

# UK Healthy Universities Network Introduction and Overview

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**Overview**

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graph TD; A[Overview] --> B[Website/Communication: Update]; B --> C[Research: Self Review Tool]; C --> D[Research: Engagement & Practice]; D --> E[Okanagan Charter];
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**Website/Communication: Update**

**Research: Self Review Tool**

**Research: Engagement & Practice**

**Okanagan Charter**

“A Healthy University aspires to create a learning environment and organisational culture that enhances the health, wellbeing and sustainability of its community and enables people to achieve their full potential.”

[www.healthyuniversities.ac.uk](http://www.healthyuniversities.ac.uk)



- The UK Healthy Universities Network has grown from just 6 universities at its first meeting in 2006.
- It now has representation from:
  - 77 UK universities
  - 15 non-UK universities
  - 27 other stakeholder organisations
- Network meetings/thematic learning sessions held twice each year.
- E-Newsletters, email lists and telephone networking.
- Steering Group – 6 HEIs / Public Health Wales / NHS Health Scotland / Public Health Agency for N Ireland / Public Health England / HEFCE / HEFCW / NUS / LFHE.

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**Okanagan Charter**



**Healthy  
Universities**

Partnership working

- Home
- About
- National Projects
- National Network
- Resources
- News
- Links - General
- Links - Topics/Themes
- FAQ
- Contacts

## Welcome to Healthy Universities

*"A Healthy University aspires to create a learning environment and organisational culture that enhances the health, wellbeing and sustainability of its community and enables people to achieve their full potential."*

This website aims to encourage a whole university approach to health and wellbeing and facilitates national networking. It is managed by the University of Central Lancashire and Manchester Metropolitan University.

### National Network

The UK National Healthy Universities Network was established in 2006 and aims to offer a facilitative environment for the development of a whole university approach to health and wellbeing. In addition to virtual networking, Network meetings with themed workshops are held twice a year. The next one is scheduled for:

**Wednesday 13 May 2015 at the University of Edinburgh**

A **report and presentations** from the last meeting (incorporating themed session on Sustaining High-Level Engagement and Leadership) held on 27 November 2014 at Sheffield Hallam University are available.



If you have any comments about the site, or ideas about how it can be improved please contact us at [healthyuniversities@uclan.ac.uk](mailto:healthyuniversities@uclan.ac.uk).

From 2009-2012, the University of Central Lancashire and Manchester Metropolitan University (working together with the Royal Society for Public Health and the Leadership Foundation for Higher Education and partnered by Leeds Trinity University, Nottingham Trent University, Teesside University and the University of the West of England) jointly led a HEFCE-funded project, **Developing Leadership and Governance for Healthy Universities**. This project enabled the Network to be strengthened and for this website and the **Healthy Universities Toolkit** to be developed. The **Final Report** and **Executive Summary Report** from the project are now available.

[Find out more](#)

**Toolkit**

**Contact us**

**Getting started**

**▶▶ Getting Started**

This section of the site contains resources for universities that are interested in taking the initial steps towards a whole university approach to health and wellbeing.

**▶▶ Toolkit**

The Toolkit comprises a collection of resources designed to support the adoption of the whole system Healthy University approach.

**Latest News**

**Conference: LGBTQ Youth Self-Harm, Suicide & Help-Seeking** - 11/12/15  
This conference will be presenting findings from the research...

**Leadership and Management of Health and Safety in Higher Education Institutions** - 20/10/15  
This publication is a new sector guidance document from the ...

