



UK Healthy Universities Network Introduction and Overview

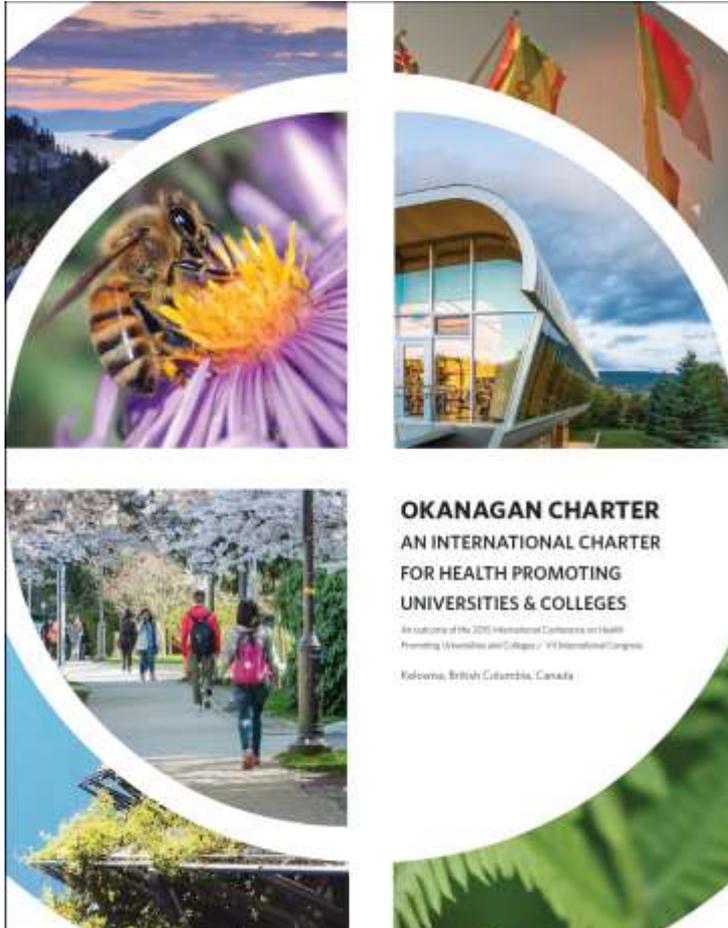
Prof. Mark Dooris
University of Central Lancashire
Co-Chair, UK Healthy Universities Network

“A Healthy University adopts a holistic understanding of health; takes a whole university approach; and 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



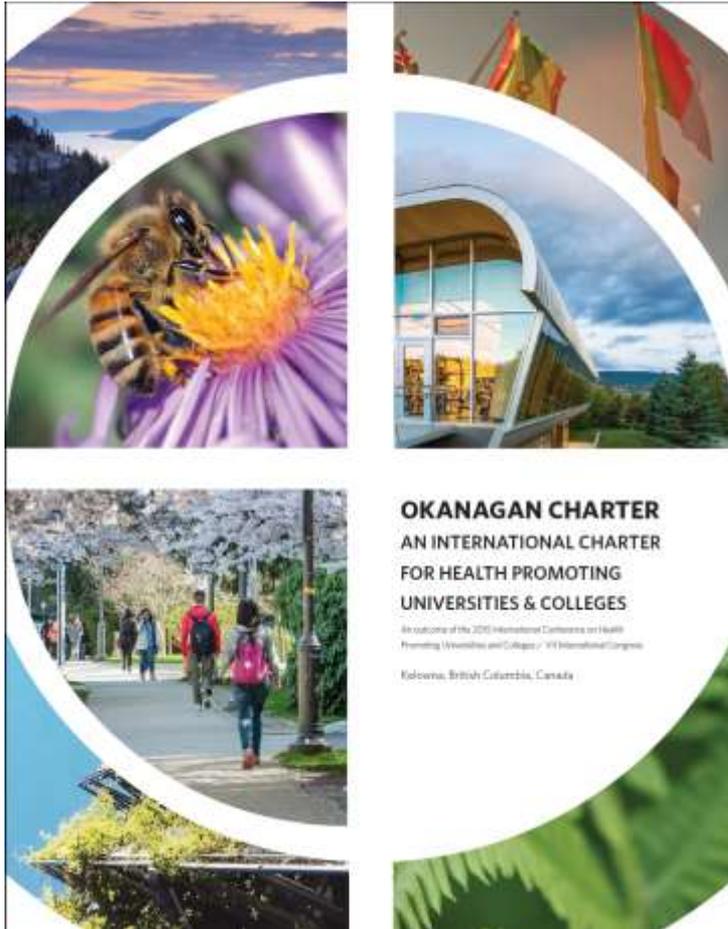
Okanagan Charter for Health Promoting Universities & Colleges: Vision and Aspirations



OKANAGAN CHARTER
AN INTERNATIONAL CHARTER
FOR HEALTH PROMOTING
UNIVERSITIES & COLLEGES
An outcome of the 2015 International Conference on Health
Promoting Universities and Colleges / VII International Congress
Kelowna, British Columbia, Canada

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.

