UK Healthy Universities Network
Introduction and Overview

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Healthy Universities

Healthy Universities

Introduction:
Why Healthy Universities?

Background:
The Journey

Healthy Universities:
The Approach

Healthy Universities:
Achievements, Outputs and Lessons Learned

Why Healthy Universities?

"Health is created and lived by people within the settings of their everyday life; where they learn, work, play and love."

WHO Ottawa Charter for Health Promotion, 1986

In the UK, there are 162 HEIs with 2.5million students and 378,000 staff (Universities UK, 2013; HESA, 2013).

Investing in health and wellbeing is win-win:

- Healthy learners & healthy staff will increase levels of achievement, performance & productivity
- Universities can make significant contribution to long-term health improvement of the population
- Healthy Universities builds on experience of Healthy Schools (and FE) and adds consistency across the education spectrum.

Why Healthy Universities?

- However, universities are large and complex systems that do not have health as their main aim or ‘raison d’être’
- It is, therefore, challenging to introduce and integrate health and wellbeing – and in ‘making the case’, it is essential to argue in terms of impact on ‘core business’
- Whilst there is little research evidence on Healthy Universities, possible to draw on learning/evidence from healthy schools and other settings, suggesting that effective programmes adopt a sustained ‘whole system’ approach addressing range of factors and involving activity across domains (Stewart-Brown, 2006).

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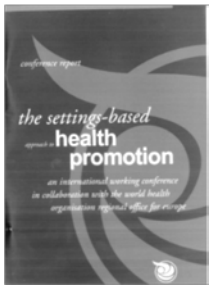
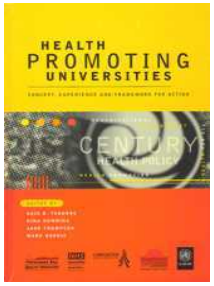
The Journey: Timeline





1993 Settings conference held at UCLan

1994/5 Healthy University initiatives established at UCLan and Lancaster

1998 WHO book *Health Promoting Universities*

2004 English Public Health Strategy, *Choosing Health,* expressed commitment to support Healthy Universities and Colleges

2006 UCLan established informal *English National Network of Healthy Universities* in response to interest and demand (approx. 8 HEIs)

2008 UCLan secured funding for *National Research & Development Project*

2009 UCLan (with MMU) secured HEFCE funding for *Developing Leadership and Governance for Healthy Universities Project* – including Network and Website/Toolkit Development

2009 UCLan (with MMU) secured funding for *National Healthy Universities Model and Framework Project*

2010 England: PH Strategy support; Wales: Healthy FE/HE Framework

2013 Network expanded to become *UK Healthy Universities Network*

2015 Scotland: Inaugural *Scottish Healthy Universities Network Meeting*

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Healthy Universities: Approach

‘Healthy Universities’ is one application of the healthy settings approach, which is well-established in other settings e.g. Healthy Schools; Health Promoting Hospitals.

The approach reflects an ecological whole-system perspective and an appreciation that health can often be most effectively promoted and risk factors and conditions be best tackled through comprehensive, integrated programmes in appropriate settings where people live, work and interact.

Healthy Universities: What?

"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."

