



**UBC ACTION FRAMEWORK TO
INCREASE PHYSICAL ACTIVITY
AND REDUCE SEDENTARY
BEHAVIOUR**





Okanagan Territory

ACKNOWLEDGEMENT

The Musqueam and Okanagan people have thrived in their respective territories for millennia and have deep understandings of the importance of wellbeing and its connection to all aspects of life. In recognition of this knowledge and because of its location on their ancestral and unceded territories, UBC is working collaboratively with the Musqueam and Okanagan Nations in pursuit of greater wellbeing at UBC and in their communities.

Musqueam Territory



A COMMITMENT TO WELLBEING

Enhanced human and ecological wellbeing is essential to the success of all our students, staff, faculty, indigenous peoples, and university neighbours.

UBC Wellbeing is a university-wide priority to engage with our Vancouver and Okanagan campus communities to ask the question: “How can we create happier, healthier, and more sustainable campus communities?”

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Main Photo: Students walking along Main Mall. Photo credit: Martin Dee/ UBC Communications & Marketing.

Photo 1: Going for a run along the trails at UBCO. Photo credit: Martin Dee/ UBC Communications & Marketing

Photo 2: Zumba break at the Student Leadership Conference. Photo credit: Justin Lee / UBC Communications & Marketing.

Photo 3: Day of the Longboat (UBC Vancouver) Photo credit: Justin Lee / UBC Communications & Marketing.

Photo 4: Dancing at the Spinal Chord Gala for ICORD. Photo credit: Butter Studios.

Photo 5: UBC Cheerleaders celebrating Imagine Day. Photo credit: Don Erhardt/UBC Communications & Marketing.

Photo 6: Cycling along Main Mall (UBC Vancouver). Photo credit: Martin Dee / UBC Communications & Marketing.

Photo 7: UBC Okanagan campus. Photo credit: Hover Collective .



Students walking along Main Mall (UBC Vancouver). Photo credit: Martin Dee / UBC Communications & Marketing

BUILDING WELLBEING THROUGH INCREASING PHYSICAL ACTIVITY AND REDUCING SEDENTARY BEHAVIOUR

UBC is working towards becoming a health promoting* university—embedding wellbeing into all aspects of campus culture and leading health promotion and collaboration globally and locally. In championing human and ecological wellbeing, we help to create an environment where our full potential in teaching, learning, research and engagement can be achieved.

Our UBC community has identified **promoting physical activity and reducing sedentary behaviour** as one of our priority areas for action.** A Physical Activity Working Group, composed of faculty, staff, and students from across the university and the broader community was created to address and inform ways to support this priority.

Some ways you will see this action framework put into practice include:

- Programming, planning, and policies that support active, more sustainable transportation.
- Accessible, equitable and diverse opportunities to engage in physical activity both inside and outside of traditional recreation spaces.
- New opportunities for our entire community—from youth, to students, to faculty and staff—to increase physical activity and reduce sedentary behaviour.

By increasing physical activity and reducing sedentary behaviour, we can contribute to the health and wellbeing of our people, places and the planet.

— *The UBC Physical Activity Working Group*

**Health promotion is understood as “the process of enabling people to increase control over their health and its determinants, and thereby improve their health.” (WHO, 2005)*

***For example, the UBC Okanagan VOICE 2012, a community participatory action research study, showed that physical activity was a major priority area of interest for our communities.*



Trail Running (UBC Okanagan). Photo credit: Martin Dee / UBC Communications & Marketing.

VISION FOR A PHYSICALLY ACTIVE CAMPUS

A physically active campus enables all members of our community to move more and sit less in order to support their wellbeing, help them achieve their full potential and create a thriving UBC community.

By UBC community, we refer to students, faculty, staff and campus community members.

UBC community members will move more and sit less as a result of:

1. Recreational facilities, programs and spaces on campus that meet their needs.
2. Being able to easily find, access and understand the physical activity options available to them on campus.
3. Being supported and encouraged to incorporate physical activity into their day.

