

Wellbeing Strategic Framework — Implementation Roadmap

2021-2023 Year 1 & Year 2 Progress to date

The Implementation Roadmap tracks activities and accomplishments across the UBC Wellbeing Priority Areas. Activities are led by key units and support partners across UBC Vancouver and Okanagan campuses.

Legend: ✓ Completed — Continuing ✗ On hold

Priority Area + Targets	Key Activities Since the Wellbeing Roadmap Launch	Lead Unit(s)
Collaborative Leadership		
<p>UBC is committed to wellbeing: 10% increase in community members who feel UBC is committed to the wellbeing of its people, places, and communities</p> <p>All Faculties and Units Take Action: All faculties and units are engaged with wellbeing action</p>	<ul style="list-style-type: none"> ✓ Partner with the Office of Provost to build capacity for units to embed cross institutional plans into their strategic planning and decision-making ✓ Pilot the Activate Wellbeing Toolkit with 3 units ✓ Provide consultation to Strategy and Decision Support to incorporate wellbeing perspective in planning processes undertaken with 2 units ✓ Report and plan using a multisolving approach to ensure wellbeing efforts align with other People & Place priorities ✓ Use a multisolving approach in the Annual Report to highlight wellbeing efforts that align with other People and Place priorities ✓ Add a wellbeing stream to the existing Campus as a Living Lab Grant to encourage interdisciplinary projects — Develop an engagement approach to unify action, capacity, recognition, and connection of wellbeing champions ✓ Integrate communications, engagement, and evaluation to promote UBC's role, approach, and actions as a leading health and wellbeing promoting campus ✓ Lead national and international health promoting campus networks and co-host the International Health Promoting Campuses Symposium in May 2022 ✓ Engage UBC community to create stories, tools and content for communicators and stakeholders across UBC to use in their contexts 	<p>Health, Wellbeing & Benefits; Office of Wellbeing Strategy; UBCO Workplace Wellbeing</p> <p>Office of Wellbeing Strategy</p> <p>Sustainability Hub</p> <p>Office of Wellbeing Strategy</p> <p>Office of Wellbeing Strategy</p>
Food & Nutrition		
<p>Increase Food Security: Reduce food insecurity for UBC community members by 2025</p> <p>Healthy Beverage Consumption: 50% increase in healthy beverage consumption on our campuses by 2025</p>	<ul style="list-style-type: none"> ✓ Create Affordability Plan ✓ Launch Community Food Hubs on both campuses to drive collective food security action — Achieve compliance with 'Healthier Choices in Vending Machines in BC Public Buildings' policy <ul style="list-style-type: none"> ✓ Residence Dining is 100% Healthy Beverage aligned — Vending is 100% Healthy Beverage aligned ✗ Launch HBI designation program for food/beverage providers and events 	<p>Affordability Task Force</p> <p>Office of Wellbeing Strategy; UBCO Campus Wellness</p> <p>Food Services</p> <p>UBC Wellbeing Food & Nutrition Committee</p>
Physical Activity		
<p>Mover More: 10% increase in the prevalence of physical activity for UBC community members by 2025</p> <p>Diverse Community, Diverse Programming: 10% increase in satisfaction with recreation facilities and programs for UBC community members by 2025</p>	<ul style="list-style-type: none"> ✓ Develop and approve milestones: <ul style="list-style-type: none"> — Develop a plan for implementing the Canada 24hr movement guidelines — Enroll at least five units or departments by April 2023 in a commitment to integrate wellbeing breaks into the classroom and workplace — Develop a plan to reduce sedentary behaviour that can result from hybrid work arrangements using programmatic and systemic solutions 	<p>Athletics & Rec. Physical Activity Office</p>

