



**HUMBER**

Centre for Innovation  
in Health & Wellness

Centres of Innovation Network

# CIHW's Year in Review 2022-2023



# TABLE OF CONTENTS

- Land Acknowledgment.....1
- About CIHW.....2
- Message from the Director.....3
- The Three Pillars of CIHW.....4
- Humber Healthy Campus.....6
  - Healthy Breaks@Humber.....7
  - Wellness Coaching.....8
  - Mindfulness@Humber.....9
- Applied Research.....10
- Community Health & Wellness.....12
- LAMP Wellness Day.....14
- Health Innovation Challenge.....16



# LAND ACKNOWLEDGEMENT

Humber College is located within the traditional and treaty lands of the Mississaugas of the Credit. Known as Adoobiigok, the “Place of the Alders” in Michi Saagijig language, the region is uniquely situated along Humber River watershed, which historically provided an integral connection for Anishinaabe, Haudenosaunee, and Wendat peoples between the Ontario Lakeshore and the Lake Simcoe/Georgian Bay regions. Now home to people of numerous nations, Adoobiigok continues to provide a vital source of interconnection for all.



# ABOUT CIHW

Humber's **Centre for Innovation in Health & Wellness (CIHW)** is dedicated to creating positive change in community in health and wellness. Through our work, we strive to promote a healthier future for everyone, regardless of where they live, what they have, or who they are.

Leveraging Humber's expertise and resources, CIHW key areas of focus are health equity, preventing chronic diseases, building strong partnerships, and leading innovative research in health and wellness.

At CIHW, we are working towards a better tomorrow. We foster interdisciplinary collaboration to create innovative solutions to positively transform the landscape of health and wellness.



# MESSAGE FROM THE DIRECTOR

As one of the newer Centres of Innovation, the Centre for Innovation in Health and Wellness (CIHW) started its journey last year in February 2022, around the same time when the world was opening up post pandemic. The first few months were spent in understanding and learning about the needs and gaps in health and wellness initiatives, not only within Humber, but also in its neighboring communities.

Emerging out of the engagement and the reflection process in August 2022, was a road map for CIHW aligned with Humber's strategic priorities on inclusive healthy campus and Humber's commitment for stronger community partnerships and collaboration. CIHW's key areas of focus include supporting the culture of health and wellness at Humber, innovative research, and inclusive community engagement.

A few successes include:

- Launched three Healthy Campus initiatives - Healthy Breaks@Humber, Mindfulness@Humber and Wellness Coaching
- Collaborated on two applied research projects
- Designed, developed and implemented a cross-COI and an inter-disciplinary Health Innovation Challenge for students
- Led a capstone project with students of FHSW Health and Wellness programs
- Collaborated with the Canadian Red Cross (CRC) through a joint Advisory Committee
- Designed and organized a Wellness Day for front-line healthcare workers at LAMP Community Health Centre
- Supported community health organizations and its employees through Wellness Coaching

In less than 18 months since it started, CIHW has experienced tremendous success and largely because of its incredible team of staff (small and mighty), faculty, and students which made this possible. I am also excited about the innovative opportunities coming our way and look forward to engaging more students, staff, and faculty in CIHW's work.

Onwards to new ideas and optimism for the year ahead as we continue to build a healthier and inclusive world around us!

In health and wellness,  
Vanita

**Dr. Vanita Varma**  
**Director of CIHW**





# **THE THREE PILLARS OF CIHW**



**01** HUMBER  
HEALTHY  
CAMPUS

**02** RESEARCH  
AND  
INNOVATION

**03** COMMUNITY  
HEALTH &  
WELLNESS

# HUMBER HEALTHY CAMPUS

## CIHW'S HUMBER HEALTHY CAMPUS INITIATIVES

At CIHW, we strive to promote healthy lifestyles at Humber College and in the community through a variety of programs. The goal of these programs is to offer tools and resources to support mental health and overall well-being of students, staff, and faculty.

Our Humber Healthy Campus programs include Healthy Breaks@Humber, Wellness Coaching (also offered to external community healthcare organizations), and Mindfulness@Humber.

### 1. Healthy Breaks@Humber



### 2. Wellness Coaching

### 3. Mindfulness@Humber





# HUMBER HEALTHY CAMPUS

## HEALTHY BREAKS@HUMBER

1 Healthy Breaks@Humber launched in Winter 2023 and promoted taking a short 10-minute break during class or meeting to help rejuvenate one's body and mind. Healthy breaks are conducted through 'Movement' or 'Mindfulness' focusing on physical and mental relaxation techniques. These breaks are proven to boost mental health, decrease anxiety, and increase focus. We reached over 300 students with this program last year, with more to come! Surveys conducted during Healthy Breaks offered insights on how the program enhanced and expanded to the broader Humber community.



