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Voice
CAMPUS HEALTH PROJECT

**UBC Okanagan Health Promotion
and Prevention Services**

Annual Report

April 1st, 2018- March 31st, 2019



THE UNIVERSITY OF BRITISH COLUMBIA



UBC Okanagan Health Promotion and Prevention Services

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UBC OKANAGAN CAMPUS HEALTH TEAM

Joan L. Bottorff, PhD, RN, FCAHS, FAAN (Co-Lead, Campus Health; 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-Lead, Campus Health; Director, UBC Okanagan Health and Wellness)

Casey Hamilton, BSc, MSc, RD (Campus Health Specialist)

Chelsey Hartwig, BScN, MEd, RN (Campus Health Specialist until Dec 2018)

INTRODUCTION

The goals of this 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

Our team, known as the Campus Health Voice Project, is concluding its 23rd 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 2018 the UBC Okanagan campus student population included 9935 undergraduate and graduate students. There were approximately 1689 students residing on campus, primarily first year students. The student population was characterized as follows:

- 17% of students were residing on campus, primarily first year students
- 30% of students were new to UBC
- 70% of new students were from outside the Okanagan area
- 15% of total student population were international students
- 5.7% 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. Chelsey Hartwig left her role in December 2018; the position was posted in January, and we were able to fill our nursing position in Campus Health. Our new Campus Health specialist will commence on April 15, 2019. During the 2018-2019 academic year students also contributed to the Campus Health work:

- 18 students joined the work for course credit
- 4 student joined for practicum experience
- 7 students hired as part of the campus work study program
- 15 students joined Campus Health as volunteers
- 2 graduate students hired with funding support from the UBC Wellbeing portfolio

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 over 40 campus partners, 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 conceptualized as a foundational element of UBC's strategic plan. The Wellbeing at UBC initiative focuses on the 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 is of benefit to students and provide further partnership opportunities for Campus Health, where interests and priorities align and resources permit. Wellbeing at UBC is 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. UBC formally approved the Wellbeing Strategy in April 2019.

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 2018-2019

The focus of the Campus Health team each year is informed by current evidence about campus priorities. Priorities are determined by: VOICE data, UBC student survey data, reports from the clinic/residences, as well as, student/campus issues that emerge throughout the year. In this section of the report we will highlight selected activities and outcomes for 2018-2019 in relation to the Outcome Reporting requirements in our contract.

3.1 Support Personal Development

The services in this category involve developing and creating opportunities to build student, staff and faculty reliance, competence, personal capacity and life enhancing skills. The health promotion and prevention services are to involve deepening collaborations with students and the campus community using community development and participatory approaches or promote health and wellbeing. Our work in this area of service are outlined below:

3.1.1. Promotion of practices supporting reproductive and sexual health

Sexual Assault and other Sexual Misconduct Policy

Campus Health was involved in consultations related to this UBC policy. *Policy #131 – Sexual Assault and other Sexual Misconduct* was approved by the Board of Governors on April 13, 2017 and took effect on May 18, 2017. Following the approval of this policy, a Sexual Violence Prevention and Response Office (SVPRO) was established at UBCO as a single point of contact, individualized support and liaison for UBC students, faculty and staff who have experienced sexual assault, sexual harassment or any other form of sexual violence/misconduct. Campus Health has partnered with SVPRO and Health and Wellness clinical staff to enhance sexual health services and makes referrals to these campus resources as needed.

In addition, the Campus Health team presented the results of our VOICE project with the Faculty of Engineering. In particular, we shared findings related to sexism towards female students in the classroom, social, and department settings. This has led to a Faculty of Engineering health and



wellbeing working group that is looking to address this issue among other issues impacting the wellbeing of their students.

