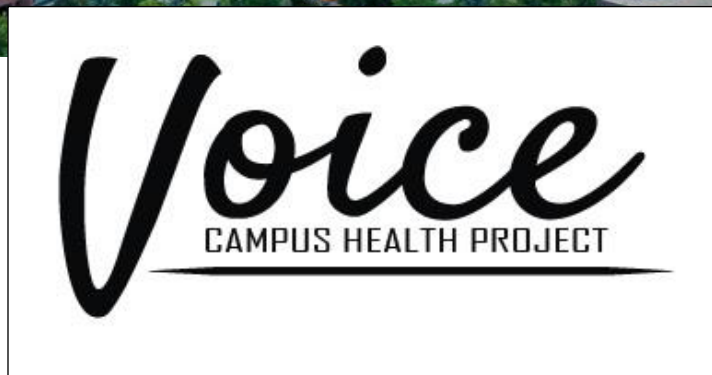
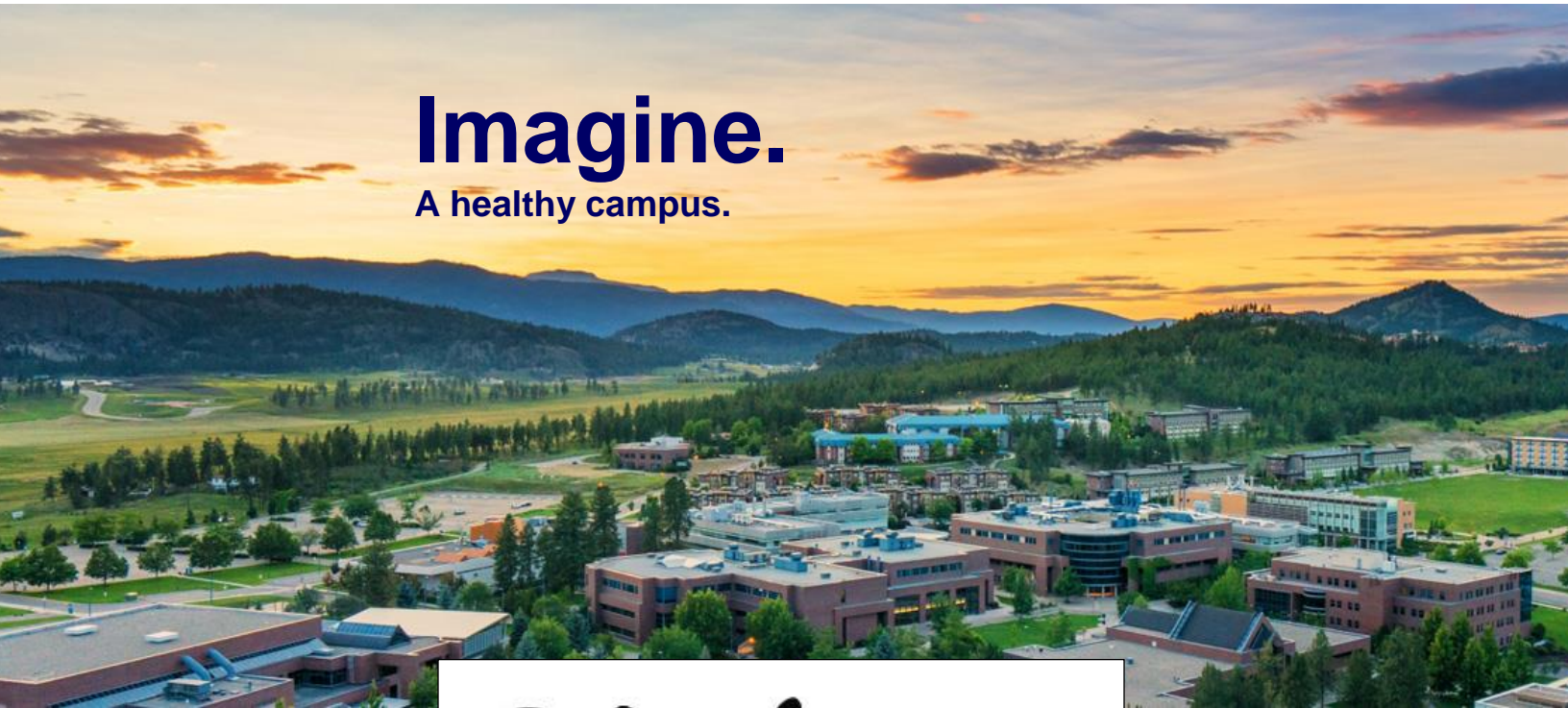