88

Healthy breaks sessions conducted in 2022-23. 56% of the sessions were with students and 44% with staff and faculty

92%

of students rated their healthy breaks experience as either 'Good' or 'Excellent'



## TESTIMONIALS

“

"It was wonderful to stretch after sitting in classes"

"I feel like every class should have a session to make every student feel at ease with themselves and their body. It is very helpful"

"I think it was very useful in allowing myself to be re-start especially after entering into my second class for the day"

”

# HUMBER HEALTHY CAMPUS

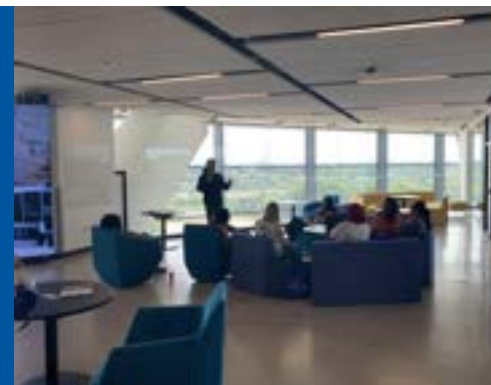
## WELLNESS COACHING

The Wellness Coaching Program offers free 1:1 coaching to employees on their personal health and wellness goals. Led by the students in Humber's Wellness Coaching Graduate Program and using a strengths-based and non-judgmental approach, Wellness Coaches support employees with identification and implementation of specific goals related to physical, social, mental, emotional or relational wellness.

This program is also offered to external community healthcare organizations.

133

Wellness Coaching sessions were offered last year with participation from 18 Humber Staff/Faculty and 7 external community members.



## TESTIMONIALS

“

“I truly appreciated all the help I received from [Coach S]. She has been such a wonderful support. The best part of her approach is that she adapts based on client needs. I found her services very client directed which I loved!”

“My original goal was choosing food that best suits a healthy lifestyle. This was a personal health & emotional discussion that was included in every session, which has made a huge impact on my life. I feel the questions and intuition of my Wellness Coach bought this out for me and I am forever grateful. Now, I have the confidence to move forward with all the suggestions and support”

”

# HUMBER HEALTHY CAMPUS

# 3

## MINDFULNESS@HUMBER

Mindfulness@Humber provides a dedicated time/space for faculty, staff, and students to engage in 10-15 minute mindfulness breaks. With active participation and leadership from students, staff, and faculty, this inclusive initiative has promoted mental well-being and resilience within the Humber community.

# 100%

Of participants surveyed indicated the sessions were 'Good' or 'Excellent', and also reported less anxiety, increased calmness, and feeling less overwhelmed



# 166

Total number of sessions offered; 142 total participants; 48 repeat and 94 one-time participants



## TESTIMONIALS

“

"Experience was a success... felt calmed, relaxed, and it also made me feel free"

"Really like the relaxing today! I just want to say that I like doing mindfulness meditation. And I really want to do it again. I was feeling stressed but now I'm feeling better now"

"It was outstanding, I really enjoyed the whole meditation tremendously. It felt like laughter in my heart, and it was very awesome"

”

# APPLIED RESEARCH



## EXPLORING THE WELL-BEING AND MENTAL HEALTH OF STUDENTS' IN COLLEGE

The research project, *Exploring the Well-being and Mental Health of Students in College*, was a collaborative research initiative including Estefania Toledo, Dr. Katherine Borak, and Dr. Vanita Varma. Supported by SEED funding from Humber's Office of Research and Innovation, the project aimed to address the relationship between a learner's mental health, their academics, and their co-curricular experiences. It explored the impact of student mental well-being on their academics and extracurricular activities. A photovoice methodology was used (using photography to express feelings related to mental wellness), along with journaling and focus groups.

## AN OVERVIEW AND ASSESSMENT OF CAMPUS HEALTH AND WELLNESS RESOURCES

This was a student-led project by Angel Young, aimed at learning more about the availability of wellness supports for students, faculty and staff at Humber. The report found that while all eight dimensions of health and wellness (physical, mental/emotional, intellectual, social, spiritual, financial, environmental, occupational) were well covered, there were gaps in participation and engagement. Recommendations on increasing promotion and accessibility were shared with other campus health partners.



# APPLIED RESEARCH

## UPCOMING RESEARCH PROJECTS



CIHW is focused on expanding its research role in the upcoming year. Specifically, we are working with health tech companies to create solutions and innovative ways of managing and/or preventing Type 2 Diabetes.

