

# Informing the Activation of the Okanagan Charter for Health Promoting Universities & Colleges Final Report

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UBC Sustainability Scholars Report

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## Executive summary

As part of the UBC Sustainability Scholars program in conjunction with Wellbeing at UBC, Human Resources, and USI, a project entitled “Developing an Activation Plan at UBC for the Okanagan Charter to Health Promoting Universities and Colleges” was completed. A review of charters and initiatives undertaken by select universities was completed. The following report includes this best practice review of adoption of charters and declarations. The purpose of this work was to assist with developing a set of recommendations to inform UBC’s path in activating and formalizing the adopting of the Okanagan Charter.

A synthesis of sustainability, health promotion, and wellbeing initiatives at various universities was completed at the national and international level. A total of 24 Canadian post-secondary institutions, 16 American post-secondary institutions, and 10 international post-secondary institutions were examined. A subset of these institutions was also surveyed to gain a more thorough understanding of these initiatives and individual university experiences adopting and activating charters related to sustainability, health promotion, and wellbeing.

Main findings indicate that strategies are in place at most institutions, which inform sustainability, health promotion, and wellbeing initiatives; however, these are often separate for students and staff. There is minimal integration of sustainability and health promotion activities at the senior strategic level, as often these bodies are located within different departments. Despite these barriers, there is obvious effort to collaborate between departments whenever possible. Initiatives related to sustainability, health promotion, and wellbeing often exist in the form of steering groups, working groups, and committees. Examples of initiatives include participation in national groups and competitions and awareness weeks focusing on different issues. Overall, sustainability, health promotion, and wellbeing initiatives are housed within a variety of university departments, including,

but not limited to Human Resources, Student Services, and Physical Resources.

In regards to the Okanagan Charter, there remain questions regarding how to best implement and adopt the Charter. Most institutions have little experience adopting previous charters. Adopting the Charter may be made easier if guidelines are established that could be presented to university administration. Examples of other institutions (especially large universities) that have already adopted the Okanagan Charter would be helpful and assist with gaining traction at the more senior levels. To date, there was no evidence of university wide implementation of the Charter, however, adoption of tenets of the Charter was found at the small scale. These were mainly department specific or involved research bodies. Health promotion charters that preceded the Okanagan Charter (Ottawa Charter, Edmonton Charter) are mainly absent within Canadian institutions, but have been used internationally or in an indirect fashion by enabling dialogue, and by guiding activities and development. Overall, there is strong interest in being kept up to date on the Okanagan Charter and the activities of both the Canadian and International Working Groups.

## Methods

### Surveys

We surveyed a subset of Canadian and international universities on issues related to sustainability, health promotion and wellbeing. Canadian universities interviewed included Dalhousie University, McMaster University, Mount Royal University, Ryerson University, Simon Fraser University, the University of British Columbia, the University of Calgary, the University of Guelph, the University of Manitoba, and the University of Victoria. International universities included Cardiff University, Manchester Metropolitan University, Nottingham Trent University, Sydney University, University College Cork, the University of Central Lancashire, and the University of Edinburgh. Interviewees were contacted over email and a standard set of

eight questions was posed to all interviewees. Interviewees were given the option of participating over phone, Skype, or through written responses.

## **Research Overview**

A research overview of initiatives undertaken by a larger number of institutions (Canadian, American, and International) was also conducted. A web search was conducted to determine current sustainability, health promotion, and wellbeing initiatives undertaken as each institution and possible integration of these activities. Information on previous charter adoption, participation in the development of the Okanagan Charter, and current implementation of the Charter was also examined. The output of this research overview can be found in the Appendix, separated by geographic location.

## **Synthesis of survey responses**

### **Organizational or mid-level strategies informing sustainability, health promotion, and wellbeing**

#### *Healthy university strategies*

Several universities have implemented healthy university strategies, either under a larger national framework or established by the university itself.

University College Cork has accepted a new strategy as of 2012. They have signed an agreement to become a health promoting university (termed UCC Health Matters). An initial agreement was made with Health Services, which stated that they were committed to working as a healthy university; this was officially recognized in February 2015. This agreement integrates health both into culture and policy.

The University of Central Lancashire established the Healthy University Action Plan from 2015 to 2018. This combines academic life and healthy environments and fosters community linkages. This involves staff and students and focuses on mental health and healthy and sustainable food. Within this action plan, there are a number of strategies that are linked to

health and wellbeing including the UCLAN Strategy, the Campus Master Plan, and the Environmental System Management Plan.

Sydney University has had a Healthy University Committee and Strategy in place since 2012. This overarching health promoting strategy engages both staff and students at all levels and contains a high level strategic group as well as provides funds for smaller projects. A separate sustainability focused committee was established to develop a sustainability strategy, which is separate from the Healthy University Strategy.

At Simon Fraser University, the Vision for a Healthy Campus Community has been endorsed by the President and upper leadership after development through campus-wide consultation. This development and the corresponding action plan for the Vision for a Healthy Campus Community was facilitated by the SFU Health Promotion team.

Nottingham Trent University has a Health Promotion Strategy, which is being updated so that it is in line with the overarching university wide strategy. As such, it is currently in a draft state.

At the University of British Columbia (Vancouver and Okanagan campuses), a university-wide initiative called Wellbeing at UBC guides the strategic direction of the university related to creating happier, healthier, more equitable, and more sustainable communities. A steering committee made of senior academic, student, and university leaders sets direction with collective action and coordination is facilitated by a Strategic Support Team comprised of staff from key supporting units working together with faculties to integrate wellbeing into their practices, policies, and cultures.

#### *Mental health strategies*

Some universities are guided by Mental Health Strategies. The University of Manitoba recently developed a Mental Health Strategy after consultation with an external consultant. This consultant provided 60 recommendations related to wellness. This was followed by development of a working group (termed Champions for Mental Health), with representatives from across campus and included both students and staff.

The University of Calgary also has a Mental Healthy Strategy. They are currently working on health promotion and wellbeing from a strategic perspective. They have a separate strategy in place for sustainability.

At UBC, there is a Student Mental Health and Wellbeing Strategy. Under Human Resources, there is also a Focus on People Strategy which aims to develop a sustainable and healthy workplace.

Wellness and health promotion are addressed in a variety of ways. At McMaster University there is a Key Risk Action Plan that includes wellness and mental wellbeing. Dalhousie University has a Workplace Wellness Strategy. The University of Edinburgh states that health promotion is one of its strategic goals.

#### *Separate units and/or strategies*

Separate units and strategies are also found at various universities, as sometimes separate strategies encompass students and staff and sustainability and wellbeing. The University of Guelph has an Occupational Health and Wellness Department for staff and another unit in place for students. They have also created a committee to study mental health and other health related issues. At Manchester Metropolitan University there is a staff and student health and wellbeing strategy and a sustainability strategy. Ryerson University has a number of separate strategies in place guiding university activities. These include separate strategies for sustainability, health promotion, and wellbeing.

#### *Early stages of strategy development*

Cardiff University is about to implement a Healthy University strategy that informs all university activities. This new strategy includes Equality and Diversity, Community Engagement, Welsh Language, and Corporate Social Responsibility. Mt. Royal University is currently in the early stages of developing a new strategy. They are currently working on refining the Human Resources strategy on workplace health promotion.

### **Major initiatives related to sustainability, health promotion, and wellbeing**

### *Steering Committees*

A number of universities have established steering committees that focus on sustainability, health promotion, and wellbeing. For example, at Manchester Metropolitan University, there is a Healthy Universities steering group, which has representation from across campus (including a sustainability manager, catering manager, and student services director). Cardiff University also has Healthy University steering group, and various committees and subgroups. The University of Guelph has a Healthy Workplace Committee that addresses sustainability, wellbeing, and health promotion initiatives. Mt. Royal University has Healthy Campus steering committee, which is a high level steering committee. Ryerson University created a mental health steering committee, which is spearheaded by Student Health and Wellness but also operates in conjunction with Human Resources. This steering committee resulted in the creation of the Mental Health Strategy and is currently conducting a review of university policy using a mental health lens. At the University of Victoria, there are various steering committees that focus on returning to work and maintaining a work life balance, specifically for staff.

Dalhousie has implemented the Thrive Mental Wellness Initiative, which is a university wide initiative to reduce stigma associated with mental health, expand the skills of all on campus, promote wellness, and provide needed services.

University College Cork has established several working groups of staff and students, each with a separate focus. These include nutrition, physical activity, alcohol and substance abuse, sexual and mental health. Each group creates individual action plans.

At the University of Central Lancashire there is a healthy university steering group that works in conjunction with the healthy university action plan. A number of working groups exist under the direction of this steering group.

### *Competition/ Participation in national initiatives*



It was found to be common for universities to compete or participate in national initiatives related to sustainability, health promotion, and wellbeing. The University of Edinburgh has won the Scotland Healthy Working Lives Award (and achieved a gold star) and the NUS Scotland and Scottish Student Sport Healthy Body Healthy Mind Award. Through participation in these competitions, funding was secured for a new unit that focuses on the promotion of healthy activity.

At University College Cork, there is an annual competition called Operation Transformation, whereby 4 staff and 4 students are selected and tracked over an 8-week period. During this period, they are advised on diet, nutrition, and physical fitness and provided with free meals at the college canteen. The progress of these participants is tracked on social media and aims to promote health and wellbeing.

#### *Programs & Projects*

Sustainability, health promotion, and wellbeing initiatives are also evident through programs and projects in place at universities. Mt. Royal University has a number of programs in place, including workplace health promotion, a 5-week health challenge, Working Mind (a mental health orientation program), and Lunch and Learn (an employee awareness program during lunch hours that covers a variety of health topics). Simon Fraser University has implemented a number of projects including Well-being in Learning Environments, Well-being through Physical Spaces, and Well-being through Policy.

The University of British Columbia (Okanagan Campus) has two trained mental health first aid practitioners. These certified instructors offer training for staff and faculty multiple times a year. UBCO is also developing a roadshow of the Okanagan Charter that examines what the Charter means and includes an overview of wellbeing.

#### *Awareness Weeks*

Health promotion and wellbeing initiatives take the form of awareness weeks at a number of universities across Canada. At the University of Manitoba there are both Wellness and Mental Health Awareness weeks.

Activities during these weeks include events and speakers, massage, art therapy, nature walks, yoga, and workshops led by indigenous elders. The University of Calgary also has a wellness and mental health fair. The University of British Columbia (Vancouver and Okanagan campuses) organizes a Thrive week, which focuses on building positive mental health for the entire UBC community (staff, students and faculty). This Thrive week has seen been taken up by other universities.

