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*Voice*  
CAMPUS HEALTH PROJECT

## CAMPUS HEALTH – CONTINUED DEVELOPMENT AT UBC’S OKANAGAN CAMPUS

*Annual Report*

*April 1st, 2015- March 31st, 2016*



THE UNIVERSITY OF BRITISH COLUMBIA



# CAMPUS HEALTH – CONTINUED DEVELOPMENT AT UBC’S OKANAGAN CAMPUS

*Annual Report*

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## CAMPUS HEALTH TEAM

**Joan L. Bottorff**, PhD, RN, FCAHS, FAAN, Principal Investigator, Campus Health (January 2016 – present); Director, Institute for Healthy Living and Chronic Disease Prevention; Professor, School of Nursing, Faculty of Health and Social Development, UBC Okanagan  
**Roger Wilson**, RPN, MA, RCC, Co-Investigator, Campus Health; Director, UBC Okanagan Health and Wellness)

**Claire Budgen**, PhD, RN, Principal Investigator, Campus Health Project (to December 2015); Associate Professor Emerita, School of Nursing, Faculty of Health & Social Development, UBC Okanagan

**Melissa Feddersen**, BSN, RN, Campus Health Specialist

**Casey Hamilton**, BSc, RD, Campus Health Specialist; UBC Okanagan Graduate Student

## INTRODUCTION

Campus Health is concluding its 20th year in promoting student health at UBC Okanagan (formerly Okanagan University College). The goals of the Campus Health project are to:

- Improve the health of the student population
- Improve the health of the campus community
- Reduce acute and chronic health care costs
- Increase student success and retention

Campus Health is guided by population health and ecosystem theories, Labonte’s Health Promotion Model “The Empowerment Holosphere,” and the Okanagan Charter.

The first section of our 2015-2016 Annual Report describes important contextual influences on the Campus Health project during the past year. The second section of this report reviews the focus and methods that guide Campus Health’s work. The third section of the report describes the work accomplished in a variety of focus areas and outcomes. This report concludes with some of our priorities for the coming year. The appendices include statistical reports (Appendix A), outcomes (Appendix B) and a list of conference presentations (Appendix C).

### 1. CONTEXT (Population/Staffing/Space/Grants)

In September 2015 the UBC Okanagan campus student population was just over 8392 students. There were 1676 students residing on campus, primarily first year students.



### **1.1 Campus Health Team Staffing and Resources**

The work of the Campus Health project was supported this year with two part-time contractors that became UBC employees as of October 1, 2015. These individuals were Casey Hamilton, a Registered Dietitian, and Melissa Feddersen, a Registered Nurse, both with extensive community-based health promotion experience. During the 2015-2016 academic year others also contributed to the Campus Health work:

- 28 students joined the work for course credit
- 2 students joined for practicum experience
- 3 students hired as undergraduate research assistants
- 18 VOICE student volunteers

To extend the work of Campus Health and meet the needs of our growing student population, we have worked to leverage our existing resources to obtain new funding and partnership opportunities. This year, Campus Health was able to secure an additional \$4000 from the UBC Wellbeing Initiative Fund to be utilized in the 2016-2017 academic year towards reducing sedentary behaviour. In addition, \$1000 was secured from the TUUM EST initiative fund to support the implementation of the sexual health peer education team. UBCO Student Services continues to provide in-kind space for Campus Health staff and students.