**Journal article on skills, confidence, and healthy cooking competencies among university students** - 21/10/15

## Since Launch in 2010:

 21,719 users

[18,159 May 2015]

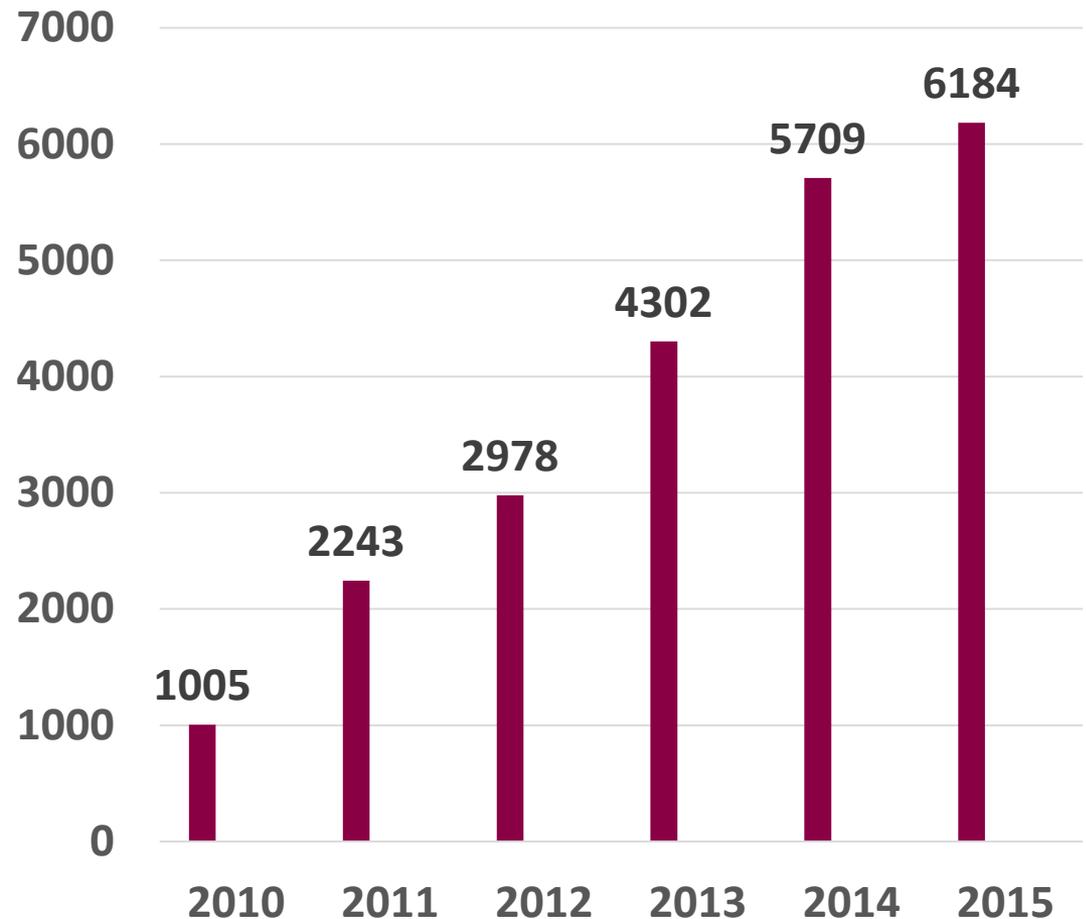
 34,815 visits

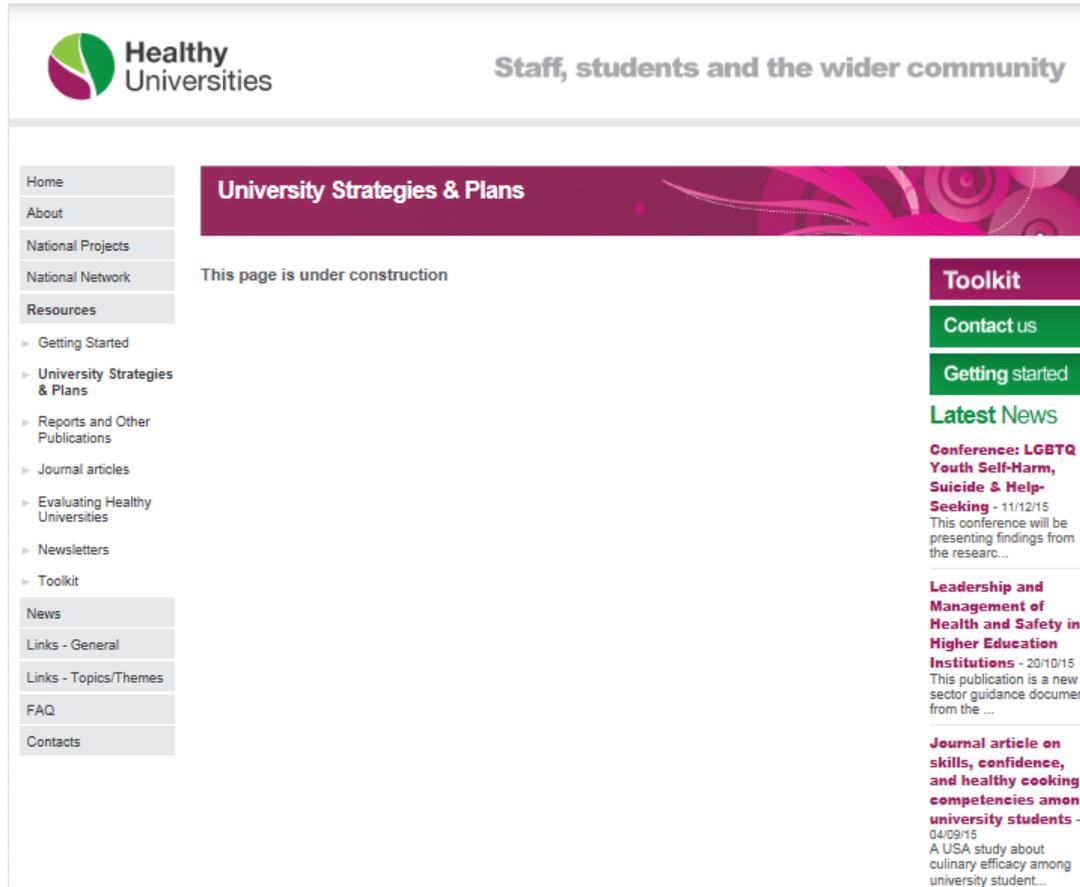
[29,466 May 2015]

 148 countries

[142 May 2015]