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CAMPUS HEALTH – CONTINUED DEVELOPMENT AT UBC’S OKANAGAN CAMPUS

Annual Report

April 1st, 2017- March 31st, 2018



THE UNIVERSITY OF BRITISH COLUMBIA



CAMPUS HEALTH – CONTINUED DEVELOPMENT AT UBC’S OKANAGAN CAMPUS

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CAMPUS HEALTH TEAM

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INTRODUCTION

The goals of the Campus Health project as outlined in our current contract 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 concluding its 22nd year in promoting student health at UBC Okanagan (formerly Okanagan University College). Work to achieve the Campus Health goals is guided by population health and ecosystem theories, Labonte’s Health Promotion Model, and the Okanagan Charter for Healthy Promoting Universities and Colleges.

The first section of this 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 work. The third section of this report includes a description of activities related to performance outcomes and statistical reporting.

1. CONTEXT (POPULATION/STAFFING/SPACE/GRANTS)

In September 2017 the UBC Okanagan campus student population included 9120 undergraduate and graduate students. There were approximately 1676 students residing on campus, primarily first year students. The student population was characterized as follows:

- 18% of students were residing on campus, primarily first year students
- 31% of students were new to UBC
- 74% of new students were from outside the Okanagan area
- 16% of total student population were international students



- 4.9% of total student population self-identified as Aboriginal students

1.1 Campus Health Team Staffing and Resources

The work of the Campus Health project was supported this year with two part-time employees. These individuals were Casey Hamilton, a Registered Dietitian, and Chelsey Hartwig, a Registered Nurse, both with extensive community-based health promotion experience. During the 2017-2018 academic year students also contributed to the Campus Health work:

- 99 students joined the work for course credit
- 2 student joined for practicum experience
- 5 students hired as part of the campus work study program

To extend the work of Campus Health and meet the needs of our growing student population, we have leveraged our existing resources to obtain new partnership opportunities. Campus Health conducted their work with input from an advisory committee of 27 people, each representing various faculties and departments. 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 continues to support the building momentum. 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 resources permit. 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. The Okanagan Charter was formally adopted by UBC in October 2016.

2. CAMPUS HEALTH FOCUS AND METHODS

The work of Campus Health in meeting contractual obligations 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 also utilizes the *Okanagan Charter* as a foundational and guiding document.

Our Campus Health work is informed by VOICE research methods. 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 UBCO community participates in gathering information, identifying priorities and creating change relevant to our community. Then with the community, Campus Health works to address the issues identified through VOICE action groups. In essence, it is similar to conducting a needs assessment of a population of interest and using community development methods to address needs by advocating for and supporting system level changes.

3. WORK ACCOMPLISHED DURING 2017-2018

The focus of the Campus Health team each year is 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 we will highlight selected activities and outcomes for the 2017-18 academic year in relation to the Outcome Reporting requirements in our contract.

3.1 Improved health behaviour, knowledge and status of students

Although all of our activities relate to this outcome, we highlight several broad initiatives that reflect both ongoing and new activities that are directly or indirectly targeted at improving health behaviour, knowledge and status of students.

Campus Health - Health and Research Fair

Campus Health hosts an annual health and research fair. VOICE student co-researchers and other campus community members were invited to host a booth and share information about their work. This year, over 80 students participated in the organization and implementation of the fair and they presented on the following topics: sexual health and consent, healthy relationships, opioid use, cannabis use, smoking cessation, organ donation, THRIVE slides on mental wellbeing, financial stress management, stress and depression management, sugar-sweetened beverage consumption, food insecurity of university students, reducing sedentary behaviour, managing stress through the act of being creative, and creative solutions to increasing the health impacts of our build environment. Over 200 other students visited the fair.

