

HEALTHY MINDS | HEALTHY CAMPUSES SUMMIT

Towards regenerative campuses: Implementing the Okanagan Charter to promote human and ecological wellbeing

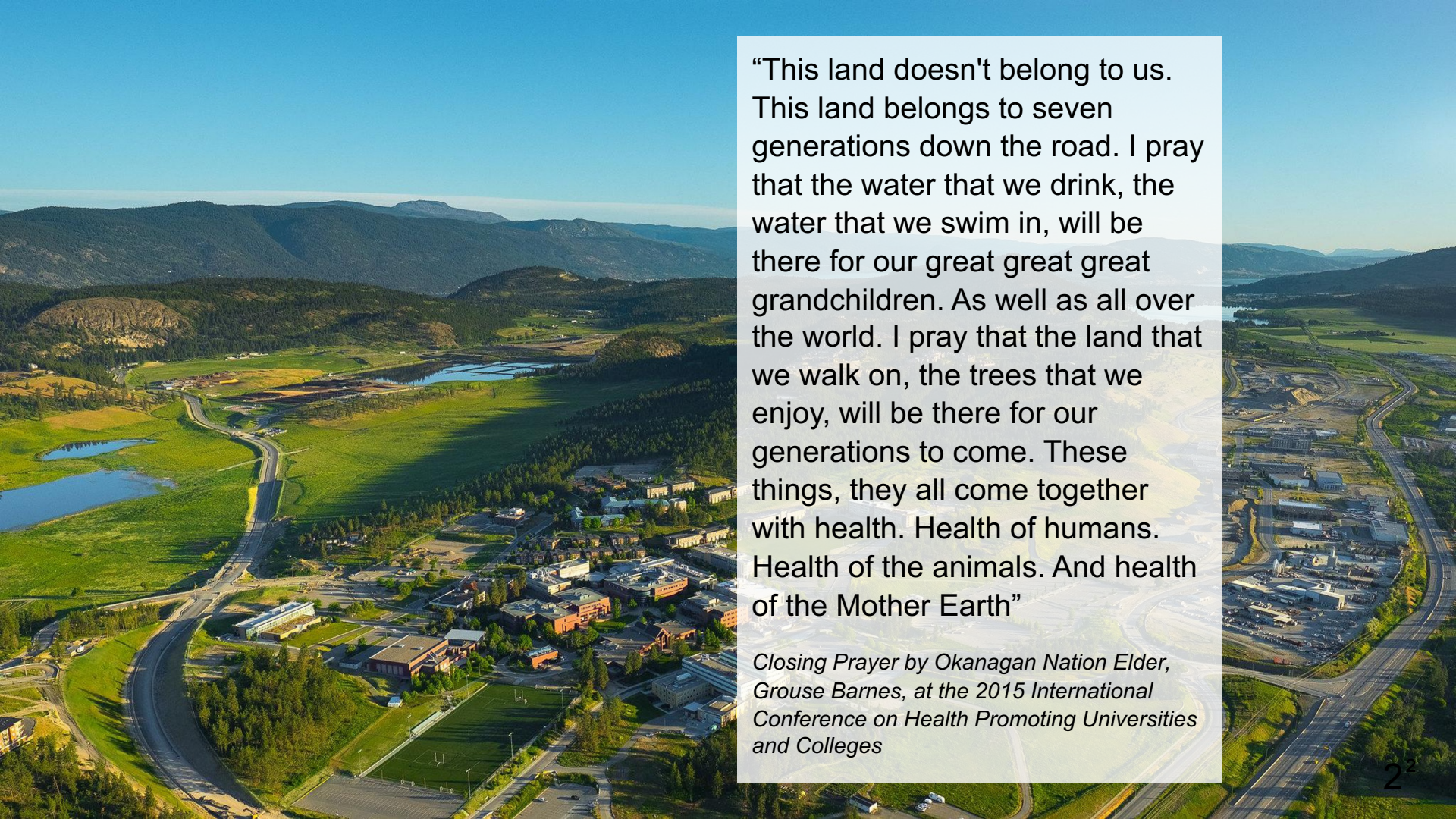
Matt Dolf

Director | Office of Wellbeing Strategy | UBC

Co-Chair | Canadian + International Health Promoting Campus Networks

February 27, 2023





“This land doesn't belong to us. This land belongs to seven generations down the road. I pray that the water that we drink, the water that we swim in, will be there for our great great great grandchildren. As well as all over the world. I pray that the land that we walk on, the trees that we enjoy, will be there for our generations to come. These things, they all come together with health. Health of humans. Health of the animals. And health of the Mother Earth”

Closing Prayer by Okanagan Nation Elder, Grouse Barnes, at the 2015 International Conference on Health Promoting Universities and Colleges

UBC AT A GLANCE

67,000 students (Vancouver: 55k; Okanagan: 11k)

18,000 faculty and staff

20,000 community residents on University lands

500 buildings

\$3 billion annual budget

2 main campuses

1,000 acres on the traditional, ancestral, and unceded territory of the **Musqueam people**

500 acres on the traditional, ancestral, and unceded territory of the **Okanagan Nation**





OKANAGAN CHARTER

AN INTERNATIONAL CHARTER
FOR HEALTH PROMOTING
UNIVERSITIES & COLLEGES

Okanagan Charter: An International Charter for Health Promoting Universities & Colleges

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.



