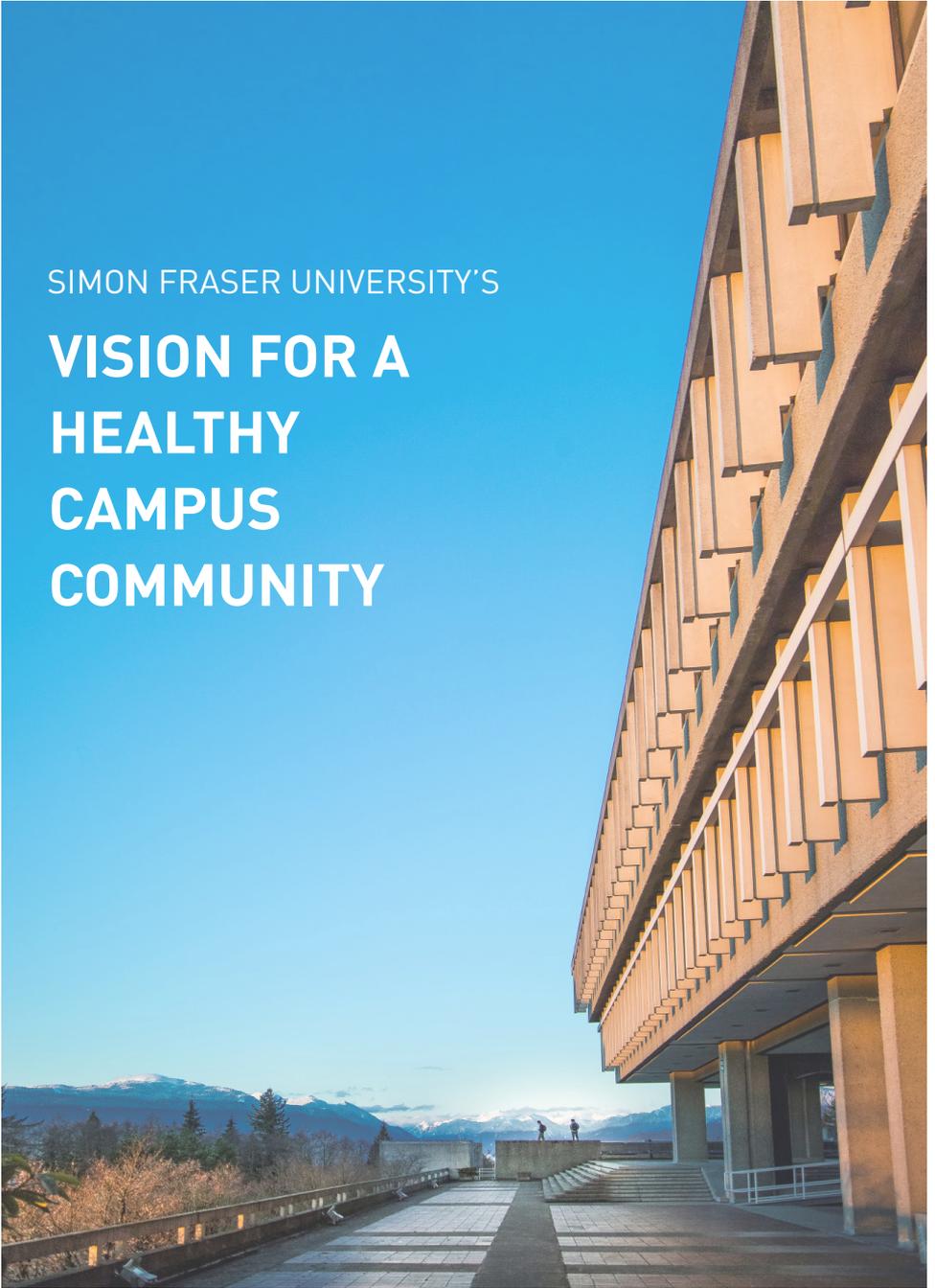


SIMON FRASER UNIVERSITY'S

VISION FOR A HEALTHY CAMPUS COMMUNITY



ACKNOWLEDGEMENT

We acknowledge this vision was developed on unceded traditional territories of the Musqueam, Squamish and Tsleil-Waututh peoples.

Thank you to all the students, staff, administrators, faculty members and community partners who provided feedback.

