

UNIVERSITY OF TORONTO SCARBOROUGH

HEALTHY CAMPUS

Sheila John, Assistant Dean, Wellness Recreation & Sport



UTSC Healthy Campus

- Established in 2016 based on the Okanagan Charter
- The Healthy Campus Initiative strives to ensure that everything we do at UTSC is health-enhancing.
- Supports students, staff and faculty

Okanagan Charter

Officially adopted by University of
Toronto Scarborough October 2022

Key outcome of the 2015 International Conference
on Health Promoting Universities and Colleges

The charter has two calls to action:

- To embed health into all aspects of campus culture, across the administration, operations, and academic mandates.
- Lead health promotion action and collaboration locally and globally.



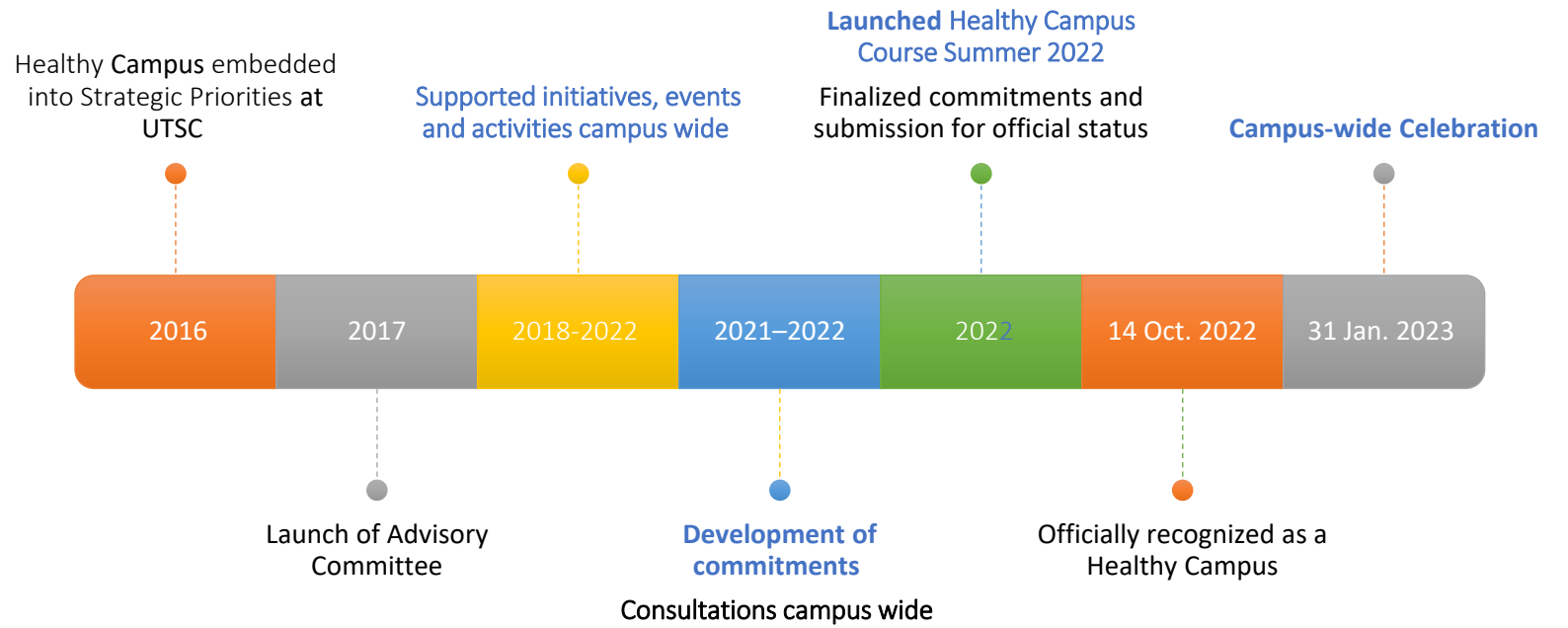
OKANAGAN CHARTER

AN INTERNATIONAL CHARTER FOR HEALTH PROMOTING UNIVERSITIES & COLLEGES

*An outcome of the 2015 International Conference on Health
Promoting Universities and Colleges / VII International Congress*