A commitment by campuses to promote health and wellbeing can maximize opportunities to

Positively impact students, faculty, and staff through core activities and specific interventions

Join up with the Health Promoting Schools movement

Benefit local community through citizen engagement, community service, co-created research

Contribute to long-term population health through education, research, and knowledge exchange

Enhance a campuses' core business of achievement, performance, productivity, and reputation

Steward our significant building stock, land, and biodiversity located on campuses

Facilitate 'future-shaping' of students, staff, and faculty to act as local and global citizens



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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.



Campuses as Living Labs



**Indigenous Campus Living
Laboratory at xʷčícəsəm Garden**



**Inclusive, climate and COVID-
resilient outdoor learning space**



Food Hub Market



UBC Wellbeing Spotlight

Kaitlin Wu | 5th year UBC student | Student Director of the Food Hub Market



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Health Promoting Universities milestones: timeline of key publications, conferences, and networks

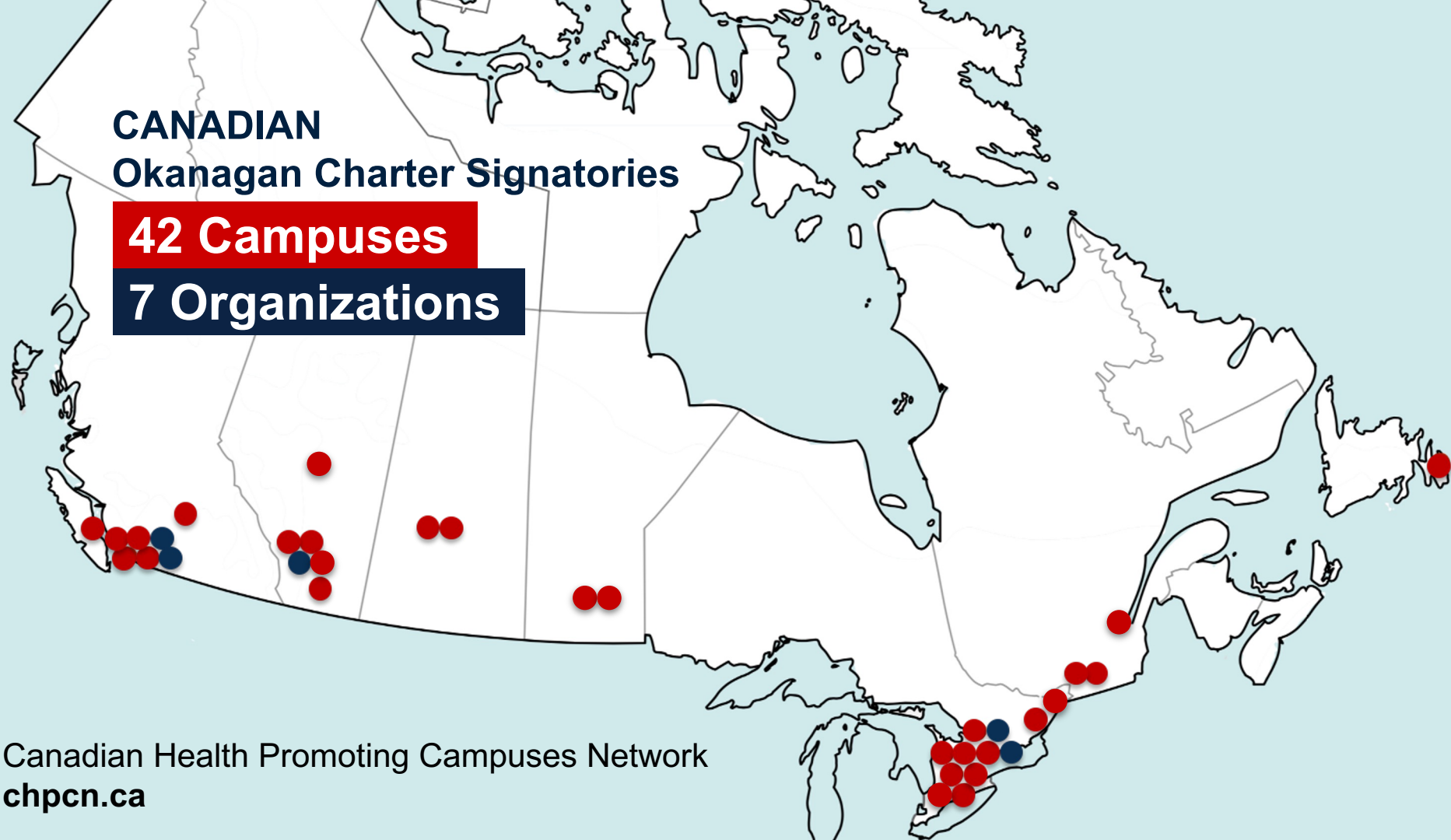
- 1986** Ottawa Charter for Health Promotion
- 1994/5** First HPU initiatives established at universities of Lancaster & Central Lancashire, UK
- 1995** German HPU network established
- 1996** International HPU Conference, Lancaster, UK
- 1998** WHO publishes “HPUs: Concept, Experience & Framework for Action”
- 2003** I International HPU Congress, Ibero-American network established
- 2005** II International HPU Congress & Edmonton Charter
- 2006** UK & Spanish HPU networks established
- 2007** Ibero-American HPU network expanded to include Spain and Portugal
- 2009** Austrian & Swiss HPU networks established
- 2014** ASEAN HPU network established
- 2015** **VII International HPU Congress & Okanagan Charter**, New Zealand HPU network established
- 2016** International HPU steering group and Canadian HPU network established
- 2018** Irish HPU network established
- 2019** International HPU Symposium, Rotorua, New Zealand
- 2020** USA HPU network established
- 2022** International HPU Symposium, Montreal, Canada



