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

www.healthyuniversities.ac.uk

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

www.healthyuniversities.ac.uk/toolkit

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…**