Party Culture

A significant focus of our work this past year in this service area has been in relation to party culture and the risks it poses for sexual health, providing an ideal opportunity for our Campus Health team to provide leadership in this area. During the 2018-2019 academic year, several campus partners noted an increase in risky behaviours at parties held at UBCO, which fostered a culture of overconsumption, rape culture, and toxic masculinity. This included a marked increase in alcohol and drug consumption and a suspected increase in sexual activities by students and sexual assaults. At FROSH alone, there were six date-rape drug cases and three reported sexual assaults. Campus Health supported a team of students to investigate this issue and understand from key stakeholders how we may improve the culture of partying at UBCO. Alongside the need to increase education and awareness, needs about consent and safer alcohol and drug consumption, Campus Health learned that the design and promotion of parties was viewed as glamourizing and normalizing overconsumption, rape culture, and toxic masculinity via images and messaging. Furthermore, at the parties, the MC and musicians corroborated this messaging. Because many students that attend the large events at UBCO are in their first year and are experiencing large parties for the first time, concerns were raised about the potential for students to believe that these party experiences are normal. We also learned that these large events are not inclusive, and that many students on campus do not enjoy them or feel welcome at them. Our conversations with key stakeholders on campus resulted in a review of the end-of-year party “RECESS” event. The format was changed from a night-time, nightclub format to a daytime, fair and beer garden format, resulting in fewer instances of overconsumption. Campus Health will continue conversations with key stakeholders and the student union, who hosts these events, to positively change the culture of partying on campus.

3.1.2. Prevention of substance use and misuse, including tobacco

Our work related to these performance outcomes was focused on reducing risk and increasing awareness of needs for early intervention for overdose/substance use, and smoking culture on campus. A significant development this year was the legalization of recreational cannabis (October 17, 2018). As part of the consultation process, the Campus Health team submitted feedback on proposed amendments to UBC Policy #15 (released October 4, 2018) related to cannabis use on campus. Revisions this policy were approved on February 12, 2109 to permit cannabis smoking on campus in designated smoking areas. As a result, at UBCO three of our six gazebos were designated for smoking cannabis or tobacco and vaping. The remaining gazebos were designated for tobacco smoking.

Opioid awareness and Naloxone training

Efforts continued this year focused on opioid overdose awareness. During the past year we held two student-led dialogues addressing concerns related to the opioid crisis, how it is relevant to student life and how the campus can effectively approach identified issues. There



was consensus that more education was needed about opioids and that there should be safe spaces to discuss opioid use without judgement. A group of nursing students also partnered with Campus Health to provide SAVE ME bracelets and information about these steps to save a life (stimulate, airway, ventilate, evaluate, medication, and evaluate) at the end of the year campus event in April 2018.

In addition to the dialogues, Campus Health partnered with Students for Healthy Alternative and Risk Prevention (SHARP), a student club on campus, and nursing students to provide opioid awareness and naloxone training. Campus Health trained the SHARP students and the nursing students to host booths where interested students could drop in and receive opioid and naloxone training. In January 2019, the training expanded to classrooms. Specific groups of students were also trained such as the fraternities on campus, engineering students, and students living in housing on campus. Campus Health also had the opportunity to train the Emergency First Response Team on campus. Over the 2018-2019 academic year, over 1000 students, staff, and faculty were trained on understanding opioids, how to recognize an overdose and how to administer naloxone. In addition, 352 kits were given out.

Cannabis Use

Campus Health conducted a number of initiatives related to the health effects of cannabis, low-risk cannabis use guidelines, and UBCO cannabis policies. From April to December 2018, Campus Health partnered with the Canadian Institute for Substance Use Research to conduct two 'Let's Talk Cannabis' dialogues. Needs assessments were also conducted at the staff and faculty barbecue and student club and course union expo day. Additionally, education on cannabis harm-reduction and cannabis policies and guidelines was shared through posters and UBCO TV slides across campus. Similar information was shared with a presentation to resident advisors in October 2018.

In our needs assessments, we learned that over half of respondents planned on using cannabis once it was legalized. The importance of clear communication related to cannabis policies as well as changes to them was recognized. Regarding health, the overwhelming majority of respondents thought they knew about the health risks associated with cannabis, but still desired more information related to the physical and mental health effects of cannabis use. To support informed decision making regarding recreational cannabis, Campus Health distributed Health Canada's *Lower Risk Cannabis Use Guidelines* using posters, social media, and by including the information in electronic newsletters directed to students. Additionally, the campus community expressed a need for increased support of students under the influence of cannabis by implementing more policies and practices (e.g. safe space to sober up in). Recommendations related to cannabis education/resources included information on different types of cannabis and their use, the health effects of cannabis, the co-use of cannabis with other substances (e.g., alcohol and tobacco), new research evidence about the effects of cannabis, and cannabis policy and environmental concerns. A report of these findings and recommendations has been prepared and will be taken to decision makers and stakeholders on campus. We will continue to work with campus stakeholders and students to increase the availability of up-to-date information about



cannabis, and to prepare for the introduction of edibles and the opening of retail outlets in our surrounding community.