**CANADIAN
Okanagan Charter Signatories**

42 Campuses

7 Organizations



Canadian Health Promoting Campuses Network
chpcn.ca

Okanagan Charter: An International Charter for Health Promoting Universities & Colleges

Principles

1. Use a settings-based and whole system approaches
2. Act on an existing social responsibility
3. Ensure a comprehensive and campus-wide approach
4. Utilize participatory approaches and engage the voice of students and others
5. Develop interdisciplinary collaboration and cross-sectoral partnerships
6. Promote research, innovation, and evidence-informed action
7. Build on strengths
8. Value local and indigenous communities, context and priorities

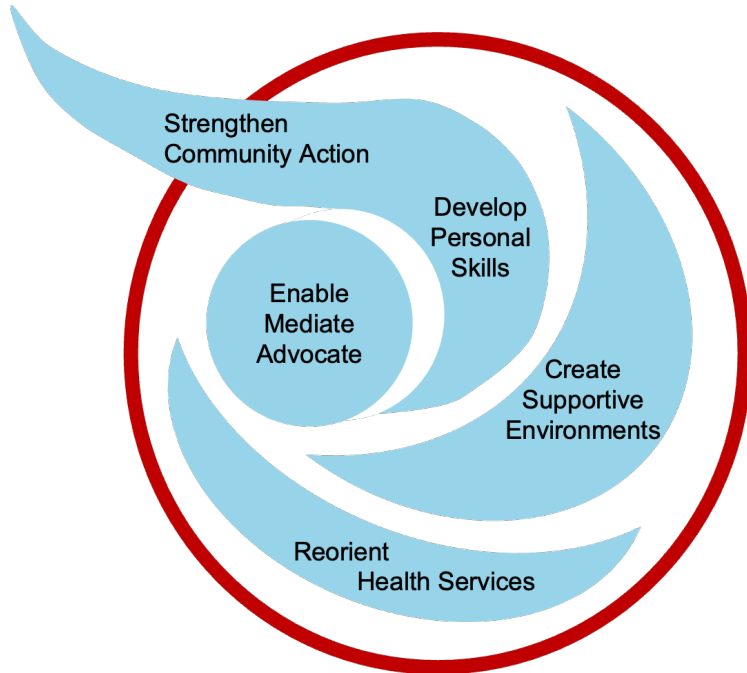


Paradigm shifts with a 'Health Promoting University' approach



Adapted from Dooris (2004, 2009); Squires & London (2021); Dolf & Dooris (in press)

Ottawa Charter for Health Promotion (WHO 1986)



Build Healthy Public Policy

Health Promotion is

“the process of enabling people to increase control over the determinants of health and thereby improve their health”

- - -

“Health is created and lived by people within the settings of their everyday life; where they learn, work, play and love”



Settings & Systems-based Approach

“If the frogs in a pond started behaving strangely, our first reaction would not be to punish them or even to treat them. Instinctively, we'd wonder what was going on in the pond.”

DAN REIST, UVIC, CANADIAN INSTITUTE FOR
SUBSTANCE USE RESEARCH

Wellbeing and learning environments



Paradigm shifts with a 'Health Promoting University' approach



Salutogenic & Regenerative Sustainability Approaches

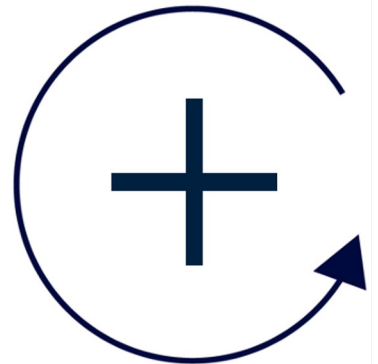
Shift emphasis from harm reduction to net positive (human & ecological)
→ e.g., from “treating mental illness” to “promoting mental health”

Leave people and nature better off than how we find them
→ *restoring, reciprocating, flourishing*