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.

- The UK Healthy Universities Network has grown from just 6 universities at its first meeting in 2006.
- Following the introduction of new membership criteria, it now has representation from:
 - 71 UK universities [10 with 'executive commitment] – 58 England; 1 Northern Ireland; 8 Scotland; 4 Wales
 - 19 non-UK universities
 - 24 other stakeholder organisations
- Network meetings/thematic learning sessions are held twice each year – see www.healthyuniversities.ac.uk/network-meetings-learning-events/.
- E-Newsletters, email lists and telephone networking.
- Steering Group – 7 HEIs / Public Health Wales / NHS Health Scotland / Public Health Agency for Northern Ireland / Public Health England / Office for Students / NUS / Advance HE.

Membership

Membership of the UK National Healthy Universities Network is free of charge and involves a commitment to:

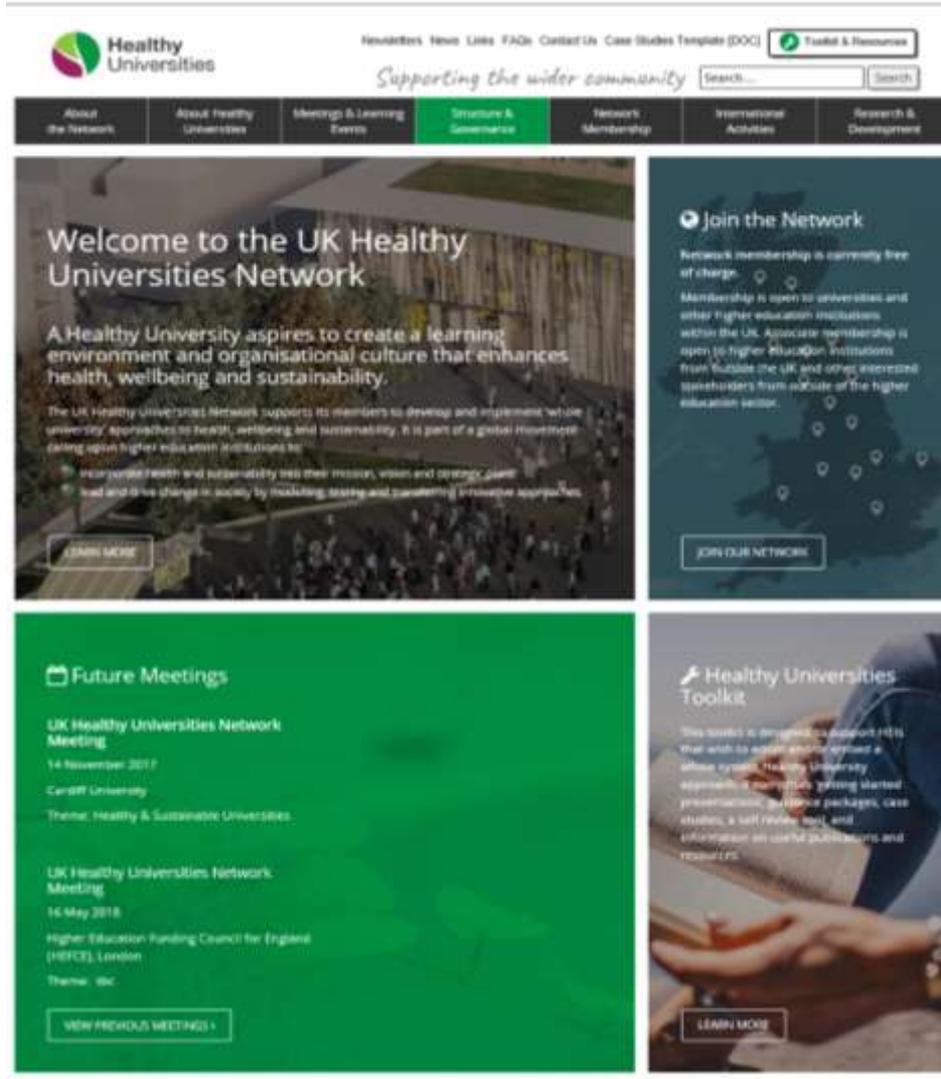
- ❑ the principles, vision and aspirations of the 2015 Okanagan International Charter for Health Promoting Universities and Colleges
- ❑ participate in the Network and support its vision and aims.

