

# Saint Mary's University Healthy Campus Strategy



## SMU HEALTHY CAMPUS GOAL

Our goal is to foster an ongoing culture of physical

# BACKGROUND

**TOGETHER** WE WILL FOSTER AN  
ENGAGING AND SUPPORTIVE CULTURE THAT  
PROMOTES RESPECT, HEALTH, AND WELLNESS.

Saint Mary's is committed to:

Creating and maintaining a  
respectful, safe, supportive,  
and healthy environment

# GUIDING PRINCIPLES

Supporting the inclusion of health and wellness as an area of academic study - teaching and research.

Collaborating and coordinating internally and externally to promote:

Access to information, programs and services



Healthy individuals come together as healthy groups within the larger Saint Mary's community. By example and by individual and collective action, we together generate a healthier world.

Healthy Programs



Healthy Culture



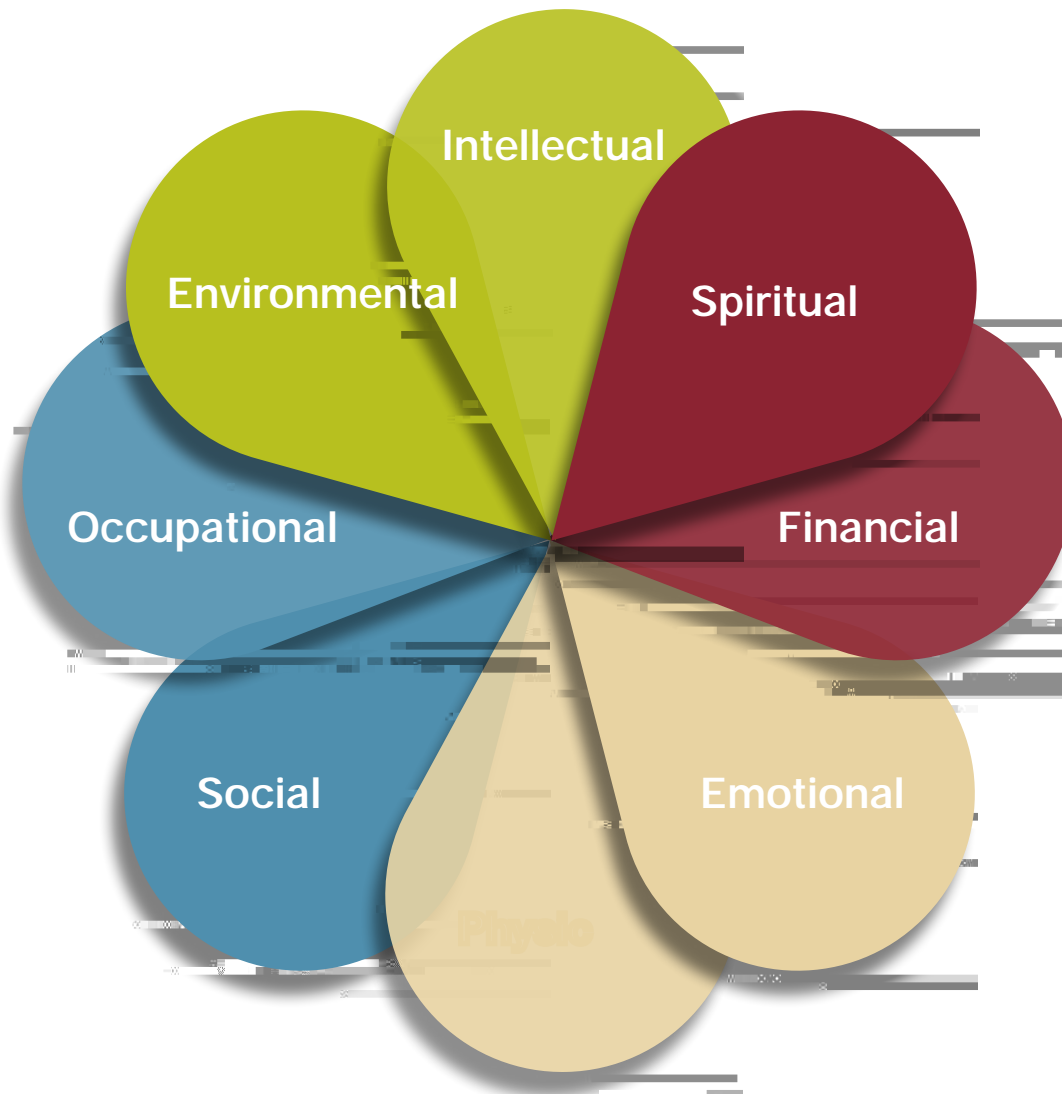
Healthy Life



# HOLISTICALLY APPROACHING

## HEALTH AND WELLNESS THE SAINT MARY'S PICTURE OF HEALTH AND WELLNESS

The Saint Mary's Picture of Health and Wellness represents areas of focus for initiatives to enhance health and well-being among the Saint Mary's community.



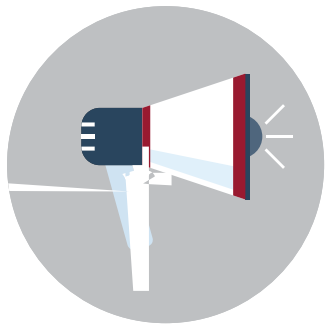






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## Promotion





# Prevention



Saint Mary's University will strive to educate all members of the campus community to recognize early warning signs that demonstrate an individual may be experiencing challenges and require support. The University encourages all of its members to embrace personal health and wellness opportunities as an individual responsibility. The University will:

Encourage its members to be engaged, learn about lifestyle choices, make use of available resources, develop and maintain healthy habits, respect others' needs and behaviours, and support others in their journey to health and wellness

Empower the campus community to take control of their health and wellness through training and self-management

Support its academic community to build on current strengths in research and teaching/learning related to health and wellness

Educate our students, faculty, and staff of the challenges individuals face so that we can reduce stigma and at the same time create the conditions for those individuals to seek and gain support

Offer programs and services that allow our campus community to develop the ability to manage their health and wellness both independently and with the support of others

Develop first-year experience programming to support student success

Provide proactive support and highlight programming and resources to support individuals at risk



# Support

being. Depending on the level of required by individuals, the level of internally through various units responsible for health and wellness of the campus community, in some cases external expertise may be required. Saint Mary's recognizes the need to maintain a high level of performance:




**Saint Mary's University** is providing and maintaining a safe and healthy work environment for all students, faculty, staff, and visitors. There are many well-being initiatives already available to support your health and well-being at Saint Mary's University. For example:

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As outlined in the **University's Strategic Plan 2017-2022**, a goal has been set to develop the Healthy Campus Initiative.



Saint Mary's, building on its strong tradition of accessibility and community engagement, will be the university of choice for aspiring citizens of the world.