Promoting Student Mental Wellbeing

Campus Health has been working with campus stakeholders to enhance mental wellbeing on campus. Campus Health presented the VOICE 4 results about how our campus environment impacts student mental wellbeing to several key groups on campus. For example, we learned that the UBCO academic concession policy caused students a great deal of stress. Campus Health staff and students shared these results with the Senate sub-committee charged with revising the academic concession policy. Changes proposed to this policy will go before the UBCO Senate for final approval. We are confident that problems identified by students will be addressed by the changes in the policy.

In addition, we have begun to share VOICE findings with specific faculty groups. For example, Campus Health staff and students shared VOICE findings specific to Engineering.



Following this presentation, the Dean and faculty council struck a committee to address issues in the academic environment identified by engineering students that hinder mental wellbeing. We will continue to share information about system-level factors influencing student mental wellbeing with groups on campus and work with campus groups to support changes in policies and practices to be more supportive of student mental wellbeing.

Golden Apple Awards for promoting classroom wellbeing

The Golden Apple Awards is a student led initiative to acknowledge and honour professors and instructors for their efforts to promote and increase wellbeing in the classroom setting. Research has demonstrated that the classroom setting greatly influences student wellbeing and ability to be successful throughout their studies. The 2nd annual Golden Apple Award was held this year. Students nominated 65 professors and instructors and 14 were presented with an award. These awards have begun to influence the value that faculty place on their role in fostering wellbeing-supporting classroom environments at UBCO.

Participation in UBC Wellbeing initiative

UBC Wellbeing is the approach and body of work that UBC is engaged in to enact the Okanagan Charter (<http://www.wellbeing.ubc.ca/>). As part of the UBC Wellbeing initiative, Campus Health has been involved in the 4 working groups charged with developing the frameworks guiding the work in three of the five UBC Wellbeing priorities: increasing physical activity and reducing sedentary behaviour, food and nutrition, substance use, and mental health and resilience. 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.

Participation in UBC Strategic Planning

Campus Health staff and VOICE student co-researchers participated in the community engagement sessions to develop a new strategic plan for UBC. We took this opportunity to influence how wellbeing could be incorporated into the new strategic plan. In April 2018, the updated UBC Strategic Plan was released and officially includes Wellbeing as one of its goals. Wellbeing also falls within several strategies of the plan.

3.2 Reduced behavioural and environmental risk factors

There was significant interest in establishing new programs and policies related to reducing risks regarding sexual health and sexual assault during the past year, providing an ideal opportunity for our Campus Health team to continue to provide education and leadership on these topic areas.

Sexual Health

Sexual health is always an important topic with students. A group of four nursing students partnered with us in the fall to create a guidebook for resident advisors to use when talking with students about sexual health topics. Two additional groups of second year nursing students also completed projects partnering with Campus Health on healthy relationships,



consent and contraception methods. All of these student groups hosted booths at a UBCO event called sexapoloosa.

Sexual Assault and Misconduct

This past fall one group of second year nursing students partnered with Campus Health and the Director of the Sexual Violence and Prevention Response Office to have UBC's Policy 131 about Sexual Assault and Misconduct imbedded into all nursing syllabi for every nursing course offered at UBCO. The intention behind this project was to increase access and awareness of this policy as it is new to UBC.

3.3 Decreased injury and illness; Earlier referral/treatment at appropriate services; Decreased use of emergency and acute care resources

Although the majority of our efforts are focused at the population level to promote campus health and wellbeing, during the past year several of our activities relate to these performance outcomes – particularly in the context of reducing risk and increasing awareness of needs for early intervention for overdose/substance use.

Substance Use

Efforts this year focused on opioid overdose awareness and the legalization of recreational cannabis. Groups of nursing students partnered with Campus Health to engage with the campus community to seek opinions, attitudes, values and concerns related to both cannabis and opioids. The students hosted booths, participated in campus wide meetings, created posters and messaging and shared their experiences with Campus Health. A poster campaign and booths were used to promote naloxone training. In addition, Campus Health collaborated with other groups on campus to host a panel discussion, *Curious about Cannabis*, in February 2018 to bring conversations about cannabis use in advance of its legalization. Both the cannabis and opioid student projects have continued semester after semester building on each previous project going forward. Campus Health is also participating in the Substance Use Network. This network (consisting of staff, students, student union and others) meets monthly to discuss current issues and explore collaborative ways to address substance use. Main topics of discussion over the past year have included alcohol use, opioid use, cannabis use, tobacco use, and stimulant use.

