

Background PDF on SFU's Healthy Campus Community Initiative

»» Background

SFU's Healthy Campus Community Initiative is an award winning initiative that has been internationally recognized for leadership in advancing systemic health promotion within a university context. Planning for the initiative began in 2010, and the first iteration of the initiative was launched in 2011 with the intention of taking a systemic, campus-wide approach to create conditions that enhance health and well-being. The initiative is based on the World Health Organization (WHO) Healthy University Framework which involves working collaboratively to create campus environments that positively influence the health and well-being of students, staff and faculty.

SFU's [Vision for a Healthy Campus Community](#) was co-created in 2014 with input from over 300 campus members. The vision outlines the goals, principles and calls to action of the Healthy Campus Community initiative and was formally endorsed by President Andrew Petter in 2015.

"I am pleased to present SFU's Vision for a Healthy Campus Community, an important part of our commitment to be Canada's Engaged University. At SFU, we care deeply about the physical and emotional well-being of our students, faculty and staff. That's why we have been a leader in the Healthy Campus Community movement. In doing so, we have strived not only to create a supportive campus community that benefits our own members, but also to provide an example that can be looked to by others"

- Andrew Petter, SFU President and Vice Chancellor

»» Strategic Alignment

By enhancing well-being, we will contribute to the success of individuals and the institution. The Healthy Campus Community Initiative supports SFU's strategic vision as an Engaged University that connects students, research and community and is aligned with the Academic Plan.

The SFU Healthy Campus Community Initiative aligns with other provincial and national initiatives to enhance well-being in post-secondary institution such as [Healthy Minds Healthy Campuses](#) and the [Okanagan Charter: An International Charter for Health Promoting Universities and Colleges](#). SFU Health Promotion helped to lead the development of the Charter (which was created in 2015, with input from over 42 countries) which is now being used to [guide strategic action within Canada](#) and internationally.

»» Activities

Learn about current activities within the Healthy Campus Community Initiative [here](#).

»» Rationale

Post-secondary institutions are increasingly expected to provide students with the experiences and skills they need to succeed in a complex and ever-changing world. This means fostering students who are not just educated, but are resilient, creative, collaborative and engaged citizens. Health and well-being are essential for student success, engagement and retention and as such, are integral to the core business of SFU. Watch a brief 2 min video about the purpose of the Healthy Campus Community initiative [here](#).

»» What Do We Mean by Health and Well-being?

Well-being refers to the positive characteristics of physical, social and mental health of students, staff and faculty members. This encompasses concepts of thriving, resilience, connectedness, sense of community, empowerment, work-life balance, morale and camaraderie. It is enhanced by thriving, resilient and connected campus communities that reflect an ethic of compassion and embed a culture of well-being.

For more information about the theories and rationale behind SFU's Healthy Campus Community Initiative and its key projects please see:

[Rationale for SFU's Healthy Campus Community Initiative, 2012](#)

[Well-being in Learning Environments Rationale, 2013](#)

[A Rationale to Address Physical Spaces and Well-being in Post Secondary Settings, 2014](#)

[Rationale SFU's Healthy Campus Community Initiative, 2012](#)

[Rationale for Embedding Conditions for Well-being in Academic Settings, 2015](#)

»» Awards, Publications, Endorsements and Presentations

The Health Promotion team has authored many publications related to the Healthy Campus Community Initiative, and has presented this work at numerous conferences across Canada and internationally. The initiative has also been featured in reports, webinars and newsletters both nationally and internationally, and has received several awards. Below are some key highlights.

2012	Report	Healthy Minds Healthy People: A ten year plan to address mental health and substance use in British Columbia – Annual Report	The BC Ministry of Health 2012 Annual Report on "Healthy Minds, Healthy People: A Ten-Year Plan to Address Mental Health and Substance Use in British Columbia" references the SFU Healthy Campus Community initiative on page 10.
2013	Article	The Well-being and Flourishing of Students: Considering well-being, and its connection to learning and civic engagement, as central to the mission of higher education	SFU's Well-being in Learning Environment's project is featured in the American Association of Colleges and Universities Bringing Theory to Practice (2013) publication on pg 17.
2013	Article	Simon Fraser University: Making Connections to Well-Being in Learning Environments	This article appears in the Fall 2013 newsletter produced by the American Association of Colleges and Universities Bringing Theory to Practice.
2013	Journal Article	Building healthy campus communities: The adaptation of a workplace tool to understand better student well-being within higher education settings	This is an original peer reviewed publication by SFU Health Promotion in partnership with a student and their supervising faculty members from the SFU Faculty of Health Sciences.

