

UNIVERSITY OF TORONTO

University Relations Annual Report 2013

Who we are

UNIVERSITY RELATIONS			
Office of the Vice-President, University Relations	Government, Institutional and Community Relations	International Relations	Strategic Communications and Marketing
Broad Strategic Direction Integration within UR and University Functional Advice Issues Management Coordination Operations	Government Advocacy Policy development and analysis Submissions to government Institutional data analysis including Rankings	Information on international activities at the University International partnership agreements Incoming Delegations Outgoing Delegations	U of T News Internal Communications Media Relations On-line Strategy University Marketing Visual Identity

Institutional Research



Emerging: Global Employability University Ranking 14 1ST IN CANADA IN ALL MAJOR RANKINGS

Advocacy - Funding

Federal:

Canada Accelerator and Incubator Program Building Canada fund Advantage Canada Research Excellence Fund

Provincial:

Acceleration/ Incubator Program International Graduate Students

Advocacy - Policy

Strategies to manage increasing accountability requirements

Differentiated Mandate (SMAs, PharmD)

Teacher Education

Program Fees

International Coordination



Welcome to the International Portal. Click a tile to get started.

Calendar

Outgoing institutional delegations

Promotional Materials

Powerpoint, One-Pagers, links to videos etc.

Rankings Information

Ranking Messages, ranking charts and links to ranking organizations

Briefing Materials

Country & Region specific briefing notes

International Agreements

International Collaboration overview and process, and list of agreements

Student Recruitment

Principles and processes

Student, Alumni and Research Data

Student, alumni and sponsored research data

Country Mission Reports

Trip reports from outgoing delegations

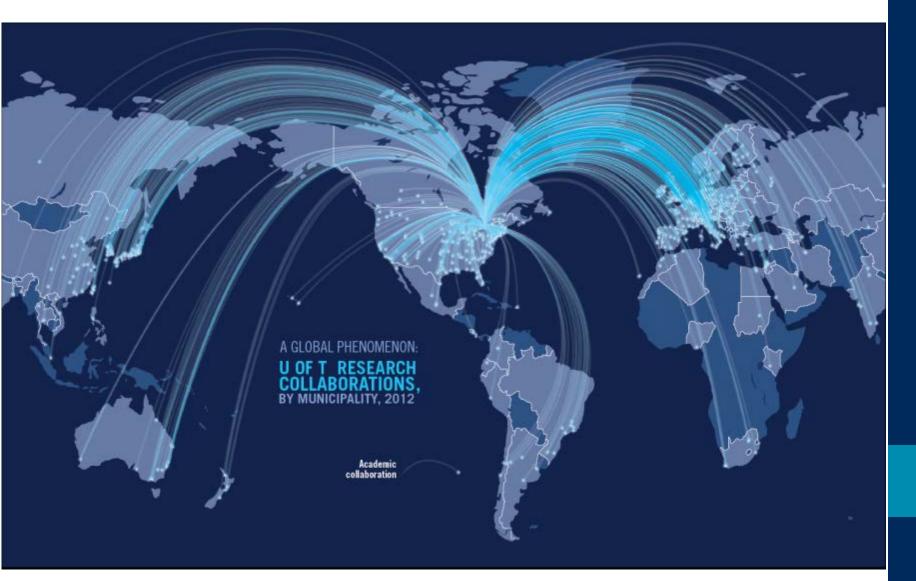
Travel Supports

Translation services, hotels, drivers etc.

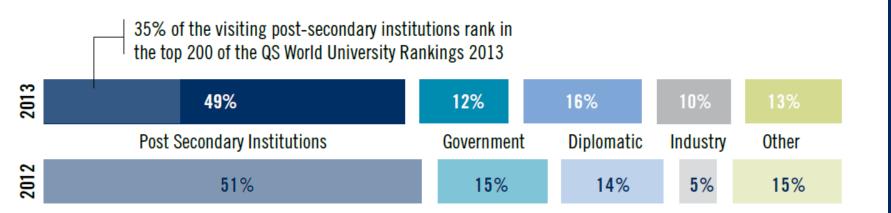
Contacts

Contact directory

International Collaboration



International Strategy



News and Media Relations

MEDIA ROOM

The media's source for U of T breaking news, experts and information

University of Toronto Media Room > Moderate exercise not only treats, but prevents depression

Media Contacts

Blue Book Search: Search all U of T Experts

- Media Releases
- Breaking News Experts

U of T Factsheet

Filming on Campus

Photos for the Media

- U of T Maps
- RSS Feeds
- Search the Media Room

Moderate exercise not only treats, but prevents depression

Posted on October 25, 2013

TORONTO, ON – Physical activity is being increasingly recognized as an effective tool to treat depression. PhD candidate George Mammen's review published in the October issue of the American Journal of Preventive Medicine has taken the connection one step further, finding that moderate exercise can actually prevent episodes of depression in the long term.

This is the first longitudinal review to focus exclusively on the role that exercise plays in maintaining good mental health and preventing the onset of depression later in life.

Mammen—who is supervised by Professor Guy Faulkner, a co-author of the review— analyzed over 26 years' worth of research findings to discover that even low levels of physical activity (walking and gardening for 20-30 minutes a day) can ward off depression in people of all age groups.

Mammen's findings come at a time when mental health experts want to expand their approach beyond treating depression with costly prescription medication. "We need a prevention strategy now more than ever," he says. "Our health system is taxed. We need to shift focus and look for ways to fend off depression from the start."

1 Story 52,986 Unique Views on October 29, 2013 alone

Viewed from over 90 countries including:

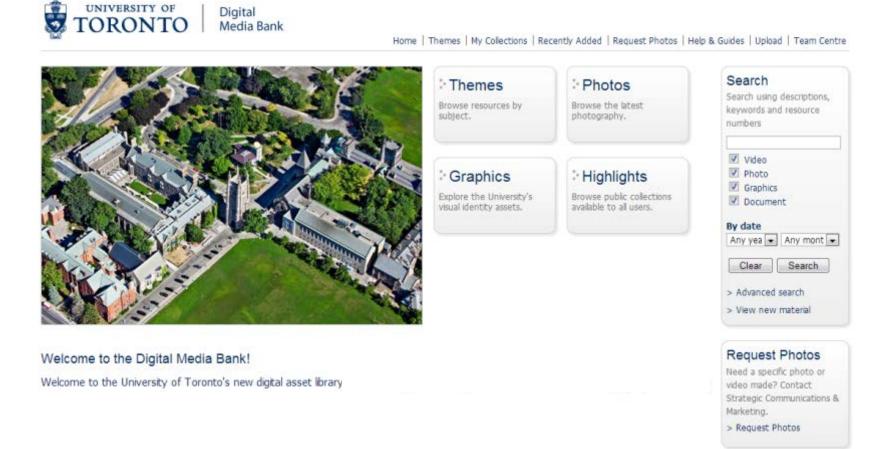
Australia Brazil China Germany Hong Kong

India Japan South Africa South Korea United Kingdom

Social Media



Communications - Tools



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0 items

Marketing

2012/2013 Results 61% increase in impressions 244% increase in clicks



BOUNDLESS OPPORTUNITIES

Explore U of T – Take a Campus Tour 🕨

Engagement – an example

Pan Am / Parapan Am Games





PRESENCE