



**UK HEALTHY UNIVERSITIES NETWORK**

**UNIVERSITY OF EDINBURGH**

**WEDNESDAY 13 MAY 2015**

**REPORT OF MEETING**

**&**

**REPORT OF THEMED SESSION/ WORKSHOP**

**MAXIMISING AND MEASURING THE IMPACT OF WHOLE SYSTEM HEALTHY UNIVERSITY  
PROGRAMMES ON HEALTH, WELLBEING AND INEQUALITIES:**

**CHALLENGES, OPPORTUNITIES AND NEXT STEPS**



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## WELCOME

Louise Campbell, Deputy Director of Sport and Exercise, welcomed the Network to the University of Edinburgh. She explained that it was one year since Helen Ryall and Louise Gourmelan had been appointed to develop the University's 'Healthy University' initiative – and highlighted how valuable and helpful the UK Healthy Universities Network had been in supporting their journey.

Louise also recapped on an exploratory meeting held on 12 May 2015, discussing the feasibility of establishing a Scottish Network. The meeting was extremely positive and productive and the eight universities represented had agreed to pursue this development, but to remain strongly part of the UK Network.

## NETWORK UPDATE

### See Dooris\_UKHUN-Intro\_2015.

Mark Dooris added his welcome, emphasising how pleased the UK Network was to be holding its first ever meeting in Scotland and how good it was to see so many Scottish universities represented. He provided a brief update on Healthy Universities and the Network's development. Key points included:

- **Website Usage:** Since the launch in 2010, there have been more than 18,000 individual users from 142 countries making over 29,000 visits to the web pages. The overall trend continues to be upwards: there were 5,709 users in 2014, 4,302 in 2013 and 2,978 in 2012, 2,243 in 2011 and 1,005 in 2010.
- **Keeping Website Dynamic:** If the website is to remain as useful and up-to-date as possible, it relies on Network members providing **news updates** and new and updated **case studies** (via the **case study template**).
- **Newsletter:** Likewise, the newsletter relies on Network members sending in contributions – updates, news items, features, discussions. The deadline is 29 May but we have not yet received many items. **Please contribute.**
- **Self Review Tool:** There are more than 100 people registered and to date, there have been 43 users from 28 HEIs. MMU and UCLan are currently conducting research to explore how the tool has been used and generate learning for future development.
- **Future Meetings:** The next meeting will be held in Manchester, hosted by MMU, on **11 November 2015** – please hold the date.

## NETWORKING, UPDATES, SHARING OF PRACTICE AND PEER SUPPORT

The meeting was attended by 37 people from 21 universities and 6 other stakeholder universities (see Appendix 1). In the first part of the session, those present introduced themselves and gave a short overview of their university's involvement in 'Healthy Universities' – revealing a wide range of experiences and levels of engagement, but a consistency of enthusiasm. Participants then spent time talking in small groups, sharing experiences, making new contacts and supporting one another to take forward their work.

Rachel King from NHS Lothian had planned to present on **12S: Promoting Mental Health and Well Being with Colleges and Universities in Lothian**, but was unfortunately unable to attend. Her presentation is available to view – and a **summary evaluation report** and **full evaluation report** can be accessed online [or contact: [rachel.king@nhslothian.scot.nhs.uk](mailto:rachel.king@nhslothian.scot.nhs.uk)].