www.healthyuniversities.ac.uk

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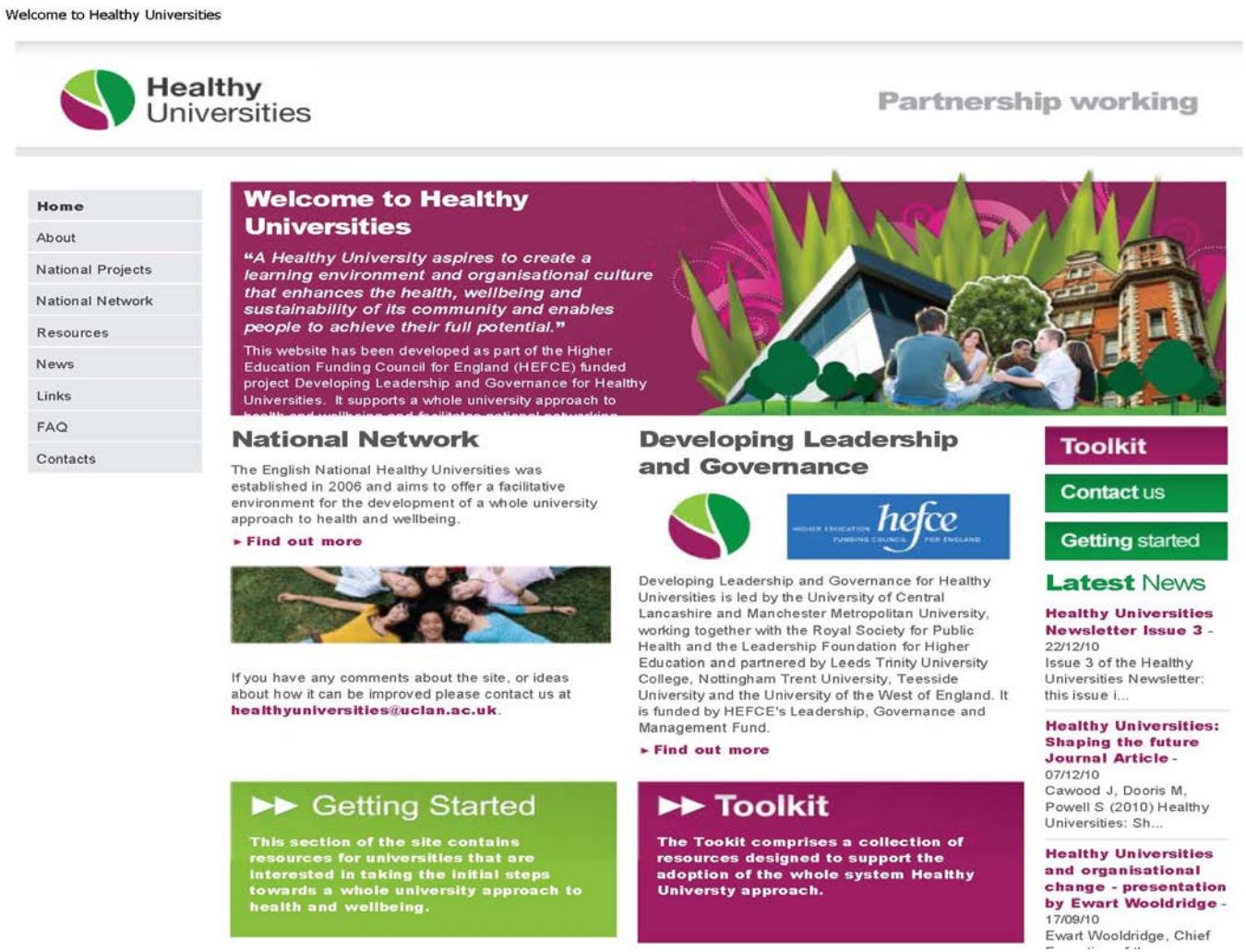
The Network

- The UK Healthy Universities Network has grown from just 8 universities in 2006.
- It now has representation [multiple stakeholder groups] from:
  - 73 UK universities
  - 11 non-UK universities
  - 26 other stakeholder organisations
- Network meeting/thematic workshop held twice each year.
- E-Newsletters, email lists and telephone networking.
- Steering Group – 6 HEIs / Welsh Government / NHS Health Scotland / Public Health Agency for N Ireland / Public Health England / HEFCE / HEFCW / NUS

