UBC ACTION PLAN TO INCREASE PHYSICAL ACTIVITY AND DECREASE SEDENTARY BEHAVIOUR
Acknowledgement

This Action Plan was developed on the traditional, unceded, and ancestral territory of the Okanagan and Musqueam People.

“This land doesn’t belong to us. This land belongs to seven generations down the road. I pray that the water that we drink, the water that we swim in, will be there for our great great great grandchildren. As well as all over the world. I pray that the land that we walk on, the trees that we enjoy, will be there for our generations to come. These things, they all come together with health. Health of humans. Health of the animals. And health of the Mother Earth.”

Closing Prayer by Okanagan Nation Elder, Grouse Barnes, at the 2015 International Conference on Health Promoting Universities and Colleges.
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PREFACE

WELLBEING AT UBC

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

Our community has identified **promoting physical activity and reducing sedentary behaviour** as one of our priority areas for action.

SHARED ASPIRATIONS: THE OKANAGAN CHARTER

UBC’s strategy for promoting wellbeing is informed by the Okanagan Charter[^1]: 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, well-being, 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.


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The Charter has two Calls to Action 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
VISION FOR PHYSICAL ACTIVITY PROMOTION & SEDENTARY BEHAVIOUR REDUCTION

We all engage in physical activity and limit sitting time. To achieve our full potential and create a thriving UBC community, we build a culture and environment in which every person actively contributes to the wellbeing of people, places, and the planet.

OBJECTIVES

1. 10% of the UBC community sitting less and moving more.

2. Increase collaboration among UBC units and community members active in promoting physical activity.

3. Incorporate and adapt the natural and built environments to inspire movement.

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

Moving more often, more vigorously, and for longer periods of time is a priority to maintain wellbeing for all of us. While the current Canadian Physical Activity Guidelines recommends 150 minutes per week for adults, some physical activity is better than none.

Interrupting extended bouts of sitting by moving at least every 30 minutes is recommended.
We have a variety of options to become physically active, yet the physical activity and sedentary behavior levels of our community are concerning. Even those who have high levels of physical activity are likely spending the majority of their time being sedentary, which poses independent health risks.

The importance of sitting less and moving more is crucial to increasing the wellbeing of our community. Even small increments of movement, such as standing in the midst 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 (knowledge, attitude, and behaviours) are important components of increasing physical activity and reducing sedentary behavior.

Currently the nature of work and learning on university campuses often promotes sedentary behavior such as sitting in classes, meetings and offices, reading or working on computers, with limited opportunities for physical activity. We recognize the impact of physical activity on mental wellbeing.
UNDERSTANDING PHYSICAL ACTIVITY & SEDENTARY BEHAVIOUR WITHIN THE CURRENT UBC CONTEXT

We are situated in beautiful natural environments that encourage walking, running, and biking as ways to get to campus. The location of our Point Grey campus—in an area in which housing costs are high—however, can create a distance barrier for those who want to commute in these ways.

We are working to increase our capacity with respect to adequate end-of-trip facilities to support and encourage active transportation. A transit rail system delivers UBC students, staff and faculty to Point Grey and surrounding campuses. 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 Point Grey campus, campus trail networks need maps and further development to help UBC community members find appropriate routes and ensure feelings of comfort and safety. The Okanagan Trails Project has developed more options for physical activity, which can be used as a model for the Point Grey Campus.

Green spaces in the built environment offer opportunities for informal activity and play on our campuses. We operate 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 participation needs. Better communication about low cost and free programs and facility space openings is needed. Programming and events are offered in numerous indoor and outdoor spaces, organized by clubs, groups, formalized recreational service providers, and workplaces. Programming aspires to reach all ages, abilities and skill levels.
HOW MUCH MOVEMENT DO WE NEED?

RESEARCH-INFORMED APPROACHES

Best evidence suggests taking a two-pronged approach to increasing physical activity by moving more and decreasing sedentary behaviour by sitting less.[1]

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.[2]

**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]

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THE PERILS OF SEDENTARY BEHAVIOUR

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. [5]

Increasing the movement in our daily lives, even by taking small actions, will help improve the wellbeing of our community.

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

<table>
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<tr>
<th>Sedentary Behaviour</th>
<th>Physical Activity</th>
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<tr>
<td>Sitting</td>
<td>Screen Time</td>
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**Infants, Toddlers, and Preschoolers**
- Not more than one hour at a time
- None for children under 2 years of age
- Several times per day for children under one year of age

**Children Age 1-4**
- Limit prolonged amount
- Less than 1 hour per day
- At least 180 minutes per day of modest to vigorous intensity

**Children and Youth Age 5-17**
- Limit prolonged amount
- Limit to 2 hours per day
- At least 60 minutes per day of modest to vigorous intensity
- Activity that strengthens muscle and bone at least three times per week

**Adults Age 18+**
- Sit less, move more
- Limit prolonged amounts
- At least 50 minutes per day of modest to vigorous intensity
- Activity that strengthens muscle and bone at least two times per week
ACTION FRAMEWORK FOR IMPLEMENTATION

The Charter highlights an important Call to Action for higher education institutions:

1. Embed health into all aspects of campus culture, across the administration, operations and academic mandates.

Below are some examples of the actions being taken at UBC to increase physical activity and reduce sedentary behavior by embedding health into all aspects of campus culture.

