



Healthy
Universities

Making the Links

A Whole University Approach

‘The complexity and interrelationships...make a compelling case for the futility of isolated initiatives. Focusing heavily on one element of the system is unlikely to successfully bring about the scale of change required.’

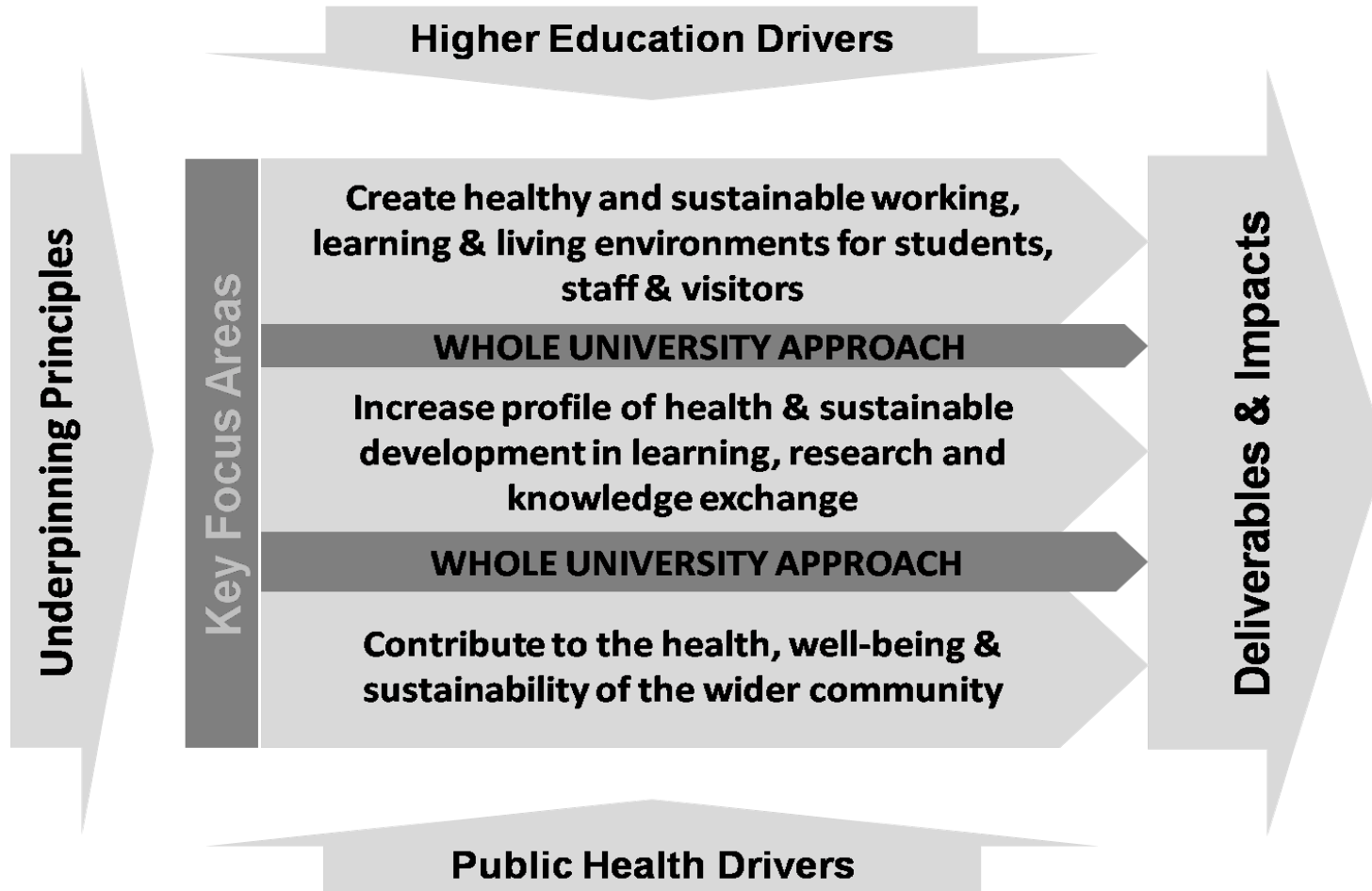
Butland et al (2007) Tackling Obesity: Future Choices – Project Report.
London: Department of Innovation, Universities and Skills.