Website and Toolkit



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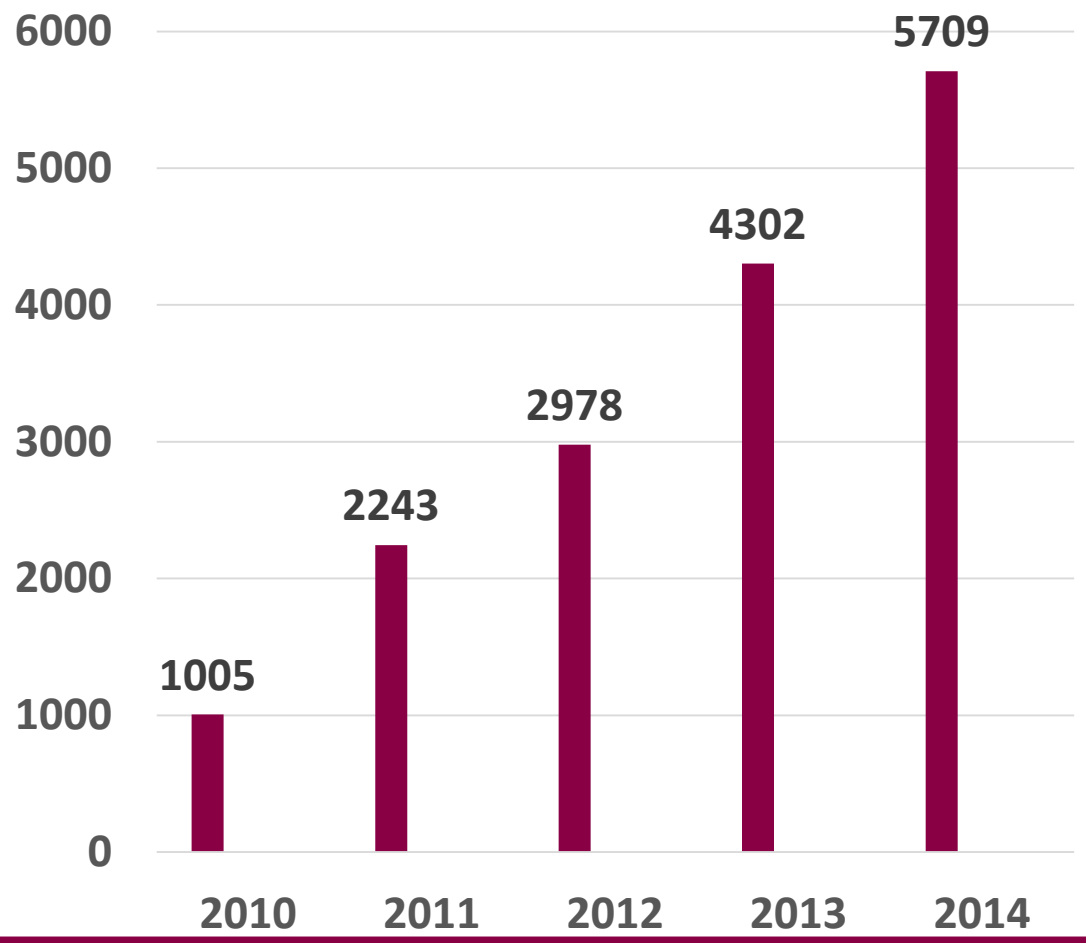
Website and Toolkit

Since May 2010:

- 18,159 users
- 29,466 visits
- 142 countries

Number of Users



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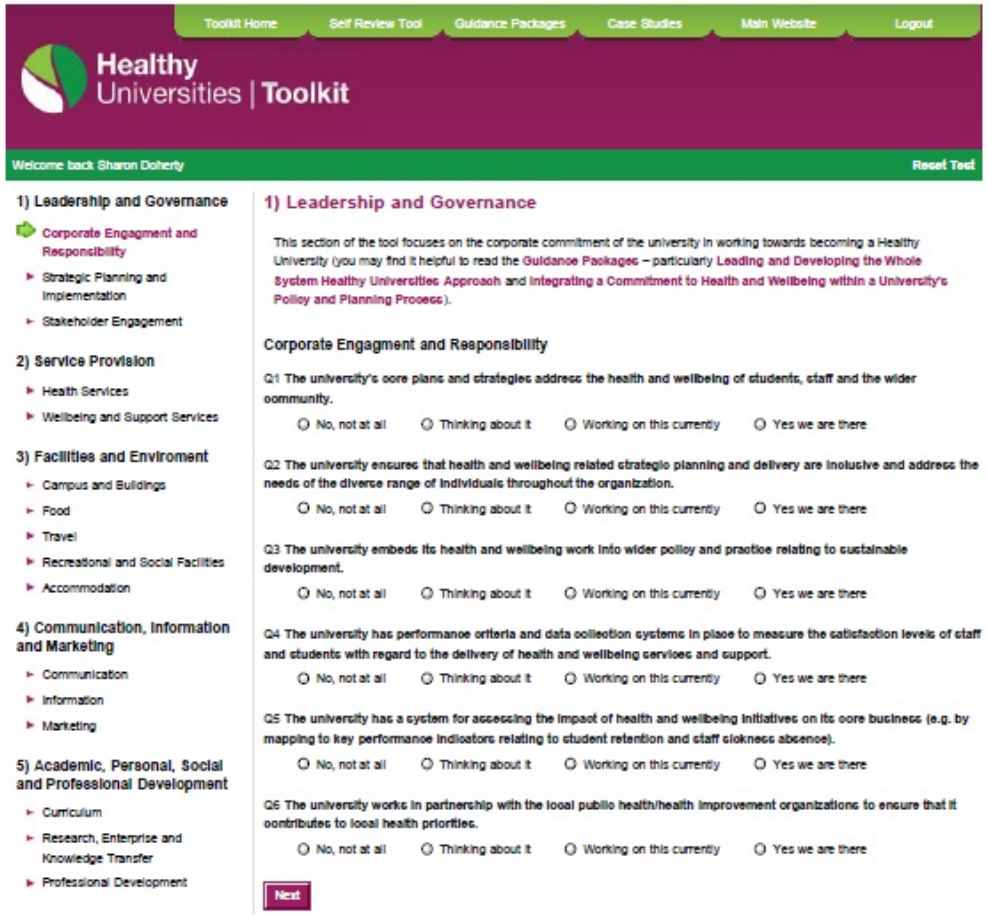
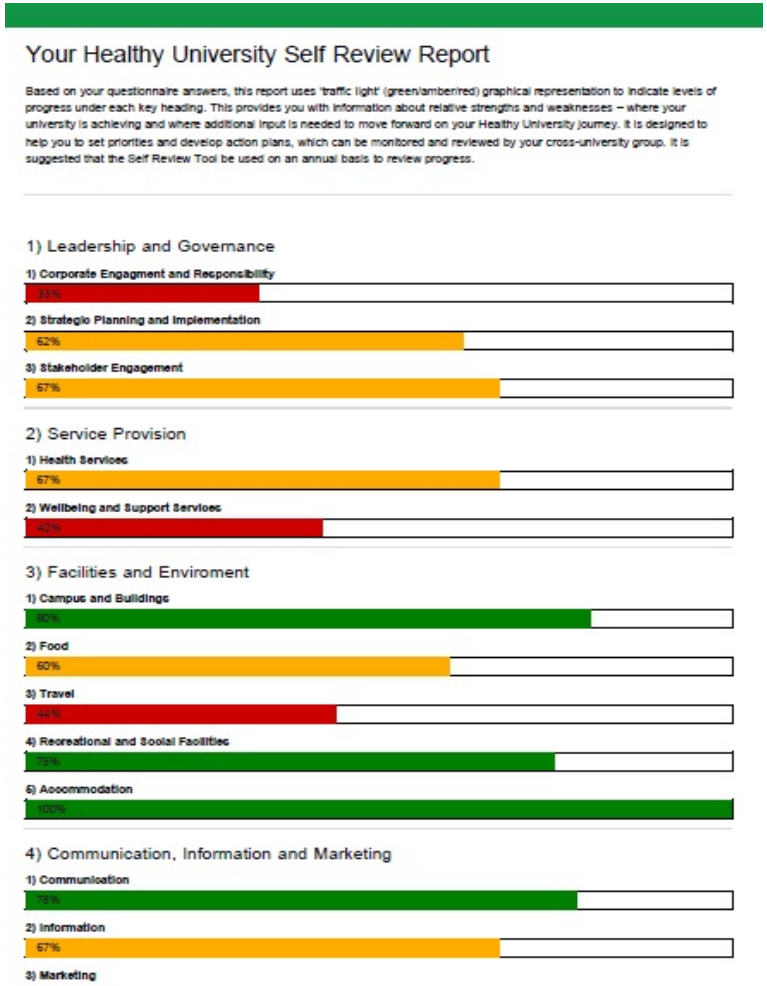
Website and Toolkit