Smoking on Campus

Campus Health took the lead on a number of smoking related projects this past year. Education about smoking and smoking cessation was provided during National Non-Smoking Week (third week in January). We activated a social media initiative and hosted booths around campus (providing information and quit kits). Two major projects were also undertaken this year to advance the dialogue about smoking and a smoke-free campus at UBCO. The first project was in collaboration with Campus Security and Campus Planning where the usage of the smoking gazebos on campus were monitored over the fall and winter session. Information collected indicated: a) 3 of the 6 gazebos were used very little (two combined gazebos and one tobacco gazebo), b) there is a desire to remove/relocate gazebos located in high traffic areas to reduce exposure to second-hand smoke, and that c) gazebo users prefer not to be exposed to the other's second-hand smoke. A report on the gazebo observations along with recommendations for reducing exposure to secondhand smoke and providing access to smoking cessation resources was shared with UBCO Operations and Risk Management.

We also completed a “Campus Cultures of Smoking” project, as part of an initiative led by the Canadian Institute for Substance Use Research and supported by funding support from the BC Lung Association and BC Ministry of Health, in an effort to support BC post-secondary institutions in developing the collective dialogue about smoking on campus through a cultural and health promotion lens. We hosted a number of dialogues at booths, in classrooms, at the smoking gazebos, and at dialogue events. Over 300 people participated in the dialogues and shared their hopes and concerns about smoking on campus. Key findings from these dialogues included the urgent need to provide smoking cessation resources and support (particularly for out of province or international students who are not eligible for free smoking cessation aids through the BC Smoking Cessation Program for the first three months of their residency in BC), and to establish a smoke-free academic precinct on campus by relocating gazebos to the periphery to reduce exposure to second-hand smoke.

In March 2019, the results of this work was shared with our Deputy Vice-Chancellor and her direct reports team. As a result of this presentation, a sub-committee has been formed to investigate tobacco and cannabis use on campus and bring recommendations to leaders on campus. Campus Health co-lead, Joan Bottorff, has been invited to sit on this sub-committee. They will hold their first meeting in May 2019.

3.1.3. Promotion of physical, mental/emotional and social health

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 physical, mental/emotion and social health.



Mental health and wellbeing on campuses across Canada is receiving increased attention, based on research evidence that postsecondary students are experiencing higher levels of stress and anxiety than the general population, and that this is negatively influencing their academic performance (Poole et al, 2019). On the most recent “New to UBC undergraduate survey” (2017), UBCO students rated their mental health on a scale of very poor to excellent (UBC Okanagan Planning and Institutional Research). 22% (n=216) of domestic students selected “fair” or lower, compared to 10% (n=24) of international students. Anxiety and stress were the most frequently identified issues that had negatively affected academic performance for both domestic and international respondents. These findings are supported by the data we have collected from students in 2016-2017 via surveys, table talks, and photovoice, and have guided our efforts to promote student mental wellbeing with the following activities:

a) Thrive Week

Thrive Week (promoting positive mental health for all) continues to expand and grow. This year 10 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, 23 professors agreed to show the slides in all their classes. As a result, at least 1000 students were exposed to this information.

b) Bell Let’s Talk Day

In addition, Campus Health and student volunteers participated in Bell Let’s Talk day on January 31, 2019. We collaborated with a number of campus student groups to host a space with information about mental health, engage students in conversations about mental health and share messages about mental health to reduce stigma. The messages were written on large pieces of paper and were posted around campus in a variety of buildings.

c) Golden Apple Awards and 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 classroom wellbeing. Research has demonstrated that the classroom setting greatly influences student wellbeing and ability to be successful throughout their studies. The 3rd annual Golden Apple Awards was held this year. 100 nominations were received and 20 faculty were presented with an award in an event on campus (March 17, 2019). These awards have begun to influence the value that faculty place on their role in fostering wellbeing-supporting classroom environments at UBCO. In addition, a group of four nursing students, working with Campus Health, interviewed faculty recipients of Golden Apple Awards in 2018 to gather their perspectives on effective teaching approaches for promoting classroom wellbeing. Key themes in these interviews were used to provide a list of ten strategies and related examples for use by other teachers. This report is now available to faculty members on campus.