#### *Advanced initiatives*

Nottingham Trent University has established an overarching strategy with specific action and delivery plans. Nationally they link to the Healthy Universities Network while locally have partnerships with municipal health related commissioned services. These activities are examined and evaluated by the university to ensure success.

### **Connection of health promotion, sustainability, and wellbeing initiatives**

At many institutions, there is separation between sustainability, health promotion, and wellbeing initiatives. For example, at Manchester Metropolitan University, initiatives are currently disjoint. At Sydney University, efforts are planned separately but often, different departments will work together to promote projects. This form of cross promotion is also done at Ryerson University. As the goals of these three units (sustainability, health promotion, and wellbeing) don't always align, efforts are planned separately. This is true also at University of Victoria, as these three bodies are housed within separate departments. Despite this separation between units, efforts at collaboration are evident, as team members with attempt to plan these efforts as connected. However, this is often absent at the senior strategic level (such as at the University of Edinburgh). Overall, efforts are becoming increasingly connected (including Dalhousie University). At Cardiff University, connections have until now evolved organically but as of September 2016, there will be more formalized shared agreements in policy. At the University of Central Lancashire there is a strategic group, Healthy and

Sustainable University, and a number of separate strategies. As many of these overlap, these groups work closely together planning initiatives but are still separate groups.

### **Location of health promotion, sustainability, and wellbeing initiatives within universities**

The location of health promotion, wellbeing, and sustainability initiatives is vastly different, based on university (Table 1). There is also a distinct separation of health and wellbeing initiatives into those available for staff and students (for example, at Cardiff University these bodies are housed separately). Staff initiatives are often based out of Human Resources, while Student Services, Student Affairs, or the Student Union oversee student initiatives. There may also be multiple locations where student initiatives are housed. For example, at Dalhousie University, both the Student Union and Student Affairs run initiatives for student health and wellbeing. Staff initiatives tend to be located in one department. At the University of Guelph all staff initiatives are housed together in Occupational Health and Wellness. The Department of Public Health may also house health promotion and wellbeing initiatives, as at University College Cork. At the University of Central Lancashire, the Healthy University Initiative is found within the College of Health and Wellbeing in the Healthy and Sustainable Settings Unit. Sustainability is also often housed in a separate unit, sometimes independently in an Office of Sustainability, or within other bodies, for example, located in Physical Services or Facilities Management Services.

**Table 1: Sample of locations of health promotion, wellbeing, and sustainability units within universities**

| <b>Health Promotion (Students)</b>      | <b>Health Promotion (Staff)</b>  | <b>Wellbeing (Student)</b>                 | <b>Wellbeing (Staff)</b>         | <b>Sustainability</b>            |
|---|----------------------------------|--|----------------------------------|----------------------------------|
| Deputy Secretary for Student Experience | Human Resources                  | Student Services                           | Human Resources                  | Sustainability Office            |
| Student Affairs                         | Wellness Services                | Student Affairs                            | Health and Safety                | Estates                          |
| Student Union                           | Occupational Health and Wellness | Student Union                              | Occupational Health and Wellness | Occupational Health and Wellness |
| Students Support Services               |                                  | Students Support Services                  |                                  | Physical Services                |
| Counselling                             |                                  | Student Services                           |                                  | Facilities Management Services   |
| College of Health and Wellbeing         |                                  |  |                                  |                                  |
| Department of Public Health             |                                  |  |                                  |                                  |
|   |                                  | University/Executive level steering group* |                                  | Office of the Provost*           |

\*Location within UBC

### **Previous adoption of international health, wellbeing, and sustainability charters and declarations**

#### *Key historical charters*

Important charters related to sustainability include the Talloires Declaration signed in 1990 and the Association for the Advancement of Sustainability in Higher Education created in 2005. More recently, the ISCN/ GULF Sustainable Campus Charter was signed in 2010. These have been adopted by a number of universities internationally. Within Canada, the University and College Presidents' Climate Change Statement of Action for Canada has been adopted by several institutions, while in the USA, national commitment is seen through the American College and University Presidents Climate Commitment created in 2007.

### *Ottawa Charter*

Nottingham Trent University adopted the Ottawa Charter as this is the basis of health promotion and assisted with the development of a holistic approach to health promotion as their institution. At University College Cork, their Health Matters program is based on the Ottawa Charter (but this has now been updated to incorporate the Okanagan Charter). The Health Matters program consisted of working groups that created action plans for action areas, which were based on the headings of the Ottawa Charter. The Ottawa Charter is also extremely important at Simon Fraser University, as it is viewed as the foundation of their work, however, there has been no official adoption or activation by the university itself.

### *Okanagan Charter*

Manchester Metropolitan University co-leads the UK Healthy Universities Network, therefore they are actively involved with stakeholders to develop policy, and participated in the initial development of the Okanagan Charter. At the University of Central Lancashire, the Healthy University Steering Group has discussed the development and use of Okanagan Charter. It is a standing agenda item at meetings and it was referred to when planning the current action plan. UCLAN considered highlighting the Charter in a press release but the Marketing department did not feel it was strong enough to highlight this item as to date, it has not officially be signed onto.

### *Beyond charters*

Cardiff University has never adopted international charters, but has worked with national standards developed in Wales. In the constitution of the Welsh government, sustainability is included and the Healthy University Strategy of Cardiff is aligned with the government's 'The Wellbeing of Future Generations Wales Act'. In line with this Act, wellbeing goals must be reported and evaluated annually. As a university, it is not necessary for Cardiff University to participate in this Act but they have chosen to participate.

## Status of the Okanagan Charter

At Cardiff University, current development of Healthy University Initiative will put most of Okanagan Charter into effect. Manchester Metropolitan University is using the Okanagan Charter as a guide to developing the university as a healthy university. Nottingham Trent University is updating their Healthy Promotion Strategy and is linking this strategy to the calls to action identified in the Okanagan Charter. At the University of Central Lancashire, the definition of a healthy university (as defined in the Charter) is being used in their Terms of Reference for Healthy and Sustainable Meetings. At SFU, the Charter is aligned with SFU's Vision for a Healthy Campus Community. It is also used to build relationships with stakeholders in facilitated sessions.

Sydney University has promoted the Charter, by handing out copies and discussing the Charter at executive meetings and also by providing links to the Charter on their website. The university follows the principles of the charter as they have agreed to these principles. This institution is advanced in terms of identifying calls to action and imbedding health in all campus policies. They are currently evaluating what has been done and trying to improve on areas where there is room for improvement.

The University of British Columbia has created a Charter Roadshow to publicize the Okanagan Charter and plans to present different subjects to different parts of campus. These presentations will initially be directed towards staff and faculty starting September 2016 and be presented to students later in the term. The Calls to Action and Principles in the Okanagan Charter are guiding action plans in five priority areas: Mental Health & Resilience; Built & Natural Environments; Inclusion & Connectivity; Physical Activity and Sedentary Behaviour; and Food & Nutrition.

At 53% of the universities surveyed, the Okanagan Charter is currently not being put into effect.

## **History of charters: Implementation of the Edmonton and Ottawa Charters**

At Cardiff University, both the Edmonton and Ottawa Charters were put into effect through activities and developments aligned to meet Welsh government standards. Nottingham Trent University officially adopted the Ottawa Charter.

At Manchester Metropolitan University and Ryerson University, there was no official adoption of the Ottawa Charter but it assisted with creating dialogue and influenced programming. At the University of Central Lancashire, both charters have provided a wider global context for the work occurring at the university. They have been used as a guide to determine if the university is working in line with these documents. The Ottawa Charter was important for Simon Fraser University; however, they were unaware of the Edmonton Charter.

At Sydney University, the Ottawa Charter undermined the Healthy University Initiative in conjunction with community research. In 2012, a review was conducted which included a consultation with staff and students on what a healthy university meant. Since its release, the Okanagan Charter has reinforced these ideas.

47 % of surveyed institutions either did not adopt the Edmonton or Ottawa Charters or were not familiar with either of these charters.

## **Willingness to participate or be kept informed in the Okanagan Charter**

88 % of the surveyed institutions expressed an interest in being kept up to date on the activities of the Canadian (if Canadian) or International Charter Activation Committees. There was an interest in knowing what large North American institutions are doing in relation to the Okanagan Charter. These are important for taking the Charter to the administrative level at smaller institutions.

## Future research directions

Research gaps that resulted from this research included identifying next steps for the Okanagan Charter. From interviews, this could include a template for adoption and implementation of the Okanagan Charter. A set of established steps would assist universities with understanding how to proceed if interested in the Charter. This could be based on adoption at specific institutions and could be based on university structure at specific institutions. In addition, examples of integration of sustainability, health promotion, and wellbeing are important for realizing the goals of the Okanagan Charter. As high-level integration is absent from most institutions surveyed, collaboration at the more local scale is essential.

Challenges remain when separating out what is meant by health promotion, wellbeing, and sustainability as they overlap in many ways and do not share common definitions. The value of the Charter is providing some guidance on what is meant by these terms and what activities universities see as relevant.

## Conclusions

As seen in the Appendix, sustainability, health promotion, and wellbeing initiatives are in place at most universities (Canadian, American, and International), either in the form of programs, projects, awareness weeks, or research bodies. Despite the variety of these forms, there is minimal integration of these programs, and they often operate in isolation from one another.

From our survey of a subset of these institutions, most institutions have strategies in place guiding sustainability, health promotion, and wellbeing. Often, these bodies are located in separate departments. Thus, these initiatives are often planned separately from one another, although there is increasing collaboration between units. In Canada, there has been minimal adoption of previous charters regarding health promotion, including



the Ottawa Charter and Edmonton Charter. The Okanagan Charter has not yet be implemented university-wide at any university to date, but multiple institutions are considering the Charter and utilizing aspects to re-evaluate current strategies in place.

## Appendix 1: University Survey

1. Do you have an organizational or mid-level strategy that informs health promotion, wellbeing, and/or sustainability initiatives in your organization?
2. What major initiatives has your university undertaken related to health promotion, wellbeing, and/or sustainability (e.g. establishment of a unit, steering committee, major program)?
3. Does your university plan health promotion, wellbeing, and sustainability related initiatives as connected or separate efforts?
4. Where are your health promotion, wellbeing, and sustainability initiatives housed within the university?
5. Can you provide details about how your university has activated and adopted international health, wellbeing, and sustainability- related charters and declarations?
6. Is the Okanagan Charter currently being put into effect at your university? If so, how?
7. How, if at all, were either of the Edmonton or Ottawa Charters put into effect?
8. Would your university be interested in participating in or being kept updated by Canadian and International Charter Activation Committees to inform the activation of the Okanagan Charter?