For more information about current projects and opportunities, please visit: www.sfu.ca/healthycampuscommunity

FOREWORDS



I am pleased to present Simon Fraser University's Vision for a Healthy Campus Community, an important part of our commitment to be Canada's Engaged University.

At SFU, we care deeply about the physical and emotional well-being of our students, faculty and staff. That's why we have been a leader in the Healthy Campus Community movement. In doing so, we have strived not only to create a supportive campus community that benefits our own members, but also to provide an example that can be looked to by others.

I am encouraged by the support that has been given to this effort from across the university, and by the projects that are underway. Working together, I am confident that we can continue to gain momentum as we move forward to realize this Vision.

A handwritten signature in black ink that reads "Andrew Petter". The signature is fluid and cursive.

- Andrew Petter, SFU President and Vice-Chancellor



SFU's Vision for a Healthy Campus Community calls upon us to consider how we can individually and collectively create campus environments that better support well-being. The health and well-being of our students, staff and faculty members are central to the success of our institution, and we have a responsibility to create the healthiest environment that we can at our university. For students, there is a complex interplay between well-being and learning, persistence and satisfaction. For staff and faculty, healthy environments contribute to job satisfaction, productivity, morale and organizational culture.

This is about considering well-being in our learning environments, programs, processes, policies, physical spaces, and everyday activities and interactions. We can all do our part to positively impact student, staff, and faculty members' well-being as well as the culture and general sense of a supportive community on all of our campuses. I commend those who are already contributing to this Vision and encourage others to become involved.

A handwritten signature in black ink that reads "Jon Driver". The signature is cursive and includes a long horizontal stroke at the end.

- Dr. Jon Driver, Vice President Academic and Provost

VISION STATEMENT

“ Simon Fraser University is a healthy campus community where the people, programs, practices, policies, and spaces foster well-being, supporting campus members to thrive and succeed at SFU and beyond. ”

INTRODUCTION

SFU is pleased to present our Vision for a healthy campus community. The vision has been co-created through campus-wide consultation, in which over 300 campus members from all 8 faculties and all 3 campuses shared their input and ideas in Fall 2014. The vision links well-being to the success of individuals and the institution. It calls upon each of us to consider how we can be a part of creating a healthy campus community.

SFU has been recognized internationally for the Healthy Campus Community initiative led by the Health Promotion Team, which takes a systemic approach to enhance health and well-being. This vision will strengthen the initiative and propel us forward as an institution that values health and works intentionally to create supportive conditions for well-being. The vision also represents SFU's activation of the international Okanagan Charter for Health Promoting Universities and Colleges, which calls to “embed health into all aspects of campus culture, across the administration, operations and academic mandates.”

AREAS OF ACTION

SFU's Vision for a Healthy Campus Community can be achieved through action in the following areas:



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The Healthy Campus Community initiative is aligned with the University's Academic Plan and contributes to SFU's Strategic Vision.

GOALS

1. SFU will lead, facilitate and participate in collective, systemic and innovative action for well-being.
2. SFU will improve campus culture and environments for well-being through policies and processes, learning and working environments, physical spaces, and services.
3. SFU will enhance conditions for meaningful social connection and sense of belonging.
4. SFU will increase opportunities to enhance staff, faculty and students' well-being, resilience, personal growth and individual capacity for health.



ABOUT WELL-BEING

Well-being refers to the positive characteristics of physical, social and mental health of students, staff and faculty members (see diagram in Appendix A). This encompasses concepts of thriving, resilience, connectedness, sense of community, empowerment, work-life balance, morale and camaraderie. It is enhanced by thriving, resilient and connected campus communities that reflect an ethic of compassion and embed a culture of well-being.

INSTITUTIONAL BENEFITS

By enhancing well-being, we will contribute to the success of individuals and the institution (see diagram in Appendix A). Students' well-being is strongly linked with learning, persistence and student success, and thus SFU's core business. Similarly, staff and faculty members' well-being is strongly connected to job satisfaction, productivity and absenteeism, and has important implications for the university's financial bottom line and organizational culture.