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Mental Health & Resilience		
<p>UBC Cares: 10% increase in community members who feel mental health is a UBC priority by 2025</p>	<ul style="list-style-type: none"> ✓ Implement a virtual 45 minute workplace training on mental health literacy for managers and leaders within required workplace training mechanisms 	<p>Health, Wellbeing & Benefits; UBCO Workplace Wellbeing</p>
<p>Mental Health Literacy: 10% increase in community members reporting access to opportunities to develop mental health literacy by 2025</p>	<ul style="list-style-type: none"> — Develop and implement an engagement strategy to collaborate with affinity groups on mental health literacy training, programs and campaigns <ul style="list-style-type: none"> — Develop decolonization plans for mental health services ✓ Broaden focus from an IBPOC Health Plan to a Health Equity Plan to guide work 	<p>Student Health and Wellbeing; UBCO Wellbeing & Accessibility Services</p> <p>Student Health and Wellbeing; UBCO Wellbeing & Accessibility Services</p>
	<ul style="list-style-type: none"> ✓ Develop mental health literacy program learning outcomes and competencies for students, staff, and faculty, and create a shared hub for training resources <ul style="list-style-type: none"> ✓ Develop learning outcomes for mental health related knowledge, intersectionality and identity, and help-seeking and resources ✓ Develop mental health self-paced courses focused on increasing mental health literacy for faculty & staff ✓ Develop mental health self-paced courses focused on increasing mental health literacy for students 	<p>Student Health and Wellbeing; UBCO Wellbeing & Accessibility Services; Health, Wellbeing & Benefits; UBCO Workplace Wellbeing</p>
Social Connection		
<p>Feel Part of a Community: 10% increase in UBC community members feeling part of a community by 2025</p>	<ul style="list-style-type: none"> — Develop and approve milestones 	
<p>Inclusive Environment: 10% increase in UBC community members reporting that their beliefs, identity and experiences are valued by 2025</p>		
Built & Natural Environments		
<p>Active Transportation: At least 66% of all trips to and from UBC Vancouver made by walking, cycling or transit by 2040 At least 55% of all trips to and from UBC Okanagan made by walking, cycling or transit by 2040</p>	<ul style="list-style-type: none"> — Develop and approve milestones 	
<p>Complete Communities: Increase opportunities for people to learn, work, play, and live on our campuses through an increase in the number of student beds to 17,300 (UBCV and UBCO) and an increase in child care spaces to 1,200 (UBCV) by 2040</p>		

Wellbeing Strategic Framework — Implementation Roadmap

2023-2024 Year 3 - Proposed Activities

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Priority Area + Targets	Proposed Activities for 2023/24	Lead Unit(s)
Collaborative Leadership		
<p>UBC is committed to wellbeing: 10% increase in community members who feel UBC is committed to the wellbeing of its people, places, and communities</p> <p>All Faculties and Units Take Action: All faculties and units are engaged with wellbeing action</p>	<ul style="list-style-type: none"> — Promote, facilitate, evaluate, and refine the Activate Wellbeing Toolkit — Develop an engagement approach to unify action, capacity, recognition, and connection of wellbeing champions by hosting a 10-year celebration of UBC Wellbeing — Support whole-university approach by facilitating the co-development of content for the Wellbeing Annual Report, social media, and wellbeing.ubc.ca with UBC Wellbeing partners — Co-lead Canadian Health Promoting Campuses Network and a research project identifying best practices in leading campuses — Mentor new host university and participate in planning of the 2025 International Health Promoting Campuses Conference and Okanagan Charter renewal 	<p>Office of Wellbeing Strategy; Health, Wellbeing and Benefits; UBCO Workplace Wellbeing</p> <p>Office of Wellbeing Strategy</p> <p>Office of Wellbeing Strategy</p> <p>Office of Wellbeing Strategy</p> <p>Office of Wellbeing Strategy</p>
Food & Nutrition		
<p>Increase Food Security: Reduce food insecurity for UBC community members by 2025</p> <p>Healthy Beverage Consumption: 50% increase in healthy beverage consumption on our campuses by 2025</p>	<ul style="list-style-type: none"> — Food security activities are to be determined — Review Planograms in all new Canteen Canada beverage vending machines to ensure progress towards Healthy Vending Provincial Guidelines and to 100% HBI — Review of HBI beverage selections in select retail locations 	<p>TBD</p> <p>UBCV Student Housing & Community Services</p> <p>UBCV Student Housing & Community Service</p>
Physical Activity		
<p>Mover More: 10% increase in the prevalence of physical activity for UBC community members by 2025</p> <p>Diverse Community, Diverse Programming: 10% increase in satisfaction with recreation facilities and programs for UBC community members by 2025</p>	<ul style="list-style-type: none"> — Develop a plan for implementing the Canada 24hr movement guidelines — Enroll at least five units or departments by April 2023 in a commitment to integrate wellbeing breaks into the classroom and workplace — Develop a plan to reduce sedentary behaviour that can result from hybrid work arrangements using programmatic and systemic solutions 	<p>A&R Physical Activity Office</p> <p>A&R Physical Activity Office</p> <p>A&R Physical Activity Office</p>
Built & Natural Environments		
<p>Active Transportation: At least 66% of all trips to and from UBC Vancouver made by walking, cycling or transit by 2040 At least 55% of all trips to and from UBC Okanagan made by walking, cycling or transit by 2040</p> <p>Complete Communities: Increase opportunities for people to learn, work, play, and live on our campuses through an increase in the number of student beds to 17,300 (UBCV and UBCO) and an increase in child care spaces to 1,200 (UBCV) by 2040</p>	<ul style="list-style-type: none"> — Launch Mobi e-bike share program at UBCV in Fall 2023 with the opening of five e-bike stations by the end of the year and another five e-bike stations by the end of Summer 2024 — Increase the use of shared micro-mobility (e-bikes and e-scooters) to travel to, from, and around the UBCO campus — Update childcare expansion plan to account for growth and deliver additional child care centers at UBCV beyond the current childcare expansion plan targets — Transition UBCO childcare management and operations in-house to UBC's Student Housing and Community Services department, and begin construction on a new 37 space childcare — Open 317 new beds of student housing in August 2023 (Brock Commons North) and 152 units of faculty/staff rental housing in November 2023 (Echo) 	<p>Campus & Community Planning</p> <p>Campus & Community Planning</p> <p>Campus & Community Planning</p> <p>Campus & Community Planning</p> <p>Campus & Community Planning</p>
Social Connection		
<p>Feel Part of a Community: 10% increase in UBC community members feeling part of a community by 2025</p> <p>Inclusive Environment: 10% increase in UBC community members reporting that their beliefs, identity and experiences are valued by 2025</p>	<ul style="list-style-type: none"> — Conduct a sociodemographic data analysis to determine which student, staff, and faculty groups are well connected and which groups are at greater risk of poor social connection — Launch Voice 6: Social Wellbeing community-based action research project to understand the experience of students, staff — Re-orient and/or implement new services and programs to better support historically, persistently, systematically, and marginalized (HPSM) students, including the intersections of international and graduate student status. 	<p>Student Health and Wellbeing; Health, Wellbeing, and Benefits</p> <p>UBCO Wellbeing & Accessibility Services;</p> <p>Student Health and Wellbeing</p>