## Appendix 2: University wide review of sustainability, health promotion, and wellbeing initiatives

| University                   | Sustainability Initiatives (student/faculty/staff/community)   | Health Promotion / Wellbeing Initiatives (student/faculty/staff/community)  | Integrated Initiatives [housing unit]  | Okanagan Charter Participation | Commitment/ Adoption of other charter (Name of charter /Year)  | Survey Participation |
|------------------------------|--|---|--|--------------------------------|--|----------------------|
| <i>Canadian Institutions</i> |  |   |  |                                |  |                      |
| UBC                          | UBC Sustainability Initiative<br><a href="https://sustain.ubc.ca/">https://sustain.ubc.ca/</a><br>Campus Sustainability Policy: 20 year Sustainability Strategy<br><a href="https://sustain.ubc.ca/sites/sustain.ubc.ca/files/uploads/CampusSustainability/CS_PDFs/PlansReports/Plans/20-Year-Sustainability-Strategy-UBC.pdf">https://sustain.ubc.ca/sites/sustain.ubc.ca/files/uploads/CampusSustainability/CS_PDFs/PlansReports/Plans/20-Year-Sustainability-Strategy-UBC.pdf</a> | Student Services:<br><a href="http://students.ubc.ca/livewell">http://students.ubc.ca/livewell</a><br>Human Resources Health, Wellbeing, and Benefits:<br><a href="http://www.hr.ubc.ca/health/">http://www.hr.ubc.ca/health/</a>       | Wellbeing at UBC:<br><a href="http://www.wellbeing.ubc.ca/">http://www.wellbeing.ubc.ca/</a> | yes                            | Talloires Declaration (1990)<br><br>Sustainability Sign-ons – eg: Association for the Advancement of Sustainability in Higher Education (2005)<br><br>ISCN/ GULF Sustainable Campus Charter (2010) | yes                  |
| Dalhousie University         | Office of sustainability:<br><a href="http://www.dal.ca/dept/sustainability.html">http://www.dal.ca/dept/sustainability.html</a><br>Plan:<br><a href="https://www.dal.ca/content/dam/dalhousie/pdf/sustainability/Dalhousie_University_Sustainability_Plan_June_2010%20(389%20KB).pdf">https://www.dal.ca/content/dam/dalhousie/pdf/sustainability/Dalhousie_University_Sustainability_Plan_June_2010%20(389%20KB).pdf</a>   | <a href="http://www.dal.ca/campus_life/health-and-wellness/health-information/mental-health/students/initiatives.html">http://www.dal.ca/campus_life/health-and-wellness/health-information/mental-health/students/initiatives.html</a> | Organization Wellness Committee (in Office of Sustainability – see plan)                     | yes                            | Talloires Declaration (1990)<br><br>Halifax Declaration (1991)<br><br>UNEP International Declaration on  | yes                  |

|                   |   |  |  |     |  |  |
|-------------------|---|--|--|-----|--|--|
|                   |   |  |  |     | <p>Cleaner Production<br/> <a href="http://www.dal.ca/dept/sustainability/resources/publications_policies.html">http://www.dal.ca/dept/sustainability/resources/publications_policies.html</a></p> <p>University and College Presidents' Climate Change Statement of Action for Canada<br/> <a href="http://www.climatechangeaction.ca/signatories">http://www.climatechangeaction.ca/signatories</a>)</p> <p>Association for the Advancement of Sustainability in Higher Education (2005)</p> |  |
| McGill University | <p>Office of sustainability:<br/> <a href="https://www.mcgill.ca/sustainability/home">https://www.mcgill.ca/sustainability/home</a><br/> Vision 2020<br/> Sustainability Strategy:<br/> <a href="https://www.mcgill.ca/sustainability/vision-2020-sustainability-strategy">https://www.mcgill.ca/sustainability/vision-2020-sustainability-strategy</a><br/> Initiatives:<br/> <a href="https://www.mcgill.ca/procurement/sustainability/initiatives">https://www.mcgill.ca/procurement/sustainability/initiatives</a><br/> Projects Fund:<br/> <a href="https://www.mcgill.ca/sustainability/spf">https://www.mcgill.ca/sustainability/spf</a><br/> (With examples of past projects)</p> | <p><a href="https://www.mcgill.ca/hr/bp/benefits/health-and-wellbeing">https://www.mcgill.ca/hr/bp/benefits/health-and-wellbeing</a></p> | <p>HR</p> <p>Vision 2020 – sustainability defined as including social, economic, and ecological wellbeing</p> <p>Mac Community Wellbeing Project:<br/> <a href="https://www.mcgill.ca/sustainability/mac-community-">https://www.mcgill.ca/sustainability/mac-</a></p> | yes | <p>Talloires Declaration (1990)</p> <p>Halifax Declaration (1991)</p>  |  |

|                     |  |  |   |     |  |     |
|---------------------|--|--|---|-----|--|-----|
|                     |  |  | <a href="#">wellbeing-project-sp0147</a> )  |     |  |     |
| McMaster University | Office of sustainability: <a href="http://www.mcmaster.ca/sustainability/">http://www.mcmaster.ca/sustainability/</a><br>Policy: <a href="https://www.mcmaster.ca/sustainability/policies/McMaster_University_Sustainability_Policy.pdf">https://www.mcmaster.ca/sustainability/policies/McMaster_University_Sustainability_Policy.pdf</a><br>Initiatives: <a href="http://www.mcmaster.ca/sustainability/at_initiatives.html">http://www.mcmaster.ca/sustainability/at_initiatives.html</a>   | Student Wellness Centre: <a href="http://wellness.mcmaster.ca/">http://wellness.mcmaster.ca/</a><br>Mental Health & wb Strategy: <a href="http://mentalhealthstrategy.mcmaster.ca/">http://mentalhealthstrategy.mcmaster.ca/</a><br>Initiatives: <a href="http://mentalhealthstrategy.mcmaster.ca/category/initiatives/">http://mentalhealthstrategy.mcmaster.ca/category/initiatives/</a> | Specific to sustainability – offered through sustainability office: <a href="http://www.mcmaster.ca/sustainability/health_wellbeing.html">http://www.mcmaster.ca/sustainability/health_wellbeing.html</a><br>Staff and Faculty: <a href="http://www.mcmaster.ca/sustainability/hw_staff.html">http://www.mcmaster.ca/sustainability/hw_staff.html</a><br>Student: <a href="http://www.mcmaster.ca/sustainability/hw_students.html">http://www.mcmaster.ca/sustainability/hw_students.html</a> |     | Talloires Declaration (1990)<br><br>Halifax Declaration (1991)<br><br>University and College Presidents' Climate Change Statement of Action for Canada ( <a href="http://www.climatechangeaction.ca/signatories">http://www.climatechangeaction.ca/signatories</a> )<br><br>Association for the Advancement of Sustainability in Higher Education (2005) | yes |
| Queen's University  | Green Campus: <a href="http://www.queensu.ca/about/greencampus">http://www.queensu.ca/about/greencampus</a><br>Sustainable Queen's: <a href="http://www.queensu.ca/sustainability/sites/webpublish.queensu.ca.suswww/files/files/AMSSustainabilityDocument.pdf">http://www.queensu.ca/sustainability/sites/webpublish.queensu.ca.suswww/files/files/AMSSustainabilityDocument.pdf</a><br>(with grad and undergrad initiatives)<br>Initiatives: <a href="http://www.queensu.ca/sustainability/campus-initiatives">http://www.queensu.ca/sustainability/campus-initiatives</a> | Steering committee: <a href="http://www.queensu.ca/studentaffairs/health-and-wellness/health-wellness-steering-committee">http://www.queensu.ca/studentaffairs/health-and-wellness/health-wellness-steering-committee</a>  |   | yes | Halifax Declaration (1991)<br><br>University and College Presidents' Climate Change Statement of Action for Canada ( <a href="http://www.climatechangeaction.ca/signatories">http://www.climatechangeaction.ca/signatories</a> )   |     |

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|                        | Guide to sustainability:<br><a href="http://www.queensu.ca/sustainability/sites/webpublish.queensu.ca.suswww/files/files/AMSSustainabilityDocument.pdf">http://www.queensu.ca/sustainability/sites/webpublish.queensu.ca.suswww/files/files/AMSSustainabilityDocument.pdf</a>  |  |   |     | Association for the Advancement of Sustainability in Higher Education (2005) |  |
| Université de Montréal | <a href="http://durable.umontreal.ca/accueil/">http://durable.umontreal.ca/accueil/</a>  |  |   | yes | Talloires Declaration (1990)<br><br>Halifax Declaration (1991)               |  |
| Université Laval       | <a href="https://www2.ulaval.ca/fileadmin/developpement_durable/documents/Rapport-DD-2013-2014-EN.pdf">https://www2.ulaval.ca/fileadmin/developpement_durable/documents/Rapport-DD-2013-2014-EN.pdf</a><br>(2014 Report on Sustainability)   |  | <a href="https://www2.ulaval.ca/fileadmin/ulaval.ca/Images/recherche/Documents/plan-developpement-recherche-2015-2020-anglais.pdf">https://www2.ulaval.ca/fileadmin/ulaval.ca/Images/recherche/Documents/plan-developpement-recherche-2015-2020-anglais.pdf</a><br>(... Society where health and wellbeing are sustainable) |     | Association for the Advancement of Sustainability in Higher Education (2005) |  |
| University of Alberta  | Office of Sustainability:<br><a href="http://www.sustainability.ualberta.ca/">http://www.sustainability.ualberta.ca/</a><br>Initiatives:<br><a href="http://www.sustainability.ualberta.ca/en/CampusInitiatives.aspx">http://www.sustainability.ualberta.ca/en/CampusInitiatives.aspx</a><br>Sustainability Plan (2012-16):<br><a href="http://www.sustainability.ualberta.ca/OurApproach/InstitutionWideApproach/~/_/media/sustaina">http://www.sustainability.ualberta.ca/OurApproach/InstitutionWideApproach/~/_/media/sustaina</a> | Unwind Your Mind ( <a href="https://uofa.ualberta.ca/current-students/healthy-campus-unit/unwind-your-mind">https://uofa.ualberta.ca/current-students/healthy-campus-unit/unwind-your-mind</a> )<br>The Wellness Project ( <a href="https://uofa.ualberta.ca/current-students/healthy-campus-">https://uofa.ualberta.ca/current-students/healthy-campus-</a> | Social Sustainability (Campus Sustainability Initiative):<br><a href="http://www.sustainability.ualberta.ca/en/CampusInitiatives/SocialSustainability.aspx">http://www.sustainability.ualberta.ca/en/CampusInitiatives/SocialSustainability.aspx</a><br>(... to support the health and                                      | yes | Association for the Advancement of Sustainability in Higher Education (2005) |  |