### **1.2 Wellbeing at UBC**

Wellbeing at UBC is being conceptualized as a foundational element of the UBC strategic plan, that is, health and sustainability of people and environments. The Campus Health team has been a driving force behind the development of this initiative and continue to support the building momentum. A reasonable expectation is that the accelerating development of this initiative will be of benefit to students and provide further partnership opportunities for Campus Health, where interests and priorities align and when resources permit. The Wellbeing at UBC is being viewed as UBC's distinctive implementation of the *2015 Okanagan Charter for Health Promoting Universities and Colleges*, an outcome of the International Conference hosted at Okanagan campus (described following). UBC President Gupta was a first signatory on the Charter. More information about Wellbeing at UBC is available online: including several brief statements from institutional leaders: <https://www.youtube.com/watch?v=3WHWRAPVtqI&feature=youtu.be> Two strategic priority areas were identified for Wellbeing at UBC in 2016 and they will continue to be the main focus during the 2016-2017 academic year:

- Increasing mental health and resilience
- Increasing physical activity and reducing sedentary behaviour

## **2. CAMPUS HEALTH FOCUS AND METHODS**

The work of Campus Health is informed by health promotion, population health and community health and ecosystem theories (e.g. WHO and T. Hancock). More specifically the work is framed through the lens of Labonte's "Empowerment Holosphere," thus our "health promotion practice is not restricted to work with individuals, nor to work with groups, nor to work with social institutions nor structures, nor to work with policies and political processes. It attends to all of these levels, with professional actions and program purposes that may be quite different at each

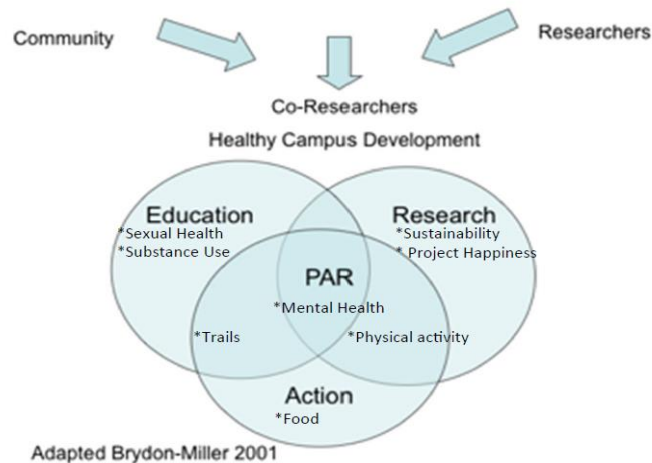


level, yet be united by professional actions, program purposes, outcomes and effects that deliberately strive to link across all the levels” (Labonte, 1993, p. 57). New theories such as social innovation also are tested for their usefulness in the campus setting.

Campus Health now also utilizes the Okanagan Charter as a foundational and guiding document. The Okanagan Charter was developed at the International Conference for Health Promoting Universities in June 2015 (discussed later and coordinated by Campus Health Clinicians) and provides a roadmap for integrated health into every aspect of university culture.

Although December 2015 marked the conclusion of the 2012-2015 VOICE research project, we continue to utilize VOICE methods and results to guide our Campus Health work. Specifically, we use community-based participatory action research (CBPAR) methodology with student/non-student partnerships and health promotion strategies from the Ottawa Charter. Using this approach, the community or research population participates in conducting the research and creating change relevant to their community, as opposed to being exclusively the subject of other’s research and the recipient of services and programs. The UBC Okanagan campus community continues to fully engage in the VOICE/CBPAR process with Campus Health through research, education, and action cycles. The figure below depicts where the activity for some focus areas fell in the spectrum of CBPAR- Education, Action, and Research.

### Community Participatory Action Research



### 3. WORK ACCOMPLISHED DURING 2015-2016

The foci of the Campus Health team each year are informed by current evidence about campus priorities. Priorities are determined by: VOICE data, National College Health Assessment, other institutional surveys, reports from the clinic/residences, as well as, student/campus issues that



emerge throughout the year. This section of the report will describe the areas of focus for the 2015-16 academic year.

### **3.1 VOICE student volunteer initiative**

The Campus Health team developed a formalized volunteer program beginning January 2016. With the assistance of the three student staff, six training modules were developed (population health/community development, food, mental health, sexual health, substance use, and sustainability) and used to train 25 students. Eighteen students continued to volunteer with Campus Health over the course of the semester on projects outlined in the following sections.