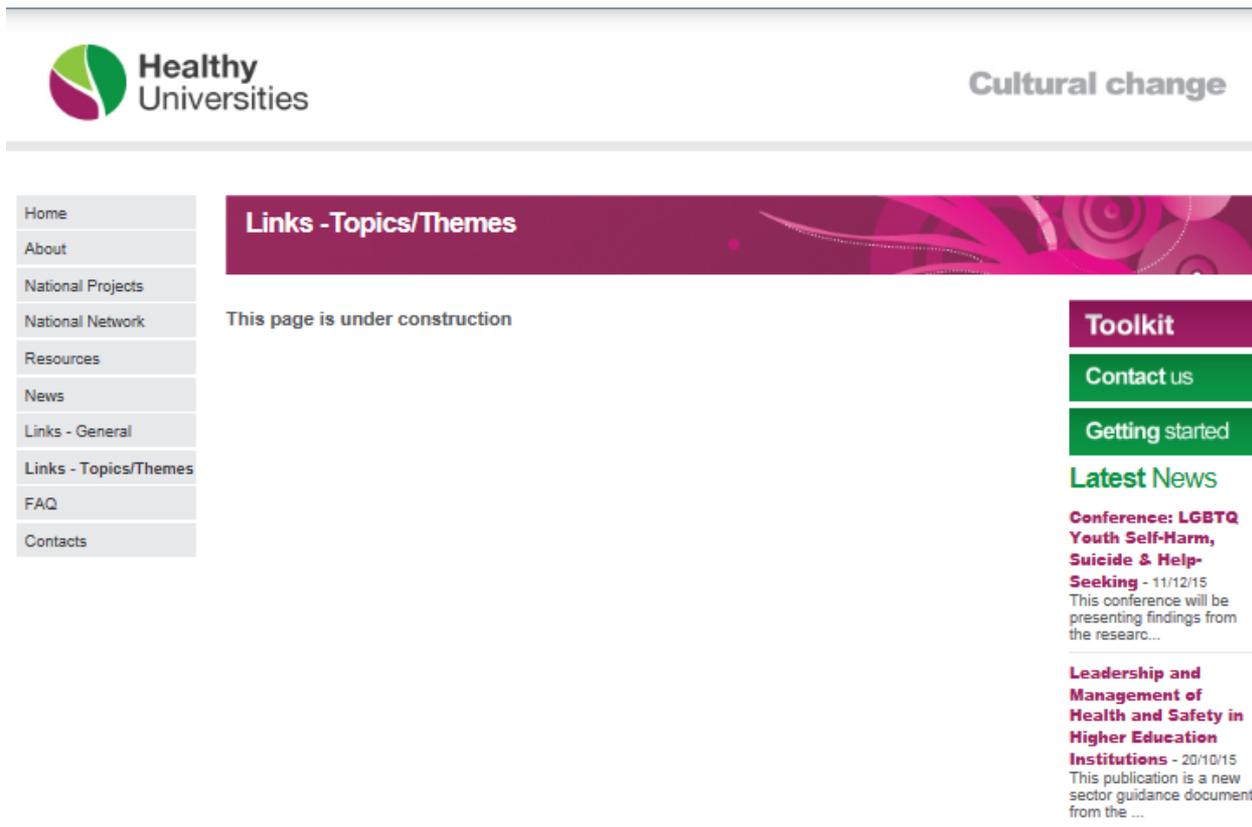
## Number of Users





The screenshot shows the website header with the logo and the text 'Staff, students and the wider community'. A navigation menu on the left lists: Home, About, National Projects, National Network, Resources (with sub-items: Getting Started, University Strategies & Plans, Reports and Other Publications, Journal articles, Evaluating Healthy Universities, Newsletters, Toolkit), News, Links - General, Links - Topics/Themes, FAQ, and Contacts. The main content area features a purple banner for 'University Strategies & Plans' with the text 'This page is under construction'. To the right, there is a 'Toolkit' section with 'Contact us' and 'Getting started' buttons, and a 'Latest News' section with three news items: 'Conference: LGBTQ Youth Self-Harm, Suicide & Help-Seeking - 11/12/15', 'Leadership and Management of Health and Safety in Higher Education Institutions - 20/10/15', and 'Journal article on skills, confidence, and healthy cooking competencies among university students - 04/09/15'.

**To discuss/agree:** Are members happy to send in information – to date, only XX universities have responded to an information request?



The screenshot shows the Healthy Universities website header with the logo and the text 'Cultural change'. Below the header is a navigation menu with the following items: Home, About, National Projects, National Network, Resources, News, Links - General, Links - Topics/Themes, FAQ, and Contacts. The main content area features a purple banner with the text 'Links - Topics/Themes' and a message stating 'This page is under construction'. To the right of the banner are three buttons: 'Toolkit', 'Contact us', and 'Getting started'. Below these buttons is a 'Latest News' section with two entries: 'Conference: LGBTQ Youth Self-Harm, Suicide & Help-Seeking - 11/12/15' and 'Leadership and Management of Health and Safety in Higher Education Institutions - 20/10/15'. Each news entry includes a brief description of the event or publication.