Please refer to the 'Action Framework for Implementing Call to Action 1 at UBC' on page 11 for examples of how these goals will be achieved. ➡

Working towards these goals will contribute to the wellbeing of our UBC community members, supporting them to be more productive and healthy while helping them succeed in their teaching, learning and working environments.



AMS Student Nest (UBC Vancouver). Photo credit: Martin Dee/UBC Communications & Marketing

RESEARCH-INFORMED APPROACHES TO PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

THE PERILS OF SEDENTARY BEHAVIOUR

*"any waking activity characterized by an energy expenditure ≤ 1.5 metabolic equivalents and a sitting or reclining posture"*¹

On average, we are sedentary more than half our waking day, engaging in screen time, eating, commuting in a car, and sitting at work. Research links high rates of sedentary behaviour to higher rates of all-cause mortality, cardiovascular disease, cancer, and type 2 diabetes.²

Interrupting extended bouts of sitting by moving at least every 30 minutes is recommended.

PHYSICAL ACTIVITY

*"any bodily movement produced by skeletal muscles that requires energy expenditure"*³

During **moderate-intensity** physical activity like a brisk walk or gardening, you can talk but not sing - your heart rate is elevated.⁴

During **vigorous-intensity** physical activity like jogging or dancing, you find it hard to say more than a few words without pausing for breath - your heart rate has gone up quite a bit.⁴

Increasing the amount of moderate- to vigorous-intensity physical activity in our daily lives, even by taking small actions, will help improve the wellbeing of our community.



Students walking along Main Mall (UBC Vancouver). Photo credit: Martin Dee / UBC Communications & Marketing

RESEARCH-INFORMED APPROACHES TO PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

HOW MUCH MOVEMENT DO WE NEED?

Best evidence suggests taking a two-pronged approach to increasing physical activity by moving more and decreasing sedentary behaviour by sitting less.⁵

Moving more, and more frequently, as part of daily life is essential to achieving health benefits, mental, physical and social wellbeing, and improving functional abilities while reducing the incidence of preventable diseases such as cardiovascular disease, cancer, diabetes, and mental illness. Research shows that the more we move, the better, but any amount of movement is better than none.⁶

In order to achieve optimal health benefits, the Canadian Physical Activity Guidelines recommend:

Chart below adapted from BC Physical Activity Strategy (2015).

	SEDENTARY BEHAVIOUR		PHYSICAL ACTIVITY	
	Sitting 	Screen Time 	Physical Activity 	Muscle and Bone 
Infants, Toddlers, and Preschoolers	Not more than one hour at a time	None for children under 2 years old	Several times per day for children under the age of one	
Children Age 1-4	Limit prolonged amounts of sitting	Less than 1 hour per day	At least 180 minutes of physical activity per day at any intensity	
Children and Youth Age 5-17	Limit prolonged amounts of sitting	Limit to 2 hours per day	At least 60 minutes per day of moderate to vigorous intensity	Activities that strengthen muscle and bone three times per week 
Adults Age 18+	Sit less, move more	Limit prolonged amounts of screen time	At least 150 minutes per week of moderate to vigorous intensity	Activities that strengthen muscle and bone two times per week 



Classroom field trip (UBC Okanagan). Photo credit: Martin Dee / UBC Communications & Marketing

UNDERSTANDING PHYSICAL ACTIVITY & SEDENTARY BEHAVIOUR WITHIN THE CURRENT UBC CONTEXT

There are a variety of options to become physically active, yet the physical activity and sedentary behavior levels of our community members are concerning. Even those who have high overall levels of physical activity are likely spending the majority of their time at work or in class being sedentary, which poses independent health risks.⁷



Currently, the nature of working and learning on university campuses often promotes sedentary behavior such as sitting in classes, meetings and offices or reading or working on computers, with limited opportunities for physical activity. In addition to impacting physical wellbeing, low levels of movement and high levels of sedentary behaviour also impact mental wellbeing and academic and professional success.



The importance of sitting less and moving more is crucial to increasing the overall wellbeing of our community. Even small increments of movement, such as standing in the middle of a class or meeting, can add up to reducing sedentary behavior and increasing health outcomes.