### **3.2 Wellbeing at UBC**

Over the past year, Campus Health has established a strong collaborate with the Wellbeing at UBC initiative and provided leadership in healthy campus development and student engagement based on our decade of VOICE community-based action research on campus. Dr. Budgen (to August 2015) and Dr. Bottorff (Sept 2015 – present) were members of the UBC Wellbeing Steering Committee (a cross-campus committee). Campus Health team members also began attending the Wellbeing at UBC - Okanagan campus Advisory Committee meetings this year. Campus Health is using this opportunity to influence the planning, implementation, and evaluation of Wellbeing at UBC as it relates to student wellbeing. In addition, we are leveraging the progress of Wellbeing at UBC as an opportunity to further the reach and impact of Campus Health work.

### **3.3 Campus Master Plan for People and Environments**

The completed UBC Okanagan Campus Master Plan was presented at the International Conference on Health Promoting Universities and Colleges held June 22-25, 2015. Concepts such as the wellbeing of people and environments were readily visible throughout the Plan, consistent with the goals of Campus Health. Meetings to discuss continued collaboration between Campus and Community Planning, and Campus Health (students and non-students) were held in July and August.

### **3.4 Food**

Food was a major topic of interest for students this year and an increase in concern regarding food security. Campus Health worked with students enrolled in the Geography of Food Systems course, nursing students, and VOICE student volunteers on several projects intended to assist students with food budgeting and meal preparation. Two student cookbooks were produced in addition to a resource to assist students with budgeting with a meal plan card.

We saw an increase in dialogue and collaboration between stakeholders on campus through participation in the UBC Okanagan Food Advisory Committee, and through food security and food system dialogues with the Geography of Food Systems course. Campus Health and Campus Life have begun to work closely together on the Food Exchange (UBCO food bank) and recently submitted an application to acquire funding to investigate food insecurity at UBCO. Campus Health also collaborated with the Nutrition Education Centre during Nutrition Month to communicate healthy eating tips to students.



### **3.5 Mental Health**

Throughout this reporting period, mental health was a topic that student co-researchers were passionately concerned about. More than 20 student joined us to work on this topic. Our work included the following:

Advocacy to Senate: Work continues to advocate for using mental health (and wellbeing in general) a lens by which we make decisions at a Senate level. The UBCO Senate includes students and two members of our VOICE student team ran for Senate with a mental health platform. These senators will graduate this year and so we need to create new partnerships at a senate level in order to move this work forward.

Thrive Week: Thrive Week (promoting positive mental health for all) continues to expand and grow. This year six nursing students joined in our efforts with Thrive week. The projects included expanding the classroom wellbeing project, attempting to create a more robust social media presence (Tumblr, Twitter, Facebook), and creating a new Instagram movement entitled #myvoiceok. Of these the most exciting was the increased momentum within the classroom setting. This term more than 40 faculty members engaged with us, with a student reach of over 2000. Each day of Thrive week participating faculty were provided with PowerPoint slides (to add to their lecture deck) related to the theme for that day. Themes included food and stress, exercise and stress, social support and stress, stress management.

Mental Health Action Network: This network (consisting of staff, faculty, students, student union and others) continues to meet once monthly to discuss current issues and explore collaborative ways to make a difference. The Wellbeing at UBC initiative continues to help support systems thinking for this group as we look at how to do better for the community at large.

### **3.6 Physical Activity**

Campus Health has been an active participant in UBC's cross-campus Physical Activity Working Group this year. The UBC Okanagan campus group members have begun to organize group efforts to increase physical activity and reduce sedentary behaviour. Campus Health was able to leverage \$4000 in funding to support physical activity work at UBCO for the 2016-2017 academic year thanks to the UBC Wellbeing Initiative Fund.

An exciting initiative to pilot test the use of a treadmill desk in the library began in March 2016 and will continue into the next year. The desk has been ordered and will be installed by the end of April. A research proposal is under current development and will obtain important information related to the feasibility of the treadmill desk for students and its impact on sedentary behaviour. This project is a collaboration between Campus Health, UBCO Library, and UBCO Risk Management.