**To discuss/agree:** What type of information/links would be most useful on this newly created page?

If we are to keep the website dynamic and up-to-date, we need from you:

-  Case Studies [link on home page]
-  News Items

Likewise, we need from you [27 Nov deadline]:

-  Updates
-  News Items
-  Features

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# Healthy Universities Self Review Tool: Overview

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- Since 2012 tool to review progress on a whole system approach
- Online questionnaire is structured under five 'process' headings:
  - Leadership and Governance
  - Service Provision
  - Facilities and Environment
  - Communication, Information and Marketing
  - Academic, Personal, Social and Professional Development
- When university has completed the questionnaire, 'traffic light' report of progress is generated, highlighting areas where the university is achieving and those areas where additional input is needed.

# Research: Aims and Objectives

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## Overview

The study examined whether the Self Review Tool [SRT] has supported universities to understand and embed a whole system approach and highlight resulting learning and practice.

## Aims

- Scope the use and impact of SRT.
- Inform future developments.

## Objectives

- Collate data on use of SRT: motivation/context/timing/process.
- Identify benefits related to use of SRT.
- Identify issues and challenges related to use of SRT.
- Generate recommendations to inform future development and use of SRT.

## Research: Highlights/Conclusions

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- **SRT well-received and beneficial to universities engaged in Healthy Universities**
- **Content and output [traffic light report] of SRT valuable in enabling a comprehensive holistic review – and in providing internal ‘benchmark’ and informing future planning**
- **Process of using SRT valuable in catalysing and strengthening cross-university engagement/collaboration**
- **Content and process of using SRT have been useful in building wider and deeper understanding of ‘whole system’ Healthy University approach**
- **‘National Network’ status of SRT has been important in securing senior-level buy-in and action**
- **SRT could be refined, further developed and enhanced**

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**Website/Communication: Update**

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# Research: Outline Proposal

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## **Title:**

UK Healthy Universities Network: A Review and Exploration of Engagement and Practice

## **Research Aims:**

1. To understand how member universities engage with and use the UK Healthy Universities Network.
2. To examine understandings and implementation of the Healthy Universities approach among members of the UK Healthy Universities Network.
3. To generate learning that can inform the future development and functioning of the UK Healthy Universities Network.