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|                        | <a href="#">bility/OurApproach/Documents/UAlberta_Sustainability_Plan_2012-16.pdf</a><br>Sustainability Plan (2016-20):<br><a href="http://sustainability.ualberta.ca/GetInvolved/SustainabilityPlan.aspx">http://sustainability.ualberta.ca/GetInvolved/SustainabilityPlan.aspx</a>   | <a href="#">unit/wellnessproject</a> ) - student Healthy Campus Unit<br>( <a href="https://uofa.ualberta.ca/current-students/healthy-campus-unit">https://uofa.ualberta.ca/current-students/healthy-campus-unit</a> )   | wellbeing of students, staff, faculty, visitors)  |     |   |     |
| University of Calgary  | Office of sustainability: <a href="https://www.ucalgary.ca/sustainability/">https://www.ucalgary.ca/sustainability/</a><br>Sustainability Report: <a href="http://www.ucalgary.ca/about/sustainabilityreport/">http://www.ucalgary.ca/about/sustainabilityreport/</a><br><a href="https://www.ucalgary.ca/sustainability/plans-reports">https://www.ucalgary.ca/sustainability/plans-reports</a><br>Initiatives: <a href="http://www.ucalgary.ca/parking/sustainability">http://www.ucalgary.ca/parking/sustainability</a> | WellBeing and WorkLife<br>( <a href="http://ucalgary.ca/provost/files/provost/15-unv-018-mental_health_strategy_final.pdf">http://ucalgary.ca/provost/files/provost/15-unv-018-mental_health_strategy_final.pdf</a> )<br><br>Strategy:<br><a href="http://www.ucalgary.ca/provost/mentalhealth">http://www.ucalgary.ca/provost/mentalhealth</a> |   | yes | Talloires Declaration (1990)<br><br>Halifax Declaration (1991)<br><br>University and College Presidents' Climate Change Statement of Action for Canada<br>( <a href="http://www.climatechangeaction.ca/signatories">http://www.climatechangeaction.ca/signatories</a> )<br><br>Association for the Advancement of Sustainability in Higher Education (2005) | yes |
| University of Manitoba | Office of Sustainability: <a href="http://umanitoba.ca/campus/sustainability/about/938.html">http://umanitoba.ca/campus/sustainability/about/938.html</a><br>Policy: <a href="http://umanitoba.ca/campus/sustainability/media/Sustainability_Policy_-_2013_07_10.pdf">http://umanitoba.ca/campus/sustainability/media/Sustainability_Policy_-_2013_07_10.pdf</a>   | LiveWell<br><a href="http://umanitoba.ca/livewell/">http://umanitoba.ca/livewell/</a><br><br>**<br><a href="http://umanitoba.ca/mentalhealth/">http://umanitoba.ca/mentalhealth/</a><br>(resources for both students and staff)   | LiveWell<br><br>Education for Sustainable Well-Being Research Group:<br><a href="http://www.eswbrg.org/abo">http://www.eswbrg.org/abo</a> | yes | Talloires Declaration (1990)<br><br>Halifax Declaration (1991)<br><br>University and  | yes |

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|                            | <p>Initiatives:<br/> <a href="http://umanitoba.ca/campus/sustainability/take_action/index.html">http://umanitoba.ca/campus/sustainability/take_action/index.html</a></p>  | <p>**<br/> Mental Health Strategy<br/> <a href="https://umanitoba.ca/student/media/University_of_M_Campus_Mental_Health_Strategy_-_full.pdf">https://umanitoba.ca/student/media/University_of_M_Campus_Mental_Health_Strategy_-_full.pdf</a></p> | <p><a href="#">ut-the-eswbrg.html</a></p> |     | <p>College Presidents' Climate Change Statement of Action for Canada<br/> (<a href="http://www.climatechangeaction.ca/signatories">http://www.climatechangeaction.ca/signatories</a>)</p> <p>Association for the Advancement of Sustainability in Higher Education (2005)</p>                                   |  |
| University of Ottawa       | <p>Office of Campus Sustainability:<br/> <a href="https://sustainable.uottawa.ca/">https://sustainable.uottawa.ca/</a><br/> Initiatives:<br/> <a href="http://sustainable.uottawa.ca/what-you-can-do">http://sustainable.uottawa.ca/what-you-can-do</a></p> | <p>Wellness Program (<a href="http://www.medicine.uottawa.ca/wellness/eng/">http://www.medicine.uottawa.ca/wellness/eng/</a>) [faculty of med.]</p>  |   | yes | <p>Talloires Declaration (1990)</p> <p>Association for the Advancement of Sustainability in Higher Education (2005)</p>   |  |
| University of Saskatchewan | <p>Office of sustainability:<br/> <a href="http://sustainability.usask.ca/">http://sustainability.usask.ca/</a><br/> Plan (3<sup>rd</sup> integrated plan)<br/> <a href="http://www.usask.ca/plan/index.php">http://www.usask.ca/plan/index.php</a></p>     | <p><a href="https://students.usask.ca/health/stay-healthy.php">https://students.usask.ca/health/stay-healthy.php</a></p>   |   | yes | <p>Talloires Declaration (1990)</p> <p>University and College Presidents' Climate Change Statement of Action for Canada<br/> (<a href="http://www.climatechangeaction.ca/signatories">http://www.climatechangeaction.ca/signatories</a>)</p> <p>Association for the Advancement of Sustainability in Higher</p> |  |



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|                               |   |   |  |     | Education (2005)   |  |
| University of Toronto         | <p>Sustainability Office:<br/> <a href="http://www.fs.utoronto.ca/SustainabilityOffice/Programs/">http://www.fs.utoronto.ca/SustainabilityOffice/Programs/</a><br/> <a href="http://www.fs.utoronto.ca/SustainabilityOffice/Programs/">http://www.fs.utoronto.ca/SustainabilityOffice/Programs/</a><br/> <a href="http://www.utsc.utoronto.ca/~sustain/">http://www.utsc.utoronto.ca/~sustain/</a><br/> (Scarborough)<br/> Initiatives:<br/> <a href="https://www.utm.utoronto.ca/green/grow-smart-grow-green">https://www.utm.utoronto.ca/green/grow-smart-grow-green</a><br/> (Mississauga)</p> | <p><a href="http://well-being.hrandequity.utoronto.ca/">http://well-being.hrandequity.utoronto.ca/</a><br/> <a href="http://www.utm.utoronto.ca/health/health-promotion/mental-health/5-ways-wellbeing">http://www.utm.utoronto.ca/health/health-promotion/mental-health/5-ways-wellbeing</a></p> |  | yes | Association for the Advancement of Sustainability in Higher Education (2005)   |  |
| University of Waterloo        | <p>Sustainability:<br/> <a href="https://uwaterloo.ca/sustainability/">https://uwaterloo.ca/sustainability/</a><br/> Initiatives:<br/> <a href="https://uwaterloo.ca/sustainability/projects-and-initiatives">https://uwaterloo.ca/sustainability/projects-and-initiatives</a><br/> Sustainable Campus Initiative:<br/> <a href="http://www.feds.ca/sustainability/">http://www.feds.ca/sustainability/</a></p>   | <p><a href="https://uwaterloo.ca/community-relations/community-impact/health-and-well-being">https://uwaterloo.ca/community-relations/community-impact/health-and-well-being</a></p>  |  |     | Association for the Advancement of Sustainability in Higher Education (2005)   |  |
| University of Western Ontario | <p>Sustainability:<br/> <a href="http://sustainability.uwo.ca/">http://sustainability.uwo.ca/</a><br/> Plan:<br/> <a href="http://sustainability.uwo.ca/about_us/Sustainability%20Plan%20.html">http://sustainability.uwo.ca/about_us/Sustainability%20Plan%20.html</a><br/> Team:<br/> <a href="http://sustainability.uwo.ca/about_us/who_we_are.html">http://sustainability.uwo.ca/about_us/who_we_are.html</a></p>   | <p><a href="http://www.uwo.ca/health/">http://www.uwo.ca/health/</a><br/> Living Well<br/> Mental Wellbeing</p>   |  |     | <p>Talloires Declaration (1990)</p> <p>Halifax Declaration (1991)</p> <p>Association for the Advancement of Sustainability in Higher</p> |  |

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|                         |   |  |   |     | Education (2005)  |     |
| Simon Fraser University | <p>Sustainability Office:<br/> <a href="https://www.sfu.ca/sustainability/about/office.html">https://www.sfu.ca/sustainability/about/office.html</a></p> <p>Reporting Initiative:<br/> <a href="http://sri.sust.sfu.ca/">http://sri.sust.sfu.ca/</a></p> <p>Initiatives:<br/> <a href="http://www.sfu.ca/sustainability/initiatives.html">http://www.sfu.ca/sustainability/initiatives.html</a></p> <p>Strategic Plan:<br/> <a href="http://www.sfu.ca/sustainability/planning.html">http://www.sfu.ca/sustainability/planning.html</a></p> <p>Policy:<br/> <a href="https://www.sfu.ca/sustainability/planning/policies.html">https://www.sfu.ca/sustainability/planning/policies.html</a></p> | <p>Resources:<br/> <a href="https://www.sfu.ca/healthycampuscommunity/abouthcc/resources.html">https://www.sfu.ca/healthycampuscommunity/abouthcc/resources.html</a></p> <p>Healthy Campus Community:<br/> <a href="https://www.sfu.ca/healthycampuscommunity.html">https://www.sfu.ca/healthycampuscommunity.html</a></p> <p>Wellbeing in Learning Envr:<br/> <a href="https://www.sfu.ca/healthycampuscommunity/learningenvironments/WLE.html">https://www.sfu.ca/healthycampuscommunity/learningenvironments/WLE.html</a></p> <p>Wellbeing learning, spaces, and policy:<br/> <a href="https://www.sfu.ca/healthycampuscommunity/abouthcc.html">https://www.sfu.ca/healthycampuscommunity/abouthcc.html</a></p> | SFU Vision for a Healthy Campus Community | yes | <p>Talloires Declaration (1990)</p> <p>Association for the Advancement of Sustainability in Higher Education (2005)</p> | yes |
| University of Victoria  | <p><a href="http://www.uvic.ca/sustainability/">http://www.uvic.ca/sustainability/</a></p> <p>Office:<br/> <a href="http://web.uvic.ca/~sustain/">http://web.uvic.ca/~sustain/</a></p> <p>Initiatives:<br/> <a href="http://www.uvic.ca/home/about/about/sustainability/index.php">http://www.uvic.ca/home/about/about/sustainability/index.php</a><br/> <a href="https://www.uvic.ca/services/food/about/sustainability/initiatives/index.php">https://www.uvic.ca/services/food/about/sustainability/initiatives/index.php</a></p> <p>Strategic Plan:<br/> <a href="http://www.uvic.ca/strategicplan/">http://www.uvic.ca/strategicplan/</a></p>  | <p>(Student Health Leadership Program)<br/> <a href="https://onlineacademiccommunity.uvic.ca/studentmentalhealth/2016/03/29/promote-wellbeing-on-campus/">https://onlineacademiccommunity.uvic.ca/studentmentalhealth/2016/03/29/promote-wellbeing-on-campus/</a></p> <p>HR Balanced Living:<br/> <a href="http://www.uvic.ca/hr/services/home/health/balanced-living/index.php">http://www.uvic.ca/hr/services/home/health/balanced-living/index.php</a></p>  |   | yes | <p>Talloires Declaration (1990)</p> <p>Association for the Advancement of Sustainability in Higher Education (2005)</p> | yes |
| Brock                   | <a href="https://brocku.ca/sustain/">https://brocku.ca/sustain/</a>   | <a href="https://brocku.ca/h">https://brocku.ca/h</a>  |   |     |   |     |