d) Promoting Student Mental Health - Exam Scheduling Practices and Policies

Our focus this past year has been on forming actions groups to address results identified in the VOICE 4 project. 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. We engaged over 40% of our campus population in this project. Participants shared that the academic environment significantly impacted their mental wellbeing. One specific aspect of this environment is related to exam scheduling practices and policies. VOICE student co-researchers spoke with key stakeholders on campus and determined that there was interest in addressing the issues surrounding exams. The students presented the VOICE 4 results to the Academic Success Committee (a committee of Senate). Committee members agreed that the issue of exams must be addressed to support student mental wellbeing. As a result of this presentation, the committee has increased the scope of another project they are exploring – a fall wellbeing break – because the two topics are interrelated. VOICE has been invited into future conversations on this topic.

Promoting student health through physical activity and health eating has also been a priority for Campus Health. In the 2018 Undergraduate Experience Survey conducted at UBCO (UBC Okanagan Planning and Institutional Research), although most students understood the importance of physical activity and healthy eating, the majority reported they were engaged in fewer than 2 days of vigorous physical activity over the past week, most reported spending 4-8 hours sitting each day, and the majority were not meeting Health Canada recommendations related to servings of fruits and vegetables. In our last Campus Health assessment (VOICE 4) held in 2016-2018, we also learned that approximately 40% of UBCO students experience some level of household food insecurity (not enough money to buy appropriate quality and quantity of food). Based on these data, we have focused on the following activities:

a) UBCO New Active Study Area

Based on Campus Health’s positive student evaluations of active study stations placed in the library, UBCO established an active study space in the new Commons building that opened in January 2019. This new study space includes six active study stations, providing a unique opportunity for students to incorporate activity into their study time, and reduce sedentary behavior to promote health and wellbeing. UBCO now has 3 treadmill desks and 5 bicycle desks, which are well-used by students, and occasionally staff and faculty.

b) MoveUBC

MoveUBC is a cross-campus month-long campaign to promote increased physical activity and reduced sedentary behaviour. Leading up to the month of February, Campus Health participated on the planning committee for MoveUBC and engaged campus partners to host events during the month of February. In addition to these partnerships, Campus Health organized the “Wellbeing Challenge”, a challenge designed as a scavenger hunt for students on campus to learn about physical activity, food and nutrition amenities available to them. 26 completed passports were submitted for the challenge and 3 students won prizes that encourage physical activity.



c) Exercise prescription program

In collaboration with the Health and Wellness and Campus Recreation, the Campus Health team has initiated the planning of an exercise prescription program intended to officially launch during the 2019-2020 academic year. Thus far, Campus Health has secured funding to hire a graduate student to assist with the designing and evaluating the program and has organized the project team. The purpose of the exercise prescription program is to provide students accessing Health and Wellness services with a low barrier opportunity to explore physical activity options to manage and/or improve mental and physical health.

d) UBC Healthy Beverage Initiative

In partnership with the School of Health and Exercise Sciences, UBC Okanagan Food Services, and members of the cross-campus Food and Nutrition Working Group, Campus Health has taken a lead on the UBC Healthy Beverage Initiative. The purpose of this project is to address the beverage environment on campus to reduce the consumption of sugar-sweetened beverages (SSBs) and increase the amount of tap water consumed. Components of this project have included implementing an intervention within four of the twelve food service establishments on campus and determining students' perceptions about the intervention, understanding current levels of SSBs consumption on campus, and students' beliefs about SSBs. We have gained valuable information about the intervention approaches that students are receptive to – notably education about SSBs, increasing the price of SSBs, increasing the number of healthy options available for purchase, and removing SSBs altogether. The learnings from this work have been presented to interested campus community members. Alongside this project, Campus Health partnered with Communications at the Vancouver campus on a campus-wide campaign to increase tap water consumption titled “H2Omg.” Posters, table cards, email communications and social media posts went out during this campaign.

e) Student Food Security

Food insecurity continues to be a topic of interest for UBCO campus community members. Campus Health has secured work study funding to hire students to develop our next campus health assessment that will focus on student food security. Groundwork has been laid to plan and implement a campus food system assessment to understand the prevalence of household food insecurity at UBCO, describe the student experience, and understand how the campus food system and campus policies contribute to this experience. This project will be a major focus of the 2019-2020 academic year.

f) Campus Health - Health and Research Fair

Campus Health hosts an annual health fair. This year, Campus Health partnered with Dr. Sally Stewart's Health 100 class to host the health fair. Over 100 students participated in the organization and implementation of the fair and they presented on the following topics: sexual health, opioid use and naloxone training, edible cannabis use, stress and depression management, sugar-sweetened beverage consumption, reducing sedentary behaviour, managing stress through physical activity, healthy breakfast ideas, healthy snack ideas, and eating for stress during exam time. Over 200 other students visited the fair.