‘There is...widening recognition that a system-based [Healthy Universities] approach has significant added value – offering the potential to address health in a coherent and joined-up way and to forge connections to both health-related targets and core drivers within higher education.’

Dooris, M. and Doherty, S. (2009)
[National Research and Development Project on Healthy Universities: Final Report.](#)
Preston: Healthy Settings Development Unit, UCLan.



A Conceptual Model





Applying a whole system approach to alcohol

Alcohol

Alcohol issues, influences and links in your university?

Student behaviour * Binge drinking
Sport initiations * Services available
Media influence * Staff health * SU drinks
promotions * Links to sexual health *

Who should be involved in a working group?

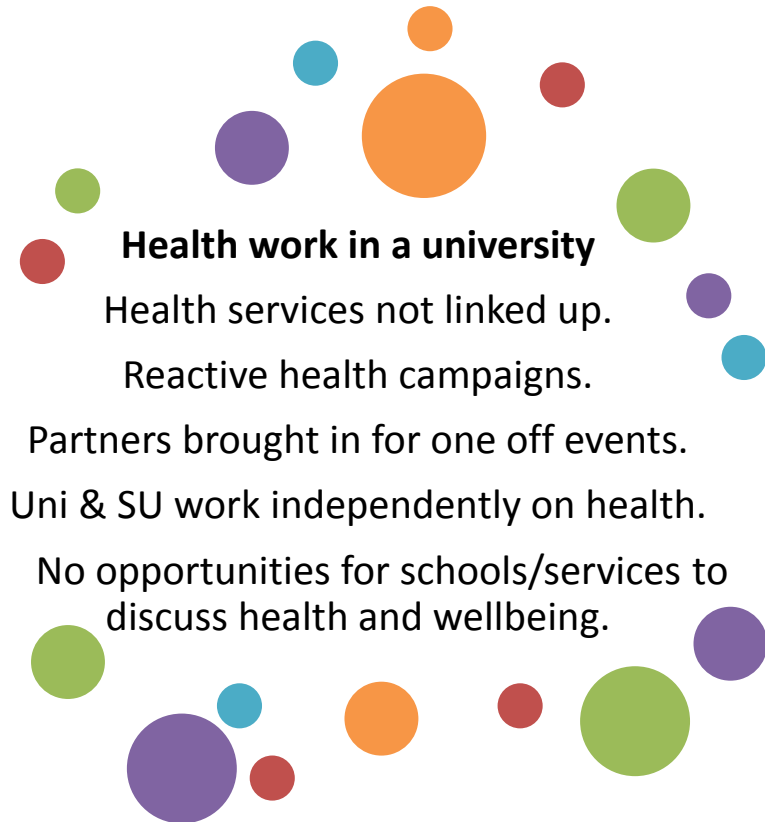
Student Services * Security * Police * SU * Health Centre
Occupational Health * University disciplinary team *
Accommodation Services * Local services * Curriculum links



From issues to action areas...



Moving towards a whole university approach



Engaging & involving whole university

How can students be meaningfully involved in HU?

Are working groups the only forum to bring people together?

How do we ensure working groups are not 'talking shops'?

How much time should we spend on promoting HU internally?

**INVOLVING
WHOLE
UNIVERSITY**

Who are the right people to attend working groups?
Are we making the links? Who else could be involved?

Are there people who are finding it hard to engage? Why?

How can we get student and staff views on health issues?

Are there barriers for academic & service staff to work together?