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Mental Health & Resilience		
<p>UBC Cares: 10% increase in community members who feel mental health is a UBC priority by 2025</p>	<ul style="list-style-type: none"> — Advance calls to action across our campuses that promote further understanding of intersectional approaches to promoting mental health and resilience 	<p>Student Health and Wellbeing; UBCO Wellbeing & Accessibility Services; UBCO Workplace Wellbeing; Health, Wellbeing, and Benefits</p>
<p>Mental Health Literacy: 10% increase in community members reporting access to opportunities to develop mental health literacy by 2025</p>	<ul style="list-style-type: none"> — Host sessions through the Mental Health and Resilience Committee on intersectional and decolonial approaches to promoting health and resilience — Hire a SOGI counsellor and Black counsellor available to both campuses — Develop decolonization plans for mental health services — Embed considerations and information about intersectionality and mental health into existing training, professional development, and course curricula — Embed and implement engagement strategies to collaborate with affinity groups on mental health literacy training, programs, and campaigns — Roll out new Health Equity plan for Workplace Wellbeing / staff, faculty — Embed mental health literacy program learning outcomes and competencies for students, staff, and faculty in programs, tools, and resources — Develop a course on psychological health and safety for all staff and faculty 	<p>Student Health and Wellbeing; UBCO Wellbeing & Accessibility Services; UBCO Workplace Wellbeing; Health, Wellbeing, and Benefits</p> <p>Student Health and Wellbeing</p> <p>Student Health and Wellbeing; UBCO Wellbeing & Accessibility Services</p> <p>UBCO Workplace Wellbeing; Health, Wellbeing, and Benefits</p> <p>Student Health and Wellbeing; UBCO Wellbeing & Accessibility Services; UBCO Workplace Wellbeing; Health, Wellbeing, and Benefits</p> <p>Health, Wellbeing, and Benefits</p> <p>Student Health and Wellbeing; UBCO Wellbeing & Accessibility Services; UBCO Workplace Wellbeing; Health, Wellbeing, and Benefits</p> <p>Health, Wellbeing, and Benefits</p>