A few of the research projects we are currently working on include: Understanding the Impact of Covid-19 on Youth Mental Health, Mindfulness and Self-regulation Among Preschoolers, Investigation of the impact of voice-based detection of Pre-Diabetes in the South Asian population, and Black Health and Equity.



# COMMUNITY HEALTH & WELLNESS

## INDUSTRY PARTNERS

Over the last year, CIHW engaged with multiple community health partners for collaborative projects. At CIHW, we are always looking to help out community organizations and partner on new and innovative projects in the community health & wellness space.



## FACULTY

CIHW engages faculty by providing opportunities to work with industry leaders, act as project leads and experts while mentoring students to gain new skills and become career-ready.

## STUDENTS

CIHW provides opportunities to students to gain new skills through field placements, capstone projects, and volunteering in wellness initiatives. We encourage student participation in initiatives such as wellness coaching, Healthy Breaks@Humber, and Mindfulness@Humber.

## KEY PARTNERS



# COMMUNITY HEALTH & WELLNESS

## RED CROSS JOINT ADVISORY COMMITTEE

CIHW worked in partnership with the Canadian Red Cross (CRC) through a Joint Advisory Committee, supporting the review of the CRC's national community health training programs.

## ERNESTINE'S WOMAN'S SHELTER WELLNESS SESSION

CIHW also partnered with Ernestine's Women's Shelter to provide a Mindfulness and Nutrition/Wellness session to clients and families.

## INDUS COMMUNITY SERVICES WELLNESS COACHING

CIHW partnered with Indus Community Services to provide Wellness Coaching to front-line healthcare workers.



## GUATEMALA SERVICE LEARNING PROJECT

CIHW conducted an evaluation study of the Service Learning Trip to Guatemala. The project provided an opportunity for Early Childhood Education (ECE) students to directly engage in a different cultural experience and gain insights and knowledge about ECE and community development work in Guatemala.



# LAMP WELLNESS DAY

The Centre for Innovation in Health & Wellness (CIHW) hosted LAMP Community Health Centre's (CHC) Wellness Day at Humber College in June 2023.

Healthcare professionals from LAMP CHC were given a special day dedicated to their own well-being. The Wellness Day featured guided walks, invigorating yoga sessions, and enriching workshops, providing a heartfelt appreciation for healthcare workers who tirelessly serve their community.

LAMP staff participated in a guided nature walk through the Humber Arboretum & Centre for Urban Ecology, chair yoga, mindfulness and stretching, building strength and resiliency interactive session, and wellness coaching.

The gathering was a wonderful opportunity to give back to our frontline workers who have contributed so much over the last few years during the pandemic and to thank them for their dedication and hard work.





# LAMP WELLNESS DAY

## TESTIMONIALS

“

“The event was wonderful. For the first time, people focused on my mental health and stress. As someone who usually helps others, I enjoyed learning strategies to help myself. - Ishrat Sohail, Staff Member at LAMP CHC

“We wanted [staff] to unapologetically take a day for themselves. People who care for others often put their care last and they need time to care for themselves.” - Keddone Dias, Executive Director, LAMP CHC

”



# HEALTH INNOVATION CHALLENGE

The Health Innovation Challenge brought together faculty, students and healthcare community partners. Last year CIHW, in partnership with Longo Centre for Entrepreneurship and LAMP Community Health Centre, engaged students from different programs/faculties to explore different and innovative solutions to manage and/or prevent Type 2 Diabetes.



1st Place: **Step It Up**

Team Members:

- Yan Wing Pang, Web Development Graduate Certificate
- Winnie Leung, Multimedia Design and Development Diploma
- Mariana Ferreira, Food and Nutrition Management Diploma
- Ivy Liao, Cosmetic Management Diploma
- Gurjinder Randhawa, Bachelor of Health Sciences - Workplace Health and Wellness

Team Step It Up took first place with their walking challenge campaign, named *Step It Up*, a smart phone app, which rewarded participants completing 7,000 steps a day and offered professional health tips.



**1ST PLACE: STEP IT UP**

# HEALTH INNOVATION CHALLENGE

2nd Place: **Doc Box**

Team Members:

- Tamara Middleton, Early Childhood Studies (UGH)
- Jonhattan Ramcharran, Electrical Engineering Technology
- Alexandra Ellison, Media and Communications Studies (UGH)
- Danielle Hemmings, Bachelor of Commerce: Healthcare Management
- Jeneen Richards, Bachelor of Commerce: Digital Business Management
- Chantay Thorpe, Bachelor of Commerce: Digital Business Management

Team Doc Box achieved second place for coming up with a free resource toolkit for preventing and managing type 2 diabetes in underserved areas. The toolkit offered preventative care and management strategies to help individuals with poor access to health resources.



