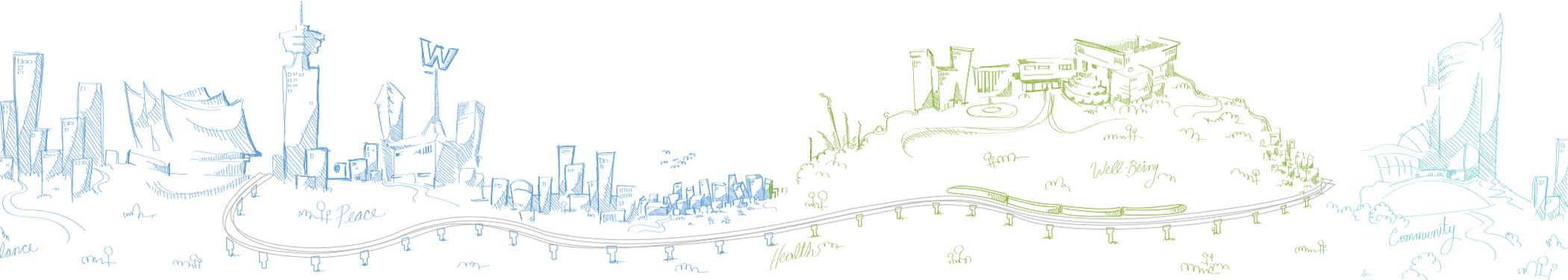




# HEALTHY CAMPUS COMMUNITY ANNUAL REPORT 2015



## INSPIRING COLLECTIVE ACTION FOR A HEALTHY CAMPUS COMMUNITY

Celebrating Simon Fraser University's 50th anniversary has inspired us to think about the health and well-being of our campus community over the next 50 years. In fall 2015, President Petter launched SFU's Vision for a Healthy Campus Community which represents a key milestone and provides a path forward in building a healthy setting for all campus members to thrive.

In the pages ahead, we focus on the projects and activities that have increased action towards each of the four goals of SFU's Vision for a Healthy Campus Community throughout 2015. We invite campus members to join us in moving the Vision forward, and have highlighted opportunities to do so throughout this report.

- SFU Health Promotion

We hope to advance SFU's  
Vision for a Healthy Campus  
Community by inspiring  
collective action and  
innovation, strengthening  
our institution's reputation  
as a global leader.





*“The release of the Healthy Campus Community Vision will strengthen the work that is already underway and will propel us forward as an institution that values health and well-being.”*  
*–Andrew Petter, SFU President and Vice-Chancellor*

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# FOREWORD



It has been a tremendous year for SFU's Healthy Campus Community initiative. President Petter launched SFU's Vision for a Healthy Campus Community in September, 2015. This will advance us as a leading institution that considers well-being in our everyday operations. SFU has also been in the spotlight internationally through our leadership role in creating the Okanagan Charter: An International Charter for Health Promoting Universities and Colleges, and bringing together individuals from 45 countries for dialogue and advancement of health-enhancing institutions of higher education.

I am pleased to introduce the 2015 Healthy Campus Community Report that highlights the collaborations, partnerships and activities that are underway, in pursuit of our goals for a Healthy Campus Community. The health and well-being of our students, staff and faculty members are central to the success of our institution.

I have had the pleasure of being involved in the Healthy Campus Community initiative for the past four years, and I am extremely heartened by the variety of campus individuals, programs and departments that have become engaged in this work. I offer my congratulations and encourage others to find ways to help create the healthiest communities that we can.

A handwritten signature in white ink that reads "Jon Driver". The signature is written in a cursive, flowing style.

**Dr. Jon Driver**  
Vice-President, Academic and Provost



When you explore the connections between well-being, learning, and student success, you realize how fundamental health and well-being are to the core mission of our institution. But more than this, a focus on well-being leads to the development of thriving, connected, resilient and engaged graduates and alumni.

Leading SFU's Healthy Campus Community initiative, the Health Promotion Team is successfully building partnerships and generating collective action across our university to embed a consideration for well-being in our systems, environments, programs and cultures. The reception they've received by so many community members speaks to this being a shared value of the entire university. I thank all of those who have helped us work towards our Vision for a Healthy Campus Community to date and invite all others to join us in 2016 as we explore even more ways to ensure that Simon Fraser University continues to be a world leader in this work.

A handwritten signature in white ink that reads "Nancy Johnston". The signature is written in a cursive, flowing style.

**Dr. Nancy Johnston**  
Executive Director, Student Affairs

## LEADERSHIP IN CAMPUS HEALTH PROMOTION

### International Leadership

- SFU co-led the development of the Okanagan Charter: An International Charter for Health Promoting Colleges and Universities
- SFU played a leadership role in bringing together practitioners, researchers, students, decision makers and academics from 45 countries for the 2015 *International Conference on Health Promoting Universities and Colleges*, a conference supported by the World Health Organization (WHO) and United Nations Educational, Scientific and Cultural Organization (UNESCO)
- SFU was recognized as the only Practice Leader for the 2015 *International Conference on Health Promoting Universities and Colleges*
- SFU's leadership and innovation in campus health promotion has resulted in requests from Australia, the United Kingdom, and across the United States and Canada for consultation related to the development of other schools' healthy campus initiatives

### North American Leadership

- SFU was the only Canadian institution invited as part of a panel presentation at the 2016 Annual Meeting of the Association of American Colleges and Universities: *Documenting Well-Being as a Core Outcome of Students' Engaged Learning and Inquiry-Centered Work*
- SFU is the only Canadian institution to have ever received grant funding from Bringing Theory to Practice (an organization affiliated with the Association of American Colleges and Universities)

## AWARDS

- 2015 Best Practices in College Health Award from the American College Health Association for the Well-being in Learning Environments initiative

## BUILDING MOMENTUM AT SFU

### Campus Engagement

- President Petter launched SFU's Vision for a Healthy Campus Community
- Over 100 individuals representing diverse positions, departments and faculties from across the university came together to generate new ideas for collective action and building momentum at the September Vision launch event
- Over 90 innovative partnerships underway
- Recognized the 2015 Champions for a Healthy Campus Community at an annual reception: SFU Dining Services (led by Mark MacLaughlin) and the Learning Hub within the Faculty of Education (led by Dr. Kris Magnusson)
- Released a new Casebook: *Embedding Conditions for Well-being in Academic Settings*, featuring examples from 6 Faculties
- Successful grant application from Bringing Theory to Practice to further explore the relationship between academic settings and well-being, through two programs within the Faculty of Arts and Social Sciences
- Created Well-being through *SFU Policy: A Guide for Action* with input from key stakeholders