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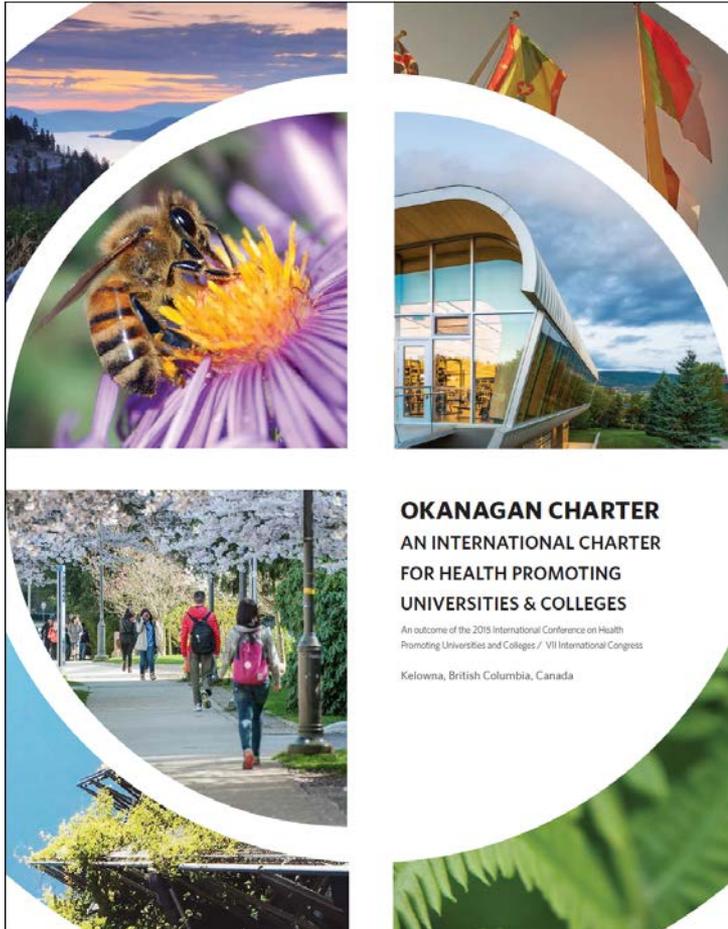
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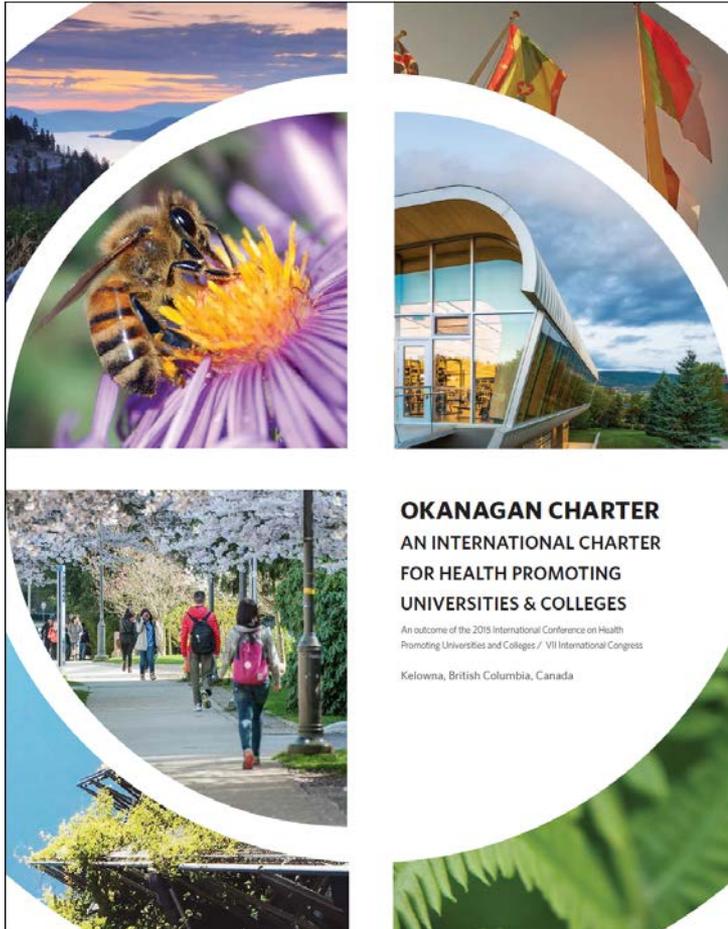
**Okanagan Charter**

# Okanagan Charter for Health Promoting Universities & Colleges: Development



- 1<sup>st</sup> draft: 225 people through a pre-conference survey and expert interviews as well as a review of existing Charters and Declarations.
- 2<sup>nd</sup> draft: Okanagan Conference – 380 delegates from 45 countries, including active participation in a design lab and development sessions users
- On final day of conference, representatives of Networks [+ WHO, PAHO and UNESCO] signed a pledge to bring the Charter back to their settings to inspire and catalyze further action towards the creation of health promoting universities and colleges.