2013	Video	Designing Healthy Campus Communities Webcast	In partnership with the Canadian Mental Health Association BC Division, SFU Health Promotion co-hosted a national launch event and webcast for the Designing Healthy Campus Communities video.
2014	Blog	President Petter's Blog: Innovation in creating a Healthy Campus Community	President Petter comments on the work of the Healthy Campus Community Initiative.
2014	Video	Well-being in Learning Environments Webinar	SFU Health Promotion shared their expertise in a national webinar hosted by the Centre for Innovation in Campus Mental Health and Healthy Minds Healthy Campuses.
2016	Article	Engaging Faculty in Creating Conditions for Well-being in Learning Environments at SFU	The development of the Well-being in Learning Environments project was showcased in the American College Health Association (ACHA) newsletter.
2016	Article	Well-being in Teaching and Learning: Healthy Universities UK	A project led by SFU's Health Promotion team and Teaching and Learning Centre, Well-being in Learning Environments, was featured in the UK Healthy Universities Network Newsletter.
2016	Journal Article	Understanding Students' Experiences of Well-being in Learning Environments	SFU Health Promotion and research partner Dr. David Zandvliet publish this article in Higher Education Studies. It provides a qualitative exploration of students' lived experiences of well-being in learning environments within a Canadian post-secondary context.
2016	Journal Article	Building partnerships to enhance student well-being and strategic enrollment management.	Published in the Strategic Enrollment Management Quarterly, this publication shares SFU Health Promotion's experience developing partnerships with faculty.
2017	Book Chapter	Health promoting universities: Shifting from health education to social innovation.	SFU Health Promotion, in collaboration with Paola Ardiles (SFU Faculty of Health Sciences), authored a Chapter in the 4 th edition of the book: <i>Health promotion in Canada</i> , I. Rootman, A. Pedersen, K.L Frolich, & S. Dupere (Eds.), (p. 268-285). Toronto, Ontario: Canadian Scholars.

2018	Book Chapter	Impacts of Learning Environments on Student Well-being in Higher Education.	In partnership with Dr. David Zandvliet (SFU Faculty of Education), SFU Health Promotion has authored a chapter in the book: <i>Thirty Years of Learning Environments Research: Looking Back and Looking Forward</i> , Fraser, B., & Zandvliet DB (Eds.). Netherlands: Brill.
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The Healthy Campus Community initiative and its projects have received recognition and acclaim.

2014	Innovation Award for Well-being in Learning Environments Project	The Canadian Association of College and University Student Services (CACUSS) awarded the Well-being in Learning Environments Project the Innovation Award.
2015	Best Practice in College Health Award	This award is offered annually by the American College Health Association to for exemplary, innovative and inspirational practices in college health.
2016	Golden Gull Award for Best Health Education and Promotion Practices	"Bouncing Back", SFU's online resilience course received the PCCHA Golden Gull Award for Best Health Education and Promotion Practices.

» Reports and Evaluation

SFU's Healthy Campus Community initiative is being evaluated through the collection of qualitative and quantitative progress markers. Outcomes are being tracked through the collection of student health data and indicators from other institutional surveys.

The following reports outline the outcomes of the Healthy Campus Community to date:

[2012: A Healthy Campus Community In Action: Fall 2012 Update](#)

[2013: Healthy Campus Community: 2013 Report](#)

[2014: Milestones in the Development of the Healthy Campus Community](#)

[2014-15: Healthy Campus Community: 2014-15 Report](#)

[2015: Healthy Campus Community Annual Report 2015](#)

[2016: 50 Contributions to a Healthy Campus Community](#)