Smoking

Initiatives related to smoking this year included participation in National Non-Smoking Week (third week in January) and the national 1 Day Stand for a Smoke-free Campus (November 15th and March 21st). We activated a social media initiative and hosted booths around campus (providing information and quit kits). To raise awareness about cessation resources, Campus Health has purchased display cases which will be mounted in each gazebo (where smoking is allowed on campus) and will contain information related to smoking cessation and other information. Renewed interest in strengthening efforts to reduce smoking rates in Canada, prompted by discussions related to the introduction of a new tobacco control policy (including the introduction of plain packaging) and the goal to reduce smoking to 5% by 2035, will provide opportunities to extend discussions about a smoke-free campus.



3.4 Enhanced self-reliance and community responsibility

In the area of self-reliance and community responsibility – our focus was on mental health and wellness this year. 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, taking leadership roles and shared responsibility for enhancing mental health on campus. Our work included the following:

Thrive Week

Thrive Week (promoting positive mental health for all) continues to expand and grow. This year 4 students joined in our efforts with Thrive week. 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. This year 113 professors were contacted via email to show the slides, 60 professors agreed to show the slides and 11,493 students were reached in those 60 classes.

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 enhance mental health on campus. Campus Health is a member of this network to coordinate our efforts with other initiatives on campus.

3.5 Increased capacity to promote and manage health and wellbeing (self and others)

In the area of promoting and managing health and wellbeing, we profile two of our activities that provide an important foundation for improvements in student health – physical activity and reducing sedentary behaviour, and food insecurity.

Promoting Physical Activity and Reducing Sedentary Behaviour

In collaboration with the UBCO Library and UBCO Risk Management, the Campus Health team completed our evaluation of two types of active study stations to reduce student sedentary behaviour at UBCO (bicycle desk and a treadmill desk). The project was completed as an UG student honors project and supervised by a faculty member from the School of Health and Exercise Science. The results of the active study project indicated that active study stations are well accepted on the UBCO campus, that students found them easy to use and wanted more on campus, that active study stations improved their sense of wellbeing (both mental and physical), and that their ability to focus on the task they were studying increased. With the new Learning Centre under construction, the findings have been used to include an active study room in this new building. Campus Health has also been an active participant in UBC's cross-campus Physical Activity Working Group, working to organize group efforts to increase physical activity and reduce sedentary behaviour on our campus.



Food Insecurity

Food insecurity was also a major topic of interest for students this year. Campus Health trained the Food Exchange (our campus food bank) student volunteers about food insecurity and provided assistance to them related their promotional events to raise funds and food. We also 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. Campus Health also collaborated with the Nutrition Education Centre during Nutrition Month to communicate healthy eating tips to students.

3.5 Increased protective factors

Our focus this past year has been on exploring system factors that protect (and put at risk) mental wellbeing on our campus. This work has taken the form of a community-based, participatory action research (CB-PAR) project, VOICE 4. The focus of VOICE 4 (2016-2018) is to understand the relationship between the UBC Okanagan campus environment (e.g. built environment, social environment, policy environment, university culture, economic environment, classroom environment, etc.) and the mental wellbeing of the campus community. During the past year we conducted co-researcher training (n=5 sessions), and analyzed the data collected the previous year (over 4,000 surveys in addition to interviews, photovoice and story capture data). We conducted focus groups to understand the student experience more deeply. VOICE 4 results have been shared with several campus groups and this has resulted in action to make changes to increase wellbeing-promoting environments. For example, Campus Health presented VOICE results to the Academic Concession Committee, a committee of senate that was reviewing the current academic concession policy. This policy is a significant source of stress for students that must use it. Our recommendations have resulted in recommended policy changes that are now under review by senate. The Engineering Faculty Council also received a VOICE 4 presentation, which has resulted in the formation of a working group to address important issues raised by engineering students, who experience stress and depression at higher rates than students in other programs.

