

## Langara's Adoption and Commitments to the Okanagan Charter

The *Okanagan Charter* is an International Charter for Health Promoting Universities and Colleges. The Charter unites Canadian institutions and demonstrates Canada's leadership and commitment to creating health promoting post-secondary campuses.

### About the Okanagan Charter

The Charter was developed in collaboration with researchers, practitioners, administrators, students and policy makers from 45 countries representing both educational institutions and health organizations. It provides a framework with two Calls to Action, key action areas and overall principles that together guide the development of health promoting universities and colleges. The Charter inspires colleges and universities across Canada and internationally to take action in embedding well-being into their everyday operations, business practices and academic mandates.

### How would Langara benefit by adopting the Okanagan Charter?

- Promoting health and well-being are essential to achieving our full potential in teaching and learning, research, and engagement.
- Evidence demonstrates that people who are well are more productive, are more able to engage in deeper learning, are more likely to be retained, and have a stronger sense of community.
- Health and well-being are linked to enhanced learning, satisfaction, retention and engagement among students, staff and faculty.

### Langara's Commitments

1. Langara commits to promoting the well-being in priority areas identified by the campus community such as: mental health initiatives; learning and working environments; built and natural environments; food and nutrition; student engagement and athletics
2. Langara commits to resource our Mental Health Framework by hiring a Mental Health Initiatives Consultant
3. Langara commits to convene conversations and share best practices across Canadian and International campuses.