www.healthyuniversities.ac.uk/toolkit

Healthy Universities

Website and Toolkit: Self Review Tool





www.healthyuniversities.ac.uk/toolkit

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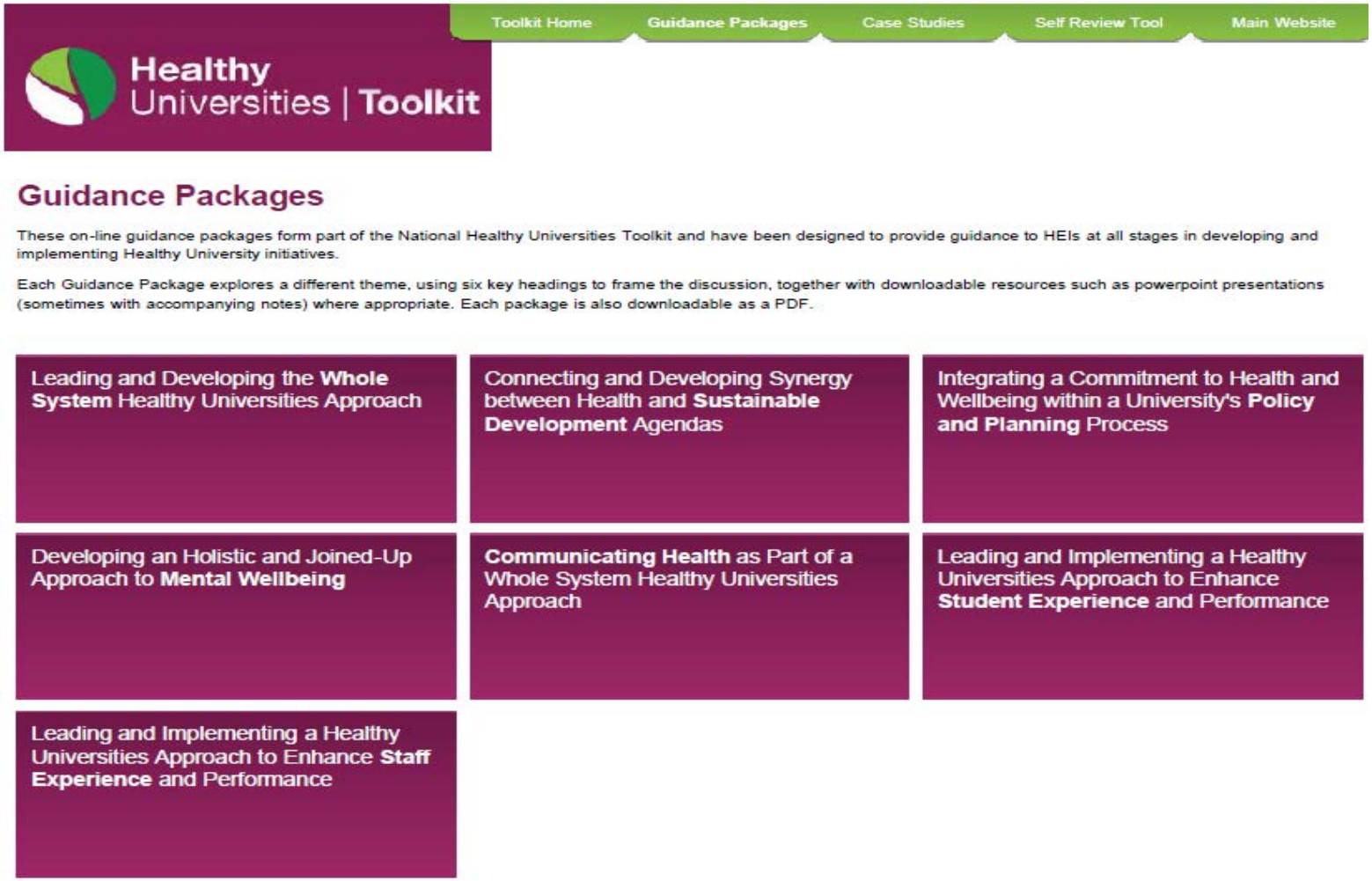
Website and Toolkit: Case Studies

Healthy Universities

Website and Toolkit: Guidance Packages



Healthy Universities

Communications: Action!

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, we need from you [29 May deadline]:

- Updates
- News Items
- Features

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