CALL TO ACTION

Join us to collectively advance SFU's Vision for a Healthy Campus Community. Consider how you can play a role, whether it is through existing projects or new collaborative opportunities. Consider how you might:



Reduce **undue stress** for students, staff and faculty members



Create opportunities for **involvement and engagement**



Create a **supportive institutional culture**



Build **social connectedness**



Provide opportunities for **personal development**



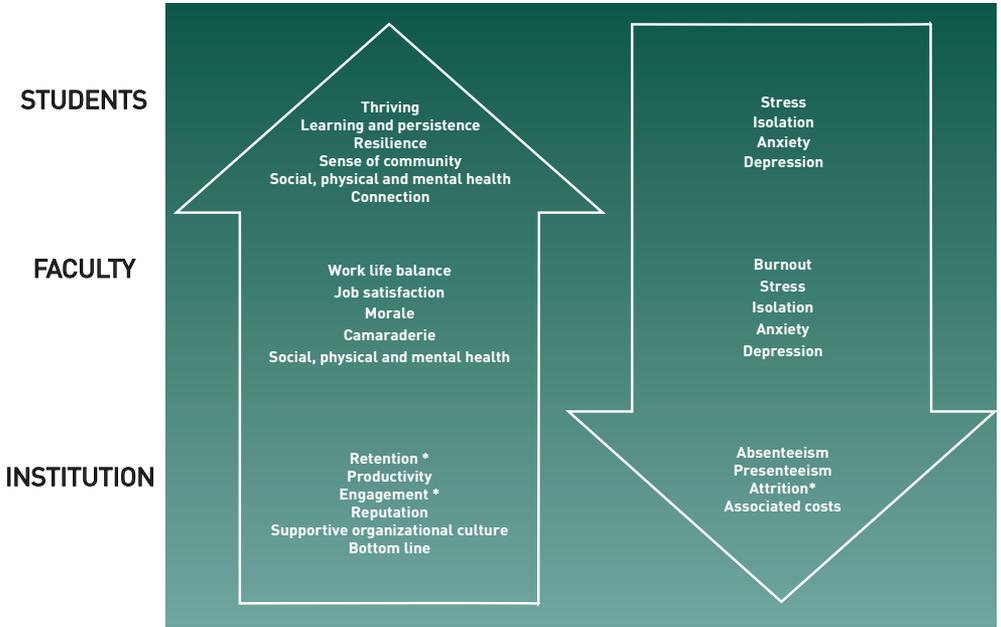
Help others strengthen **balance and resilience**



Help create an **inclusive** campus

To connect with the Health Promotion team with ideas to advance this vision, please email: health_promo@sfu.ca

APPENDIX A: INDIVIDUAL AND INSTITUTIONAL BENEFITS OF ENHANCING WELL-BEING



APPENDIX B: GUIDING PRINCIPLES FOR A HEALTHY CAMPUS COMMUNITY

1. Holistic view of health and well-being

Health is viewed holistically as ‘a complete state of physical, mental and social well-being’ (WHO). Well-being embodies concepts of resilience, flourishing, persistence, thriving, social connectedness and sense of belonging and is a resource for everyday life.

2. Whole campus approach: collaboration, partnerships and capacity

Everyone has a role to play in creating a supportive campus community. Increasing awareness, engagement, capacity, collaboration and partnerships among people, departments and faculties are key for successful action. Engaging and empowering campus members themselves is a central tenet of effective health promotion action.

3. Consider SFU itself as an entity for action

Strategic action requires a foundation in settings and systemic approaches that point to SFU itself as the object for intervention and action through its policies, programs, practices, spaces, systems and culture. This is about embedding a consideration for well-being into the fabric of the institution.

4. Comprehensive Action

A variety of complementary strategies is most effective to enhance well-being, including addressing multiple areas for action and organizational levels from individual to institutional.

5. Building on Success

An asset-based approach seeks and builds upon positive examples of actions and activities that are creating conditions for well-being.

APPENDIX B: GUIDING PRINCIPLES FOR A HEALTHY CAMPUS COMMUNITY

6. Inclusivity and equity

Principles of social justice and equity are considered in all health promotion action to help reduce health disparities. The particular importance of creating supportive environments for Indigenous peoples is recognized in view of health and educational gaps.

7. Evidence-informed action and innovative practice

Diverse research and evidence are drawn upon to inform strategies. Innovation is emphasized to develop and advance systemic approaches to creating healthy campuses.

8. Sustainability

Links between health and the environment are acknowledged and concepts of ecological and social sustainability will be reflected in all health promotion activities.

REFERENCES

The Healthy Campus Community initiative is founded in principles of settings based health promotion. For a complete list of references and theoretical frameworks underpinning the Healthy Campus Community initiative please contact health_promo@sfu.ca