## THEMED SESSION: SUSTAINING HIGH-LEVEL ENGAGEMENT AND LEADERSHIP FOR HEALTHY UNIVERSITIES

- **Evaluation: Introduction and Challenges: Powell&Dooris\_2015.** Mark Dooris and Sue Powell gave a short presentation introducing evaluation and highlighting key challenges involved in building evidence of effectiveness for 'whole system' settings programmes such as Healthy Universities.
- **Evaluating Complex Whole System Programmes – Overview and Approaches: Craig\_2015.** Neil Craig, Principal Public Health Advisor in the Evaluation Team at NHS Health Scotland, gave a presentation focusing on the evaluation of complex whole system programmes. He started by considering definitions of 'complexity' and 'evaluation'; went on to outline a range of evaluation approaches and methods; highlighted the value of focusing on and developing 'programme theory' and using a 'theory of change' approach and gave an example (Monitoring and Evaluating Scotland's Alcohol Strategy).
- **Policy, Research and Practice – Lessons from Schools: Hargreaves\_2015.** Suzanne Hargreaves, Senior Education Officer from Education Scotland, gave a presentation focused on work with schools and the interrelationships between policy, research and practice. She gave an overview of the policy context, and described the shift from 'health promoting schools' (where there was still a danger that health was seen as an 'add-on') to the 'Health and Wellbeing: Responsibility for All' approach, which links 'Curriculum for Excellence', 'Getting it Right for Every Child' and the UN Convention on the Rights of the Child – and seeks to embed health and wellbeing as 'core business' and the 'responsibility of all' through shifts in culture, behaviours and learning environment. A poster was circulated and used to stimulate round-table discussion about how these experiences and lessons could inform and be applied to Healthy Universities – with a particular focus on using existing information and data to evaluate progress towards desired outcomes. This is available at [http://www.educationscotland.gov.uk/Images/HWBposter\\_tcm4-831087.pdf](http://www.educationscotland.gov.uk/Images/HWBposter_tcm4-831087.pdf) (and see **EducationScotland\_Poster**)
- **Discussion and Feedback – Learning and Next Steps:** Following the presentations, Network members discussed issues raised. Key points highlighted during feedback included:
  - Unlike schools, there is no common curriculum or set of agreed outcomes.
  - It is possible to apply learning from schools in relation to particular challenges – e.g. alcohol; mental health; self-esteem and confidence.
  - Underpinning/over-arching importance of mental health as cross-cutting theme.
  - There is value in maintaining connections across the whole education spectrum – schools, further education, higher education.
  - Value of developing 'Theories of Change' for Healthy Universities – focusing on what programmes are trying to achieve and what the assumptions are and what programme theory would look like.
  - At what point do a collection of project evaluations constitute a 'whole system' approach – and what are the implications for how these evaluations are designed (e.g. considering unintended consequences and connectivity).
  - How can we get questions about health and wellbeing included in the National Student Survey?

## NEXT MEETING

Wednesday 11 November, Manchester (hosted by MMU).