Kelowna, British Columbia, Canada

Milestones



Healthy Campus Pillars



Arts & Culture



Food & Nutrition



Mental Health



Physical Activity



Physical Space



Equity & Diversity

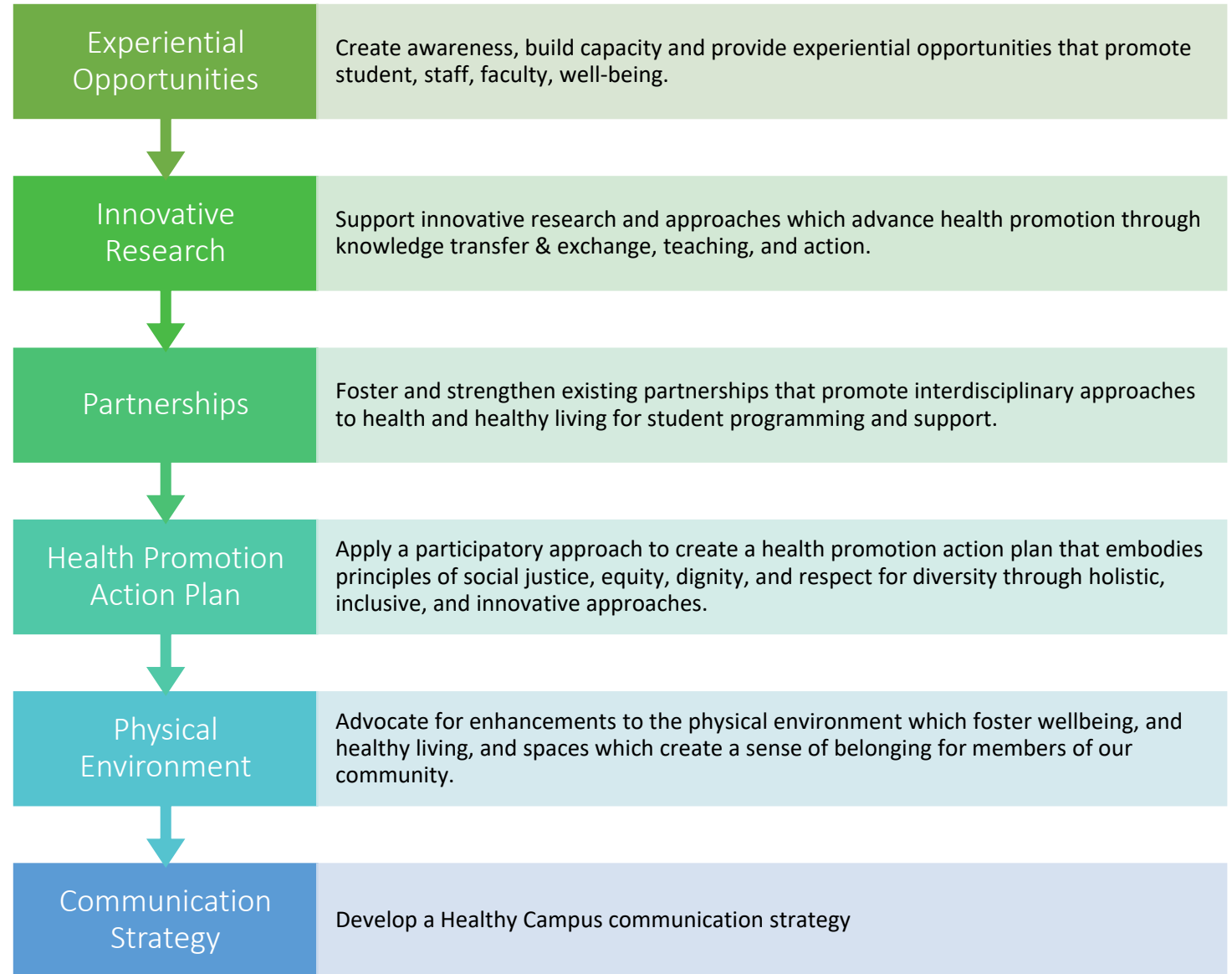


Healthy Campus Events

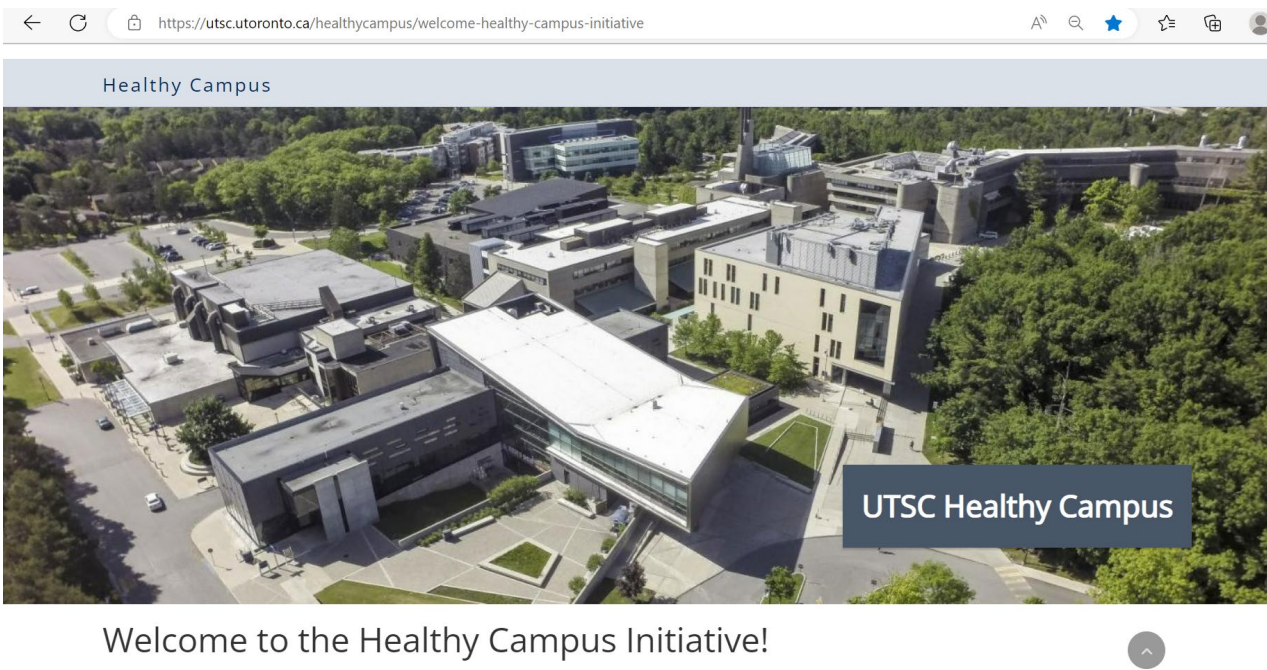
- Colour Run
- UTSC Cooks
- Seated Chair Massages
- Pet Therapy
- Nature Walks
- Wellness Fairs
- Flu Clinics
- Community Bike Program
- Equity promoting conferences



Commitments



Healthy Campus Website



Okanagan Charter

The Charter provides institutions with principles and framework to become health and wellbeing promoting campuses.



Healthy Campus Pillars

Find out more information about our pillars!



Student Resources & Supports

Learn more about the services and resources available for students!



Staff/Faculty/Librarian Resources

Learn more about the services and resources available for staff and faculty!