### **3.7 Sexual Health**

There was significant interest in establishing new programs for sexual health this year. A group of nursing students partnered with us in the fall to create a peer team for sexual health promotion.



This team received certification and will be activated when requests from campus groups occur. This year the Campus Health team participated in six educational events including ‘sexapalooza’, women’s health night, three residence wellness events and an education event for one of the sororities.

Sexual Assault: UBC found itself in a hotbed of political pressure in regard to sexual assault this year and so work on this topic area was prolific. Campus Health was involved in subsequent meetings which led to significant outcomes including:

- 1) Development/implementation of “Responding to Disclosures” workshop
- 2) Development of/large scale communication release of “Responding to Disclosure,” a two-page resource for staff and faculty
- 3) Large scale consent campaign
- 4) Two institutionally funded sexual health events
- 5) Development of a UBC Okanagan specific procedure document
- 6) Development of a three-year education plan for both campuses.

Campus Health continues to provide leadership for our campus on this topic area.

### **3.8 Smoking**

Initiatives related to smoking this year included participation in National Non-Smoking Week. This included activating a large social media initiative and hosting booths around campus (and providing information and quit kits). Advocacy work related to reducing the visibility of smoking and exposure to secondhand smoke continues has led to some successes. A plan has now been established for movement of problematic gazebos. The move date is imminently expected.

### **3.9 Substance Use**

Our substance use interventions usually focus on reducing alcohol risk and promoting low risk marijuana use. This year the priority became the fentanyl explosion within our community and the declaration of a public health emergency related to overdoses. Campus Health organized social media blitz, poster campaign and a booth at Wellbeing Fest. There seems to be a trend towards ‘heavier’ drugs on campus as we had a fentanyl related death (student believed he took oxycontin) and a heroin overdose of a residence student. At the UBCSUO parties, it was also noted anecdotally that more students were taken to hospital than usual with drug reactions to what they thought was ecstasy but seemed to something else. We will continue to monitor this issue and intervene with educational campaigns. We have also initiated conversations with Outreach Health Services to consider having a needle exchange program within our clinic. Campus Health sees this as an excellent opportunity to reduce drug related risk and build relationships with student using heroin and other drugs.

### **3.10 Sustainability/Trails and Environment**

Several Campus Health student volunteers worked on sustainability-related projects during the Winter 2016 semester. A sustainability training module was developed for future VOICE volunteer training. Posters were developed to remind students that coffee cups on campus are



recyclable, and work has begun with the Student Union and UBC food services to have them posted at food services establishments on campus.

The trail signage project which began in the Winter 2015 was completed in Fall 2015. The signage was printed and installed along Pine Loop Trail, Snowberry Loop, and the Old Pond Trail. Promotion of the campus trails continued at appropriate Campus Health events. A student volunteer began working on a concept for a safe walk program for students walking from Quail Ridge with interest from Campus Security.

### **3.11 Wellbeing Fest March 2016**

VOICE students organize an annual event to engage the campus community and to exhibit accomplishments of the year. This year, Wellbeing Fest was held on March 24, 2016 as a fun event to equip students with ideas on self-care as they approach their final exams. Booths included: trails, physical activity as stress reduction, nutrition and studying, substance use (study drugs etc.), wellbeing in the classroom context, and healthy relationships. Students were given cold and flu self-care kits, healthy recipes, plants, gym passes and colouring sheets. There was tremendous energy for this event.

## **4. INTERNATIONAL CONFERENCE ON HEALTH PROMOTING UNIVERSITIES AND COLLEGES**

Over 375 people from 43 countries convened at UBC's Okanagan campus for the *2015 International Conference on Health Promoting Universities and Colleges: 10 years after the Edmonton Charter*. This conference brought together researchers, practitioners, policy makers and students from around the world to share knowledge and practices in campus health promotion and prevention. Included among participants were representatives from Interior Health Authority as well as international leaders in health promotion (WHO, UNESCO, and PAHO).