Force us to think of place and local context when designing solutions

Emphasize systems and interconnections
→ *focus on a working whole rather than individual parts*

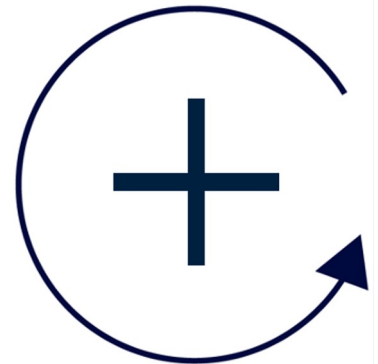
Make community and stakeholder engagement an essential ingredient
→ *stakeholders become co-designers in the processes*



A “regenerative” approach to sustainability and wellbeing

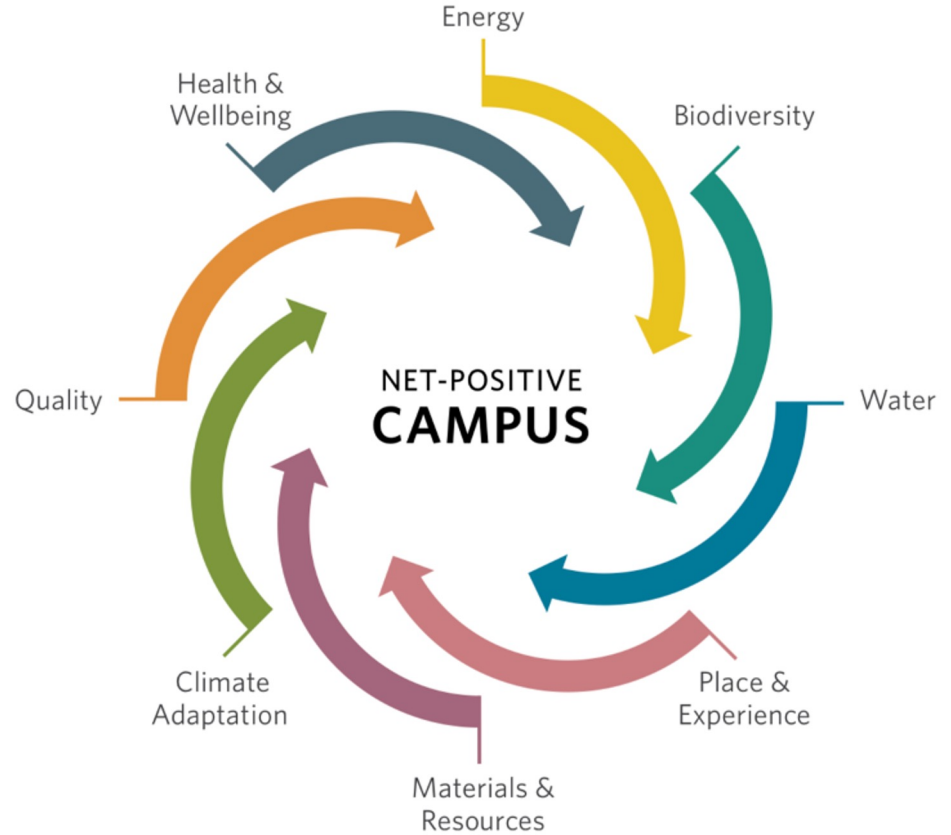
“At UBC, sustainability means **simultaneous improvement in human and environmental wellbeing**, not just reductions in damage or harm. By 2035, such **regenerative sustainability** is embedded across the University throughout teaching, learning, research, partnerships, operations and infrastructure, and the UBC community.”

UBC 20-YEAR SUSTAINABILITY STRATEGY, 2015



GREEN BUILDING ACTION PLAN

By 2035, UBC's buildings will make net positive contributions to human and natural systems.



Movement Break

Featuring Abishek from the UBC Move U Crew

Paradigm shifts with a 'Health Promoting University' approach





UBC's approach to Wellbeing

A collaborative effort to make the University a better place to live, work and learn through a whole systems and settings-based approach to embedding wellbeing across our campuses

> wellbeing.ubc.ca

JOIN THE CONVERSATION

What does wellbeing mean to you?

How can we build healthier and happier campus communities?

What should our wellbeing priorities be at UBC?

How would you like to be involved?

wellbeing.ubc.ca



Senior Leadership Workshop



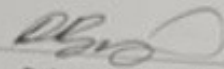
ACTIVATE THE OKANAGAN CHARTER
An International Charter for Health Promoting Universities and Colleges

➔ I support:

UBC adopting the Okanagan Charter on our campuses, to promote the health and wellbeing of our people, places and the planet.

➔ I pledge:

To champion wellbeing and help create happier, healthier, more sustainable communities at UBC and beyond.