Following a review of the membership process, two types of membership are available:

- ❑ **Membership:** open to universities and other HEIs within the UK. As well as continuing to welcome multiple stakeholders (including Students' Union representatives) and encouraging them to engage actively with the Network:
 - we urge member institutions to agree and nominate a 'lead' member
 - we welcome Vice Chancellor / Principal level sign-up to the Network and acknowledge this on our website.
- ❑ **Associate Membership:** open to universities and other HEIs from outside the UK; and other interested stakeholders from local authorities, NHS trusts, voluntary and community organisations and relevant national agencies [N.B. this is not available to private sector organisations].

These are a key peer-to-peer exchange mechanism, which only work if people respond! Recent examples:

- Food growing on campus & related initiatives
- Student health behaviour & body image European survey
- Incorporating health & wellbeing into buildings
- Increasing profile of health & sustainable development in learning, research & knowledge exchange
- Relationships & consent
- Embedding health & sustainability in corporate strategy & planning Staff wellbeing
- Student health & wellbeing survey
- Employee assistance programmes
- Healthy eating, wellbeing & sustainability



Healthy Universities

Newsletters News Links FAQs Contact Us Case Studies Template (DOC) [Toolkit & Resources](#)

Supporting the wider community

[About the Network](#)
[About Healthy Universities](#)
[Meetings & Learning Events](#)
[Structure & Governance](#)
[Network Membership](#)
[International Activities](#)
[Research & Development](#)

Welcome to the UK Healthy Universities Network

A Healthy University aspires to create a learning environment and organisational culture that enhances health, wellbeing and sustainability.

The UK Healthy Universities Network supports its members to develop and implement 'whole university' approaches to health, wellbeing and sustainability. It is part of a global movement taking open higher education institutions to:

- incorporate health and sustainability into their mission, vision and strategic goals
- lead and drive change in society by modelling, testing and evaluating innovative approaches

[LEARN MORE](#)

Join the Network

Network membership is currently free of charge.

Membership is open to universities and other higher education institutions within the UK. Associate membership is open to higher education institutions from outside the UK and other interested stakeholders from outside of the higher education sector.

[JOIN OUR NETWORK](#)

Future Meetings

UK Healthy Universities Network Meeting
14 November 2017
Cardiff University
Theme: Healthy & Sustainable Universities

UK Healthy Universities Network Meeting
14 May 2016
Higher Education Funding Council for England (HEFCE), London
Theme: etc

[VIEW PREVIOUS MEETINGS >](#)

Healthy Universities Toolkit

This toolkit is designed to support HEIs that wish to adopt and/or develop a whole system 'Healthy University' approach. Healthy University approaches encompass getting started, operational guidance packages, case studies, a self-review tool and information on useful publications and resources.

[LEARN MORE](#)



Toolkit & Resources

The UK Healthy Universities Network Toolkit is designed to support institutions wishing to adopt and/or embed a whole system Healthy Universities approach. It is structured in four sections: Self-Review Tool – which provides a mechanism for universities to review and reflect on progress in embedding a whole system approach to health and wellbeing into their core business and culture; Making the Case and Getting Started – template presentations for adaptation and use; Guidance Packages – designed to support institutions at all stages in their journeys; and Case Studies – which offer 'real life' examples of activity.

<http://www.healthyuniversities.ac.uk/toolkit-and-resources/>

- 🍌 Leadership & Governance
- 🍌 Service Provision
- 🍌 Facilities & Environment
- 🍌 Communication, Information and Marketing
- 🍌 Academic, Personal, Social & Professional Development

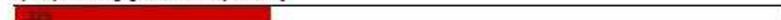


Your Healthy University Self Review Report

Based on your questionnaire answers, this report uses 'traffic light' (green/amber/red) graphical representation to indicate levels of progress under each key heading. This provides you with information about relative strengths and weaknesses – where your university is achieving and where additional input is needed to move forward on your Healthy University journey. It is designed to help you to set priorities and develop action plans, which can be monitored and reviewed by your cross-university group. It is suggested that the Self Review Tool be used on an annual basis to review progress.