Dr. Claire Budgen and Mr. Martin Mroz (SFU) were co-chairs for this conference. The Campus Health team not only participated in this conference but also assisted the conference co-chairs with conference organization. For example, Campus Health optimized the opportunity of this conference to demonstrate how our health promotion principles can inform events and campus programming. The Campus Health team assisted with menu planning, water provision, sustainability attempts, access to physical activity, and opportunities to connect socially. These facets of the conference program were treated with equal importance as the scientific program. Conference delegates and University staff and students were able to see how an event can provide spaces that are intellectually inspiring while simultaneously wellbeing promoting.

Campus Health had a booth to share healthy campus development ideas, sponsored the attendance of several student delegates. Approximately 80 UBCO students, faculty and staff participated as volunteers (students predominated). The plenary talks were informative and inspiring, and videos of the sessions will be used in future Campus Health work. An impressive number of also students presented their work in concurrent sessions. For example, UBCO



students sought funding to create a video about health promotion on campus which they filmed during the conference (<https://www.youtube.com/watch?v=q4R-ENU38Wc&feature=youtu.be>). This will be shared with other campuses around the world to invite other students to create videos and take active roles in improving health within their campuses.

With the support of a writing team, the conference delegates critiqued and refined the Charter in a design lab and development sessions, and pledged to bring the Okanagan Charter back to their settings. The Okanagan Charter will be used to guide future campus health work and is available on the conference website.

Conference website: <http://www.internationalhealthycampuses2015.com/>

Conference video: <https://www.youtube.com/watch?v=0sNoreH9R9M&feature=youtu.be>

## **5. ACTIVATION OF THE OKANAGAN CHARTER FOR HEALTH PROMOTING UNIVERSITIES**

The Okanagan Charter is now being widely disseminated and will be used to mobilize health promotion action both on and off campuses to address increasingly complex issues about health, wellbeing, and sustainability of people for years to come. The Campus Health team continues to be viewed as a leader in the health promoting universities movement. As such we have taken integral leadership/community development roles within the activation mandate of the charter. Currently there is a UBC activation committee, a Canadian network and an International network. Dr. Claire Budgen is a recognized leader in this work at an international level. The Campus Health team is also represented on groups forming at the regional, national and international levels. For example, we participated in the Wellbeing at UBC Okanagan Leadership Forum on February 24, 2016 attended by 60 people (a parallel forum was held at the UBCV campus). Primary outcomes were a shared understanding and buy-in for Wellbeing at UBC as a university wide initiative and strategic priority for the institution.

Presentation invitations have also resulted as the Okanagan Charter gains recognition and traction. We will present this work (with partners from SFU and UBC V) to the Canadian Association of College and University Student Services on April 28, 2016 and will present to the Ontario University and College Health Association on May 13, 2016 and the American College Health Association June 2, 2016.

## **6. PRIORITIES FOR 2016-2017**

In the coming year, the Campus Health team will continue its work on the areas of foci outlined in this report (e.g., mental health, food security, sustainability/trails). Drawing on current developments at UBC, trends observed in student health needs, and growing worldwide attention to promoting healthy campuses the following are particular priority areas for 2016-2017.