Deborah Buszard
DEPUTY VICE-CHANCELLOR AND
PRINCIPAL, UBC OKANAGAN



Blake Edwards
PRESIDENT
UBC STUDENTSS UNION OKANAGAN

UBC'S COMMITMENTS TO THE OKANAGAN CHARTER

- ✓ Include Wellbeing in the University's strategic planning process
- ✓ Implement actions in six priority areas: Built & Natural Environments, Food & Nutrition, Mental Health & Resilience, Physical Activity, Social Connection, and Collaborative Leadership
- ✓ Invest resources into strategic supports for faculties, administrative units, and our community to facilitate UBC-wide action on wellbeing
- ✓ Evaluate and report on outcomes annually
- ✓ Collaborate with community members to embed wellbeing into organizational plans, academic and operational policies, practices, workplans, and everyday decision making
- ✓ Convene conversations and share best practices across Canadian and international campuses





Wellbeing Strategic Framework

University of British Columbia
Vancouver and Okanagan Campuses

UBC's Commitment to Wellbeing

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

wellbeing.ubc.ca







A holistic, whole university approach to promoting wellbeing



Wellbeing Strategic Framework Roadmap

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

Targets	Milestones	Lead Unit(s)	Progress	Target Date
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	Human Resources	  	January 2023
Mental Health Literacy: 10% increase in community members reporting access to opportunities to develop mental health literacy by 2025	Milestone 2. Develop and implement an engagement strategy to collaborate with affinity groups on mental health literacy training, programs and campaigns	Student Health & Wellbeing; Human Resources	  	Summer 2023
	Milestone 3. Develop mental health literacy program learning outcomes and competencies for students, staff, and faculty, and create a shared hub for training resources	Student Health & Wellbeing; Human Resources	  	Summer 2022
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	Office of the Provost, Human Resources, Student Health & Wellbeing, Office of Wellbeing Strategy	  	Fall 2022
All Faculties and Units Take Action: All faculties and units are engaged with wellbeing action	Milestone 2. Develop an engagement approach to unify action, capacity, recognition, and connection of wellbeing champions	Human Resources, Student Health & Wellbeing, UBCO Campus Wellness & Education, Office of Wellbeing Strategy	  	Summer 2023
	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	Office of Wellbeing Strategy	  	Fall 2023
	Milestone 4. Report and plan using a multisolving approach to ensure wellbeing efforts align with other P&P priorities	Office of Wellbeing Strategy	  	Spring 2022
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	Office of Wellbeing Strategy, SHCS, UBCO Campus Wellness & Education	  	Fall 2022
	Milestone 2. Affordability plan created	Affordability Task Force	  	Spring 2022
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	Food Services + Food & Nutrition Committee	  	Summer 2022
	Milestone 4. HBI designation program launched for food/beverage providers and events	Food Services + Food & Nutrition Committee	  	Summer 2023

Supporting Mental Health in the Workplace for Managers and Supervisors

30-minute virtual mental health literacy training developed by UBC HR's Health, Wellbeing & Benefits team, specifically for UBC's 5,000 leaders

Required training designed for new and existing faculty and staff with supervisory responsibilities to build mental health literacy in the workplace

Interactive content and design that aligns with institutional priorities to advance truth and reconciliation, inclusive excellence, anti-racism, and wellbeing



Activate Wellbeing Toolkit



<https://wellbeing.ubc.ca/awt>

Activate Wellbeing Toolkit



Estimated time: 50 minutes

3 ACTION PLANNING - OPERATIONS

This action planning activity will help your department, faculty, or unit identify potential actions.

- A** As a group, review the topic statements below and consider whether each is true for your faculty, department, or unit. Circle those that do **not** feel true.
1. Workplace wellbeing and mental health inform faculty, department, or unit internal practices, processes, and procedures that shape our work culture and expectations.
 2. We continue to address identified challenges in our current context in order to improve faculty and staff's wellbeing and mental health.
 3. Faculty and staff regularly and routinely model wellbeing practices within our faculty, department, or unit.
 4. We seek to advance inclusion, equity, decolonization, indigenization, and sustainability when implementing wellbeing efforts.
 5. We regularly provide progress updates on wellbeing efforts within our faculty, department, or unit. We pivot when needed.
 6. We regularly check-in on team wellbeing.
 7. Wellbeing considerations inform all decision-making.
- B** Choose one or two of the topic statements that you circled where there is team interest to discuss further and take action.
- C** For the 1-2 topic statements that you selected, consider the **examples of supportive actions** provided on the next pages. Mark the example actions that may be useful for your unit with a checkmark.
- D** For the 1-2 topic statements that you selected, brainstorm additional actions appropriate to your context. You will prioritize actions later. Be creative and don't worry about feasibility yet.
- E** Once your unit has identified several actions to explore, go back to the Activate Wellbeing Toolkit webpage wellbeing.ubc.ca/awt (or the slide deck) and click on step 4 for the **prioritization and planning** activity.

Paradigm shifts with a 'Health Promoting University' approach



Campus Health VOICE Project



Community development – works with students, staff, faculty, and other community members to improve the wellbeing of our campus community

Foundation for UBC Wellbeing – Identifies priorities and builds effective collaborations across the Okanagan campus

A model for implementing the Okanagan Charter – Conducts community-based participatory action research to enhance campus health

Stimulates innovation - Engages the campus community to develop evidence-based solutions to drive system transformation.