### Student Engagement

- Expanded the Peer Health Education program
- Student Health Advisory Committee completed a report summarizing student feedback related to outdoor space design and well-being to inform future outdoor renovations by Facilities Services
- Created and launched online CANVAS course entitled *Bouncing Back: Building Resilience and Supporting Well-being*, with versions for both graduate and undergraduate students based on student feedback

# Vision for a Healthy Campus Community

## 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.”*

SFU’s Vision for a Healthy Campus Community was launched in fall 2015. This was a milestone for SFU Health Promotion and the Healthy Campus Community initiative, as the vision provides a guiding framework for the SFU community to continue to build momentum and action. It was co-created through campus-wide consultation, in which over 300 campus members from all eight faculties and all three campuses shared their ideas in 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 contribute to a healthy campus community.

The Vision for a Healthy Campus Community is aligned with the University’s Academic Plan [Objective 1.2.3] and supports the SFU’s vision of an Engaged University. The vision is also timely in exemplifying institutional action aligned with a new International Charter for Health Promoting Universities and Colleges.

## ABOUT WELL-BEING

Well-being refers to the positive characteristics of physical, social and mental health of students, staff and faculty members. 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.

## INDIVIDUAL AND INSTITUTIONAL BENEFITS OF ENHANCING WELL-BEING

By enhancing well-being, we will contribute to the success of individuals and the institution. 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. Ultimately, the Vision is working towards the reduction of negative health outcomes, such as stress, isolation and depression and the increase of positive outcomes such as resilience, thriving, persistence and social connection.

## GOALS

This report summarizes action for a Healthy Campus Community with respect to the following 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.



## AREAS FOR ACTION

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



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## HIGHLIGHTS

- President Petter launched SFU's Vision for a Healthy Campus Community 9/15
- 300 campus members from all 8 faculties and all 3 campuses came together to co-create the Vision

## OPPORTUNITY ►►

Align activities and programs in your faculty or department with the Vision.

The full vision document is available at:  
[www.sfu.ca/healthycampuscommunity/vision](http://www.sfu.ca/healthycampuscommunity/vision)

# Goal 1: Collective, Systemic and Innovative Action

SFU will lead, facilitate and participate in collective, systemic and innovative action for well-being.

## LAUNCH EVENT: FROM VISION TO ACTION FOR A HEALTHY CAMPUS COMMUNITY

On September 28th, 2015, President Petter officially launched SFU's Vision for a Healthy Campus Community at an event that was part of SFU's 50th anniversary celebrations. Over 125 campus members, representing diverse positions, departments and faculties from across the university were a part of the interactive dialogue event. Collaborating partners and SFU's Health Promotion team updated attendees on current projects within the Healthy Campus Community initiative. Participants were invited to reflect and generate new ideas for collective action to advance the vision.

## HIGHLIGHTS

- 125+ campus members were part of the interactive dialogue event
- 39,862 Unique Reach of the hashtag #SFUV2A through Tweetwall
- 100,000 impressions with the hashtag #SFUV2A

*"[The event] was very interactive and encouraged conversations between students, staff and faculty which is rarely seen in other events."*

*- Participant*

## PRESENTATIONS

Healthy Campus 2020: Implementation Strategies, American College Health Association Conference. Tara Black. 05/15



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

connect students to Health & Counselling ONLINE SERVICES [sfu.ca/student/health](http://sfu.ca/student/health)

as faculty/staff, create & support MENTORSHIP PROGRAMS

as staff/faculty, support your well-being by accessing the EMPLOYEE FAMILY ASSISTANCE PROGRAM