<table>
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<tr>
<th>Action areas</th>
<th>Activities</th>
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<tbody>
<tr>
<td>Embed health in all campus policies</td>
<td>Create UBC-wide recommendations on sit/stand desks for employees. Incorporate these recommendations into furniture purchase guidelines for new buildings and current study areas.</td>
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<td>Campus environment as a living laboratory for wellbeing</td>
<td>Develop new programs that explore new research-based ways to reduce sedentary behaviors, such as the ParticipACTION UPnGO Program.</td>
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<td>Generate thriving communities and a culture of wellbeing</td>
<td>Create new training program around inclusivity for recreational service providers.</td>
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<td>Support personal development</td>
<td>Increase biking skills and awareness of bike-to-work resources and promote active transportation programs such as the Walk ‘n Roll program and Bike to Work Week.</td>
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<td>Create or re-orient campus services</td>
<td>Build on existing programs and interventions in the workplace such as Sports Day or Own your Own Fitness series with BodyWorks, and develop new programs where it makes sense. Continue promoting other campus-wide initiatives such as Walkabout, Storm the Wall, UPnGO, etc. Promote walking through a coordinated series of programs and marketing campaign (includes UPnGO, Defeat Depression Walk/Run, Walkabout, Walk ‘n Roll, Jane’s Walk, HR’s Walking at UBC webpage).</td>
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<tr>
<td>Integrate wellbeing in multiple disciplines to develop change agents</td>
<td>Develop and share evidence-informed resources for physical activity promotion and implementation for individuals and departments/units amongst service providers and campus influencers, such as “Get Started” tip sheet from UBC Recreation for individuals, or Healthy Workplace Initiative Program toolkits from UBC Human Resources (for departments/units).</td>
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<tr>
<td>Advance research, teaching and training</td>
<td>Create new research grant program for reducing sedentary behaviors and increasing physical activity at UBC. Develop exercise breaks in the classroom with Campus Recreation, Health &amp; Wellness and faculty members in the School of Exercise and Health Sciences.</td>
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<td>Lead and partner towards local and global action for health promotion</td>
<td>Explore new partnerships to develop and expand informal physical activity opportunities and education into UBC culture-building events, such as Storm the Wall Community Festival, Staff Welcome Back BBQ, UBC Thrive, Imagine Day, Lunar New Year, orientations for community members.</td>
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DESIRED OUTCOMES

UBC community members work, learn, and create using desks, chairs, and spaces in a way that reduces sedentary behaviour.

UBC community members will develop new relationships, interests, and abilities while learning new ways of moving.

People are motivated and carve out time to be active, whether it is during their school or workday, during their commute, or during leisure time.

UBC community members, with the support of their supervisor/head, feel encouraged to incorporate physical activity as part of their workday.

People are able to easily find, access and understand the physical activity options available at UBC.

UBC community members gain knowledge about the movement behaviour of our population and sub-populations to inform our approach.

UBC community members take research, innovation, and evidence-informed action to motivate people to move more and reduce sitting and screen time.

Research, innovation, and evidence-informed action from UBC are offered to other communities to improve the wellbeing of people, places, and planet.

Each person understands why moving is important to their pursuits at UBC in a way that feels safe and comfortable, and through programming and facilities that meet their needs.

An increased number of UBC community members use forms of active transport such as biking and walking.

22,300 (38%) students participated in a UBC Recreation program on Vancouver campus in 2014-15.

22% of the students invited to take the Undergraduate Experiences Survey opted in to fill out the International Physical Activity Questionnaire in 2016.

In 2014/2015, 66% of all trips to and from UBC Vancouver’s campus were by sustainable modes of transportation (transit, walking, cycling, carpool).
UBC FRAMEWORK FOR IMPLEMENTATION

Building happier, healthier, and more sustainable campus communities

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<th>Active Across the Lifespan</th>
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<td>Children &amp; Youth (0-17 yrs)</td>
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<th>UBC Community Members (Vancouver &amp; Okanagan Campuses)</th>
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UBC PHYSICAL ACTIVITY & SEDENTARY BEHAVIOUR REDUCTION WORKING GROUP

UBC OKANAGAN

• Athletics and Recreation
• 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

The Working Group is comprised of UBC-wide representation with faculty, staff, student and campus community members.
APPENDIX - 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.** An annual event involving over 400 staff and faculty at UBC Vancouver 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 is launching March 2016 in partnership with ParticipACTION at the Point Grey and Okanagan campuses involving staff and faculty from the School of Kinesiology, Human Resources, Parking Services, Food Services and UBC Recreation.

• **Pick your Peak:** 500 participants from both campuses, a total of 1,298 Km climbed over 4 weeks (equivalent of Vancouver to Reno, Nevada... uphill!). 95% of participants reported that the challenge had a positive effect on their health behaviours.

• **Own Your Own Fitness:** A 3-part series developed with Bodyworks fitness centre. 2 in-class sessions and 1 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 how to use the equipment.

• **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 online: 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.

**OTHER EXAMPLES BEING COLLECTED MAY INCLUDE**

- Faculty of Education Walkabout
- UBC Okanagan Trails
- University Neighborhood Association Community Centre and programming
- Bridge in Sport with Musqueam and other recreational programming
- School of Kinesiology community outreach programs
- Bodyworks
JOIN THE MOVEMENT

Where does movement fit into your daily life?

How can moving build happier and healthier communities?

What holds you back from moving more?

How can you help others to move more?

wellbeing.ubc.ca