

Recommended Reading



Assist campuses as they work to implement well-being programming on campus; Audiences may include health center staff and health promotion staff.

The Okanagan Charter

Missouri Partners in Prevention is proud to be Missouri's higher education substance abuse prevention and mental health consortium. In order to see measurable change in the health, safety, and well-being on campus, campus prevention practitioners must employ evidence-based strategies and models. This series provides a brief synopsis of the publications, articles, and resource documents available to campuses to assist in their substance abuse prevention and mental health intervention efforts. These documents provide a great deal of technical assistance and support. Browse our recommended reading synopsis to learn more about these publications.

The Okanagan Charter was developed at the 2015 International Conference on Health Promoting Universities and Colleges in Kelowna, British Columbia, Canada. The charter is a broad call to action to encourage institutions of higher education to embed health into all aspects of campus (administration, operations, academics) and lead health promotion and collaboration both locally and globally.

Shared language around health and health promotion are defined in the charter, drawing from the Ottawa Charter for Health Promotion and other documents from the World Health Organization, focusing on a holistic view of health and recognizing the shifting landscape to include wellness and well-being. Health also engages the environment and lends toward a definition of health promotion that goes beyond individual behaviors and is defined a process of enabling people to increase control over their health and its determinants.¹

A high-level framework for the two calls to action outlines the basics of how colleges and universities can begin to achieve change and develop a health promoting environment:

- Embed health into all aspects of campus
- Embed health in campus policies
- Create supportive campus environments
- Generate thriving communities and a culture of well-being
- Support personal development
- Create or re-orient campus services

Lead health promotion and collaboration locally and globally:

- Integrate health, well-being, and sustainability in multiple disciplines to develop change agents
- Advance research, teaching, and training for health promotion knowledge and action
- Lead and partner towards local and global action for health promotion

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The final pages of the charter describe key principles for action that help define how to mobilize these calls to action, which focus on campus-wide and systems approaches, engaging diverse stakeholders with cross-sector collaborations, promoting evidence-based strategies and continued research, utilizing existing strengths, and valuing voices (students', local and indigenous peoples', etc.).²

Read the 'Okanagan Charter' here!

[acha.org/documents/general/Okanagan_Charter_Oct_6_2015.pdf](https://www.acha.org/documents/general/Okanagan_Charter_Oct_6_2015.pdf)

Citations

1. World Health Organization (WHO), 1986 Ottawa Charter for Health Promotion
2. Okanagan Charter: An International Charter for Health Promoting Universities and Colleges (2015).

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