

**UBC SUSTAINABILITY SCHOLARS PROGRAM  
WELLBEING SCHOLARS PROJECT**

**Summer 2018**

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**Research project title**

VOICE 4 Co- Researcher – Healthy Beverage Initiative research proposal development

**Goal or Operations Plan objective**

Long Term Goal: Reduce sugar-sweetened beverage consumption by students, staff, and faculty at the UBCO campus.

UBC has demonstrated its commitment to being a health-promoting campus through signing the *Okanagan Charter: An International Charter for Health Promoting Universities & Colleges* and through its planning and implementation of Wellbeing at UBC. One of the Wellbeing priorities is Food and Nutrition. The Food and Nutrition Working Group is exploring ways to reduce sugar-sweetened beverages (SSBs) on both campuses and promote the consumption of water and other healthy, low calorie beverages.

No work on the Okanagan Campus has been undertaken to understand SSB sales, perception and knowledge about SSB consumption, and perception and knowledge about reducing SSB consumption and potentially sales on campus.

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

- Work with the VOICE research team and its advisory committee to develop a research proposal that will address the gaps in knowledge about SSBs on the Okanagan Campus. This will include:
  - Reviewing of the literature about SSBs at post-secondary institutions, their sales, consumption patterns, and the impacts of education campaigns and policy changes to reduce SSB sales and consumption.
  - Assisting in the design of research methods and development of research tools that will best engage both key stakeholders on campus as well as the campus population.
  - Preparing the research ethics application for review by the UBCO Behavioural Research Ethics Board

**Deliverables**

- Annotated bibliography of relevant literature.
- A draft research proposal that summarizes the relevant literature and outlines the research methods.
- A draft of all research tools that will be used for the study and may include: survey tool, interview and/or focus group facilitators guide, recruitment tools.
- A final presentation to the VOICE research team.
- Executive Summary for the UBC Sustainability Scholars online project library.

**Time Commitment**

- This project will take **250\*** hours to complete.
- This project must be completed between (May 1, 2018 and **July 15<sup>th</sup>**, 2018). The scholar may choose to work their hours full-time to complete their 250 hours sooner, and finish by the end of June.
- The scholar is to complete hours between 8:30-4:30 Monday-Friday (work hours for your department, and days of week), approximately 25-35 hours per week. If the scholar chooses to finish their hours by

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the end of the June, they will be working the full 35 hours per week.

- If applicable, list dates of any mandatory meetings, special events, etc. that you require your Scholar to be available: Dates are not set, though the scholar will attend VOICE research team meetings.

**Note that the Scholar is expected to work at the UBC Okanagan campus for the project term.**

**Skill set/background required/preferred**

- Excellent research and writing skills.
- Demonstrated interest in health and wellbeing.
- Strong writing skills
- Familiarity with research methodologies and survey techniques
- Excellent public speaking and presentation skills
- Community engagement experience
- Familiarity conducting focus group research
- Strong analytical skills
- Ability to work independently
- Deadline oriented
- Project Management and organizational skills

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