3.2 Enhance Student Health

The services in this category involve developing collaboration and partnerships across disciplines and sectors, both within the campus community and with local partners to support the development of whole campus action for health and the creation of knowledge and action for health promotion in the UBCO community more broadly.

a) Participation in UBC Wellbeing

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 working groups charged with developing frameworks and strategies for priorities related to: increasing physical activity and reducing sedentary behaviour, food and nutrition, 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. Campus Health played a key role in the development of the Wellbeing Strategy to ensure that the cross-campus strategy reflected the needs of the UBC Okanagan campus and its population. In addition, we are leveraging the progress of Wellbeing at UBC as an opportunity to further the reach and impact of Campus Health work.

b) Collaborations at UBC Okanagan

Students, faculty and staff are involved in all of our Campus Health activities. During the past year, we have benefited from the contributions of student volunteers, and partnerships with representatives of the Student Union, student groups on campus (e.g., Enactus, SHARP, Canadian Students for Sensible Drug Policies, Women's Resource Centre, Mental Health Awareness and Advocacy Club), as well as a range of campus departments/units including UBCO Operations and Risk Management, Food Services, Facilities, Campus Security, Sexual Violence Prevention and Response Office (SVPRO), Campus Planning and Health and Wellness. We continue to share the work completed by students and the Campus Health team to stakeholders (AVPs, Deans, Directors, UBCO Health and Safety Committee, etc.) to support the development of whole campus action for health.

c) Local Partners

Our work has been supported by partnerships with and the advice of Interior Health professionals (e.g., experts in substance use, tobacco control). Our work related to influencing smoking on campus has also been supported by Interior Health, BC Lung Association and the Canadian Cancer Society. The Canadian Mental Health Association and HOPE Outreach have also been partners in our work on mental health, alcohol, and opioids, and provided valuable advice. During the past year, we also sought the assistance of experts at IH to provide advice regarding the distribution of naloxone kits at student events.

d) Furthering the reach and impact of Campus Health work

Our work with the Okanagan Charter and UBC Wellbeing has also strengthened our collaborations and reach. 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 at both the national and international level 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 through our representation on groups forming at regional, national and international levels. Furthermore, the UBC Strategic plan has recently been updated which has prioritized Wellbeing at UBC with the adoption of the Wellbeing Strategy. Campus Health continues to partner with staff and faculty at the Vancouver campus to share learnings, collaborate on needs assessments and research, set priorities and develop plans for enacting the Wellbeing Strategy and the principles within the Okanagan Charter.

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

Number and type of personal care visits	The Clinic and Counselling units at UBCO provide the majority of personal care visits for students. However, the Campus Health team responds to unexpected urgent needs when this is required on a case-by-case basis and when clinic/resource personnel are not available.
Number and type of internal and external community liaison collaborations	<p><u>Internal (n=13)</u> UBC Wellbeing Strategic Support Team (n=10) Campus Food Advisory Committee (n=9) Cross Campus Physical Activity Working Group (n=20) Cross Campus Food and Nutrition Working Group (n=20) Thrive Week Planning Committee (n=33) MoveUBC Planning Committee (n=20) Academic Furniture Committee (n=8) Campus Programmers meeting (n=30) Enactus Student Team (n=15) SHARP Student Team (n=15) Smoking gazebo monitoring group (n=4) Exercise prescription program team (n=7) Healthy Beverage Initiative group (n=30)</p> <p><u>External (n=7)</u> Interior Health Harm Reduction Coordinator and Community Health Facilitator (n=2) Tobacco Reduction Program (n=1) Hope Outreach Society (n=3) Cultures of Smoking project with Canadian Institute for Substance Use Research, BC Lung Association (n=12) Canadian Cancer Society (n=1)</p>