UOFT.ME/HEALTHYCAMPUS

Healthy Campus for Students: Prioritizing Mental Health Course

- Academic experiential learning course
- Offered as a Pilot in Summer 2022
- Improving mental health literacy
- Students develop skills that promote their wellbeing and are introduced to various programs, services, and resources on campus.





Its okay to ask
for help and help
is all around us!



EVERY FORM
of mental health
MATTERS

I LOVE THIS
COURSE!!! This
course was very
fun and was a major
depressor for me!
I'd fail on purpose
to take it again.

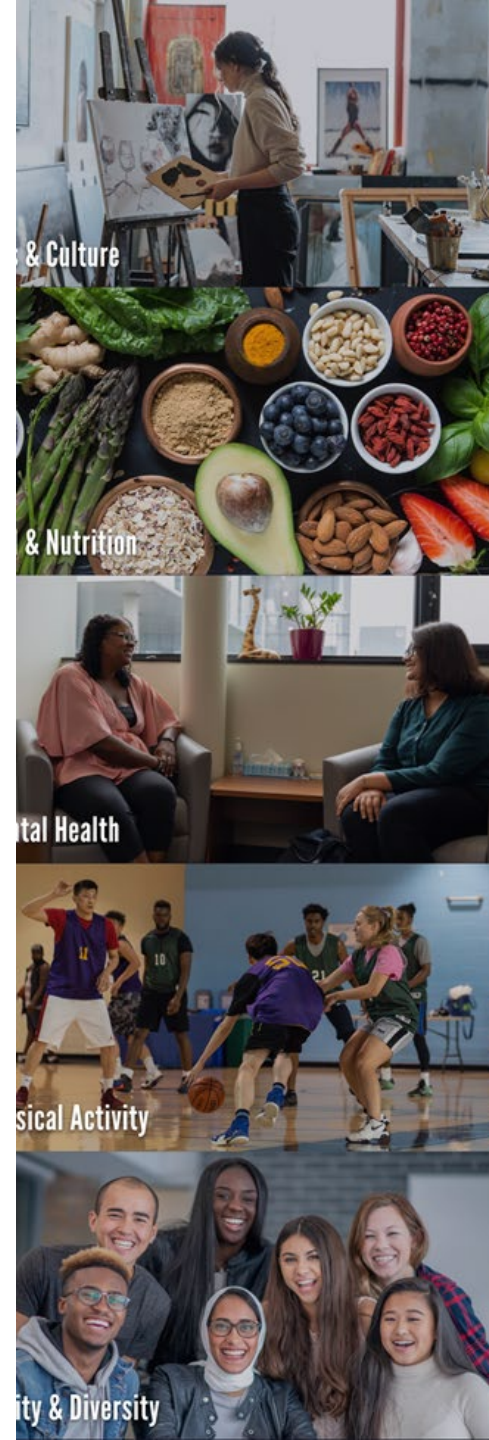
This course was one of
my favorite ones I have
taken! I made new friends,
and learned alot of technique
on how to maintain your
mental health. Thank you
Amira for making this a memorable
one!

Impact on Students

- 93% of students agreed/strongly agreed that the course provided them with skills they could use to promote their own mental health and wellness
- 94% of students have a stronger understanding of resources and supports available to them on campus after taking the course

Celebrating the Adoption of The Charter

- All staff, faculty and students
- Promoting each of the pillars through various hands-on activations, self-care opportunities and education



REGISTER TODAY

HEALTHY CAMPUS CELEBRATION

January 31, 2023 • 2-4PM
Highland Hall Event Centre



UNIVERSITY OF TORONTO
SCARBOROUGH

A UNIVERSITY OF TORONTO SCARBOROUGH
HEALTHY CAMPUS
INITIATIVE

Physical Activity

Equity & Diversity

Physical Space

UNIVERSITY OF TORONTO SCARBOROUGH

HEALTHY CAMPUS

Thank you!