- 6.1 Strengthen Campus Health impact through collaborative activities associated with the Wellbeing at UBC initiative including:
- Active participation on UBCO campus and UBC Committees focused on Wellbeing at UBC.
  - Supporting activation of the activation of the Okanagan Charter for Health Promoting Universities & Colleges (<http://www.wellbeing.ubc.ca/okanagan-charter/>) with student focus and involvement.
  - Ensuring student voices and wellbeing perspectives are included in campus wide policy changes and activities related to Wellbeing at UBC.
  - Initiating the development of a classroom wellbeing toolkit in collaboration with faculty and students.
  - Evaluating and expanding active learning spaces on campus.
- 6.2 Build on momentum related to UBC’s commitment to design a broad and robust Action Plan related to sexual assault that will help to: 1) shape a campus culture which fosters a respectful environment, and 2) specifically improve policy and practice to address sexual assault and sexual harassment. Campus Health activities will include:
- Participating in planned strategies to improve policies and practices that address sexual assault and sexual harassment at UBC.
  - Supporting implementation of three-year campus-wide Sexual Assault Intervention and Prevention Education Plan.
- 6.3 Strengthen campus-wide efforts to prevent and reduce harms associated with substance use and misuse – including a focus on fentanyl.
- 6.4 Plan a renewal of VOICE campus health assessment and conduct data collection/analysis in the fall/winter semesters to provide ongoing guidance for future activities.
- 6.5 Renew the Campus Health website to provide a more effective communication tool to increase the visibility of Campus Health activities and Voice findings, engage students in wellbeing activities on campus, and provide a platform for disseminating health and wellbeing information and tools.



## Appendix A

### STATISTICAL REPORTING: Number, Type and Participation

\*Note: Stats are reported for Winter 2016 first, followed by Fall 2015

Meetings (Action)		
<i>Event/Topic</i>	<i># Participating</i>	<i>Collaboration</i>
Wellbeing at UBC - Okanagan Advisory Committee (4 meetings, 5-12 participants)	30	<ul style="list-style-type: none"> <li>● AVP student services</li> <li>● Director, Human Resources</li> <li>● Campus Health</li> <li>● Institute for Healthy Living and Chronic Disease Prevention</li> <li>● School of Medicine</li> <li>● Campus Operations and Risk Management</li> <li>● Professor, Health and Exercise Sciences</li> <li>● Director, University Relations</li> <li>● Director, Okanagan Planning and Institutional Research</li> </ul>
Campus Food Advisory Committee (3 meetings, 7 participants)	21	<ul style="list-style-type: none"> <li>● Manager, Food Services Coordination</li> <li>● UBCO Food Services (Aramark)</li> <li>● Professor, Health and Exercise Sciences</li> <li>● Students</li> <li>● Health and Wellness</li> </ul>
Cross Campus Sexual Assault committee meetings (10 meetings, 20 participants)	200	<ul style="list-style-type: none"> <li>● UBC V (Equity, Residence, AMS etc.)</li> <li>● UBC O Residence Equity Campus Life SARA Manager of Student Development</li> </ul>
Cross-campus Physical Activity Working Group (5 meetings) 3-5 (Okanagan) 7-10 (Vancouver)	75	<ul style="list-style-type: none"> <li>● Campus Health</li> <li>● Campus Recreation</li> <li>● School of Health and Exercise Science</li> <li>● Human Resources</li> </ul>