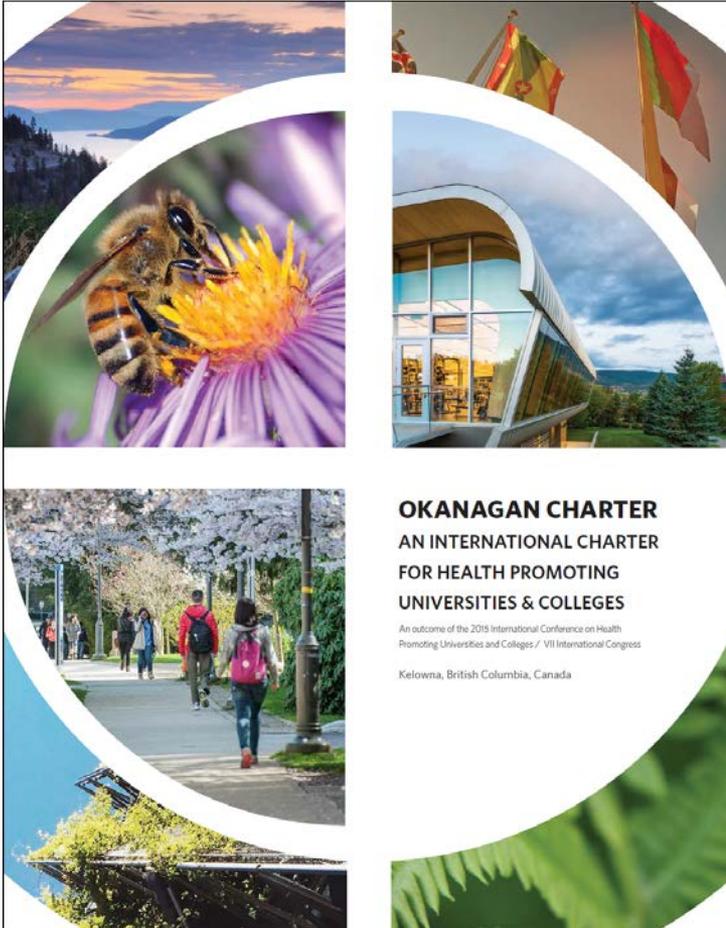
# Okanagan Charter for Health Promoting Universities & Colleges



“Health Promoting Universities and Colleges transform the health and sustainability of our current and future societies, strengthen communities and contribute to the wellbeing of people, places and the planet...They infuse health into everyday operations, business practices and academic mandates. By doing so, they enhance the success of our institutions; create campus cultures of compassion, well-being, equity and social justice; improve the health of the people who live, learn, work, play and love on our campuses; and strengthen the ecological, social and economic sustainability of our communities and wider society.

<http://www.internationalhealthycampuses2015.com>

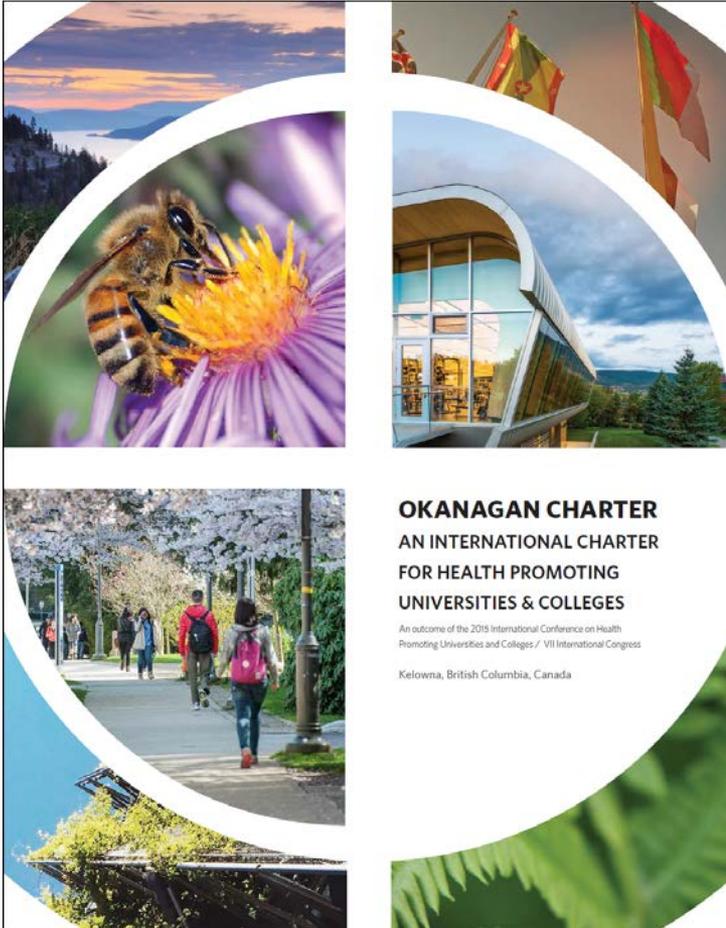
# Okanagan Charter for Health Promoting Universities & Colleges: Vision and Aspirations