Number and types of small and large groups aimed at promotion and management of health and wellbeing and prevention of illness and injury	Small and large group educational sessions (>22) were conducted across a range of topics including mental health, suicide prevention, healthy eating, physical activity and sedentary behaviour, smoking cessation, safer cannabis use, and responding to opioid overdose and naloxone training. A total of >7292 students/staff/faculty participated in these sessions.
Participation numbers in group activities	Wellbeing Health Fair – collaboration with Health 100 course (n=200) Golden Apple Awards (n=50) Cannabis Dialogues (n=31) Smoking Dialogues (n=313) Opioid Dialogues (n=33) Party Culture Dialogue (n=14) Alcohol Dialogue (n=12)
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"> • 18 students joined the work for course credit • 4 student joined for practicum experience • 7 students hired as part of the campus work study program • 15 students joined Campus Health as volunteers • 2 graduate students hired with funding support from the UBC Wellbeing portfolio
Numbers and types of healthy campus development activities	<ul style="list-style-type: none"> • Health Beverage Initiative project focusing on reducing sugar-sweetened beverage consumption (n>800)

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 for the following reasons:

- 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, promote physical activity, 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)
MoveUBC <i>A month long campaign and events during the month of February to encourage moving more and sitting less.</i>	20	<ul style="list-style-type: none"> • UBCO Library • UBCO Campus Recreation • School of Health and Exercise Sciences • Students • University Relations • Student clubs 	5
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>	8	<ul style="list-style-type: none"> • Students • Facilities 	8
THRIVE week <i>Weeklong event to promote mental health.</i>	33	<ul style="list-style-type: none"> • Human resources • Students • Student Union • Student Housing 	10



		<ul style="list-style-type: none"> • Faculty 	
Bells Let's Talk Day	4	<ul style="list-style-type: none"> • Mental Health Awareness and Advocacy Club • Sexual Assault and Rape Awareness • Women's Resource Centre • Residence life 	30
Exercise prescription program	4	<ul style="list-style-type: none"> • Health and Wellness • School of Health and Exercise Sciences • Campus Recreation • Wellbeing Scholar program 	2
Opioid and Naloxone education and training <i>Education and awareness of fentanyl at UBCO, naloxone training.</i>	10	<ul style="list-style-type: none"> • Health and Wellness • Risk Management • Campus Security • Students for Healthy Alternatives and Risk Prevention (SHARP) • HOPE Outreach 	15
Opioid Dialogues	1	<ul style="list-style-type: none"> • Nursing students • Students 	9
Party culture project	17	<ul style="list-style-type: none"> • UBCSUO • Several portfolios within Student Services such as International Programs and Services, Aboriginal Programs and Services, and Student Housing • Sexual Violence and Prevention Office • Campus Security • Pride Resource Centre 	3
Gazebo monitoring project <i>Following cannabis legalization, the</i>	3	<ul style="list-style-type: none"> • Campus Security • Risk Management • Campus Planning 	6



<i>gazebos were monitored to understand usage patterns.</i>			
Cultures of Smoking Project	12	<ul style="list-style-type: none"> • Canadian Institute on Substance Use Research • Healthy Minds, Healthy Campuses • Other academic institutions including TRU, SFU, UVic, UNBC, Selkirk College 	8
Healthy Beverage Initiative project	30	<ul style="list-style-type: none"> • UBC Okanagan Food Services • School of Health and Exercise Sciences • Food and Nutrition Cross-campus working group • Students 	10
VOICE 4 Fall Health Fair <i>HEAL 100 students provided education and information on a variety of health topics.</i>	1	<ul style="list-style-type: none"> • Students • Nutrition Education Centre • HEAL 100 course 	~100
Total numbers of campus partners	139	Total student involvement in planning and execution	~176

TABLE 2 – Small and large groups, participants engaged

Small group (D)	Description of small group (D)	# people engaged (E)
Smoke-free campus	Interviews with key stakeholders on campus to	10 interviews