1) Leadership and Governance

1) Corporate Engagement and Responsibility



2) Strategic Planning and Implementation



3) Stakeholder Engagement



2) Service Provision

1) Health Services



2) Wellbeing and Support Services



3) Facilities and Environment

1) Campus and Buildings



2) Food



3) Travel



4) Recreational and Social Facilities



5) Accommodation



4) Communication, Information and Marketing

1) Communication



2) Information



3) Marketing

Since Launch in 2010:

 37,749 users

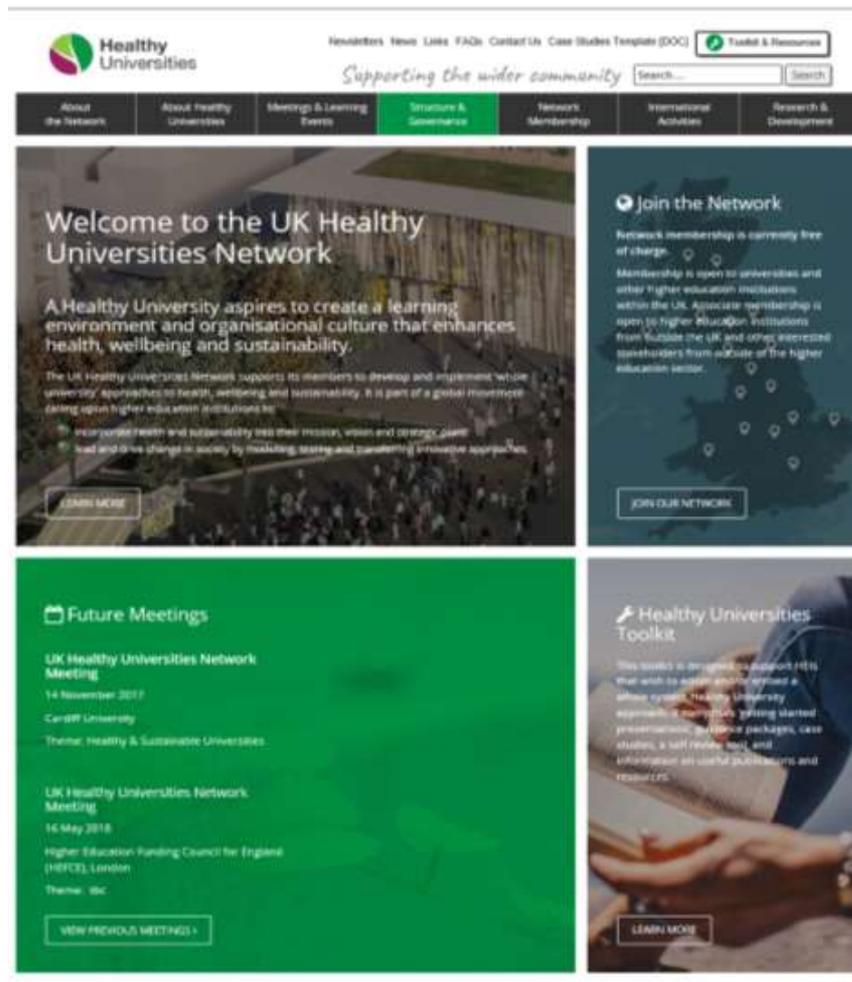
[28,925 May 2017]

 59,266 visits

[45,295 May 2017]

 166 countries

[161 May 2017]



The screenshot shows the homepage of the Healthy Universities website. At the top, there is a navigation bar with the logo and menu items: 'About the Network', 'About Healthy Universities', 'Meetings & Learning Events', 'Structure & Governance', 'Network Membership', 'International Activities', and 'Research & Development'. A search bar is also present. The main content area features a large banner with the text 'Welcome to the UK Healthy Universities Network' and a sub-headline 'A Healthy University aspires to create a learning environment and organisational culture that enhances health, wellbeing and sustainability.' Below this, there is a 'JOIN MORE' button. To the right, there is a 'Join the Network' section with a map of the UK and a 'JOIN OUR NETWORK' button. Below the banner, there is a 'Future Meetings' section with two entries: 'UK Healthy Universities Network Meeting' on 14 November 2017 and 'UK Healthy Universities Network Meeting' on 16 May 2018. To the right of this, there is a 'Healthy Universities Toolkit' section with a 'LEARN MORE' button.

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, for the next **newsletter**, we need from you [16 June 2018 deadline]:

-  Updates
-  News Items
-  Features

Tuesday 13 November
University of Edinburgh
Physical Activity and Mental Health

Reserve your place: healthyuniversities@uclan.ac.uk