A Healthy Campus Community

SFU’s Healthy Campus Community Initiative Development

2014

- Completed data collection for a research collaboration with David Zandvliet in the Faculty of Education which explores well-being in learning environments. Over 1000 surveys were completed, 5 focus groups were held and 13 instructors participated.
- SFU Health Promotion presented at the 2014 Canadian Association of Colleges and University Student Services Conference, and the 2014 Society for Teaching and Learning in Higher Education conference, the 2014 Healthy Minds Healthy Campuses Summit and the University of Calgary Wellness Summit.
- SFU Health Promotion was invited to provide input on SFU’s new Task Force on Flexible Education.
- Over 40 instructors engaged in interviews and feedback discussions regarding how they play a role in creating conditions for well-being in learning environments.
- The Canadian Association of Colleges and University Student Services featured SFU’s Well-being in Learning Environments project in the Winter 2014 Communique publication.
- SFU Health Promotion was invited to be a member of the SFU Vancouver Campus Learning Spaces Committee.

2013

- The 2013 Healthy Campus Community reception attracted 111 participants including representatives from 7 faculties/departments, various student services, the Teaching and Learning Centre, the VP Academic office and students. As a result, 91% of respondents felt “inspired to enhance student well-being and contribute to a Healthy Campus Community.”
- SFU Health Promotion engaged in consultation with Build SFU, resulting in changes to the design of the new Student Union Building in order to better support sense of community and student well-being.
- The Student Health Advocacy Committee provided student voice on planned renovations in the Academic Quadrangle. In a follow up survey, 99% of students reported that “having spaces like this on campus contributes to their well-being as a student”.
- Published article in the Education and Health Journal (Volume 31, Number 3, 2013) as a result of a research collaboration with Faculty of Health Sciences.
- Updated Well-being in Learning Environments online resource to reflect consultation with instructors, students and other campus partners. Identified ten conditions for Well-being in Learning Environments, supported by practical suggestions.
- Presentation at the 2013 Canadian Association of Colleges and University Student Services Conference, and the 2013 Society for Teaching and Learning in Higher Education conference.
- Launched the Designing Healthy Campus Communities video in collaboration with the Canadian Mental Health Association BC Division. The launch was attended by 170 people from across Canada and the video was endorsed by President Petter, Stephen Smith from the BC Ministry of Health and Mark Dooris, one of the founders of World Health Organization’s Health Promoting University Framework.
- Created a Physical Spaces component of the Healthy Campus Community website which outlined strategies for supporting well-being through the design and maintenance of physical spaces on campus.
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- The Healthy Universities website (based in the UK) featured two case studies from Simon Fraser University Health Promotion, one on the Healthy Campus Community initiative overall and one on the Well-being in Learning Environments project.
- Bringing Theory to Practice highlighted SFU’s Well-being in Learning Environments project in their Fall 2013 Newsletter.
- SFU Health Promotion was the only Canadian institution who received a grant from Bringing Theory to Practice to explore policy and processes within academic units from a well-being lens and was featured in American Association of Colleges and Universities (AACU) Bringing Theory to Practice publication, The Well-being and Flourishing of Students.
- Received a SFU Teaching and Learning Development Grant for research partnership with Dr. David Zandvliet (Faculty of Education).
- Collaborated with SFU Institutional Research and Planning to add two new questions related to the Healthy Campus Community initiative to the Undergraduate Student Survey in order to support assessment of this work.
- SFU Health Promotion received a special invitation to attend the 2013 Well-being Conference hosted by the American Association of Colleges and Universities Bringing Theory to Practice Program in Washington, DC.

2012

- The 2012 Office of the Ombudsperson Annual report reflected the importance of the Healthy Campus Community initiative in supporting SFU students.
- SFU Health Promotion was invited to be a member the Classroom Renewal Committee to improve physical spaces at SFU using a well-being lens.
- SFU’s Healthy Campus Community initiative was featured in the BC Ministry of Health’s annual report, Healthy Minds, Healthy People.
- Established partnership with the Teaching and Learning Centre at SFU
- Presented at SFU Teaching and Learning Symposium: Leading Change@SFU, May 2012
- Developed the Champions for a Healthy Campus Community initiative with community capacity grant funds from Healthy Minds/Healthy Campuses
- Initiated the Classroom Well-being project
- Created an animated video in partnership with CMHA BC Division
- Established two research partnerships to explore settings based impacts on well-being in higher education
- Received an $11,000 grant from American Association of Colleges and Universities
- Hosted the first Healthy Campus Community reception at SFU
Compiled a literature review and rationale document for the Healthy Campus Community work.

Aligned with work in mental health on campus highlighting dual approach of preventing illness and suicide/responding to crises and promotion of mental well-being through a community approach.

Martin Mroz (Director of Health and Counselling Services) presents at Canadian Association of Colleges and University Student Services (CACUSS) regarding the strategic move to systems approach relating to our campus mental health strategy and overall work on campus to foster well-being.

Student Health Advocacy Committee (SHAC) developed and launched

Officially adopted the Healthy Campus Community framework as a priority for Health Promotion at SFU.

2010

Adopted a settings based approach to health promotion

Research, advocacy, planning and strategizing

Created a wellness wheel to highlight on and off campus resources available for SFU students.

Moved all health education resources to an online platform, that incorporated skills-building opportunities, and that encouraged accessing additional support services if necessary. This included:

- Sleep Website with interactive sleep diary
- Internet Use/Gaming Website with interactive quiz, warning signs and resources to support a friend
- Nutrition Blog
- Sexual Health Blog