	gather suggestions on how to move forward towards a smoke-free campus	
Let's Talk Cannabis Dialogues	Students, staff, and faculty were invited to share dialogue about cannabis on campus. Learning needs were discussed in addition to how UBCO should respond to the legalization of cannabis	July 5: 19 attendees Oct 29: 12 attendees
Cannabis safer-use guidelines presentation to Resident Advisors	Safer-use guidelines were provided and taught to Resident Advisors by Campus Health and a nursing practicum student.	~25 attendees
Opioid Dialogues	Students, staff and faculty were invited to discuss opioids at UBCO and the opioid epidemic in BC	July 18: 20 attendees Oct 31: 13 attendees
Opioid and Naloxone training	A variety of students, staff and faculty were trained on opioids and recognizing and responding to an overdose. Interested members were provided a naloxone kit post training. Training occurred at booths, in classrooms, at events, and to interested groups of students.	>1000 campus community members trained 352 naloxone kits distributed
Classroom wellbeing	Learning conference presentation to faculty about supporting wellbeing in the classroom environment	30 attendees
Healthy Beverage Initiative campus assessment	Determining perceptions of SSBs, their consumption, and intervention options to reduce SSB consumption and increase tap water consumption.	>800 students engaged
Class presentation	Campus Health presented to several classes on a variety of health promotion topics and Campus Health work. Topics included food security,	>200 students



	opioids and naloxone, cannabis, sugar-sweetened beverages, and physical activity.	
	Total small group participation	>2129
Large group	Description of large group	# people attended
VOICE 4 health fair	Campus Health’s annual fair, in partnership with students of the HEAL 100 course.	>200 attendees
Golden apple awards	Awards ceremony for faculty who promote student wellbeing in the classroom.	50
THRIVE	Worked alongside a variety of campus partners to engage students in conversations about mental health. Engaged 23 faculty to show slides about mental health at the beginning of each class.	>1000 students engaged
MoveUBC	Promoted physical activity during month of February. Worked with campus partners and engaged student groups to host events that encourage physical activity. Hosted the Wellbeing Challenge, where students completed challenges to learn about physical activity and nutrition amenities at UBCO.	>200
National non-smoking week and smoking dialogues	Interactive booths, classroom engagement, and formal dialogues about a smoke-free UBCO. Smoking cessation resources were provided at interactive booths.	~ 200 people engaged over 2 booth days 313 people engaged through smoking dialogues
Suicide awareness day/Bell Let’s Talk Day	Social media promotion and booth set up on campus to connect with students about mental health and suicide.	~500



CREATE	Back to school event for students where Campus Health was able to promote our work and share health information	~400
H2Oomg tap water drinking campaign	Campaign materials dispersed throughout campus: table cards, posters, email communications, social media.	>2000 students engaged
Staff and Faculty BBQ	Campus Health work shared with staff and faculty on campus. An opportunity to build relationships.	~100
Club and Course Union Expo Day	Shared safer-use guidelines about cannabis and collection information about cannabis education needs.	200
	Total Large event participation	>5163
	TOTAL participation (large and small events)	>7292



Appendix B

LIST OF PRESENTATIONS

Hamilton, C., Hartwig, C., & Forneris, T. (2018). *Implementing wellbeing promoting strategies in the classroom setting*. Presentation at the 14th annual UBC Okanagan learning conference. (May 3, 2018).

Hamilton, C., Kopp, T., & Foster, A. (2018). *Assessing the feasibility of active study stations at UBC Okanagan*. Presented to UBCO campus stakeholders and available via webinar. (July 4, 2018).

Taylor, D., Hamilton, C., & Bottorff, J.L., (2018). *Food insecurity among university students: Choosing between education and food*. Poster presented at the Public Health Association of British Columbia Annual Conference, Vancouver, BC. (November 15-16, 2018).

Hamilton, C., Coppock, K., Bottorff, J.L. (2018). *Phase 1: Gazebo observations following legalization of recreational cannabis*. Presentation to UBCO Operations and Risk Management, UBCO Campus (December 10, 2018).

Hamilton, C., Marshall, N., Chadley, R. (2019). *VOICE 4: exam scheduling practices and policies*. Presentation to the Academic Success Committee of UBCO Senate. (February 7, 2019).

Olsen, K., Wuerstl, K., Hamilton, C., & Forneris, T. (2019). *Healthy Beverage Initiative – Preliminary results*. Presentation at UBC Okanagan (February 12, 2019).

Bottorff, J.L., Hamilton, C., & Wilson, R. (2019). *Update on campus health smoking related activities*. Presentation to UBCO Leadership Team, UBC Okanagan Campus (February 28, 2019).

Bottorff, J.L., Hamilton, C., & Wilson, R. (2019). *Report on smoking patterns and perspectives on campus*. Presentation to UBCO Health and Safety Committee, UBC Okanagan Campus (March 25, 2019).