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|----------------------|--|---|--|-----|--|-----|
| University           | <a href="https://brocku.ca/sustainability/initiatives">nabilityatbrock Initiatives: https://brocku.ca/sustainability/initiatives</a><br>Sustainability Policy: <a href="https://brocku.ca/sustainability/policies/sustainability-policy">https://brocku.ca/sustainability/policies/sustainability-policy</a>                                 | r-ehs/healthmang/health-wellbeing   |  |     |  |     |
| Carleton University  | <a href="http://carleton.ca/fmp/energy-and-sustainability/">http://carleton.ca/fmp/energy-and-sustainability/</a><br>Strategic Plan: <a href="http://carleton.ca/fmp/energy-and-sustainability/sustainability-strategic-plan/">http://carleton.ca/fmp/energy-and-sustainability/sustainability-strategic-plan/</a>                           | Healthy Workplace (staff): <a href="https://carleton.ca/healthy-workplace/2015/workplace-mental-health-and-well-being-strategy-2015-2018/">https://carleton.ca/healthy-workplace/2015/workplace-mental-health-and-well-being-strategy-2015-2018/</a><br><br><a href="https://carleton.ca/healthy-workplace/">https://carleton.ca/healthy-workplace/</a><br><br>Resources: <a href="http://carleton.ca/thrive/well-being-resources/">http://carleton.ca/thrive/well-being-resources/</a> |  |     | Talloires Declaration (1990)<br><br>Halifax Declaration (1991)<br><br>Association for the Advancement of Sustainability in Higher Education (2005) |     |
| Mt Royal University  | <a href="http://www.mtroyal.ca/AboutMountRoyal/Sustainability/">http://www.mtroyal.ca/AboutMountRoyal/Sustainability/</a><br>President's Task Force on Sustainability: <a href="https://www.mtroyal.ca/AboutMountRoyal/PresidentsTaskForceonSustainability/">https://www.mtroyal.ca/AboutMountRoyal/PresidentsTaskForceonSustainability/</a> | <a href="http://www.mtroyal.ca/CampusServices/WellnessServices/">http://www.mtroyal.ca/CampusServices/WellnessServices/</a>   |  |     | Association for the Advancement of Sustainability in Higher Education (2005)   | yes |
| University of Guelph | Sustainability Office: <a href="https://www.uoguelph.ca/sustainability/what-you-can-do">https://www.uoguelph.ca/sustainability/what-you-can-do</a><br><a href="https://www.uoguelph.ca">https://www.uoguelph.ca</a>  | Wellness Education Centre: <a href="https://www.uoguelph.ca/studenthealthservices/wellness">https://www.uoguelph.ca/studenthealthservices/wellness</a>  |  | yes | Talloires Declaration (1990)   | yes |

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|                        | <a href="http://www.uoguelph.ca/sustainability/welcom">a/sustainability/welcom</a><br><a href="http://www.uoguelph.ca/sustainability/welcom">e-sustainability-u-g</a><br>Initiatives:<br><a href="https://www.hospitality.uoguelph.ca/sustainability/">https://www.hospitality.uoguelph.ca/sustainability/</a><br>Green Gryphon Initiative:<br><a href="http://www.greengryphon.ca/">http://www.greengryphon.ca/</a>   | Healthy Living:<br><a href="https://www.uoguelph.ca/mentalwellbeing/front-page">https://www.uoguelph.ca/mentalwellbeing/front-page</a><br>Workers' Health and Wb<br><a href="https://www.uoguelph.ca/psychology/lab-pages/centre-workers-health-and-well-being">https://www.uoguelph.ca/psychology/lab-pages/centre-workers-health-and-well-being</a>  |  |     |   |     |
| University of Winnipeg | Sustainability Office:<br><a href="http://uwinnipeg.ca/sustainability/">http://uwinnipeg.ca/sustainability/</a><br>Strategy:<br><a href="http://uwinnipeg.ca/sustainability/docs/policies/sustainability-strategy.pdf">http://uwinnipeg.ca/sustainability/docs/policies/sustainability-strategy.pdf</a><br>Policy:<br><a href="http://umanitoba.ca/campus/sustainability/media/Sustainability_Policy_-_2013_07_10.pdf">http://umanitoba.ca/campus/sustainability/media/Sustainability_Policy_-_2013_07_10.pdf</a><br>Campus Sustainability Council:<br><a href="http://uwinnipeg.ca/sustainability/council.html">http://uwinnipeg.ca/sustainability/council.html</a> | HR List of wellness resources (off site):<br><a href="http://www.uwinnipeg.ca/hr/benefits/wellness-resources.html#health">http://www.uwinnipeg.ca/hr/benefits/wellness-resources.html#health</a><br>Students – Mental Health:<br><a href="http://umanitoba.ca/student/mentalhealth/mh-strategy.html">http://umanitoba.ca/student/mentalhealth/mh-strategy.html</a>   | Social Sustainability (Campus Sustainability Office):<br><a href="http://uwinnipeg.ca/sustainability/what-we-are-doing/social-sustainability.html">http://uwinnipeg.ca/sustainability/what-we-are-doing/social-sustainability.html</a> |     | Talloires Declaration (1990)<br><br>University and College Presidents' Climate Change Statement of Action for Canada<br>( <a href="http://www.climatechangeaction.ca/signatories">http://www.climatechangeaction.ca/signatories</a> ) |     |
| Ryerson University     | <a href="http://rusustainability.ca/">http://rusustainability.ca/</a><br>Initiatives:<br><a href="http://rusustainability.ca/initiatives/">http://rusustainability.ca/initiatives/</a><br>Campus Facilities/ Sustainability:<br><a href="http://www.ryerson.ca/campusfacilities/departments/sustainability/">http://www.ryerson.ca/campusfacilities/departments/sustainability/</a>  | Students:<br><a href="http://www.ryerson.ca/mentalhealth/about.html">http://www.ryerson.ca/mentalhealth/about.html</a><br>Staff (HR):<br><a href="http://www.ryerson.ca/mentalhealth/faculty_staff/get_help.html">http://www.ryerson.ca/mentalhealth/faculty_staff/get_help.html</a><br>Health Promotion:<br><a href="http://www.ryerson.ca/healthandwellness/healthpromotion/">http://www.ryerson.ca/healthandwellness/healthpromotion/</a> |  | yes | Talloires Declaration (1990)  | yes |

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|------------------------------|---|---|--|--|---|--|
|                              |   | <a href="#">index.html</a>  |  |  |   |  |
| Wilfrid Laurier University   | <p>Sustainability Office:<br/> <a href="https://www.wlu.ca/life-at-laurier/getting-involved/sustainability.html">https://www.wlu.ca/life-at-laurier/getting-involved/sustainability.html</a><br/> Action Plan:<br/> <a href="http://legacy.wlu.ca/documents/50598/Laurier_Sustainability_Action_Plan_2012-2016.pdf">http://legacy.wlu.ca/documents/50598/Laurier_Sustainability_Action_Plan_2012-2016.pdf</a></p>   | <p>Blue Folder Initiative<br/> <a href="https://legacy.wlu.ca/page.php?grp_id=14001&amp;p=26927">https://legacy.wlu.ca/page.php?grp_id=14001&amp;p=26927</a><br/> Wellness Resources:<br/> <a href="https://www.wlu.ca/wellness/mental-health.html">https://www.wlu.ca/wellness/mental-health.html</a><br/> (some services offered through Waterloo)</p>  |  |  | Association for the Advancement of Sustainability in Higher Education (2005)  |  |
| <i>American Institutions</i> |   |   |  |  |   |  |
| Columbia University          | <p>Environmental Stewardship:<br/> <a href="http://environment.columbia.edu/">http://environment.columbia.edu/</a></p> <p>Facilities:<br/> <a href="http://facilities.columbia.edu/sustainability/overview">http://facilities.columbia.edu/sustainability/overview</a></p> <p>Housing:<br/> <a href="http://housing.columbia.edu/sustainability">http://housing.columbia.edu/sustainability</a></p> <p>Commitment:<br/> <a href="http://environment.columbia.edu/commitment-sustainability">http://environment.columbia.edu/commitment-sustainability</a></p> | <p>Center for Student Wellness:<br/> <a href="http://www.cumc.columbia.edu/student-health/center-student-wellness">http://www.cumc.columbia.edu/student-health/center-student-wellness</a><br/> Wellness Works!<br/> <a href="http://www.cumc.columbia.edu/student-health/center-wellness/wellness-works">http://www.cumc.columbia.edu/student-health/center-wellness/wellness-works</a></p> <p>Staff: Work Life:<br/> <a href="http://worklife.columbia.edu/wellness">http://worklife.columbia.edu/wellness</a><br/> Other initiatives:<br/> <a href="http://worklife.columbia.edu/columbia-wellness-initiatives">http://worklife.columbia.edu/columbia-wellness-initiatives</a></p> <p>Health Promotion:<br/> <a href="https://health.columbia.edu/">https://health.columbia.edu/</a></p> |  |  | <p>Association for the Advancement of Sustainability in Higher Education (2005)</p> <p>ISCN/ GULF Sustainable Campus Charter (2010)</p> |  |