Presentation to Health and Safety Committee on Smoking Gazebos	15	<ul style="list-style-type: none"> <li>● Health and Safety</li> <li>● Campus Planning</li> <li>● Faculty</li> <li>● Staff varied departments</li> </ul>
Mental Health Action Network (8 meetings 10 people)	80	<ul style="list-style-type: none"> <li>● Human Resources</li> <li>● Faculty (School of Nursing)</li> <li>● UBCSUO</li> <li>● Students</li> <li>● Health and Wellness/Campus Health</li> </ul>
Substance Use Network (6 meetings with 10 people)	60	<ul style="list-style-type: none"> <li>● Security</li> <li>● Residence Life</li> <li>● UBCSUO (Well Manager)</li> <li>● Health and Wellness</li> <li>● Aboriginal programs</li> <li>● Red Frogs</li> </ul>
Thrive Week Planning (8 meetings with 20 people)	160	<ul style="list-style-type: none"> <li>● Human Resources</li> <li>● Aboriginal Programs</li> <li>● Development Office</li> <li>● Diversity and Equity</li> <li>● Student Co-Researchers</li> <li>● Peer Support Network</li> </ul>
Res Life Meeting (8 meetings, 4 people)	16	<ul style="list-style-type: none"> <li>● Health and Wellness</li> <li>● Residence Managers</li> <li>● Campus Health</li> </ul>
Canadian Charter Activation	10	
International Charter Activation	12	<ul style="list-style-type: none"> <li>● PAHO</li> <li>● UNESCO</li> <li>● UBC V</li> </ul>
Classroom Wellbeing Action Group (Cross campus)	6	<ul style="list-style-type: none"> <li>● UBC V staff</li> <li>● Faculty UBCO</li> </ul>
Project Happiness	3	<ul style="list-style-type: none"> <li>● Dr. Jiaying Zhao - Canadian Research Chair Sustainability and Psychology</li> </ul>
UBCO Volunteer Project	20	<ul style="list-style-type: none"> <li>● Staff from all Student Service Portfolio</li> </ul>
Campus Programmers Meeting	40	<ul style="list-style-type: none"> <li>● Staff from all Student Service Portfolio</li> </ul>
<b>TOTAL ACTION RELATED CONTACTS 2015-2016</b>	<b>708</b>	
<b>Educational Sessions</b>		
<i>Event/Topic</i>	<i># Participating</i>	<i>Collaboration</i>
Student Training	80	<ul style="list-style-type: none"> <li>● Nursing 4th year</li> </ul>



Sexapalooza	150	<ul style="list-style-type: none"> <li>● Res life</li> <li>● SARA</li> <li>● Other sexual health partners</li> </ul>
Jay Friendman Sexual Health	100	<ul style="list-style-type: none"> <li>● Campus Life</li> </ul>
World Suicide Prevention Day	200	<ul style="list-style-type: none"> <li>● Practicum Student</li> <li>● Peer Support Network</li> <li>● 3rd year nursing students</li> </ul>
Speed Friending	35	<ul style="list-style-type: none"> <li>● 4th year nursing students</li> </ul>
Sexual Health (residence)	75	<ul style="list-style-type: none"> <li>● Residence</li> </ul>
Responding to Disclosures of Sexual Assault (staff)	25	<ul style="list-style-type: none"> <li>● Advising staff</li> <li>● Student Service Staff</li> <li>● Faculty</li> </ul>
Wellbeing Fest (spring forum)	200	<ul style="list-style-type: none"> <li>● Nutrition</li> <li>● Physical activity</li> <li>● Mental health</li> <li>● Sexual health</li> <li>● Substance use</li> <li>● Sustainability</li> <li>● Wellbeing in the classroom</li> </ul>
Unmasking Sexual Health (Women's Sexual Health)	45	<ul style="list-style-type: none"> <li>● LACE Campaign (BC Cancer Agency),</li> <li>● Breast Cancer Prevention (Canadian Cancer Society - Vancouver Cancer Research Centre),</li> <li>● SARA (Sexual Assault and Rape Awareness Group),</li> <li>● Faculty of Nursing.</li> </ul>
Love Letters UBC	30	<ul style="list-style-type: none"> <li>● Practicum Student</li> </ul>
Thrive Week - Classroom slides	1400	<ul style="list-style-type: none"> <li>● Nursing students</li> <li>● Faculty from nearly all faculties shared slides</li> <li>● Psychology especially engaged</li> </ul>
Thrive Hive Booth	200	<ul style="list-style-type: none"> <li>● Nursing Students</li> </ul>
VOICE Volunteer Training	25	<ul style="list-style-type: none"> <li>● Volunteer Project</li> <li>● Sexual Health Educator</li> </ul>
Project Happiness (Thrive Week Booths)	100	<ul style="list-style-type: none"> <li>● Thrive Team</li> </ul>
Nutrition Month (Social Media Campaign)	400 engagements on Facebook	<ul style="list-style-type: none"> <li>● Nutrition Ed Centre</li> </ul>
<b>TOTAL EDUCATION RELATED CONTACTS</b>	<b>3065</b>	
<b>Special events:</b>		



<i>Summer 2015</i>		
ICHPUC 2015 June 22-25		2015 International Conference on Health Promoting Universities and Colleges
Sponsored Student conference attendance	6 students funded by Campus Health, 6 funded by Conference	Students who had abstracts accepted and were presenting papers or playing other significant roles were sponsored for full attendance
Student plenary session	4	4 students presented Ted-talk style stories about their health related experiences on campus
Charter and pledge reading	3	Charter was read by students in English, French, and Spanish.
Student network evening	~50	Student union sponsored evening of dinner, music, networking activities for students both from UBC and internationally. A video was produced to celebrate and share the student experience for Healthy Campuses.
Student volunteers for ICHPUC 2015	~80	Student, faculty and staff volunteers worked in all aspects eg session moderators, room hosts, welcome desk, farmers' market, banquet dinner, opening reception. Volunteers were invited to attend sessions when not working.
<b>TOTAL SPECIAL EVENT:</b>	<b>149</b>	



# Appendix B

## SUMMARY OF PROJECT OUTCOMES

Please use the table below to reference outcomes by section and topic area:

<b>Outcome Reporting</b>	<b>Reference location (Focus Area)</b>
Improved health behaviour, knowledge and status of students.	Sexual Health, Food, Physical Activity, Campus Master Plan, Sustainability, Trails and Environment, Mental Health
Reduced behavioural and environmental risk factors.	Sexual Health, Campus Master Plan, Sustainability
Decreased injury and illness.	Trails and Environment
Enhanced self-reliance and community responsibility.	Food, Sexual Health, Mental Health, Campus Master Plan, Trails, Conference, Happiness Project
Earlier referral/treatment at appropriate services.	Mental Health, Sexual Health
Decreased use of emergency and acute care services.	Sexual Health, Mental Health
Increased capacity to promote and manage health and wellbeing (self and others).	Sexual Health, Food, Campus Master Plan, Conference
Increased protective factors.	Physical Activity, Campus Master Plan, Happiness Project, Conference
Improved community liaison and collaboration.	Food, Campus Master Plan, Trails and Environment, Conference

### **Other: Personal Care**

Labonte describes personal care as “the venue for direct service” (1993). The Clinic and Counselling units provide the majority of personal care for students. However, the Campus Health team responds to emergent needs on campus, provides outreach, and works collaboratively with the primary health care teams to provide personal care. Campus Health also provides emergency community care with the intent to reduce complicated grief responses and to diminish spread of fear-based information. This year Campus Health responded to several student deaths including one related to fentanyl overdose. An education campaign was launched on campus to intervene in the event ‘bad drugs’ were still in the hands of our students.



# Appendix C

## CONFERENCE PRESENTATIONS

- Budgen, C., & Mroz, M.** (2016, January). *2015 International conference on health promoting universities and colleges: 10 years after the Edmonton Charter*. Invited keynote presentation at the 2016 NASPA Strategies Conference: Alcohol & Other Drug Abuse Prevention, Orlando, FL. (January 21-23, 2016)
- Burgess, J., **Feddersen, M.**, Hambler, P., Hanson, S., & Mroz, M. (2015, June). *Situating campus health in the Ottawa Charter*. Paper presented at the 2015 International Conference of Health Promoting Universities and Colleges, Kelowna, BC. (June 22-25, 2016)
- Dolf, M., & **Budgen, C.** (2015, June). *A wellbeing initiative at the University of British Columbia: health promoting university and regenerative sustainability theories inform a new framework for whole-organization development*. Paper presented at the 2015 International Conference of Health Promoting Universities and Colleges, Kelowna, BC. (June 22-25, 2016)
- Bottorff, J.L.** (2015, June). *Smoking is bad....We know that: A gender-sensitive smoking cessation resource for young adult men*. Paper presented at the 2015 International Conference of Health Promoting Universities and Colleges, Kelowna, BC. (June 22-25, 2016).