What is a Healthy Campus Community?

A Healthy Campus Community is one where the people, programs, policies and spaces foster well-being as a resource for community members to thrive and succeed at SFU and beyond. It is the words people speak; decisions that are made; actions that are taken, and the culture and systems that are created.

Our Mission

To engage and enable staff, faculty, students, administrators and community partners to work collectively towards creating campus conditions that enhance well-being and success for all. This can be achieved through the following areas for action:
What do we mean by health and well-being?

Health is viewed as a “state of complete physical, mental and social well-being and not merely the absence of disease” (WHO, 2010). Health and well-being are resources that enable individuals to thrive and reach their full potential.

Why is well-being important in a post-secondary setting?

Health and well-being are essential for student success, engagement and retention and as such, are integral to the core business of SFU. The potential positive impacts of creating a Healthy Campus community for staff, students and faculty include:

- Improved health and well-being
- Enhanced learning
- Social and community connectedness
- Success and achievement
- Collaborative citizens
- Professional development

Current Activities

Champions for a Healthy Campus Community:
Recognizing individuals or groups who enhance well-being while contributing to a healthy campus community.

Well-being in Learning Environments:
Partnering with the Teaching and Learning Centre to work with instructional staff and faculty to help create conditions for well-being within learning environments.

Research Partnership:
With Dr. Zandvliet, investigating how learning environments impact well-being through a participatory action research project.

Well-being in Academic Settings:
Analyzing activities, programs and policies within academic units and how these contribute to student well-being.

Impact of Policies on Well-being:
Exploring how policies, processes, policy interpretation and communication impact well-being.

Addressing Well-being Through Physical Spaces:
Providing input to space design and renovation to create spaces that support well-being.

Student Health Advisory Committee:
Incorporating students’ perspective as an integral part of the Healthy Campus Community initiative.

Contact Us

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What role can you play?

It takes a whole campus to create a healthy campus community for all. Contact SFU Health Promotion to join our network, get involved with a project, share your ideas, or request a meeting.