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|                          |  | <a href="http://mbia.edu/alice-health-promotion">mbia.edu/alice-health-promotion</a>  |   |  |   |  |
| Harvard University       | <p>Sustainability at Harvard:<br/><a href="http://green.harvard.edu/">http://green.harvard.edu/</a></p> <p>Plan:<br/><a href="http://green.harvard.edu/commitment/our-plan">http://green.harvard.edu/commitment/our-plan</a></p> <p>Sustainability Report:<br/><a href="http://report.green.harvard.edu/">http://report.green.harvard.edu/</a></p> | <p>Center for Wellness:<br/><a href="http://cw.huhs.harvard.edu/">http://cw.huhs.harvard.edu/</a></p> <p><a href="http://cw.huhs.harvard.edu/about/index.html">http://cw.huhs.harvard.edu/about/index.html</a></p> <p>Health Promotion:<br/><a href="http://hpe.huhs.harvard.edu/">http://hpe.huhs.harvard.edu/</a></p> | <p>Health &amp; Wellness (within Sustainability) :</p> <p><a href="http://green.harvard.edu/topics/health-wellness">http://green.harvard.edu/topics/health-wellness</a></p> <p>Health &amp; Well-Being in Sustainability Plan:<br/><a href="http://green.harvard.edu/commitment/our-plan">http://green.harvard.edu/commitment/our-plan</a></p> <p>SHINE (Corporate Health &amp; Sustainability) : School of Public Health<br/><a href="http://www.chgeharvard.org/category/corporate-sustainability-and-health-shine-0">http://www.chgeharvard.org/category/corporate-sustainability-and-health-shine-0</a></p> |  | <p>Association for the Advancement of Sustainability in Higher Education (2005)</p> <p>ISCN/ GULF Sustainable Campus Charter (2010)</p> |  |
| Johns Hopkins University | <p>Office of Sustainability:<br/><a href="http://sustainability.jhu.edu/office_of_sustainability/">http://sustainability.jhu.edu/office_of_sustainability/</a></p> <p>Initiatives:<br/><a href="http://sustainability.jhu.edu/">http://sustainability.jhu.edu/</a></p>   | <p>Task Force on Mental Health &amp; Well Being<br/><a href="http://hub.jhu.edu/at-work/2016/02/23/mental-health-task-force/">http://hub.jhu.edu/at-work/2016/02/23/mental-health-task-</a></p>   |   |  |   |  |

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|                                    | <a href="http://edu/sustainability_initiatives/">edu/sustainability_initiatives/</a><br><br>Network:<br><a href="http://www.sustainability.jhu.edu/">http://www.sustainability.jhu.edu/</a> | <a href="http://forcestudent-support">forcestudent-support</a>  |  |     |  |  |
| New York University                | NYU Sustainability Task Force:<br><a href="http://www.nyu.edu/life/sustainability.html">http://www.nyu.edu/life/sustainability.html</a>   | Health Promotion:<br><a href="http://www.nyu.edu/life/safety-health-wellness/student-health-center/services/health-promotion.html">http://www.nyu.edu/life/safety-health-wellness/student-health-center/services/health-promotion.html</a><br><br>Mindful NYU:<br><a href="http://www.nyu.edu/life/student-life/student-diversity/spiritual-life/mindfulness.html">http://www.nyu.edu/life/student-life/student-diversity/spiritual-life/mindfulness.html</a> |  | yes | Talloires Declaration (1990)<br><br>American College and University Presidents Climate Commitment (2007)<br><br>Association for the Advancement of Sustainability in Higher Education (2005) |  |
| Stanford University                | Sustainable Stanford:<br><a href="https://sustainable.stanford.edu/">https://sustainable.stanford.edu/</a>  | Health Promotion:<br><a href="https://shpn.stanford.edu/">https://shpn.stanford.edu/</a><br><br>Wellness Network:<br><a href="https://wellness.stanford.edu/about-wellness-network-stanford">https://wellness.stanford.edu/about-wellness-network-stanford</a><br><br>Task Force Report:<br><a href="https://wellness.stanford.edu/sites/default/files/taskforce_report.pdf">https://wellness.stanford.edu/sites/default/files/taskforce_report.pdf</a>       |  |     | Association for the Advancement of Sustainability in Higher Education (2005)<br><br>ISCN/ GULF Sustainable Campus Charter (2010)   |  |
| University of California, Berkeley | Office of Sustainability:<br><a href="http://sustainability.berkeley.edu/">http://sustainability.berkeley.edu/</a>  | UC Berkeley Living Well:<br><a href="http://wellness.berk">http://wellness.berk</a>   |  |     | Association for the Advancement of Sustainability  |  |

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|                                       | <a href="http://sustainability.berkeley.edu/energy">http://sustainability.berkeley.edu/energy</a><br><br>Initiatives:<br><a href="http://sustainability.berkeley.edu/initiatives">http://sustainability.berkeley.edu/initiatives</a>  | <a href="http://eley.edu/">eley.edu/</a><br><br>Policies:<br><a href="http://wellness.berkeley.edu/policies.shtml">http://wellness.berkeley.edu/policies.shtml</a><br><br><a href="https://uhs.berkeley.edu/health-promotion">https://uhs.berkeley.edu/health-promotion</a>  |   |     | in Higher Education (2005)   |  |
| University of California, Davis       | Sustainable 2 <sup>nd</sup> Century<br><a href="http://sustainability.ucdavis.edu/">http://sustainability.ucdavis.edu/</a>  |  |   |     | Association for the Advancement of Sustainability in Higher Education (2005)   |  |
| University of California, Los Angeles | UCLA Sustainability:<br><a href="http://www.sustain.ucla.edu/">http://www.sustain.ucla.edu/</a><br><br>Initiatives:<br><a href="http://www.sustain.ucla.edu/our-initiatives/">http://www.sustain.ucla.edu/our-initiatives/</a><br><br>Policy:<br><a href="http://policy.ucop.edu/doc/3100155/SustainablePractices">http://policy.ucop.edu/doc/3100155/SustainablePractices</a>  | UCLA Healthy Campus Initiative (UCLA Live Well):<br><a href="http://healthy.ucla.edu/">http://healthy.ucla.edu/</a><br><br>Wellness Initiative:<br><a href="http://wellness.healthcare.ucla.edu/">http://wellness.healthcare.ucla.edu/</a>   | Health and Recreation (through Sustainability):<br>:<br><a href="http://www.sustain.ucla.edu/our-initiatives/health/">http://www.sustain.ucla.edu/our-initiatives/health/</a> | yes | American College and University Presidents Climate Commitment (2007)<br><br>Association for the Advancement of Sustainability in Higher Education (2005) |  |
| University of Chicago                 | Office of sustainability:<br><a href="http://sustainability.uchicago.edu/">http://sustainability.uchicago.edu/</a><br><br>Sustainability Council:<br><a href="http://sustainability.uchicago.edu/involved/sustainability_council/">http://sustainability.uchicago.edu/involved/sustainability_council/</a><br><br>Sustainability Services:<br><a href="http://facilities.uchicago.edu/services/sustainability/">http://facilities.uchicago.edu/services/sustainability/</a> | <a href="https://humanresources.uchicago.edu/benefits/wellness/">https://humanresources.uchicago.edu/benefits/wellness/</a><br><br><a href="https://wellness.uchicago.edu/">https://wellness.uchicago.edu/</a><br><br>Resources and Services:<br><a href="https://wellness.uchicago.edu/page/resources-services-0">https://wellness.uchicago.edu/page/resources-services-0</a> |   |     |  |  |



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|                        | <p>Plan:<br/> <a href="http://sustainability.uchicago.edu/ssp/">http://sustainability.uchicago.edu/ssp/</a></p>  | <p>Wellness Advisory Board<br/> <a href="https://wellness.uchicago.edu/page/wellness-advisory-board">https://wellness.uchicago.edu/page/wellness-advisory-board</a></p>   |  |  |  |  |
| University of Michigan | <p>Planet Blue:<br/> <a href="http://sustainability.umich.edu/">http://sustainability.umich.edu/</a></p> <p>Progress Report:<br/> <a href="http://reports.sustainability.umich.edu/">http://reports.sustainability.umich.edu/</a></p> <p>Office of Sustainability:<br/> <a href="http://sustainability.umich.edu/ocs">http://sustainability.umich.edu/ocs</a></p> <p>Student Sustainability Initiative:<br/> <a href="http://sustainability.umich.edu/ssi">http://sustainability.umich.edu/ssi</a></p> | <p>MHealthy:<br/> <a href="https://hr.umich.edu/benefits-wellness/health/mhealthy">https://hr.umich.edu/benefits-wellness/health/mhealthy</a></p> <p>Faculty:<br/> <a href="https://hr.umich.edu/benefits-wellness/health/mhealthy/mental-emotional-well-being/faculty-staff-assistance-program-fasap">https://hr.umich.edu/benefits-wellness/health/mhealthy/mental-emotional-well-being/faculty-staff-assistance-program-fasap</a></p> <p>Staff:<br/> <a href="https://hr.umich.edu/benefits-wellness/health/mhealthy/mental-emotional-well-being/umhs-employee-assistance-program-eap">https://hr.umich.edu/benefits-wellness/health/mhealthy/mental-emotional-well-being/umhs-employee-assistance-program-eap</a></p> <p><a href="https://hr.umich.edu/benefits-wellness/health/mhealthy/about-mhealthy/mhealthys-overview-mission">https://hr.umich.edu/benefits-wellness/health/mhealthy/about-mhealthy/mhealthys-overview-mission</a></p> <p>Community Programs:</p> |  |  | Association for the Advancement of Sustainability in Higher Education (2005) |  |

