

# US Health Promoting University & the Adoption of the Okanagan Charter

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# Overview



- **Introduction**
  - HPU, USHPCN, and the Okanagan Charter
- **Opportunities and Benefits**
- **Connections to existing efforts and Boldly Illinois**
- **The path to adoption**
- **Benchmarking**

# Defining HPU



**It is an international identity.**

- Aspire to infuse health, for person, place, and planet, into all that they do.
- Create a campus culture of compassion, well-being, equity, and social justice.
- Improves the health of the people who live, learn, work play and have relationships there.
- Strengthen the ecological, social, and economic, sustainability of our communities and wider society.
- It is a ***systems*** and ***settings*** approach.



# HPU in Action



- In an international study of 54 HPU's, the most common areas for action were:
  - Develop and foster skills for health and well-being
  - Support research in health promotion
  - Human health centered work and study environments
  - Collaboration between many stakeholders
  - Health education and facilitation is embedded in the curriculum
  - Post graduate training in health promotion
  - Reorientation of primary health care to an integrated approach, promoting physical activity, psychological, and emotional well-being

# USHPCN



Is a network of US post-secondary institutions that are at various stages of adoption of the Okanagan Charter, which calls on institutions of higher education to embed health into all aspects of campus culture; and to lead health promotion action and collaboration locally and globally



# Okanagan Charter

- Is an aspirational framework to encourage comprehensive and campus-wide, **settings** and **whole system** approaches to create cultures of compassion, well-being and equity
- Each campus develops its own strategic plan for how it implements and reports outcomes



The charter has **two calls** to action:

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

# Okanagan Charter: Key Principles

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- Use settings and whole systems approaches
- Ensure comprehensive and campus-wide approaches
- Use participatory approaches and engage the voice of students and others
- Develop transdisciplinary collaborations and cross-sector partnerships
- Promote research and innovation and evidence informed action
- Salutogenic approaches. Build on strengths and is asset centered
- Value local and indigenous communities, contexts and priorities
- Act on existing universal responsibilities





# Why: Opportunities and Benefits for Illinois

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- Illinois is a leader in health and well-being and would be joining an emerging global movement, a vehicle for this work
- This movement provides a platform and a process whereby campus leaders can demonstrate the institutions commitment to the health of its people, the campus, the community, and global society
- Health and well-being are linked to enhanced learning, satisfaction, retention, engagement, and sense of belonging among students, staff and faculty
- Illinois is currently **doing** this work and we would utilize the charter to organize and inspire our already **present initiatives**
- Provide structure and guidance for collaboration and demonstration of collective impact



# Examples of Illinois Initiatives



Illinois has many active initiatives and programs that clearly connect/ map to the Okanagan Charter, including:

- Mental Health Early Action
- Exercise is Medicine
- Basic Needs
- Sustainability
- Office of the Vice Chancellor for Diversity, Equity & Inclusion – programs, services, support

***Well-being, global impact, food security and environmental sustainability are present in Boldly Illinois***



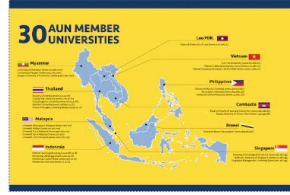
AOTEAROA, NEW ZEALAND



AUSTRALIA



ASEAN UNIVERSITY NETWORK



CANADA



CHILE



COLOMBIA



GERMANY



IBEROAMERICA (RIUPS)



INDIA - SYMBIOSIS INTERNATIONAL UNIVERSITY



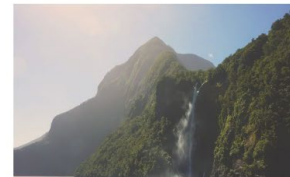
IRELAND



MEXICO



PAN AMERICAN HEALTH ORGANIZATION



SPAIN



UNITED KINGDOM



UNITED STATES OF AMERICA



- A global effort with representation from institutions from across the world

Adopted

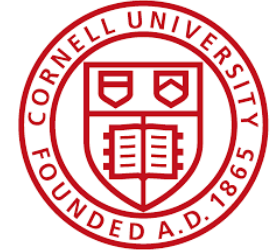


Northern Illinois University



UNIVERSITY AT ALBANY

State University of New York



University of Colorado Boulder



University of Massachusetts Amherst



Ursinus College

\* As of December 2023



## Peers that have joined the USHPCN

- Indiana University
- University of Iowa
- University of Maryland
- University of Michigan
- University of Wisconsin - Madison
- Ohio State University
- Purdue University
- Rutgers University
- University of Washington
- University of California - Irvine
- University of Texas Austin
- University of Illinois, Chicago

# Path to Adoption



\*Adapted from the University of Alabama at Birmingham implementation process

1. Develop a shared definition of well-being for person, place, and planet
2. Develop a Vision and Mission for Illinois as a health and well-being promoting University
3. Develop a strategy for providing education to the campus about the Okanagan Charter and its aspirations
4. Develop a strategy for effectively scanning the campus and inventory current Illinois initiatives that connect to the framework
5. Develop a strategy for identifying Key Performance Indicators to embed health and well-being into all aspects of the campus culture, to lead to systems level changes and collaborations that positively impact the well-being of the greater Campus Community



# Required Steps

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1. Institution Executive signs the 'Statement of Adoption'
2. Campus-specific commitments for the activation of the Okanagan Charter are summarized on institution letterhead
3. Steps 1 and 2, are submitted to the US Health Promoting Campus Network Chair: Chris Dawe (current)



# Examples of Individual Commitments

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1. Commit to support inclusion of well-being in the institutions strategic plan
2. Commit to provide well-being in priority areas identified by campus community such as: mental health, food and nutrition, inclusion, physical activity, environmental sustainability
3. Commit to invest resources in health promotion outcomes
4. Commit to evaluate and report on health promotion outcomes
5. Commit to convene conversations and share best practices across the USHPCN and international campuses







Thank you for your time today!

I welcome your questions

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