Health Promoting Universities and Colleges transform the health and sustainability of our current and future societies, strengthen communities and contribute to the wellbeing of people, places and the planet...They infuse health into everyday operations, business practices and academic mandates. By doing so, they enhance the success of our institutions; create campus cultures of compassion, well-being, equity and social justice; improve the health of the people who live, learn, work, play and love on our campuses; and strengthen the ecological, social and economic sustainability of our communities and wider society.

<http://www.internationalhealthycampuses2015.com>

# Okanagan Charter for Health Promoting Universities & Colleges: Calls to Action

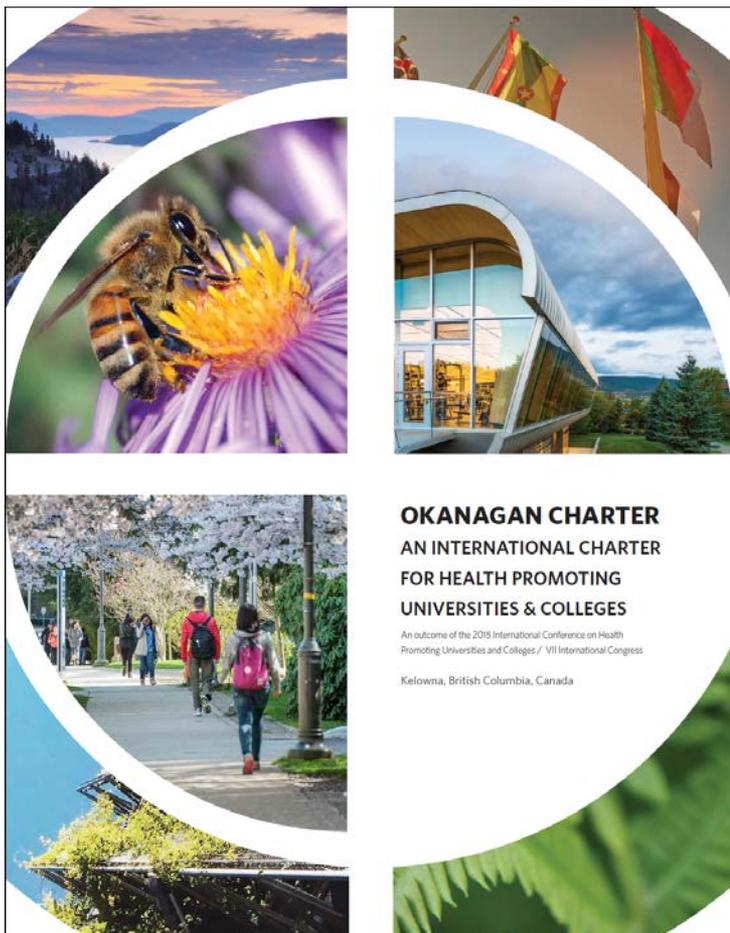


This Charter calls upon higher education institutions to incorporate health promotion values and principles into their mission, vision and strategic plans, and model and test approaches for the wider community and society.

The Charter has two Calls to Action for higher education institutions:

1. Embed health into all aspects of campus culture, across the administration, operations and academic mandates.
2. Lead health promotion action and collaboration locally and globally.

# Okanagan Charter for Health Promoting Universities & Colleges: Next Steps



To discuss/agree:

- ➔ As individual HEIs, how can we most effectively use the Charter to catalyse and further stimulate action in our own universities?
- ➔ As a Network, how can we most effectively use the Charter to call for national-level engagement and action on Healthy Universities?