3.6 Improved community liaison and collaboration

Students, faculty and staff are involved in all of our activities. In particular, our VOICE 4 research over the past year has strengthened our collaborations across the campus. In addition, our work with the Okanagan Charter has also strengthened our collaborations. 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. The Campus Health team is also represented on groups forming at the regional, national and international levels. Presentation invitations have resulted as the Okanagan Charter gains recognition and traction. We presented (with partners from SFU and UBC V) on this work at the American College Health Association in



June 2017 and at the NAPSA – Student Affairs Administrators in Higher Education in January 2018.

4. STATISTICAL REPORTING (for additional details see Appendix A)

| | |
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| <p>Number and type of personal care visits</p> | <p>The Clinic and Counselling units at UBCO provide the majority of personal care visits for students. However, the Campus Health team responds to emergent needs on campus – e.g., providing emergency community care with the intent to reduce complicated grief responses and to diminish spread of fear-based information.</p> |
| <p>Number and type of internal and external community liaison collaborations</p> | <p><u>Internal (n=10)</u> Wellbeing at UBCO – Advisory committee (n=30) Wellbeing at UBC – Steering Committee (n=20) Campus Food Advisory Committee (n=11) Cross Campus Physical Activity Working Group (n=20) Cross Campus Food and Nutrition Working Group (n=20) Mental Health Action Network (n=25) Substance Use Network (n=25) Thrive Week Planning Committee (n=30) Academic Furniture Committee (n=8) Campus Programmers meeting (n=30) Enactus Student Team (n=15)</p> <p><u>External (n=4)</u> Interior Health Harm Reduction Coordinator and Tobacco Reduction Program (n=2) SFU Semester in Dialogue on Student Mental Health (n=112) Canadian Charter Activation Group (n=10) International Charter Activation Group (n=12) SFU Dialogue on Student Mental Health group (n=115)</p> |
| <p>Number and types of small and large groups aimed at promotion and management of health and wellbeing and prevention of illness and injury</p> | <p>Small and large group educational sessions (n=21) were conducted across a range of topics including sexual health, responding to sexual assault, suicide prevention, mental health, healthy eating, smoking cessation, organ donation, and responding to suspected fentanyl overdose. A total of 3076 students/staff/faculty participated in these sessions.</p> |
| <p>Participation numbers in group activities</p> | <p>Wellbeing Health Fair – VOICE student booths (n=200) VOICE 4 – Table Talks about mental wellbeing and academic stress (n= 20) Golden Apple Awards and VOICE results presentation (n=40)</p> |



| | |
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| | Curious about Cannabis panel presentation (n=100) |
| Participation numbers and types of student involvement in the development and implementation of health and wellness related activities on campus and in residences | <ul style="list-style-type: none"> • 99 students joined the Campus Health team to work with us for course credit • 2 students joined for practicum experience • 5 students hired as part of the UBCO work study program |
| Numbers and types of healthy campus development activities | <ul style="list-style-type: none"> • VOICE 4 CB-PAR project (2016-2018) focusing on mental wellness (n=>4000) • Active Study Station project (2016-18) focusing on reducing sedentary behavior (n=58) |

5. CONCLUSION

The Campus Health project continues to undertake critically important work in the area of health promotion, and is meeting the goals set out in the contract. These efforts continue to be highly relevant to improving health in our region and province:

- Post-secondary settings may be the last setting where there is an opportunity to address the health of a significant proportion of young adults.
- At this time of transition and increased autonomy, university students are establishing health behaviours that will shape their future health and the health of future generations through their roles as parents and community leaders.
- Health promotion efforts in university settings during this life transition are essential because it is a time when young adults may start to engage in health-risk behaviours (e.g., tobacco, cannabis, alcohol use) and reduce health-protective behaviours (e.g., physical activity and healthy eating).

System-wide and population level, comprehensive health promotion efforts that engage young adults in creating a healthy campus community are directly aligned with the BC Ministry of Health goal to “support the health and welling of British Columbians to make long-term sustainable changes for improved health across the province” (BC Ministry of Health 2017/18- 2019/20 Service Plan, p. 7). The Campus Health project is clearly focused on “targeted and effective primary disease prevention and health promotion,” a key objective related to this goal.

We look forward to building on our successes over the past year to create system-level changes that will improve student mental wellbeing, reduce sedentary behaviour, enhance healthy eating, and reduce health risks related to substance use with the goal of promoting healthy lifestyles and creating a healthy campus environment.



Appendix A

The tables below organize the statistical reporting. The first table reports on:

- Number and types of Campus Health development activities (A)
- Number and type of internal and external community liaison collaboration (B)
- Participation number and types of student involvement in the development and implementation of health and wellness related activities on campus and in residences (C)

The second table reports on:

- Number and type of small and large groups aimed at promotion and management of health and wellbeing and prevention of illness and injury (D)
- Participation numbers in group activities (E)

Table 1 – Campus Health development activities, collaborations, and student participation in development and implementation of activities

| Campus Health activity (A) | Number of community liaison collaborations in project or event development and implementation (B) | Sectors represented by Collaborators (external partners are bold) (B) | Number of students involved in development and implementation (C) |
|--|---|--|---|
| VOICE 4 Research Team <i>The research team has been planning and overseeing the execution of VOICE 4.</i> | 5-10 (student reps change based on their availability) 13 meetings | <ul style="list-style-type: none"> • School of Nursing • School of Health and Exercise Sciences • Barber School of Arts and Sciences • Aboriginal programs and services • Students | Over 90 student co-researchers have assisted with VOICE 4 |
| VOICE 4 Advisory Group <i>The advisory group has been providing guidance for the VOICE 4 research team.</i> | 25 2 meetings | <ul style="list-style-type: none"> • AVP, students • Campus Life • Equity and Inclusion office • Aboriginal programs and services • International programs and services • UBCSUO (student union) • Campus Planning • Facilities Management | 3 |



| | | | |
|---|-----|--|-----|
| | | <ul style="list-style-type: none"> • Disability Resource Centre • Campus Recreation • Food and Parking services • Risk Management • University Relations • Health and Wellness | |
| Active study project <i>To evaluate student use of active study stations placed in the UBCO library</i> | 10 | <ul style="list-style-type: none"> • UBCO Library • Risk Management • Students • University Relations • School of Health and Exercise Sciences | >20 |
| Golden Apple Awards <i>This awards program was developed to honour faculty who have contributed significantly to the wellbeing of students in the classroom setting.</i> | 6 | <ul style="list-style-type: none"> • Students • DVC office • University Relations | 5 |
| THRIVE week <i>Weeklong event to promote mental health.</i> | >50 | <ul style="list-style-type: none"> • Human resources • Students • Peer support network • Risk Management • Security • Health and Wellness • Student Senate • Faculty | 10 |
| Opioid <i>Education and awareness of fentanyl at UBCO, naloxone training.</i> | 10 | <ul style="list-style-type: none"> • Health and Wellness • Campus Security • AVP students • UBCSUO • Students | >10 |
| Substance use action group <i>Campus stakeholders gathered to discuss advocating for a good Samaritan policy.</i> | 20 | <ul style="list-style-type: none"> • Health and Wellness • Canadian Students for Sensible Drug Policy • Mom Stop the Harm • RCMP • Students | 5 |
| Smoking | 15 | <ul style="list-style-type: none"> • Human resources | 0 |



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| <i>One-day Stand for a Smoke-free Campus (November and March)</i> <i>A literature review was conducted about smoke-free campuses.</i> | | <ul style="list-style-type: none"> • UBC Wellbeing • IHLCDP | |
| VOICE 4 Fall Health Fair <i>Campus Health's annual health fair.</i> | 5 | <ul style="list-style-type: none"> • Students • University Relations • Nutrition Education Centre • HEAL 100 course | >100 |
| Total numbers of campus partners | >156 | Total student involvement in planning and execution | >243 |

