



# A Health Promoting Campus: What's Your Role?

We recognize that to be well, we must maintain healthy and resilient ecosystems and that when people and place are considered together, our communities can truly thrive. Our institutions must confront the complex issues about health, wellbeing, and sustainability of people and the planet. The Okanagan Charter provides higher education with a common language, principles, and framework to put campuses at the forefront of this movement.

## The Okanagan Charter:

This international charter calls on post-secondary schools to embed health into all aspects of campus culture and to lead health promotion action and collaboration locally and globally. 20 campuses in Canada have adopted the Charter.

### Vision:

Health promoting universities and colleges transform the health and sustainability of our current and future societies, strengthen communities and contribute to the wellbeing of people, places and the planet.

**Embed health into all aspects of campus culture, across the administration, the academic mandate and operations.**

**Lead health promotion action and collaboration locally and globally.**

### Benefits of adopting the Charter:

- Promoting health and well-being are essential to achieving our full potential in teaching and learning, research, and engagement.
- Evidence demonstrates that people who are well are more productive, are more able to engage in deeper learning, are more likely to be retained, and have a stronger sense of community.
- Health and well-being are linked to enhanced learning, satisfaction, retention and engagement among students, staff and faculty.

### Principles of the Charter:

- Use a settings-based and whole system approaches
- Act on an existing social responsibility
- Ensure a comprehensive and campus-wide approach
- Utilize participatory approaches and engage the voice of students and others
- Develop interdisciplinary collaboration and cross-sectoral partnerships
- Promote research, innovation, and evidence-informed action
- Build on strengths
- Value local and indigenous communities, context and priorities

## Plan to implement the Charter:



### Why

- Match the facilities with the Mission of the institution
- Guide financial and time investment
- Accumulate small strategic steps to achieve vision
- Accomplish goals



### What

- A campus master plan
- A document that sets the future for campus development
- A policy on how matching financial, physical, academic, research and campus life values is accomplished



### Who

- Board of trustees
- President
- VPO and finance
- Campus planning – creation and stewardship of plan and process
- The whole campus community



### How

- Use settings and whole systems approaches
- Ensure comprehensive and campus-wide approaches
- Use participatory approaches to enable the voices of students
- Value local and indigenous communities' contexts and priorities



## Watch the Webinar

To learn more about supporting international students, be sure to watch the webinar recording at: <https://campusmentalhealth.ca/webinars/health-promoting/>

Credits for this collaborative webinar and content go to our speakers: Matt Dolf, Director, Strategic Support at University of British Columbia, Dennis J. Swinford, Leader of the Higher Education Planning practice at Goody Clancy and Paula Lee Swinford, Director, Health Promotion Strategy at University of Southern California.