UBC recognises that the environments (natural, built, fiscal and policy) and the person (their knowledge, attitude, and behaviours) are important components of increasing physical activity and reducing sedentary behavior.





The Great Trek at UBC Vancouver Campus. Photo credit: UBC Recreation

UNDERSTANDING PHYSICAL ACTIVITY & SEDENTARY BEHAVIOUR WITHIN THE CURRENT UBC CONTEXT

UBC's campuses are situated in beautiful natural environments that encourage walking, running, and biking as modes of transportation. However, the location of our Vancouver campus—in an area where housing costs are high—can create a distance barrier for those who want to commute in these ways.

UBC is working to support and encourage active transportation. A transit rail system delivers UBC students, staff and faculty to the Vancouver campus, and the University is increasing capacity with respect to end-of-trip facilities for those who cycle. In the Okanagan, partnerships with local governments are working to provide active and safe access, particularly for bike commuting.



UBC builds and maintains campus trails and walkways. At the Vancouver campus, trail networks need maps and further development to help community members find appropriate routes and ensure comfort and safety. The Okanagan Trails Project has developed more options for physical activity, which can be used as a model for UBC's Vancouver campus.



Green spaces in the built environment offer opportunities for informal activity and play on both campuses. UBC operates several recreational facilities that aim to meet our communities' needs, yet the facilities are often challenged by a lack of capacity for the growing demands.



The costs of physical activity programming and facilities are generally affordable and accessible to a diverse range of participant needs, however better communication about low cost and free programs and available facility space is needed. Programming and events, aimed at all ages, abilities and skill levels are offered in numerous indoor and outdoor spaces, organized by clubs, groups, formalized recreational service providers, and workplaces.



Aerial shots of UBC Vancouver and UBC Okanagan. Photo credit: Hover Collective

APPROACH TO CREATING A PHYSICALLY ACTIVE CAMPUS

SHARED ASPIRATIONS: THE OKANAGAN CHARTER

UBC's strategy for promoting wellbeing through increasing physical activity and reducing sedentary behaviour is informed by the *Okanagan Charter; An International Charter for Health Promoting Universities and Colleges (2015)*.

The Charter outlines a shared aspiration for health promoting universities & colleges to transform the health and sustainability of our current and future societies, strengthen communities and contribute to the wellbeing of people, places and the planet.

Health and wellbeing promoting universities and colleges infuse health into everyday operations, business practices and academic mandates. By doing so, health promoting universities and colleges enhance the success of our institutions; create campus cultures of compassion, wellbeing, equity and social justice; improve the health of the people who live, learn, work, play and love on our campuses; and strengthen the ecological, social and economic sustainability of our communities and wider society.

OKANAGAN CHARTER CALLS TO ACTION

The Charter highlights two important Calls to Action, each with a number of underlying commitments, for higher education institutions:

1. **Embed health into all aspects of campus culture, across the administration, operations and academic mandates.**
2. **Lead health promotion action and collaboration locally and globally.**

Okanagan Charter Principles for Action

1. *Use settings and whole system approaches*
2. *Ensure comprehensive and campus-wide approaches*
3. *Use participatory approaches and engage the voice of students and others*
4. *Develop trans-disciplinary collaborations and cross-sector partnerships*
5. *Promote research, innovation and evidence-informed action*
6. *Build on strengths*
7. *Value local and indigenous communities' contexts and priorities*
8. *Act on an existing universal responsibility*

ACTION FRAMEWORK FOR IMPLEMENTING ‘CALL TO ACTION 1’ AT UBC

Call to Action 1 in the Okanagan Charter addresses on-campus efforts. Below are a selection of activities being taken by UBC for each of the commitments related to **Call to Action 1: Embed health into all aspects of campus culture, across the administration, operations and academic mandates.**