TABLE 2 – Small and large groups, participants engaged

| Small group (D) | Description of small group (D) | # people engaged (E) |
|--------------------------------|--|-----------------------------|
| Express yourself | Students participated in creative activities such as art and role play to reduce stress | 6 people |
| Depression Workshop | About depression, how to identify it, and copy strategies | 2 people |
| Financial stress workshop | Budgeting and how to manage stress related to finances | 5 people |
| Community Kitchen in residence | Dinners where students cook together and meet new people | 20 people |
| Smoke-free campus | Interviews with key stakeholders on campus to understand their perceptions about UBCO going smoke-free | 9 interviews |
| Sexual Health Fair | Multiple students groups engaged campus members about a variety of sexual health topics: Handbook to | 20 attendees |



| | | |
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| | Sexual Health, Healthy Relationships, Consent, Contraceptive Options | |
| VOICE student training | Training about health promotion work and VOICE research | >100 students |
| Food exchange student training | Training for food exchange (food bank/shelf) volunteers about food security | 12 students |
| Organ Donation registry | Nursing students promoted becoming an organ donor and provided information to students on how to become one. | 100 |
| | Total small group participation | >274 |
| Large group | Description of large group | # people attended |
| Active study station education and promotion | Active study student leads hosted booths on campus to educate and raise awareness about the dangers of sedentary behavior. Promoted use of active study stations in library | ~ 600 people engaged over 11 booth days |
| Classroom wellbeing | Slides were presented during THRIVE week by a number of faculty members. | 113 profs were contacted via email to show the slides. 60 profs agreed to show the slides. 11,493 exposures to slides were reached in those 60 classes. |
| VOICE 4 health fair | Campus Health's annual fair, this year's focus was on mental wellbeing. | 200 |
| Golden apple awards | Awards ceremony for faculty who promote student wellbeing in the classroom. | 40 |
| Curious about Cannabis | 4 th Year nursing Students gathered campus community member's thoughts on the upcoming cannabis legislation changes. Panelists presented on a variety of cannabis-related | 100 |



| | | |
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| | topics such as policy, health implications, student perspectives, and current research. | |
| THRIVE | Booths around campus during THRIVE week to promote various aspects of mental health | At least 400 people engaged though the week. |
| Naloxone kits advertising | Poster campaigning. Booths to promote naloxone training. | ~200 |
| National non-smoking week and 1DayStand for a Smokefree Campus (held in Nov and March) | Several interactive booths around campus to promote smoking cessation resources and CO testers for smokers. | ~ 150 people engaged over 5 booth days |
| Suicide awareness day/Bell Let's Talk Day | Social media promotion and booth set up on campus to connect with students about suicide. | 500 |
| CREATE | Back to school event for students where Campus Health was able to promote our work and share health information | 300 |
| Staff and Faculty BBQ | VOICE results and work shared with staff and faculty on campus. An opportunity to build relationships. | 100 |
| VOICE 4 co-researcher training | Training provided to student co-researchers to assist with VOICE 4 research. | ~99 |
| | Total Large event participation | >2802 |
| | TOTAL participation (large and small events) | >3076 |



Appendix B

LIST OF PRESENTATIONS

Fornieris, T., Hamilton, C., & Bottorff, J. L. (2017, October). *Creating a win-win: Exploring the impact of an active study station on well-being of university students*. Presentation at the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, St. John's, Newfoundland and Labrador.

Hamilton, C. (2017, November). *VOICE 4 research results on mental wellbeing presentation*. Presentation to HEAL 100 undergraduate class, UBCO, Kelowna, BC.

Mitchell, D. & Mintz, J. (2018, February). *Findings of a UBCO VOICE project to describe student views on cannabis*. Panel presentation, Curious About Cannabis, UBCO, Kelowna, BC.

Hamilton, C., Wilson, R., Foster, A., & Kopp, H. (2018, March). *Findings of a UBCO VOICE 4 research project on the Undergraduate Engineering student's experience with mental wellbeing*. Presentation to the School of Engineering Faculty Meeting, UBCO, Kelowna, BC.

Hamilton, C., Hartwig, C., Foster, A., Kopp, H., Kopp, T., Potter, K., & Just, L. (2018, March). *VOICE 4 Results Presentation and Golden Apple Awards*. Presented to the campus community, UBC, Kelowna, BC.