

# 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 Obesities: 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**

#### **Higher Education Drivers**

Key Focus Areas

**Underpinning Principles** 

Create healthy and sustainable working, learning & living environments for students, staff & visitors

#### WHOLE UNIVERSITY APPROACH

Increase profile of health & sustainable development in learning, research and knowledge exchange

#### WHOLE UNIVERSITY APPROACH

Contribute to the health, well-being & sustainability of the wider community

**Public Health Drivers** 

**Deliverables & Impacts** 

www.healthyuniversities.ac.uk



# 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



Health work in a university

Health services not linked up.

Reactive health campaigns.

Partners brought in for one off events.

Uni & SU work independently on health.

No opportunities for schools/services to discuss health and wellbeing.



Whole university approach

Int & ext partners involved.

Working groups bringing colleagues and students together for strategic planning.

> Uni & SU working in partnership.

HU strategy/action plan in place.



### **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

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

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

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?