Okanagan Charter ‘Call to Action 1’	Selection of UBC activities
<p>1.1 Embed wellbeing in campus policies: review, create, and coordinate policies, practices and guidelines to support the flourishing of people, campuses, communities and our planet.</p>	<ul style="list-style-type: none"> ▪ Create a consensus vision and framework for action for a physically active campus. ▪ Create an evaluation toolkit to measure physical activity and sedentary behaviours at UBC. ▪ Embed physical activity and a reduction in sedentary behaviour in strategic plans and frameworks.
<p>1.2 Create supportive campus environments: identify and study opportunities on campus to inform change in built, natural, social, economic, cultural, academic, organizational, and learning environments.</p>	<ul style="list-style-type: none"> ▪ Explore and develop opportunities to enhance equity and inclusivity of program delivery and to reduce barriers to participation. ▪ Create opportunities for UBC students to contribute ideas and apply learning (e.g. UBC Sustainability 10,000 Step Challenge). ▪ Audit built and natural environments on campus to leverage new opportunities for physical activity outside of traditional recreational facilities. ▪ Through planning and design, facilitate active, safe and sustainable modes of transportation to, from and on campus including walking and cycling. ▪ Create opportunities for applied research on reducing sedentary behaviours and increasing physical activity at UBC.
<p>1.3 Generate a culture of wellbeing: by creating empowered, connected, and resilient campus communities that foster an ethic of care, compassion, collaboration, and community action.</p>	<ul style="list-style-type: none"> ▪ Provide opportunities for community members to give meaningful input on future recreation facilities, programs, and spaces. Create a network of physical activity champions across the university. ▪ Launch a university-wide campaign aimed at increasing physical activity and reducing sedentary behaviour. ▪ Develop and promote programs that support and encourage active transportation. ▪ Align cross-campus communication channels to provide complete and cohesive information about physical activity opportunities available to community members.
<p>1.4 Support personal development: build student, staff and faculty resilience, competence, personal capacity and skills.</p>	<ul style="list-style-type: none"> ▪ Support physical activity interventions in teaching, learning, work and research environments. ▪ Build the skills and capacity of community members to increase their confidence in incorporating physical activity into their day. ▪ Develop and share evidence-informed resources for physical activity promotion and implementation for individuals and departments/units. ▪ Create a best practice repository for physical activity initiatives, research, and stories that can help inform program development and delivery.
<p>1.5 Create or re-orient campus services: to support equitable access, enhance health and wellbeing, optimize human and ecosystem potential, and promote a supportive organizational culture.</p>	<ul style="list-style-type: none"> ▪ Develop and promote innovative solutions to reduce sedentary behaviour in learning and work settings ▪ Enhance, promote and expand walking and cycling through a coordinated series of programs and resources. ▪ Deliver coordinated, accessible, age-appropriate programming geared at cultivating increased physical activity among community members, including children, youth and seniors. ▪ Increase accessibility of offerings by developing a diverse range of recreational programming for community members of all levels of ability, and at a variety of locations across campus.



Wesbrook Community Centre (UBC Vancouver). Photo credit: Edward Chang

ACHIEVEMENTS TO DATE

- **Accessible facilities.** UBC is working towards offering Canada's best and most accessible university athletics & recreation facilities and programs. Both campuses have been prioritizing new facilities as needed. In addition to its state-of-the-art new fitness facility, The Hangar, UBC's Okanagan campus has some of the premier indoor and outdoor competitive venues in the Valley.
- **UBC Physical Activity Working Group.** An inter-campus group of student, faculty, staff and campus community representatives meets monthly to guide physical activity promotion and sedentary behaviour reduction strategies for the University.
- **Staff & Faculty Sports Day.** This annual event brings together UBC staff, faculty and grad students on both campuses for an afternoon of teamwork, activity and fun. A celebration of the end of the school year, this popular event is designed with activities to reduce sedentary behavior and promote physical activity amongst colleagues.
- **UBC Recreation** (Vancouver campus) has invested new resources in promoting physical activity, reducing sedentary behavior and improving inter-campus capacity for this work.
- **UPnGO with ParticipACTION at UBC.** A new program and research project launched in March 2016 in partnership with ParticipACTION at the Vancouver and Okanagan campuses involving staff and faculty from the School of Kinesiology, Human Resources, Parking Services, Food Services and UBC Recreation.
- **Pick your Peak Stair Challenge:** This popular yearly event on the Vancouver campus is a fun and inclusive way to encourage staff & faculty to take the stairs. Close to 500 participants take part each year and climb over 1,200 km in 4 weeks (equivalent of Vancouver to Reno, Nevada...uphill!). 95% of participants report that the challenge has a positive effect on their health behaviours.
- **Own Your Own Fitness:** A three-part series developed with UBC BodyWorks Fitness Centre, Own Your Own Fitness includes two in-class sessions and one gym session. This program is aimed at lowering barriers to entry by 'defrosting' the gym for individuals who are looking for a safe, non-competitive environment or who may be unsure of how to use the equipment.