## APPENDIX 1: ATTENDANCE

| Name               | Organisation   | Email  |
|--------------------|--|--|
| Louise Campbell    | University of Edinburgh                              |  |
| Neil Craig         | NHS Health Scotland                                  | <a href="mailto:Neil.Craig@nhs.net">Neil.Craig@nhs.net</a>   |
| Prof Mark Dooris   | UCLan  | <a href="mailto:MTDooris@uclan.ac.uk">MTDooris@uclan.ac.uk</a>   |
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| Dr Sue Powell      | Manchester Metropolitan University                   | <a href="mailto:S.Powell@mmu.ac.uk">S.Powell@mmu.ac.uk</a>   |
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| Louise Atkins      | Royal College of Music                               | <a href="mailto:louise.atkins@rcm.ac.uk">louise.atkins@rcm.ac.uk</a>   |
| Katie Baumann      | University of Edinburgh                              | <a href="mailto:Katie.Baumann@ed.ac.uk">Katie.Baumann@ed.ac.uk</a>   |
| Gail Burchill      | University of Stirling                               | <a href="mailto:gail.burchill@stir.ac.uk">gail.burchill@stir.ac.uk</a>   |
| Lara Carmel        | University of Essex                                  | <a href="mailto:ohquery@essex.ac.uk">ohquery@essex.ac.uk</a>   |
| Janet Craig        | University of Edinburgh                              | <a href="mailto:Janet.craig@ed.ac.uk">Janet.craig@ed.ac.uk</a>   |
| Jane Culpan        | Queen Margaret University                            | <a href="mailto:JCulpan@gmu.ac.uk">JCulpan@gmu.ac.uk</a>   |
| Karen Darling      | University of Edinburgh                              | <a href="mailto:Karen.Darling@ed.ac.uk">Karen.Darling@ed.ac.uk</a>   |
| Chris Deacy        | Cardiff Metropolitan University                      | <a href="mailto:CDeacy@cardiffmet.ac.uk">CDeacy@cardiffmet.ac.uk</a>   |
| Sharon Doherty     | UCLan  | <a href="mailto:SHDoherty@uclan.ac.uk">SHDoherty@uclan.ac.uk</a>   |
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| Louise Gourmelen   | University of Edinburgh                              | <a href="mailto:louise.gourmelen@ed.ac.uk">louise.gourmelen@ed.ac.uk</a>   |
| Mrs Maxine Holt    | Manchester Metropolitan University                   | <a href="mailto:m.holt@mmu.ac.uk">m.holt@mmu.ac.uk</a>   |
| Ian Horne          | University of the Highlands and Islands              | <a href="mailto:Ian.Horne@uhi.ac.uk">Ian.Horne@uhi.ac.uk</a>   |
| Cheryl Hutton      | University of Edinburgh                              | <a href="mailto:Cheryl.Hutton@ed.ac.uk">Cheryl.Hutton@ed.ac.uk</a>   |
| Louise Jones       | University of Worcester                              | <a href="mailto:louise.jones@worc.ac.uk">louise.jones@worc.ac.uk</a>   |
| Sammi Jones        | Soil Association Scotland                            | <a href="mailto:sjones@soilassociation.org">sjones@soilassociation.org</a>   |
| Triona Keane       | Dublin City University                               | <a href="mailto:triona.keane@dcu.ie">triona.keane@dcu.ie</a>   |
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| Fiona Kennedy      | Edinburgh Napier University                          | <a href="mailto:F.Kennedy@napier.ac.uk">F.Kennedy@napier.ac.uk</a>   |
| Dr Ian Kenvyn      | Leeds Trinity University College                     | <a href="mailto:i.kenvyn@leedstrinity.ac.uk">i.kenvyn@leedstrinity.ac.uk</a>   |
| Seona McKenzie     | University of Strathclyde                            | <a href="mailto:seona.mckenzie@strath.ac.uk">seona.mckenzie@strath.ac.uk</a>   |
| Bernadette McGrath | Liverpool John Moores University                     | <a href="mailto:b.mcgrath@ljmu.ac.uk">b.mcgrath@ljmu.ac.uk</a>   |
| Amy Norton         | Higher Education Funding Council for England (HEFCE) | <a href="mailto:A.NORTON@hefce.ac.uk">A.NORTON@hefce.ac.uk</a>   |
| Michael O'Kane     | Public Health England                                | <a href="mailto:michael.okane@phe.gov.uk">michael.okane@phe.gov.uk</a>   |
| Prof Judy Orme     | University of the West of England                    | <a href="mailto:judy.orme@uwe.ac.uk">judy.orme@uwe.ac.uk</a>   |
| Angie Park         | Lancaster University                                 | <a href="mailto:a.l.park@lancaster.ac.uk">a.l.park@lancaster.ac.uk</a>   |
| Doug Parkin        | Leadership Foundation for Higher Education           | <a href="mailto:Doug.Parkin@lfhe.ac.uk">Doug.Parkin@lfhe.ac.uk</a>   |
| Helen Ryall        | University of Edinburgh                              | <a href="mailto:Helen.Ryall@ed.ac.uk">Helen.Ryall@ed.ac.uk</a>   |
| Mark Wilkinson     | University of Edinburgh                              | <a href="mailto:M.Wilkinson@ed.ac.uk">M.Wilkinson@ed.ac.uk</a>   |
| Hazel Wright       | Teesside University                                  | <a href="mailto:h.wright@tees.ac.uk">h.wright@tees.ac.uk</a>   |

## APOLOGIES

| Name               | Organisation                |
|--------------------|-----------------------------|
| Gil Barton         | Robert Gordon University    |
| Karin Boers        | University of Edinburgh     |
| Sharon Buckley     | Edge Hill University        |
| Mary Charles       | Public Health Wales         |
| Karen Cregan       | University of Chester       |
| Paul Dodsley       | Nottingham Trent University |
| Jonathan Dover     | City University London      |
| Denise Eaves       | University of Nottingham    |
| Emma Hogg          | NHS Health Scotland         |
| Richard Hughes     | Sheffield Hallam University |
| Hilary Johnston    | Public Health Agency        |
| Rachel King        | NHS Lothian                 |
| Susannah McWilliam | Soil Association            |
| Linda Orr          | Dundee University           |
| Sue Rothwell       | University of Chester       |
| Nic Streatfield    | York St John University     |