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|                               |   | <a href="http://www.med.umich.edu/chs/">http://www.med.umich.edu/chs/</a>  |  |     |   |  |
| University of Pennsylvania    | <p>Green Campus Initiative:<br/><a href="https://www.sustainability.upenn.edu/">https://www.sustainability.upenn.edu/</a></p> <p>Conservation Initiatives:<br/><a href="https://www.sustainability.upenn.edu/sustainability-themes/conserving-energy">https://www.sustainability.upenn.edu/sustainability-themes/conserving-energy</a></p> <p>Climate Action Plan:<br/><a href="https://www.sustainability.upenn.edu/about-us/our-climate-action-plan">https://www.sustainability.upenn.edu/about-us/our-climate-action-plan</a></p> <p>Sustainability (in Business Services)<br/><a href="http://cms.business-services.upenn.edu/sustainability.html">http://cms.business-services.upenn.edu/sustainability.html</a></p> | <p>Wellness Guide:<br/><a href="http://pennua.org/resources/wellness/">http://pennua.org/resources/wellness/</a></p> <p>World Well-Being Project:<br/><a href="https://www.authenticappiness.sas.upenn.edu/learn/wwb">https://www.authenticappiness.sas.upenn.edu/learn/wwb</a></p>  |  |     | <p>Association for the Advancement of Sustainability in Higher Education (2005)</p> <p>ISCN/ GULF Sustainable Campus Charter (2010)</p> |  |
| University of Texas at Austin | <p>Sustainability Office:<br/><a href="https://operations.utexas.edu/sustainability/">https://operations.utexas.edu/sustainability/</a></p> <p>Initiatives:<br/><a href="http://www.utexas.edu/sustainability/initiatives/">http://www.utexas.edu/sustainability/initiatives/</a></p> <p>Policy:<br/><a href="http://www.utexas.edu/sustainability/initiatives/policies.php">http://www.utexas.edu/sustainability/initiatives/policies.php</a></p>  | <p>UT Wellness Network:<br/><a href="https://www.wellnessnetwork.utexas.edu/committees.html">https://www.wellnessnetwork.utexas.edu/committees.html</a></p> <p>Health Promotion Research Center:<br/><a href="http://www.healthyhorns.utexas.edu/education.html">http://www.healthyhorns.utexas.edu/education.html</a></p> |  |     | <p>Association for the Advancement of Sustainability in Higher Education (2005)</p>   |  |
| University of Washington      | <p>Sustainability Office:<br/><a href="https://green.uw.edu/">https://green.uw.edu/</a></p>   | <p>Community Well-being (Center for Child and Family</p>   |  | yes | <p>Association for the Advancement of Sustainability</p>  |  |

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|                         | <p>Initiatives:<br/> <a href="http://depts.washington.edu/grounds/sustainability/">http://depts.washington.edu/grounds/sustainability/</a></p> <p>Action Plan:<br/> <a href="https://green.uw.edu/inform/uw-climate-action-plan">https://green.uw.edu/inform/uw-climate-action-plan</a></p>   | <p>Well-Being):<br/> <a href="https://depts.washington.edu/ccfwb/content/mindful-living-and-practice">https://depts.washington.edu/ccfwb/content/mindful-living-and-practice</a></p> <p>Health Promotion Research Center (in the workplace):<br/> <a href="http://depts.washington.edu/hprc/workplace">http://depts.washington.edu/hprc/workplace</a></p>  |  |  | in Higher Education (2005)   |  |
| University of Wisconsin | <p>Sustainability Office:<br/> <a href="http://sustainability.wisc.edu/">http://sustainability.wisc.edu/</a></p> <p>Task Force Final Report:<br/> <a href="http://sustainability.wisc.edu/content/uploads/2012/02/sustainability_taskforce-report_10oct2010_web.pdf">http://sustainability.wisc.edu/content/uploads/2012/02/sustainability_taskforce-report_10oct2010_web.pdf</a></p>   |  |  |  | Association for the Advancement of Sustainability in Higher Education (2005) |  |
| Washington University   | <p>Sustainability Office:<br/> <a href="http://sustainability.wustl.edu/">http://sustainability.wustl.edu/</a></p> <p>Pledge:<br/> <a href="http://sustainabilitypledge.wustl.edu/Pages/Sustainability-at-WUSTL.aspx">http://sustainabilitypledge.wustl.edu/Pages/Sustainability-at-WUSTL.aspx</a></p> <p>Plan:<br/> <a href="http://sustainability.wustl.edu/stories/strategic-plan-guides-vision-for-sustainable-operations-at-washu/">http://sustainability.wustl.edu/stories/strategic-plan-guides-vision-for-sustainable-operations-at-washu/</a><br/> <a href="http://sustainability.wustl.edu/">http://sustainability.wustl.edu/</a></p> | <p>Center for Well-Being (Research Center)<br/> <a href="http://psychobiology.wustl.edu/who-we-are">http://psychobiology.wustl.edu/who-we-are</a></p> <p>Health Promotion:<br/> <a href="https://shs.wustl.edu/HealthAndWellness/HealthPromotionServices/Pages/default.aspx">https://shs.wustl.edu/HealthAndWellness/HealthPromotionServices/Pages/default.aspx</a><br/> <a href="https://shs.wustl.edu/HealthAndWellness/Pages/default.aspx">https://shs.wustl.edu/HealthAndWellness/Pages/default.aspx</a></p> |  |  |  |  |

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|                                       | <a href="http://tl.edu/wp-content/uploads/2016/02/87742_WashU_SUST_Web-FINAL.pdf">tl.edu/wp-content/uploads/2016/02/87742_WashU_SUST_Web-FINAL.pdf</a>  |   |   |     |  |     |
| Massachusetts Institute of Technology | Sustainability Office:<br><a href="https://sustainability.mit.edu/">https://sustainability.mit.edu/</a><br>Working groups (+ report):<br><a href="https://sustainability.mit.edu/working-groups">https://sustainability.mit.edu/working-groups</a><br>Task Force:<br><a href="https://sustainability.mit.edu/news/launching-next-generation-sustainability-framework-mit">https://sustainability.mit.edu/news/launching-next-generation-sustainability-framework-mit</a>  | Community Wellness Programs:<br><a href="https://medical.mit.edu/community">https://medical.mit.edu/community</a>   | Health & Well-being (in Office of Sustainability) :<br><a href="https://sustainability.mit.edu/sustainability-today/human-health-well-being">https://sustainability.mit.edu/sustainability-today/human-health-well-being</a>  |     | Association for the Advancement of Sustainability in Higher Education (2005)<br><br>ISCN/ GULF Sustainable Campus Charter (2010) |     |
| <i>International Institutions</i>     |   |   |   |     |  |     |
| University of Central Lancashire      | Environmental Sustainability Policy:<br><a href="https://www5.uclan.ac.uk/ou/fm/resource-centre/External%20Library/FM%20ENV%20002%20UCLan%20Environmental%20Sustainability%20Policy.pdf">https://www5.uclan.ac.uk/ou/fm/resource-centre/External%20Library/FM%20ENV%20002%20UCLan%20Environmental%20Sustainability%20Policy.pdf</a><br><br>UCLAN Energy Dashboard:<br><a href="http://energydashboard.uclan.ac.uk/">http://energydashboard.uclan.ac.uk/</a><br><br>Projects:<br><a href="http://www.uclan.ac.uk/about_us/ibuilding.php">http://www.uclan.ac.uk/about_us/ibuilding.php</a> | Student Support (Health & Wellbeing):<br><a href="https://www.uclan.ac.uk/students/health/">https://www.uclan.ac.uk/students/health/</a><br><br>Rethinking Student Mental Wellbeing:<br><a href="http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=30">http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=30</a> | UCLAN Healthy University Action Plan:<br><a href="https://www.uclan.ac.uk/healthy_university/assets/healthy-uni-2015-18.pdf">https://www.uclan.ac.uk/healthy_university/assets/healthy-uni-2015-18.pdf</a><br><br>Health Promoting University:<br><a href="https://www.uclan.ac.uk/research/explore/groups/assets/Healthy_Settings_Newsletter-">https://www.uclan.ac.uk/research/explore/groups/assets/Healthy_Settings_Newsletter-</a> | yes |  | yes |

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|                                   |  |  | <a href="#">Special HPU - Autumn 2005.pdf</a><br><br>Healthy and Sustainable Food Working Group<br><a href="http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=14">http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=14</a>   |     |  |  |
| University of the West of England | <a href="http://www1.uwe.ac.uk/about/visionandmission/sustainability.aspx">http://www1.uwe.ac.uk/about/visionandmission/sustainability.aspx</a><br><br>Policy:<br><a href="http://www1.uwe.ac.uk/about/corporateinformation/sustainability/policiesplansandtargets.aspx">http://www1.uwe.ac.uk/about/corporateinformation/sustainability/policiesplansandtargets.aspx</a><br><br>Services:<br><a href="http://www1.uwe.ac.uk/about/visionandmission/sustainability/sustainabilityservices.aspx">http://www1.uwe.ac.uk/about/visionandmission/sustainability/sustainabilityservices.aspx</a><br><br>Sustainable Development:<br><a href="https://sustainabledevelopment.un.org/partnership/?p=334">https://sustainabledevelopment.un.org/partnership/?p=334</a> | Student Wellbeing:<br><a href="http://www1.uwe.ac.uk/students/healthandwellbeing/stayinghealthy.aspx">http://www1.uwe.ac.uk/students/healthandwellbeing/stayinghealthy.aspx</a><br><br>Wellbeing Service:<br><a href="http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=40">http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=40</a><br><br>Alcohol Awareness Program:<br><a href="http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=39">http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=39</a><br><br>Staff Pedometer Challenge:<br><a href="http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=47">http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=47</a> | Food & Health:<br><a href="http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=46">http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=46</a><br><br>Active Travel Program:<br><a href="http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=38">http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=38</a> | yes |  |  |