Walk 'n Roll to School (UBC Vancouver). Photo Credit: Don Erhardt.

ACHIEVEMENTS TO DATE

- **Fitting in Fitness:** A database of quick fitness-related tips and exercises provided by an upper level Kinesiology student. Tips are distributed through the Healthy UBC Newsletter, Health Contacts emails and on-line: www.hr.ubc.ca/health/health-and-wellbeing/fitting-in-fitness/
- **UBC Vancouver Corporate Health, Fitness and Family Discounts:** To promote accessibility and affordability of physical activity to a wide reach of staff and faculty, discounts were offered at over 50 (on and off campus) recreation, health and fitness providers across the lower mainland. Staff and faculty have the freedom and flexibility to be active at their own convenience based on location, preferences, and with family members.
- **UBC Walkabout with the Faculty of Education:** This 9-week, team walking program was started by Joy Butler, a faculty member in the Faculty of Education in 2005. While in previous years, the Walkabout involved mainly students, staff, faculty and alumni from the Faculty of Education, in 2016, the Walkabout grew to a larger campus-wide initiative through new partnerships with UBC Human Resources and UBC Recreation. It also involved 8-weeks of guided walks, as part of a new Step It Up Campaign from UBC Recreation.
- **Bridge Through Sport with Musqueam:** A collaboration between the Musqueam Indian Band, the First Nation House of Learning, and UBC Athletics and Recreation, Bridge Through Sport aims to support Musqueam Recreation's vision of fostering leadership through sport, makes UBC more accessible to Aboriginal youth and their families, and uses sport as a mechanism to empower Aboriginal youth in lifelong learning, among other goals.
- **School of Kinesiology Outreach Programs:** The UBC School of Kinesiology offers a variety of physical activity programs dedicated to community and student engagement and designed for people of all ages and abilities. Program offerings are run on a daily basis by School of Kinesiology students or alumni, as well as other UBC students, under the supervision of two full-time Program Managers.
- **Walk 'n Roll to School:** A joint initiative between Campus and Community Planning and the University Neighbourhood Association, Walk 'n Roll to School is a week-long celebration aimed at encouraging families on campus to choose safe, active sustainable modes of transportation. It has been extremely successful, resulting in year-round, community-led walking school buses and bike trains in many of our Vancouver campus neighbourhoods.



UBC Vancouver's biggest Zumba during Thrive Week. Photo credit: Laura Darcy

WORKING GROUP MEMBERS

The Working Group is composed of UBC-wide representation with faculty, staff, student and campus community members.

UBC OKANAGAN

- Athletics and Recreation
- Health and Wellness
- Human Resources
- School of Exercise and Health Sciences

UBC VANCOUVER

- Alma Mater Society
- Athletics and Recreation
- Campus and Community Planning
- Graduate Student Society
- Human Resources: Health, Wellbeing and Benefits
- Risk Management, Building Operations
- School of Kinesiology
- School of Population and Public Health
- Student Health Service
- Student Housing and Hospitality Services
- University Neighborhoods Association
- Wellbeing at UBC



Day of the Longboat. Photo credit: Justin Lee/UBC Communications & Marketing

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This framework is intended as a living document to be updated and revised on a continual basis. We welcome you to explore ways to make it reflective of the needs of our community as we work together towards realizing the vision of a physically active campus.

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JOIN THE MOVEMENT

What would your day look like if you moved every 30 minutes?

How can you incorporate more fruits and vegetables into your meals?

How do UBC's built and natural environments inspire you?

What makes you feel connected at UBC?

wellbeing.ubc.ca