally, there are disparities in physical activity participation by gender, social economic status, and cultural background. UES outcomes show that students who meet Canadian physical activity guidelines are significantly more likely to report higher satisfaction with their campus experience, sense of belonging, and connection to the campus community.

TARGETS

INDICATORS

Move More⁸

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

% students, staff, & faculty meeting Canadian physical activity guidelines

Diverse Community, Diverse Programming

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

% students satisfied with availability of recreation programs on campus

% students satisfied with quality of recreation facilities and programs on campus

**using a 2019 baseline*

SAMPLE ACTIONS IN PROGRESS

Creation of UBC Physical Activity Office

UBC Kinesiology, UBC Athletics & Recreation, and UBC Wellbeing partnered in 2018 to establish the Physical Activity Office on the UBC Point Grey Campus. Its mission is to change behaviors, improve health, advance and translate research, and positively impact our campus and broader community through physical activity.

Enhancing Inclusive Recreation for Women of Diverse Cultural Backgrounds

A new project led by UBC Recreation and UBC School of Kinesiology to enhance understanding of and address barriers to recreation participation for UBC Asian female students as well as to expand recreation opportunities and communications that would reach this target group and encourage their participation in physical activity.

Recreation @ UBC Strategic Framework

Recently completed, this framework will guide the strategic direction of recreation at UBC Vancouver, with leadership from UBC Recreation, Community Development, and the VP Students' Office. Within the scope of this framework, recreation is considered as activities and pursuits that provide the campus community with opportunities to move while enhancing wellbeing and social connection.

Exercise as Medicine at UBC Okanagan

Health & Wellness and Campus Recreation have partnered to implement an exercise "prescription" program for some students who visit the clinic or counsellors. Students from Campus Recreation will provide their peers with an orientation to the gym and other recreational amenities on campus. This peer-to-peer interaction is intended to reduce barriers to access and encourage students to support their wellbeing through physical activity when appropriate. The program will be trialed in Spring 2019.

ASSOCIATED STRATEGIES AND PLANS

[UBC Action Framework to Increase Physical Activity and Reduce Sedentary Behaviour](#)

[Recreation @ UBC Strategic Framework](#)

[UBC School of Kinesiology Strategic Plan](#)

⁸ Aligned with the WHO Global Target #3: A 10% relative reduction in prevalence of insufficient physical activity 2010-2025



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