

# 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

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.

## Action

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 [e/e](#).

# What Does Well-being Mean and How Do We Measure It?

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](#)

## Academic Publications 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 key highlights.

2012	Report	<a href="#">Healthy Minds Healthy People: A Ten-Year Plan to Address Mental Health and Substance Use in British Columbia – Annual Report</a>	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	<a href="#">[Redacted]</a>	



2018	Book Chapter		
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