Driver of change - Strengthens capacity and partnerships to achieve the goals of a Healthy Campus and Wellbeing Strategic Framework



Student Strategic Plan (launched in 2022)

Our overarching goal in the Student Strategic Plan is to establish an environment in which students at UBC can access all that UBC has to offer, develop in personally meaningful ways, and build competencies that enable them to improve the world.



There are 3 student commitments, each with objectives to support the student mission: full participation, personal growth, and purposeful contribution

1. Transformative learning reinforced through local and global engagement
2. Wellbeing for people, places, and our planet
 - a. I feel included, supported, and respected in my university interactions
 - b. I have the knowledge and resilience to care for myself and those around me
 - c. I believe that I can influence change and have a positive impact in the world
3. Connections within and across campuses and communities

Focus on People 2025

UBC's people plan speaks to how the university intends to be a first-choice place for faculty and staff to meet their greatest potential. It identifies four “catalyst” areas, as well as focus and actions required to move towards our targets.



1. I am part of a diverse, inclusive, safe and vibrant workplace
2. I can grow my career
3. I am shaping the future of research, teaching and work
4. I am inspired by diverse leaders who live UBC's values

UBC Wellbeing Spotlight

Lauren Lee | Workplace Wellbeing Associate | UBC Human Resources



Paradigm shifts with a 'Health Promoting University' approach



Commitment to People, Places & Planet at UBC



Health & Wellbeing

- 1st campus to sign Okanagan Charter
- 900 researchers and 2,000 courses with health and wellbeing content
- Wellbeing Strategic Framework with 2025 targets in 12 areas

Indigenous

- 1st university in North America to commit to implementing UNDRIP
- Indigenous Strategic Plan with 43 commitments in all aspects of university
- Indigenous Residential School History & Dialogue Centre + Apology

Sustainability & Climate

- Ranked #1 University in the world on climate action by Times Higher Ed
- Climate Emergency Declaration
- Commitment to divest from fossil fuels