encourage students to get involved with clubs/groups on campus

INVITE health promotion



# 2015 NETWORK

270+

INDIVIDUALS INVOLVED

100+

FACULTY MEMBERS  
AND INSTRUCTORS

40+

ADMINISTRATORS

20+

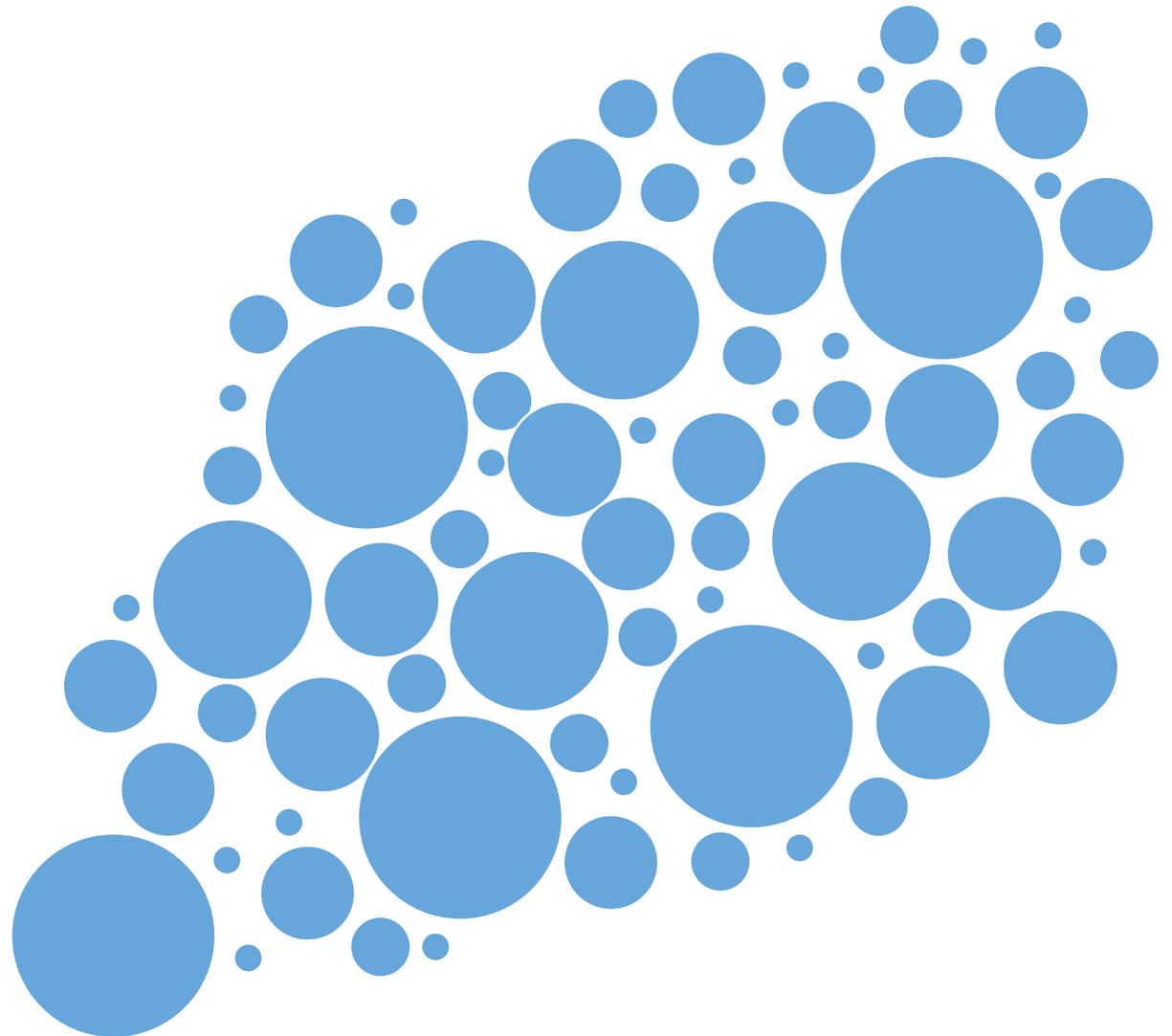
STUDENT LEADERS

100+

STAFF

## HEALTHY CAMPUS COMMUNITY NETWORK

A crucial component of the progress made towards a healthy campus community is collective, whole campus action. Since the inception of the Healthy Campus Community initiative in 2011, the network of those who have been involved has increased substantially in both numbers and diversity. The following is a visual depiction of the current number of campus members and external organizations involved in some capacity with the Healthy Campus Community initiative. Each bubble represents an individual or group of individuals.





#### LEGEND

- SFU BURNABY
- SFU VANCOUVER
- SFU SURREY
- EXTERNAL

## 2015 COLLABORATING PARTNERS

SFU Health Promotion sincerely thanks all those who have been involved in this initiative to date and looks forward to engaging new individuals, departments and faculties throughout 2016. The team would like to specifically acknowledge their 2015 Collaborating Partners, those who have been directly and actively advancing the Healthy Campus Community initiative.

### SFU Senior Leadership

- Office of the President
- Office of the Vice-President, Academic
- Office of the Associate Vice-President, Students

### Committees

- Vancouver Learning Spaces Committee
- Surrey Wellness Committee
- Classroom Renewal Committee

### Departments and Faculties

- Facilities Services, Campus Planning & Development
- Teaching and Learning Centre
- Ancillary Services
- Institutional Research and Planning
- Faculty of Health Sciences

### Student Organizations

- Simon Fraser Student Society
- Build SFU

### Student Services Departments

- Residence and Housing
- Recreation
- Senate and Academic Services, Registrar's Office
- International Services for Students
- Student Engagement and Retention
- Academic Integrity & Good Conduct Office
- Indigenous Student Centre

### External Organizations and Institutions

- Bringing Theory to Practice
- Canadian Mental Health Association:
  - Healthy Minds, Healthy Campuses Project
  - Changing the Culture of Substance Use Project
- UBC Okanagan



## LEADERSHIP IN AN INTERNATIONAL CONFERENCE AND CHARTER DEVELOPMENT

The 2015 International Conference on Health Promoting Universities and Colleges (ICHPUC) took place at the University of British Columbia Okanagan in June 2015. SFU Health Promotion played a key role in the conference planning, and was recognized as the only Practice Leader. Martin Mroz (Director, SFU Health and Counselling) co-chaired the conference that engaged over 300 researchers, practitioners, administrators, students and policy makers from over 45 countries in dialogue related to the critical importance of creating healthy and sustainable campuses. A key outcome of the conference was the development of a new charter for health promoting universities.

## CRAFTING AN INTERNATIONAL CHARTER

SFU's Health Promotion Team played a significant role in the development of the *Okanagan Charter: An International Charter on Health Promoting Universities and Colleges*. The Charter is intended to guide and inspire further action in creating healthy campuses globally. Tara Black (Associate Director, SFU Health Promotion) co-chaired the Charter Working Group. Alisa Stanton (Health Promotion Specialist) was also part of the Working Group and played a significant role in writing the draft charter. Rosie Dhaliwal and Crystal Hutchinson (Health Promotion Specialists) led an innovative Design Lab that sparked input and ideas from delegates that were incorporated into the Charter.

## PRESENTATIONS

**Moving from Theory to Practice: Applying a Healthy Settings Approach.** 06/15

\*Note: Other ICHPUC presentations are listed throughout the report

**Applying a Well-being Lens to Recreation in Higher Education.** British Columbia Recreation Summit. Tara Black. 10/15

## HIGHLIGHTS

- 300+ researchers, practitioners, administrators, students and policy makers from 45+ countries were engaged in dialogue related to the critical importance of creating healthy and sustainable campuses

## 2015 CANADIAN ASSOCIATION OF COLLEGE AND UNIVERSITY STUDENT SERVICES (CACUSS) CONFERENCE

In May 2015, Simon Fraser University hosted the annual CACUSS Conference in Vancouver, BC. The theme for the conference, *Whole Campus, Whole Student: Creating Healthy Communities* was inspired by SFU's Healthy Campus Community initiative. The conference generated record attendance and facilitated dynamic conversations related to student well-being, whole campus action, and the role of well-being in higher education. Rosie Dhaliwal (Health Promotion Specialist) and Martin Mroz (Director, SFU Health and Counselling) served on the Host and Program Development Committees.

### DIALOGUE EVENT: THE ROLE OF WELL-BEING IN HIGHER EDUCATION

A unique addition to the 2015 CACUSS conference was a dialogue event that brought together 80 individuals from across the country for discourse about the role of higher education institutions to embed a consideration for well-being. Dr. Tim Rahilly (SFU Associate Vice-President, Students) provided a thought-provoking opening address and Dr. Laurie Anderson (Executive Director, SFU Vancouver) facilitated an engaging dialogue.

### PRESENTATIONS

**Engaging the Community in Creating a Healthy Campus at SFU.** CACUSS Conference. Martin Mroz, Tara Black, Rosie Dhaliwal, Alisa Stanton. 05/26

\*Note: Other CACUSS presentations are listed throughout the report.

