

Healthy Universities Toolkit



Self Review Tool:

Experiences, Reflections and Discussion


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Overview

- ❑ Response to demand from Healthy Universities Network members
- ❑ Designed to support HEIs that wish to adopt and/or embed a whole system Healthy Universities approach
- ❑ Includes **Self Review Tool**, Case Studies and Guidance Packages
- ❑ Guidance Packages:
 - Whole System Approach
 - Policy and Planning
 - Health and Sustainable Development
 - Communicating Health
 - Student Experience
 - Staff Experience
 - Mental Wellbeing

Healthy Universities: Website

Welcome to Healthy Universities




Partnership working

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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 has been developed as part of the Higher Education Funding Council for England (HEFCE) funded project Developing Leadership and Governance for Healthy Universities. It supports a whole university approach to health and wellbeing and facilitates national networks.



National Network

The English National Healthy Universities was established in 2006 and aims to offer a facilitative environment for the development of a whole university approach to health and wellbeing.

[► Find out more](#)




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

►► 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.

Developing Leadership and Governance



Developing Leadership and Governance for Healthy Universities is led by 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 College, Nottingham Trent University, Teesside University and the University of the West of England. It is funded by HEFCE's Leadership, Governance and Management Fund.

[► Find out more](#)

Toolkit

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Latest News

Healthy Universities Newsletter Issue 3 - 22/12/10
Issue 3 of the Healthy Universities Newsletter: this issue i...

Healthy Universities: Shaping the future Journal Article - 07/12/10
Cawood J, Dooris M, Powell S (2010) Healthy Universities: Sh...

Healthy Universities and organisational change - presentation by Ewart Wooldridge - 17/09/10
Ewart Wooldridge, Chief

Self Review tool – What is it for?

- a mechanism for HEIs to review and reflect on their progress in embedding a whole system approach to health and wellbeing into their core business and culture
- designed to encourage and facilitate strategic-level engagement and partnership development within individual HEIs
- Ideally, a multi-departmental and multi-service cross-university group should use it to assess progress and inform planning...

Self Review Tool Headings

- 1. Leadership and Governance**
- 2. Service Provision**
- 3. Facilities and Environment**
- 4. Communication, Information and Marketing**
- 5. Academic, Personal, Social and Professional Development**

Under each sub-heading, there are statements giving an opportunity to reflect and review current progress by choosing one of four qualitative responses:

- No not at all
- Thinking about it
- Working on this currently
- Yes we are there

Activity

- **Who could answer these questions?**
- **Who should coordinate the work?**

Activity

- **What would be the problematic sections for your institution?**
- **Which question would you like to be working on right now – priorities**

Healthy Universities: Self Review Tool

Healthy Universities | Toolkit

Welcome back Sharon Doherty

1) Leadership and Governance

Corporate Engagement and Responsibility

2) Service Provision

3) Facilities and Environment

4) Communication, Information and Marketing

5) Academic, Personal, Social and Professional Development

1) Leadership and Governance

This section of the tool focuses on the corporate commitment of the university in working towards becoming a Healthy University (you may find it helpful to read the Guidance Packages – particularly Leading and Developing the Whole System Healthy Universities Approach and Integrating a Commitment to Health and Wellbeing within a University's Policy and Planning Process).

Corporate Engagement and Responsibility

Q1 The university's core plans and strategies address the health and wellbeing of students, staff and the wider community.

Q2 The university ensures that health and wellbeing related strategic planning and delivery are inclusive and address the needs of the diverse range of individuals throughout the organization.

Q3 The university embeds its health and wellbeing work into wider policy and practice relating to sustainable development.

Q4 The university has performance criteria and data collection systems in place to measure the satisfaction levels of staff and students with regard to the delivery of health and wellbeing services and support.

Q5 The university has a system for assessing the impact of health and wellbeing initiatives on its core business (e.g. by mapping to key performance indicators relating to student retention and staff sickness absence).

Q6 The university works in partnership with the local public health/health improvement organizations to ensure that it contributes to local health priorities.

Next

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: 33% (Red)

2) Strategic Planning and Implementation: 62% (Amber)

3) Stakeholder Engagement: 67% (Amber)

2) Service Provision

1) Health Services: 67% (Amber)

2) Wellbeing and Support Services: 42% (Red)

3) Facilities and Environment

1) Campus and Buildings: 80% (Green)

2) Food: 60% (Amber)

3) Travel: 44% (Red)

4) Recreational and Social Facilities: 75% (Green)

5) Accommodation: 100% (Green)

4) Communication, Information and Marketing

1) Communication: 78% (Green)

2) Information: 67% (Amber)

3) Marketing: (Not shown)

Problems

- **Students and staff processes are often different**
- **Subjective**
- **The form is big and has to be done sequentially**
- **There is no 'don't know' option**
- **No-one likes to be red!**

Opportunities

- **Good to get people together and get some healthy competition going**
- **Baseline on which to look back**
- **Some standards to help others understand what a whole systems approach may look like**
- **Gives ideas about what to concentrate on next...**