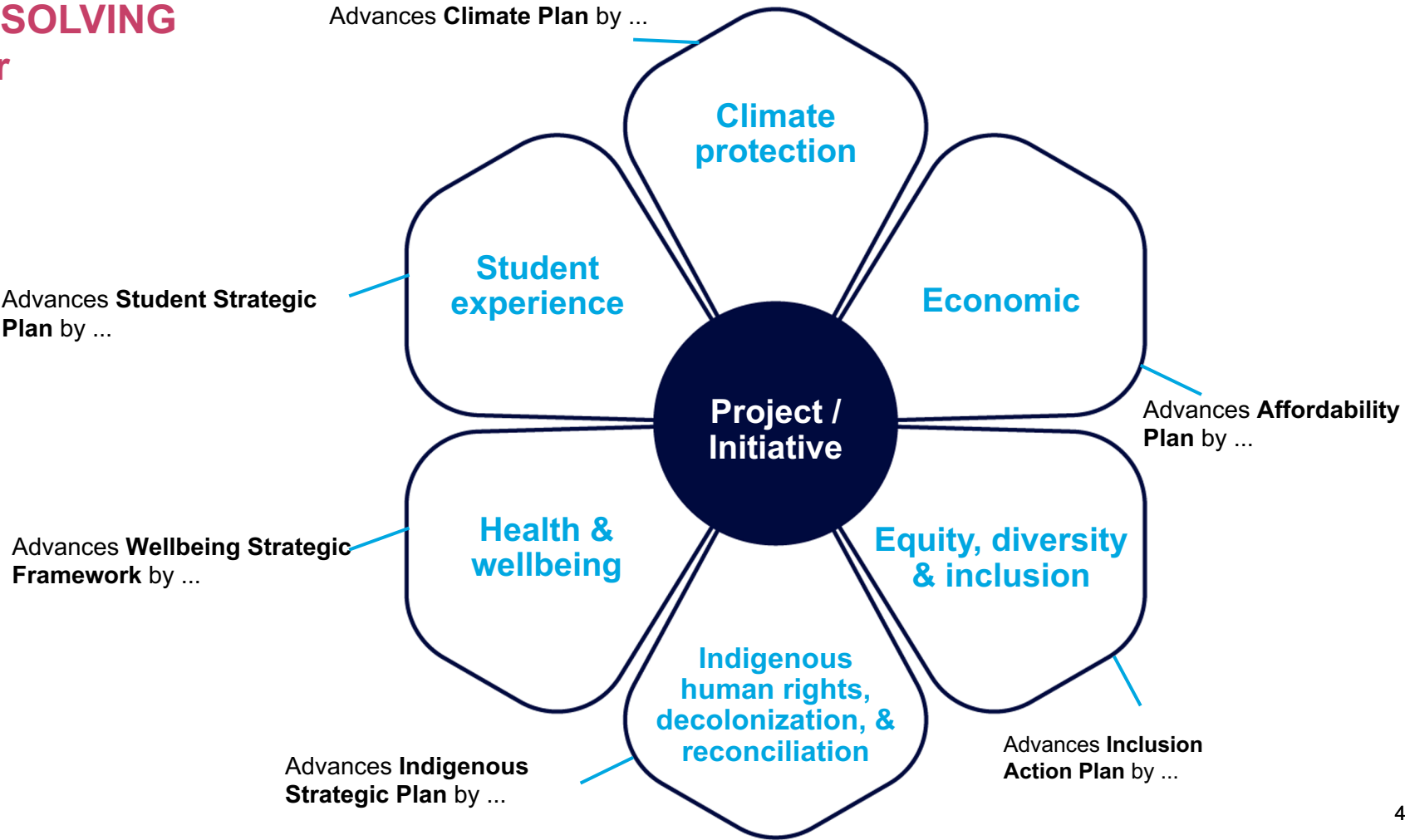
Equity & Inclusion

- Inclusion Action Plan
- Anti-racism Action Plan

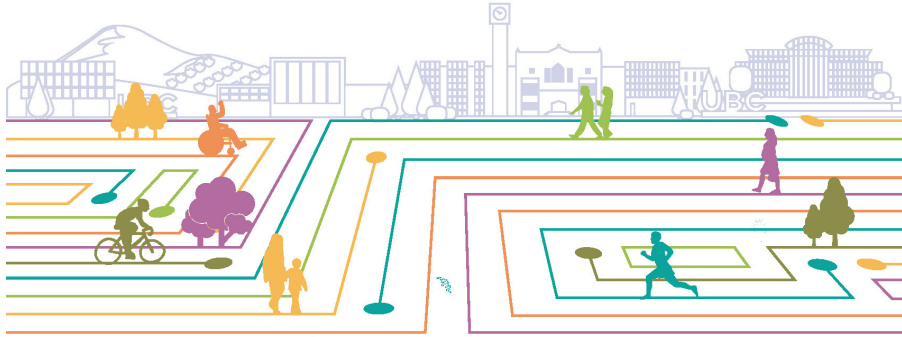
People

- UBC recognized as one of BC's Top Employers
- Focus on People Plan

MULTISOLVING Flower



2021-2022 Annual Report



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.

42 initiatives

funded by \$9,000 in **Move UBC micro-grants** supporting groups, departments and units at UBC Vancouver and Okanagan to host an event promoting physical activity, including the Centre for Student Involvement & Careers' Cirque De Sore Legs and Animal Care Services' Scooter Share Program.

10,000+ in-person and virtual Movement Breaks

completed across both campuses, where students, faculty, and staff engaged in short routines of stretches and light exercises to add movement to and break up bouts of sedentary behaviour in lectures, meetings, and at events.

"In just ten minutes you can change your whole view of your day. Give your mind a chance to relax while focusing on the movement only."

- Movement Break participant

UBC Vancouver and Okanagan Recreation launched new movement opportunities focusing on accessible, beginner, and cultural programming such as **New Moves with the Move U Crew, Rec 101, Cultural Wellbeing Series, and Indigenous Wellbeing Series.**



34,827+ participants

engaged in UBC Vancouver and Okanagan Recreation programs, events, and services that inspired **diverse ways to move year-round.**



50 registrants for **Move UBC x Climate Emergency Week's** Research Roundtable: Physical Activity & Climate Action, discussing the intersections of physical activity, climate action and social justice in partnership with **UBC's Sustainability Hub and Climate Hub.**



UBC Vancouver and Okanagan launched a **Cultural Physical Activity Series**, in partnership with various campus partners and student clubs. Featured activities included cultural dances, Indigenous games, and South and East Asian sports.



86 participants in **New Moves with the Move U Crew**, a new beginner sports program in collaboration with Undertoe Skateboarding Academy, Morica Sports, BC Wheelchair Sports Association, and BC Blind Sports & Recreation Association to feature classes in skateboarding, pickleball, wheelchair basketball, and goalball.

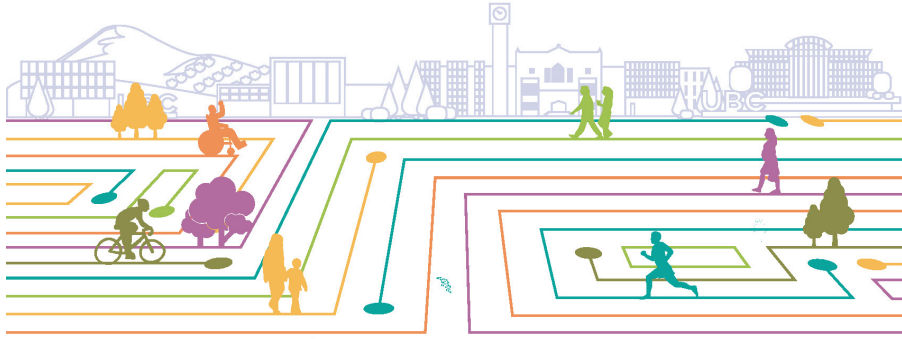


613 participants

in **Staff & Faculty Sports Day** at UBC Vancouver and Okanagan offered through UBC Vancouver and Okanagan Recreation and Human Resources.



