



UBC Sustainability Scholars Program

The UBC Sustainability Initiative (USI) is pleased to offer current UBC graduate students the opportunity to work on paid sustainability internship projects. Successful candidates work under the guidance of a mentor from one of our partner organizations, and are immersed in real world learning where they can apply their research skills and contribute to advancing organizational sustainability goals.

For more information about the Sustainability Scholars Program and to apply to work on this project, please visit the [Student Opportunities](#) page.

Don't forget to review the application guide (PDF) before applying.

Applications close **midnight Sunday September 22, 2019.**

Research project title

Exploring Nutrition Related Services and Programs to Enhance UBC Employee Wellbeing

Sustainability Goal or Operations Plan objective

Improve the health and wellbeing of staff and faculty on campus and reduce the incidence of chronic disease in our employee population, as well as increasing usage of nutrition services available to staff and faculty.

Outline scope of project and why it is of value to your organization. Describe how and when the Scholar's work will be actionable.

- Conduct a literature review exploring the available evidence on the effectiveness of nutrition services and programs provided to higher education employees, including research on barriers to accessing these services (e.g., EFAP registered dietitian and nutrition services, healthy eating workshops and seminars, registered dietitian coverage via benefits).
- Review and consolidate available data on the health (especially nutritional health) of higher education employees in Canada.
- Determine barriers to accessing nutrition services, current sources of nutrition information utilized by employees, and utilization rates of various services through qualitative interviews with faculty and staff at UBC. (Current utilization rates of UBC EFAP and Sunlife benefits for nutrition services is low.)
- Make recommendations for effective nutrition services to provide at UBC and to increase the utilization of services already available, making suggestions to enhance current offerings.
- Review innovative practices and programs from around the world to inform the project work using an equity lens.

Deliverables

Note that a final deliverable (either a full report or, if the report contains confidential information, an executive summary) is required by the end of the program (March 15, 2020). The deliverable will be archived in the online public-facing [Scholars Project Library](#).

- A final report, containing a summary of completed work with recommendations, complemented by a final presentation to key stakeholder within UBC Wellbeing, HR – Health, Wellbeing, and Benefits, and others.
- Summary of employee nutrition programs and services from other Canadian universities and world-wide best practices in this area.
- Summary of barriers to accessing nutrition services and proposed solutions within UBC employee groups.
- Analysis of interviews with employees, including any unforeseen themes in health and wellbeing.

Time Commitment

Please update the completion period if you wish your project to start or end sooner or later. Note that during the academic term students may only work a maximum of 12 hours per week. If you compress the time window too much they will not be able to work the full 250 hours. Please also use this space to indicate any critical dates for the project, and the optimal schedule for your Scholar's work if known.

- This project will take **250** hours to complete.
- This project must be completed between October 21, 2019 and March 15, 2020 (ideally wrapping up by early-mid February)
- The Scholar is to complete hours Monday – Friday between 8am -5pm, approximately 12 hours per week.

Required/preferred Skills and Background

- Excellent research and writing skills
- Demonstrated interest in sustainability
- Experience conducting stakeholder engagement events, including facilitation skills, is an asset
- Familiarity with research methodologies and survey techniques
- Familiarity conducting focus group research
- Strong analytical skills
- Ability to work independently
- Project management and organizational skills
- Comfortable interacting with strangers to conduct public/in person surveys

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Apply here:

<http://sustain.ubc.ca/scholarsopportunities>

To learn more about the program here:

<https://sustain.ubc.ca/ubc-sustainability-scholars-program>

Read the FAQ and application guidelines to confirm your eligibility to participate in the program here:

<http://sustain.ubc.ca/scholarsopportunities>

Contact Karen Taylor at sustainability.scholars@ubc.ca if you have questions.