*“There was perhaps the best array of relevant workshop topics and presenters of any CACUSS conference in recent memory.”*  
– Participant

### HIGHLIGHTS

- 90% of participants agreed that the keynote address (by Dr. Evan Adams, Chief Medical Officer, First Nations Health Authority) was inspiring and aligned with the theme of the conference, *Whole Campus, Whole Student: Creating Healthy Communities*





**CHAMPIONS FOR A HEALTHY CAMPUS  
COMMUNITY 2015 - THE LEARNING HUB**



**CHAMPIONS FOR A HEALTHY CAMPUS  
COMMUNITY 2015 - DINING SERVICES**

## RECOGNIZING CHAMPIONS

Everyone plays a role in making SFU a healthy and supportive campus community and there is good work happening across SFU's three campuses. This was the fourth year of the Champions for a Healthy Campus Community project which highlights supportive aspects of SFU's campus community and builds awareness about a whole-campus approach to health and well-being. At the annual reception on January 21st, 2016, Dr. Jon Driver (SFU Vice-President, Academic) announced the 2015 Champions for a Healthy Campus Community: The Learning Hub (led by Dr. Kris Magnusson, Dean, SFU Faculty of Education) and Dining Services (led by Mark MacLaughlin, Executive Director of SFU Ancillary Services).

Both champions exemplified physical spaces which support well-being including flexible furniture options, ability to support various tasks, views of the outdoors and access to natural light. Multifunctional, welcoming spaces can help create social connections and positively impact well-being.

Videos showcasing each of the champion's contributions are available at:  
[www.sfu.ca/healthycampuscommunity/champions](http://www.sfu.ca/healthycampuscommunity/champions)

## HIGHLIGHTS

- 114% increase in number of nominations compared to 2014
- 100+ diverse campus members attended the 2015 Champions for a Healthy Campus Community Reception
- 8 videos created since 2012 with over 2500 views

## OPPORTUNITY ►►

Nominate a champion – students, staff, faculty, or programs that enhance student well-being and contribute to a healthy campus community.

## 50 CONTRIBUTIONS TO A HEALTHY CAMPUS COMMUNITY

As part of SFU's 50th anniversary, SFU Health Promotion summarized 50 Contributions to a Healthy Campus Community. These were presented by Dr. Tim Rahilly (SFU Associate Vice-President, Students) at the 2015 Champion Reception.

See all 50 contributions: [www.sfu.ca/healthycampuscommunity/50](http://www.sfu.ca/healthycampuscommunity/50)

**#44**  
**Creating Community**

With Marc Pope as Director, SFU Recreation has embedded a focus on creating community and social connection within their strategic plan.

© CONTRIBUTIONS TO A HEALTHY CAMPUS COMMUNITY  
See more at [www.sfu.ca/healthycampuscommunity/50](http://www.sfu.ca/healthycampuscommunity/50)

**50** SFU **Contributions**  
To a Healthy Campus Community

SFU HEALTH PROMOTION A DIVISION OF HEALTH & OCCUPATIONAL SERVICES

**#26**  
**Tracking Well-being**

Institutional Research and Planning has included new questions in the Undergraduate Student Survey to help understand aspects of well-being and sense of community on campus.

© CONTRIBUTIONS TO A HEALTHY CAMPUS COMMUNITY  
See more at [www.sfu.ca/healthycampuscommunity/50](http://www.sfu.ca/healthycampuscommunity/50)

SFU HEALTH PROMOTION

**#17**  
**Raising National Awareness**

With Rasmiana Khan-Henoni (Registered, Pro-Fest) as Chair, SFU joined the Canadian Association of College and University Student Services annual conference with the theme, "Whole Campus, Whole Student: Creating Healthy Campus Communities" raising the profile of student and campus well-being nationally.

For all 50 Contributions: [www.sfu.ca/healthycampuscommunity/50](http://www.sfu.ca/healthycampuscommunity/50)

**#22**  
**Well-being and Learning**

With Stephanie Chu as Director, the Teaching and Learning Centre is a partner in the Well-being in Learning Environments project and actively advancing a consideration of well-being within teaching practices, activities and events.

SFU HEALTH PROMOTION

**#30**  
**Inviting Spaces**

Marcus Olund, Building Technologist and SFU Facilities Services designed and renovated lounge spaces in the AQ with consideration of well-being. Inviting spaces where students can study, socialize and relax were created.

For all 50 Contributions: [www.sfu.ca/healthycampuscommunity/50](http://www.sfu.ca/healthycampuscommunity/50)



*“The Student Health Advisory Committee is unique in that it brings together students from the diverse areas of the SFU community. Students bring to the table various perspectives surrounding health and well-being to inform higher level decisions that ultimately better the student experience.”*

*– Barbara Szymczyk, Vice-President Finance, Simon Fraser Student Society*

## STUDENT HEALTH ADVISORY COMMITTEE (SHAC)

Students are key in informing and implementing the Healthy Campus Community initiative. One of SFU Health Promotion’s core values is to actively engage and empower students. The 2015 Student Health Advisory Committee (SHAC) provided direct input into the Vision for a Healthy Campus Community. SHAC’s contributions also included advocacy, collection of student feedback and engaging the broader student community in ongoing dialogue about well-being. During 2015, SHAC focused on collecting student feedback related to design features that can encourage the use of outdoor campus spaces. This feedback will be used to inform future outdoor renovations by Facilities Services. In 2016 SHAC will be hosting a student-led Vision to Action event to brainstorm how all students can enact and contribute to SFU’s Vision for a Healthy Campus Community.

## PRESENTATIONS

**Student Voice: Meaningfully engaging students for a Healthy Campus Community.** Crystal Hutchinson, Katie Mai, Ravina Gill. CACUSS Conference. 05/15

**Student Voice: An Active Medium to a Healthy Campus Community.** Crystal Hutchinson, Katie Mai, Ravina Gill. ICHPUC. 06/15

## HIGHLIGHTS

- Engaged individual students and various SFU Departmental Student Unions in the Healthy Campus Community initiative
- Strengthened relationship with the Simon Fraser Student Society
- 180+ students’ feedback incorporated into a Report for Facilities Services entitled *Outdoor spaces at Simon Fraser University’s Burnaby campus: A summary on student perspectives*

## OPPORTUNITY ►►

Students who are passionate about well-being are invited to join SHAC’s network.

Contact: [shac@sfu.ca](mailto:shac@sfu.ca)



*“I want to emphasize the importance of this initiative and that integrating a commitment to student well-being within programs, learning environments and physical spaces will lead to a stronger campus as a whole. By doing this, we will increase students’ resilience and capacity to succeed at SFU and beyond.”*

*–Dr. Tim Rahilly, SFU Associate Vice-President, Students*

# Goal 2: Improving Campus Culture and Environments for Well-being

SFU will improve campus culture and environments for well-being through policies and processes, learning and working environments, physical spaces and services.

## WELL-BEING IN LEARNING ENVIRONMENTS

Positive well-being is a key predictor for student learning and success. The Health Promotion team, in collaboration with the Teaching and Learning Centre, is working to highlight and increase teaching practices that enhance well-being within learning environments. An interactive web resource featuring ten conditions (see Well-being in Learning Environments diagram), provides examples of how course design, course delivery and student assessment can improve well-being in learning environments.

To learn more, visit: [www.sfu.ca/healthycampuscommunity/learningenvironments](http://www.sfu.ca/healthycampuscommunity/learningenvironments)

## PRESENTATIONS

**Bridging Research and Practice: Exploring the Role of Learning Experiences in Enhancing Student Well-being.**  
Rosie Dhaliwal, Alisa Stanton, David Zandvliet, Sarah Louise Turner. CACUSS Conference. 05/15

**Creating Conditions for Well-Being within Learning Environments: Bridging Research and Practice.**  
Rosie Dhaliwal, Alisa Stanton, David Zandvliet. ICHPUC. 06/15

## HIGHLIGHTS

- Since 2012, faculty involvement in the project has grown from an initial advisory group of 3 faculty members to a network of over 100 SFU instructors
- Awarded the 2015 Best Practices in College Health Award from the American College Health Association (ACHA)
- Project website, intended for instructors, averages over 2,200 page views per month



*“This project is about building a network of faculty members and instructors who consider student well-being in the way they design and teach their courses.”*

*– Dr. Stephanie T.L. Chu, Director, SFU Teaching and Learning Centre*



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## OPPORTUNITY ►►

We invite faculty, instructors and teaching assistants to join the Well-being in Learning Environments network.



*“In this important [casebook], the Health Promotion team describes and documents in its vision and culture how a ‘Healthy Campus Community’ connects educational aims to whole student development and to the well-being of its constituencies.”*  
– Dr. Donald Harward, President Emeritus, Bates College & Director, Bringing Theory to Practice, AACU

## WELL-BEING IN ACADEMIC SETTINGS

Within higher education institutions, academic departments and faculties significantly impact students’ experiences and well-being. Informed by literature from workplaces and higher education as well as feedback received from campus partners, SFU Health Promotion works collaboratively with academic units to create conditions for well-being. Key examples for positively impacting well-being are featured in a casebook that was released in spring 2015 entitled *Embedding Conditions for Well-being in Academic Settings*. Grant funding received in 2015 will be used to further explore the relationship between academic settings and well-being, through two Faculty of Arts and Social Sciences programs: Mentorship Program and First Year Learning Communities. SFU Health Promotion is working to expand the scope of the project within departments and faculties by engaging Deans, Chairs and other key leaders.

The casebook is available at: [www.sfu.ca/healthycampuscommunity/academic-settings](http://www.sfu.ca/healthycampuscommunity/academic-settings)

## HIGHLIGHTS

- Foreword provided by Dr. Don Harward, President Emeritus, Bates College and Director, Bringing Theory to Practice, AACU
- This project was partially funded by Bringing Theory to Practice, an organization affiliated with the Association of American Colleges and Universities (AACU)

## OPPORTUNITY ►►

Share positive examples within your faculty or department and align them with SFU’s Vision for a Healthy Campus Community.

## WELL-BEING THROUGH POLICY

Policy has a profound ability to impact student well-being. A policy may cause undue stress, anxiety or confusion through language and communication, the policy itself, or the procedures and processes relating to the policy. Alternatively, a policy can facilitate access to resources, services and supports and create a positive, supportive and inclusive campus culture.

With input from key stakeholders and in collaboration with Jo Hinchliffe, SFU Associate Registrar, Senate and Academic Services, *Well-being through SFU Policy: A Guide for Action* was created in 2015. We invite campus members to use the guide in the development or review of institutional or departmental policies and procedures. Students were also hired to further examine and elicit student input on the connection between policy and well-being.

To learn more, visit: [www.sfu.ca/healthycampuscommunity/well-being-through-policy](http://www.sfu.ca/healthycampuscommunity/well-being-through-policy)

## PRESENTATIONS

**A Novel Partnership: Collaborating for policy and well-being at SFU.** Tara Black, Jo Hinchliffe, Martin Mroz. CACUSS Conference. 05/15

**Addressing Well-being through Policy.** Tara Black, Su-Ting Teo, Cheryl Washburn, Jo Hinchliffe, Janet Teasdale, Mona Maleki. ICHPUC. 06/15

## HIGHLIGHTS

- Well-being through *SFU Policy: A Guide for Action* created, released and presented to Chairs and Directors, with input from over 200 campus members
- Completion of report: *Well-being through SFU Policy*, by Practicum MPH Student Yuna Chen
- Completion of Focus Group project to elicit student feedback on 3 specific policies, by Business Student Shi-Faye Foo

## OPPORTUNITY ►►

If you are developing or reviewing policy, connect with us.





## WELL-BEING THROUGH PHYSICAL SPACES

The Well-being through Physical Spaces project enhances well-being by way of built environments. Physical spaces directly impact mental, social and physical health. Well-designed spaces have the ability to positively impact mood, social connectedness and learning. In 2015, the Health Promotion team informed the design of over 10 spaces across all three campuses and led a Student Health Advisory Committee project exploring students' perspectives on outdoor spaces and well-being. In 2016, Health Promotion will be bringing together key campus community members to better understand how we can embed a consideration for well-being early on in the design process.

For more information on Well-being through Physical Spaces, visit:  
[www.sfu.ca/healthycampuscommunity/physicalspaces](http://www.sfu.ca/healthycampuscommunity/physicalspaces)

## PRESENTATIONS

**Creating Conditions for Well-being through Physical Spaces.** Crystal Hutchinson, Marcos Olindan, Marc Fontaine, Caitlin Pugh. CACUSS Conference. 05/15

**Inter-disciplinary Collaboration in Designing Physical Spaces That Support Well-Being.** Crystal Hutchinson, Marc Fontaine, Marcos Eric Olindan. ICHPUC. 06/15

## HIGHLIGHTS

- 473 SFU students contributed feedback to be used in all campus renovation decisions
- 10+ spaces were informed in design by the Health Promotion team including the upcoming Student Union Building (Burnaby); the Wellness Studio (Vancouver); and new student lounges (Surrey)
- Partnerships with Campus Development & Planning, Facilities Services and the Faculty of Education were expanded and solidified

## OPPORTUNITY ►►

Consider well-being in the design of physical space. If you are involved in physical space creation or renovation, connect with us to learn more.



# Goal 3: Enhancing Social Connection and Belonging

SFU will enhance conditions for meaningful social connection and sense of belonging.

*Enhancing social connection and a sense of belonging is embedded in all aspects of the Healthy Campus Community initiative, including the Well-being in Learning Environments, Well-being through Physical Spaces and Well-being in Academic Settings projects.*

## COMMUNITY COOKING WORKSHOPS

Led by the Peer Health Educators, there was a significant increase in the success and impact of the Community Cooking Workshop series in 2015. These workshops are geared towards creating community and social connection among international students while teaching basic food preparation and nutrition skills. In 2016, the Peer Health Educators will be expanding the series once again in order to accommodate increasing demand.

## PRESENTATIONS

**Webinar: Using Food and Dialogue to Create Connections** hosted by the Canadian Mental Health Association, Healthy Minds, Healthy Campuses. 03/15

## HIGHLIGHTS

- 258% increase in registrants since 2013
- 100% of student participants agreed that they made at least one friend at the workshops
- Partnered with the Canadian Mental Health Association through funding to increase the frequency and scale of the workshops for fall 2015





*“The cooking workshop was one of the best activities I have experienced on campus!”  
– Participant*

#### **OPPORTUNITY** ▶▶

Consider how your area can build opportunities for meaningful social connection, and share your ideas with us.

# Goal 4: Enhancing Individual Capacity for Well-being and Resilience

SFU will increase opportunities to enhance staff, faculty and students' well-being, resilience, personal growth and individual capacity for health.

## BOUNCING BACK: BUILDING RESILIENCE AND SUPPORTING WELL-BEING

In fall 2015, SFU Health Promotion created and launched an online course entitled *Bouncing Back: Building Resilience and Supporting Well-being* based on the success of a workshop previously developed for the Back on Track program. The online course is free and accessible to all SFU students and has thus increased the course's reach. An adapted version was also created specifically for graduate students. Additionally, the in-person Bouncing Back workshop expanded upon request, to several areas including Residence and Housing and the Indigenous Student Centre. The workshop continues to be a successful module within the Back on Track program.

To access the Bouncing Back course, visit:

[www.sfu.ca/students/health/programs--courses-and-workshops/ResilienceandWellBeing](http://www.sfu.ca/students/health/programs--courses-and-workshops/ResilienceandWellBeing)

## HIGHLIGHTS

- 250+ students (graduate and undergraduate) have self-enrolled in the online Canvas Course
- 100+ students (graduate and undergraduate) have participated in the in-person workshop
- 87% of students who completed the participant survey indicated that they will do something differently to enhance their resilience because of the course



## OPPORTUNITY ►►

Take the course or share the Bouncing Back course links with students.

## PEER HEALTH EDUCATORS

The Peer Health Educators are a group of student volunteers that are trained and supervised by the SFU Health Promotion team. Peer Health Educators play a key role on campus in helping students build skills related to balance, resilience, stress management, sexual health, sleep, social connection, active living and nutrition. With stress being the number one reported health issue among students, and the most important health issue impacting academics, this is an important focus for Health Peers. In addition to in-person activities on SFU campuses, Health Peers have a strong, intentional and successful online presence.

## NEW PROGRAMMING AND PARTNERSHIPS

- **#SFUconsentmatters campaign:** raised awareness to prevent sexual violence on campus.
- **Mindful Mondays:** Hosted weekly mindfulness sessions at SFU Vancouver.
- **Craft Collective:** Hosted weekly de-stress sessions where students, staff and faculty are invited to knit, colour and engage in other crafts.
- **New Committee Involvement:** Residence Health Committee and World University Services Canada SFU Local Committee.

## HIGHLIGHTS

- The Health Peer Program grew by 35% in 2015
- 175,500 Impressions on Twitter in 2015 and 290+ likes on Facebook
- Facilitated over 60 outreach activities in 2015



## OPPORTUNITY ►►

To collaborate with the Health Peers, contact: [hcspeers@sfu.ca](mailto:hcspeers@sfu.ca)

## WELLNESS WHEEL

The Wellness Wheel is an interactive tool developed by SFU Health Promotion to connect students to resources related to all dimensions of their health. The tool and associated quiz have been redesigned to be compatible with new web technology and mobile devices. A new database allows tracking of the Wellness Quiz results to further inform Health Promotion practice at SFU.

To access the Wellness Wheel and Quiz, visit: [www.sfu.ca/students/health/resources/wellness/wheel](http://www.sfu.ca/students/health/resources/wellness/wheel)



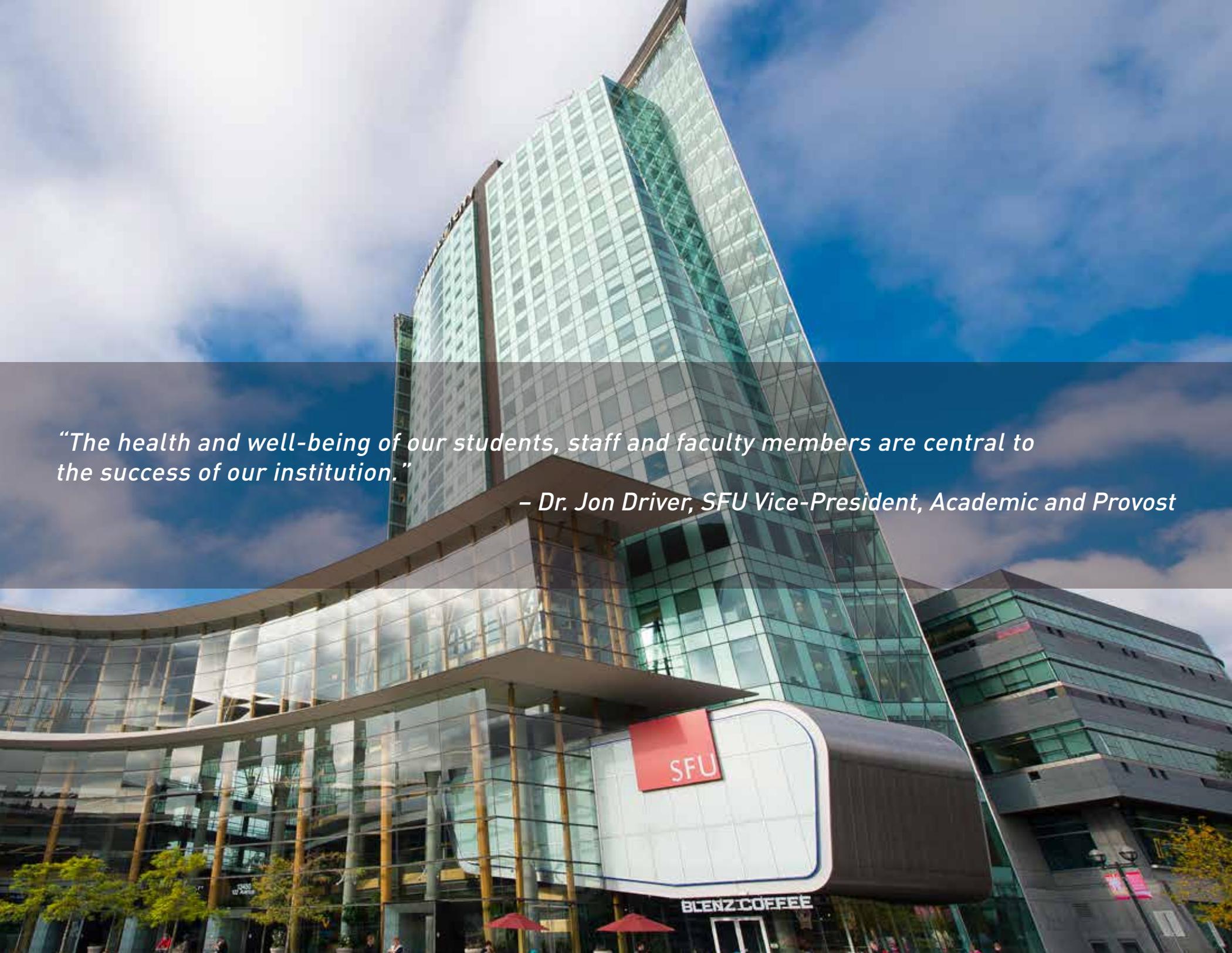
© 2014 Simon Fraser University

## HIGHLIGHTS

- 6,286 students completed the Wellness Quiz in 2015

## OPPORTUNITY ►►

Link students to the Wellness Wheel and Quiz through your program, department or faculty.



*“The health and well-being of our students, staff and faculty members are central to the success of our institution.”*

*– Dr. Jon Driver, SFU Vice-President, Academic and Provost*

# MEET THE TEAM



**Martin Mroz**  
Director, Health and  
Counselling



**Tara Black, RD, MSc**  
Associate Director,  
Health Promotion



**Rosie Dhaliwal, RD, MEd**  
Health Promotion Specialist



**Alisa Stanton, MPH**  
Health Promotion Specialist



**Crystal Hutchinson, MEd**  
Health Promotion Specialist

## LOOKING AHEAD

With the release of SFU's Vision for a Healthy Campus Community and the new Okanagan Charter guiding our path ahead, SFU is well positioned to make important strides towards our goals in 2016. We look forward to continued engagement with students and colleagues to advance efforts in building a thriving and healthy campus community. We would like to thank the many campus stakeholders and external organizations that contributed to the successes summarized in this report. It is only through collective action that we can build momentum towards a healthier campus community, and we are sincerely grateful for your contributions.

## CONNECT WITH US

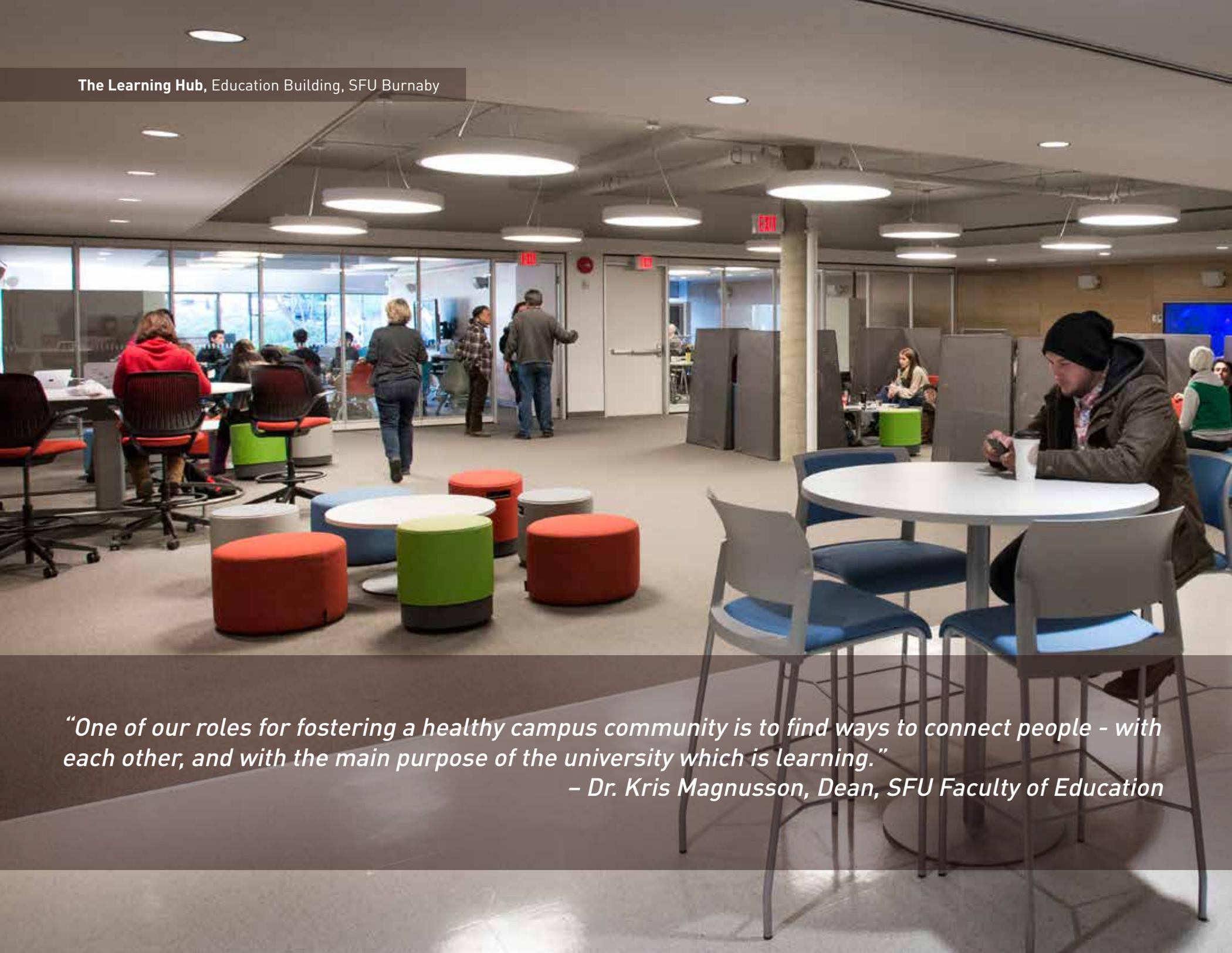
Contact us to share your success stories or to learn how you can get involved.  
Email: [health\\_promo@sfu.ca](mailto:health_promo@sfu.ca)

Learn more about the Healthy Campus Community initiative at SFU.  
Visit: [www.sfu.ca/healthycampuscommunity](http://www.sfu.ca/healthycampuscommunity)

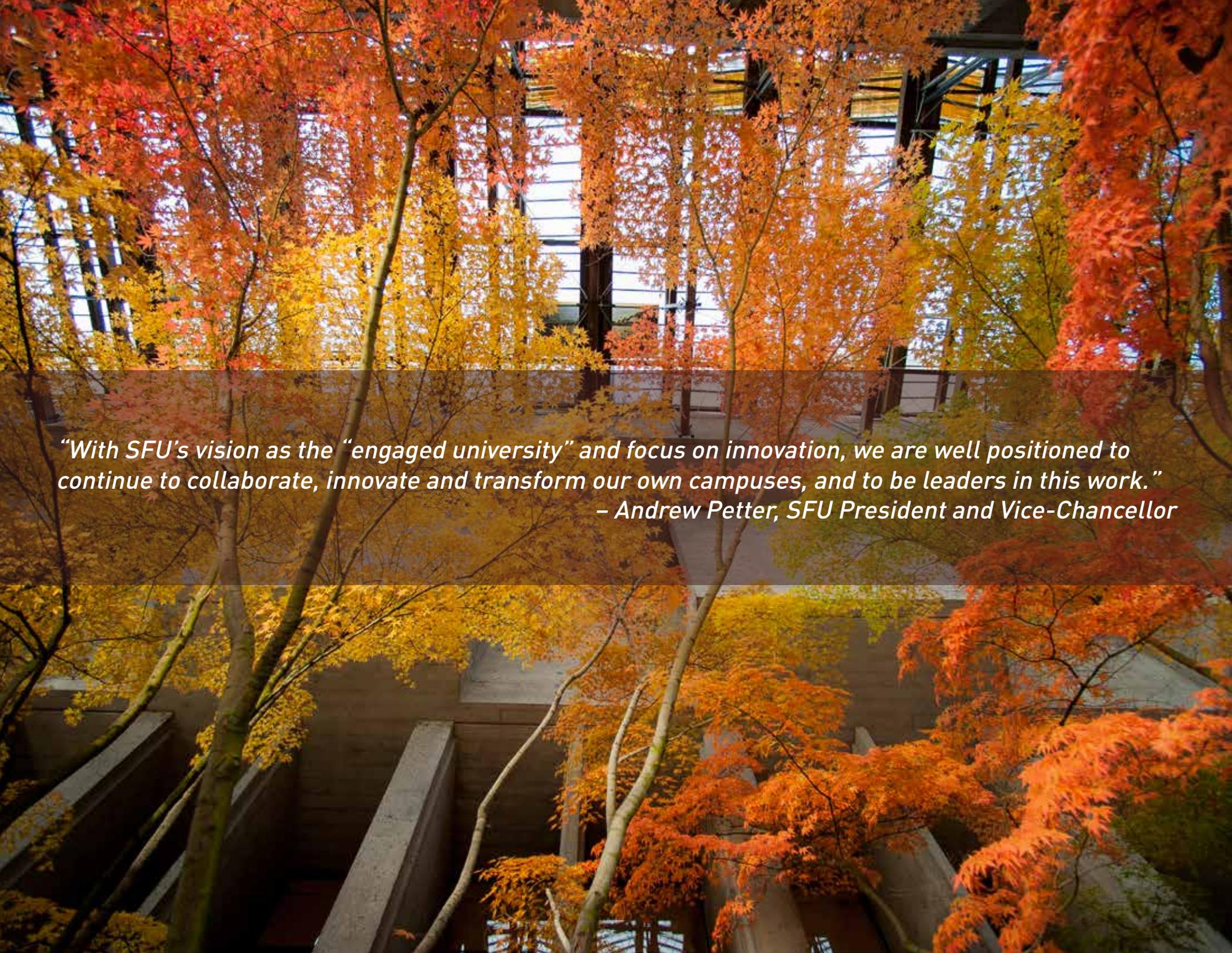


Stay informed on news & events related to the advancement of this initiative.  
Follow: [@SFUhealth\\_promo](https://twitter.com/SFUhealth_promo)

The Learning Hub, Education Building, SFU Burnaby

The image shows a bright, modern learning hub with a high ceiling and large windows. The space is furnished with various seating options, including colorful cylindrical ottomans in shades of orange, green, and blue, and white round tables with blue and white chairs. People are seen working at tables, some using laptops. The atmosphere is collaborative and focused on learning.

*“One of our roles for fostering a healthy campus community is to find ways to connect people - with each other, and with the main purpose of the university which is learning.”*  
– Dr. Kris Magnusson, Dean, SFU Faculty of Education



*“With SFU’s vision as the “engaged university” and focus on innovation, we are well positioned to continue to collaborate, innovate and transform our own campuses, and to be leaders in this work.”  
– Andrew Petter, SFU President and Vice-Chancellor*





**HEALTH  
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