

Health & Wellbeing

COMPONENT GOALS

01

UBC will enhance the mental, physical and social dimensions of wellbeing by making them integral to building and landscape design decisions.

02

UBC researchers, community stakeholders and building occupants will be engaged in a meaningful and ongoing way to inform building design decisions around health and wellbeing.

03

UBC will become a leader in enhancing wellbeing through the built environment within the context of higher education in Canada.

CONTEXT

UBC's neighbourhood environments, both built and natural, play a vital role in the physical, mental and social wellbeing of all students, staff and faculty.

Well-designed spaces can work to promote physical activity, enable social connections, improve productivity, learning, and overall health, and foster equity.

Bicycle parking outside the Westbrook Community Centre accommodates a healthy mode of transportation

PHOTOGRAPHER:
PHILIP BERTOGG

Pathway to Net Positive

A system-wide holistic and proactive approach that champions wellbeing is currently in development through UBC Wellbeing. UBC Wellbeing is a collaborative effort that aims to make the University a better place to live, work and learn.

Prioritizing health and wellbeing is foundational to the success of individuals and the overall community at UBC and provides co-benefits to the biodiversity and place and experience components.

Key Directions

The GBAP will coordinate guidance for how building and landscape design can nurture the social dimensions of wellbeing. Wellbeing principles, objectives and metrics, rooted in this strategy, that will inform site-specific building and landscape requirements will be integrated into the GBAP.



FIVE-YEAR IMPLEMENTATION PLAN - SHORT-TERM PRIORITY ACTIONS

- Identify metrics for health and wellbeing in residential buildings (e.g., temperature, indoor air quality, daylight levels, acoustic levels, views to exterior, number of indoor plants, etc.).
- Update bicycle storage requirements in policy through stakeholder engagement and recommendations made in the study *Making Spaces: Bicycle Storage in Multi-Unit Residential Buildings on the University of British Columbia Campus*.²⁰
- Update REAP to include health and wellbeing credits.
- Develop amenity spaces that respond to community needs and are flexible and adaptable over time.

TARGETS AND INDICATORS

Note that, based on foundational studies and data gathering identified in the GBAP actions, further targets and indicators will be integrated into future updates of the GBAP.

Red Barn Community Centre Playground provides a play area essential to family health and wellbeing

PHOTOGRAPHER: PHILIP BERTOGG



²⁰ Smith, C. *Making spaces : Bicycle storage in multi-unit residential buildings on the University of British Columbia Campus*. (2017).