2021-2022 Annual Report



- 20 Year Sustainability Plan
- Climate Emergency Plan
- Infrastructure Development: Learning Space Design Guidelines
- Learning Spaces at UBC
- Okanagan Campus Plan
- Vancouver Campus Plan
- Transportation Plan
- UBC GamePlan: Recreation and Athletics Facilities
- UBC Green Building Plan
- UBC Housing Action Plan
- UBC Land Use Plan
- UBC Neighbourhood Plans
- UBC Public Realm Plan

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.

978 childcare spaces

making UBC Vancouver the **largest campus child care provider in North America**, and the largest provider of infant and toddler care in Vancouver.



14,611 student residence beds

available at UBC Vancouver and Okanagan, making UBC the **largest student housing system in Canada** and one of the largest in North America.



980 faculty and staff housing units

available at UBC Vancouver.



51% of all trips

to and from campus were made by **walking, cycling, and transit** at UBC Vancouver.



4,200+ comments generated & analyzed,

3,200+ engaged in needs & aspirations discussions for the newly launched **Campus Vision 2050**, a two-and-a-half-year public land use planning process led by Campus + Community Planning to meet the needs and aspirations of the university community and Musqueam Nation, while tackling timely, local, regional and global challenges.

The x'məθk'əyám (Musqueam) Nation generously gifted the hən̓q̓əmin̓əni- language name for UBC's newest residence community, **to ɬx'halelən̓is to k'aalk'əʔaʔi** (The Houses of the Ones Belonging to the Saltwater), and each of its five houses: q̓al̓aləməcən ləlaŋ, q'tax̓əθən ləlaŋ stəwət ləlaŋ, tamas ləlaŋ, and skimak' ləlaŋ.



to ɬx'halelən̓is to k'aalk'əʔaʔi

UBC was recognized as one of **Canada's Greenest Employers** in 2022 for the 11th consecutive year.



200 unique interactions

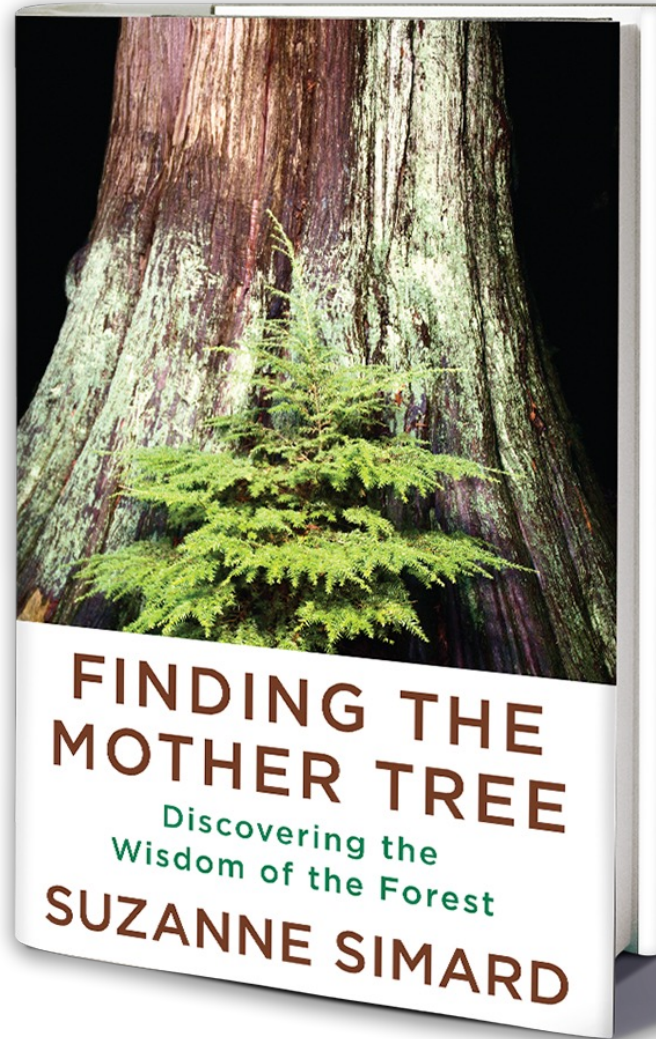
during **UBCycles**, expanding programming to include 16 social, trail and road ride events and two maintenance clinics.



16,140 km cycled, 75 riders, 1,013 rides, and 3,498 KgGhgs

saved during **GoByBike Week** at UBC Okanagan, an initiative encouraging students, faculty and staff to improve wellbeing while reducing carbon footprint.

Campuses as Mother Trees?



Reflection

Take 1 minute. Did any of the paradigm shifts related to implementing the Okanagan Charter resonate with you?

Did anything inspire you to reach out to someone new to partner in promoting health and wellbeing on your campus?

Write down one thing you will do this week to put that into action.