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|------------------------------------|---|---|--|-----|------------------------------|-----|
| Manchester Metropolitan University | <p>Sustainability:<br/> <a href="http://www2.mmu.ac.uk/bigimpact/living/">http://www2.mmu.ac.uk/bigimpact/living/</a><br/> <a href="http://www.mmu.ac.uk/environment/">http://www.mmu.ac.uk/environment/</a></p> <p>Statement:<br/> <a href="http://www.mmu.ac.uk/environment/pdf/2012-13_Annual_Environmental_Sustainability_Statement.pdf">http://www.mmu.ac.uk/environment/pdf/2012-13_Annual_Environmental_Sustainability_Statement.pdf</a></p> | <p>Health &amp; Wellbeing Office:<br/> <a href="http://www2.mmu.ac.uk/counselling/">http://www2.mmu.ac.uk/counselling/</a></p> <p>MMU Intern:<br/> <a href="https://erec.mmu.ac.uk/sap(bD1biZjPTUxMA==)/bc/bsp/sap/hrrcf_wd_dovru/application.do?PARAM=cmNmdHlwZT1waW5zdCZwaW5zdD01NUFGOTQzMDZBNTAwREYwRTEwMDgwMDAwQTA0NjM2Qg%3D%3D">https://erec.mmu.ac.uk/sap(bD1biZjPTUxMA==)/bc/bsp/sap/hrrcf_wd_dovru/application.do?PARAM=cmNmdHlwZT1waW5zdCZwaW5zdD01NUFGOTQzMDZBNTAwREYwRTEwMDgwMDAwQTA0NjM2Qg%3D%3D</a></p>                                |  | yes |                              | yes |
| Teesside University                | <p>Sustainability Plan:<br/> <a href="https://www.tees.ac.uk/docs/DocRepo/about/campus_developments/TeessideUniversityCaseStudyv2FINALissued.pdf">https://www.tees.ac.uk/docs/DocRepo/about/campus_developments/TeessideUniversityCaseStudyv2FINALissued.pdf</a></p>  | <p>Health &amp; Wellbeing Centre:<br/> <a href="http://www.tees.ac.uk/sections/sport/student_health_wellbeing.cfm">http://www.tees.ac.uk/sections/sport/student_health_wellbeing.cfm</a></p> <p>Health &amp; Wellbeing Courses &amp; Services:<br/> <a href="http://www.tees.ac.uk/sections/student_support/student_health_wellbeing_courses.cfm">http://www.tees.ac.uk/sections/student_support/student_health_wellbeing_courses.cfm</a></p> <p>Dr. Well Good<br/> <a href="http://www.doctorwellgood.com/">http://www.doctorwellgood.com/</a></p> |  |     |                              |     |
| Cardiff Metropolitan University    | <p>Sustainability:<br/> <a href="http://www.cardiffmet.ac.uk/about/sustainability/Pages/default.aspx">http://www.cardiffmet.ac.uk/about/sustainability/Pages/default.aspx</a></p>   | <p>Workplace Health &amp; Wellbeing Strategy:<br/> <a href="https://webcache.googleusercontent.com/search?q=cache:">https://webcache.googleusercontent.com/search?q=cache:</a></p>  | <p>Healthy University Strategy:<br/> <a href="http://www.cardiffmet.ac.uk">http://www.cardiffmet.ac.uk</a></p> |     | Talloires Declaration (1990) | yes |

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|-----------------------------|---|---|---|--|------------------------------|-----|
|                             | <p>Reports:<br/> <a href="http://www.cardiffmet.ac.uk/about/sustainability/Pages/Sustainability-and-Environmental-Reports.aspx">http://www.cardiffmet.ac.uk/about/sustainability/Pages/Sustainability-and-Environmental-Reports.aspx</a></p>  | <p><a href="http://www.cardiffmet.ac.uk/about/Documents/Sustainability/peopleandplanet/CARDIFF%2520METROPOLITAN%2520UNIVERSITY%2520September%25202013.docx+&amp;cd=1&amp;hl=en&amp;ct=clnk&amp;gl=ca">dWG9dFolegMJ:http://www.cardiffmet.ac.uk/about/Documents/Sustainability/peopleandplanet/CARDIFF%2520METROPOLITAN%2520UNIVERSITY%2520September%25202013.docx+&amp;cd=1&amp;hl=en&amp;ct=clnk&amp;gl=ca</a></p> <p>Wellbeing Advising:<br/> <a href="http://www.cardiffmet.ac.uk/study/studentservices/disabilityservice/Pages/Wellbeing-and-Mental-Health-Advisory-Service.aspx">http://www.cardiffmet.ac.uk/study/studentservices/disabilityservice/Pages/Wellbeing-and-Mental-Health-Advisory-Service.aspx</a></p> | <p><a href="#">/about/sustainability/Pages/Consultation.aspx</a></p> <p>Health &amp; Wellbeing related to Sustainable Development:<br/> <a href="http://www.cardiffmet.ac.uk/about/Pages/University-Environmental-Management-Performance-Outcomes.aspx">http://www.cardiffmet.ac.uk/about/Pages/University-Environmental-Management-Performance-Outcomes.aspx</a></p>                             |  |                              |     |
| Nottingham Trent University | <p>Sustainability:<br/> <a href="https://www4.ntu.ac.uk/sustainability/">https://www4.ntu.ac.uk/sustainability/</a></p> <p>Report:<br/> <a href="https://www4.ntu.ac.uk/sustainability/document_uploads/184414.pdf">https://www4.ntu.ac.uk/sustainability/document_uploads/184414.pdf</a></p> | <p>Health &amp; Wellbeing:<br/> <a href="https://www4.ntu.ac.uk/student_services/health_wellbeing/">https://www4.ntu.ac.uk/student_services/health_wellbeing/</a></p> <p>Securing Health Promotion Specialist:<br/> <a href="http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=19">http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=19</a></p> <p>Healthy Halls Roadshows:<br/> <a href="http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=12">http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=12</a></p>  | <p>Sustainable Food Policy:<br/> <a href="https://www4.ntu.ac.uk/current_students/document_uploads/185367.pdf">https://www4.ntu.ac.uk/current_students/document_uploads/185367.pdf</a></p> <p>Fruit &amp; Vegetation Stands:<br/> <a href="http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=11">http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=11</a></p> |  | Talloires Declaration (1990) | yes |

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|-----------------------------|--|--|---|--|---|-----|
|                             |  | <p>Wellbeing Advisor:<br/> <a href="https://vacancies.ntu.ac.uk/displayjob.aspx?jobid=2898">https://vacancies.ntu.ac.uk/displayjob.aspx?jobid=2898</a></p> <p>Research:<br/> <a href="http://www4.ntu.ac.uk/research/research_themes/health-wellbeing/index.html">http://www4.ntu.ac.uk/research/research_themes/health-wellbeing/index.html</a></p>   |   |  |   |     |
| Edinburgh University        | <p>Social Responsibility &amp; Sustainability:<br/> <a href="http://www.ed.ac.uk/about/sustainability">http://www.ed.ac.uk/about/sustainability</a></p> <p>Innovative Learning Week:<br/> <a href="http://www.ed.ac.uk/about/sustainability/events/series/innovative-learning-week">http://www.ed.ac.uk/about/sustainability/events/series/innovative-learning-week</a></p>  | <p>Health &amp; Wellbeing Services:<br/> <a href="http://www.ed.ac.uk/sport-exercise/healthy-university/about-health/services">http://www.ed.ac.uk/sport-exercise/healthy-university/about-health/services</a></p>   | <p>Healthy University Project:<br/> <a href="http://www.ed.ac.uk/sport-exercise/healthy-university">http://www.ed.ac.uk/sport-exercise/healthy-university</a></p>                   |  | <p>ISCN/ GULF Sustainable Campus Charter (2010)</p> | yes |
| Sheffield Hallam University | <p>Sustainability:<br/> <a href="https://www.shu.ac.uk/about-us/sustainability#this-section">https://www.shu.ac.uk/about-us/sustainability#this-section</a></p> <p>Report &amp; Framework:<br/> <a href="https://www.shu.ac.uk/about-us/sustainability/policy-strategy-and-reporting">https://www.shu.ac.uk/about-us/sustainability/policy-strategy-and-reporting</a></p> <p>Estates Development:<br/> <a href="https://www.shu.ac.uk/about-us/our-services/facilities-directorate/estates-development-and-">https://www.shu.ac.uk/about-us/our-services/facilities-directorate/estates-development-and-</a></p> | <p>Student Wellness Project:<br/> <a href="http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=43">http://www.healthyuniversities.ac.uk/toolkit/case-detail.php?caseid=43</a></p> <p>Student Wellbeing:<br/> <a href="https://www.shu.ac.uk/study-here/student-life/student-support/student-wellbeing">https://www.shu.ac.uk/study-here/student-life/student-support/student-wellbeing</a></p> <p>Health &amp; Wellbeing:<br/> <a href="https://www.shu.ac">https://www.shu.ac</a></p> | <p>Healthy University:<br/> <a href="https://www.shu.ac.uk/about-us/jobs/why-join-us/healthy-university">https://www.shu.ac.uk/about-us/jobs/why-join-us/healthy-university</a></p> |  |   |     |



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|-------------------------|--|--|---|-----|--|-----|
|                         | <a href="#">sustainability</a>   | <a href="#">.uk/about-us/academic-departments/health-and-wellbeing</a>   |   |     |  |     |
| University College Cork | <p>Green Campus: <a href="http://www.ucc.ie/en/greencampus/">http://www.ucc.ie/en/greencampus/</a></p> <p>Sustainability Strategy: <a href="https://www.ucc.ie/en/greencampus/policy/">https://www.ucc.ie/en/greencampus/policy/</a></p> | <p>Student Health &amp; Wellbeing: <a href="https://www.ucc.ie/en/studenthealth/">https://www.ucc.ie/en/studenthealth/</a></p> <p>Health Promotion: <a href="http://www.ucc.ie/en/healthmatters/healthpromotion/">http://www.ucc.ie/en/healthmatters/healthpromotion/</a></p> <p>UCC Health Matters: <a href="https://www.ucc.ie/en/healthmatters/">https://www.ucc.ie/en/healthmatters/</a></p> | <p>Health Promoting University: <a href="https://www.ucc.ie/en/healthmatters/healthpromotinguniversity/">https://www.ucc.ie/en/healthmatters/healthpromotinguniversity/</a></p>   |     |  | yes |
| University of Sydney    | <p>Sustainability: <a href="http://sydney.edu.au/about-us/vision-and-values/sustainability.html">http://sydney.edu.au/about-us/vision-and-values/sustainability.html</a></p>   | <p>Healthy &amp; Wellbeing: <a href="http://sydney.edu.au/campus-life/health-wellbeing-success.html">http://sydney.edu.au/campus-life/health-wellbeing-success.html</a></p>  | <p>Healthy Sydney University: <a href="http://sydney.edu.au/about-us/vision-and-values/healthy-sydney-university.html">http://sydney.edu.au/about-us/vision-and-values/healthy-sydney-university.html</a></p> <p>Principles: <a href="http://sydney.edu.au/dam/corporate/documents/about-us/values-and-visions/hsu-guiding-principles.pdf">http://sydney.edu.au/dam/corporate/documents/about-us/values-and-visions/hsu-guiding-principles.pdf</a></p> <p>Report:</p> | yes |  | yes |

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|--|--|--|---|--|--|--|
|  |  |  | <a href="http://sydney.edu.au/dam/corporate/documents/about-us/values-and-vision/Health-y-Sydney-University-Annual-Report13-14.pdf">http://sydney.edu.au/dam/corporate/documents/about-us/values-and-vision/Health-y-Sydney-University-Annual-Report13-14.pdf</a> |  |  |  |
|--|--|--|---|--|--|--|