**2ND PLACE:  
DOC BOX**

**3RD PLACE:  
PEER  
MENTORSHIP  
PROGRAM**



3rd Place: **Peer Mentorship Program**

Team Members:

- Jennifer Lee, Wellness Coaching Graduate Certificate Program
- Harsimran Kaur, Bachelor of Health Sciences - Workplace Health and Wellness

The Third place team created a budget-friendly mentorship program, accessible to all individuals with diabetes and their extended support networks.

# HEALTH INNOVATION CHALLENGE

A special thank you to all student teams, judges, and community partners who took part in the event, we could not have had such a successful event without everyone's full participation!

## OTHER PARTICIPATING TEAMS

- **DiabetesPal** by Ariela Shick, Aileen Tadena, Jesse Jodoiun, Grace Christenen, Diya Diya
- **Integrated Health System for Humber Community** by Madison Marier, Brian Jala, Laura Jacques Fernandes
- **LifeOn** by Jessica Han, Alliyah Lyons, Candy Ha
- **PRE-DICT** by Ankit Pathak, Dishant Bhojwani, Sai Shreya Bindawalam, Leanne Mae Lacap
- **Senior's Kit** by Valentin Cela



## HEALTH INNOVATION CHALLENGE JUDGES

- **Savita Bajja**, LAMP Community Health Centre
- **Dr. Ghazal Fazli**, University of Toronto
- **Natasha Frank**, Faculty of Health Sciences & Wellness at Humber College
- **Rory Goodman**, Rexdale Community Health Centre
- **Dr. Lorraine Lipscombe**, University of Toronto
- **Devi Raghunauth**, Rexdale Community Health Centre



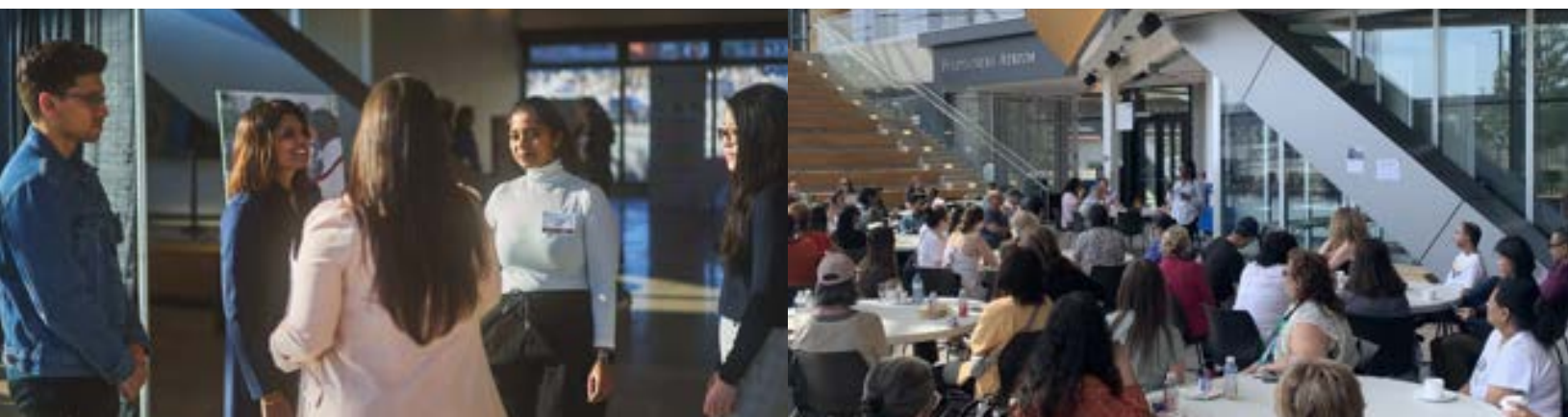
We would like to express our sincere thanks to all the students, staff and faculty for their unwavering support through the year. Their dedication and commitment to the Centre for Innovation in Health & Wellness (CIHW) has been invaluable. We are grateful to have such an amazing team of individuals who are passionate about making a difference in the world.

Do you have a research question?

Do you have an interesting project idea on health & wellness?

**Connect with us at [humber.ca/CIHW](https://humber.ca/CIHW)**

**Follow us on LinkedIn:**





**Do you have a research question?  
Do you have an interesting project idea on  
health & wellness?  
Connect with us at [humber.ca/CIHW](https://humber.ca/CIHW)**

Follow us on LinkedIn:

