UK Healthy Universities Network
Introduction and Overview

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Overview

Website/Communication: Update

Research: Self Review Tool

Research: Engagement & Practice

Okanagan Charter

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

Healthy Universities

The Network

- The UK Healthy Universities Network has grown from just 6 universities at its first meeting in 2006.
- It now has representation from:
  - 77 UK universities
  - 15 non-UK universities
  - 27 other stakeholder organisations
- Network meetings/thematic learning sessions held twice each year.
- E-Newsletters, email lists and telephone networking.
- Steering Group – 6 HEIs / Public Health Wales / NHS Health Scotland / Public Health Agency for N Ireland / Public Health England / HEFCE / HEFCW / NUS / LFHE.

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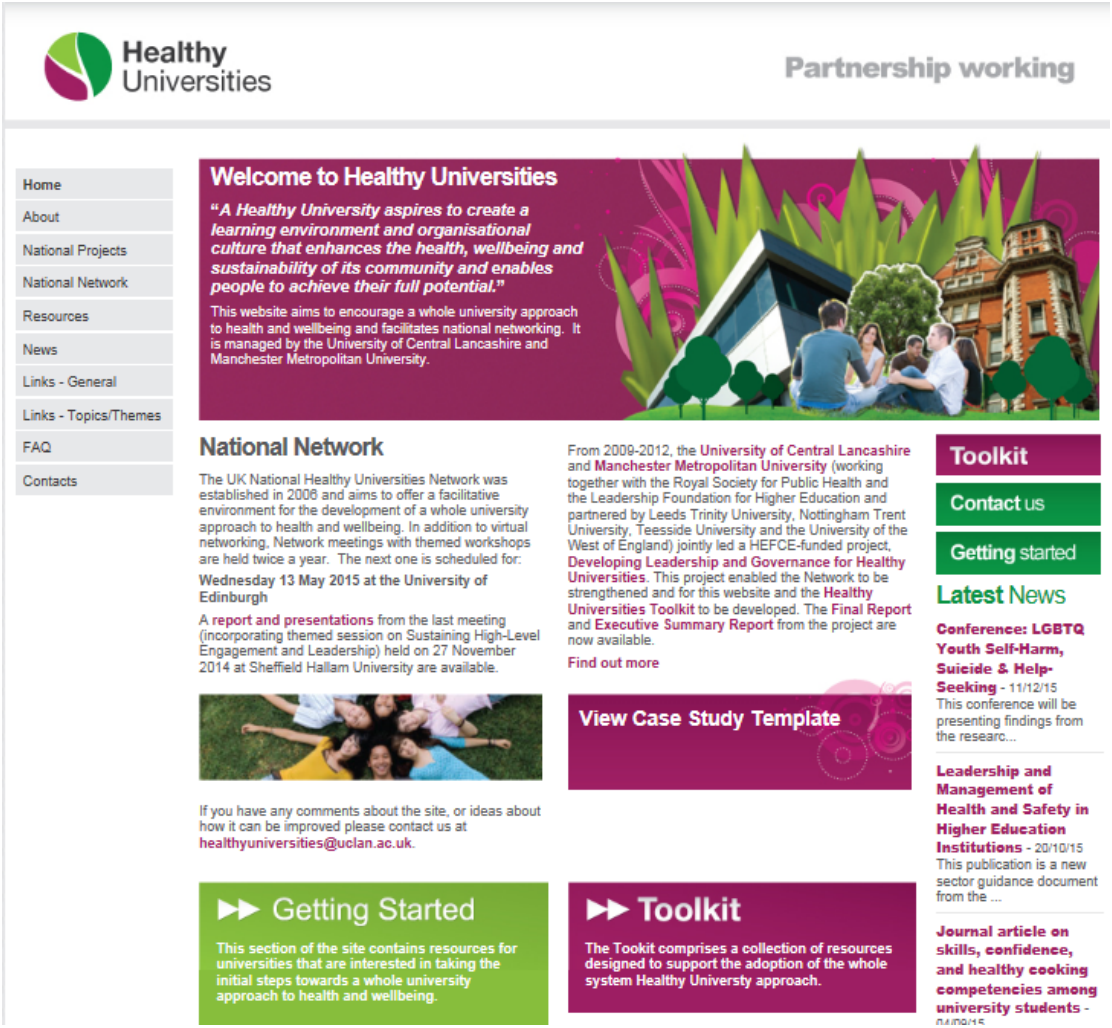
Healthy Universities

Website and Communications



Healthy Universities

Website and Communications

Since Launch in 2010:

- 21,719 users

  [18,159 May 2015]

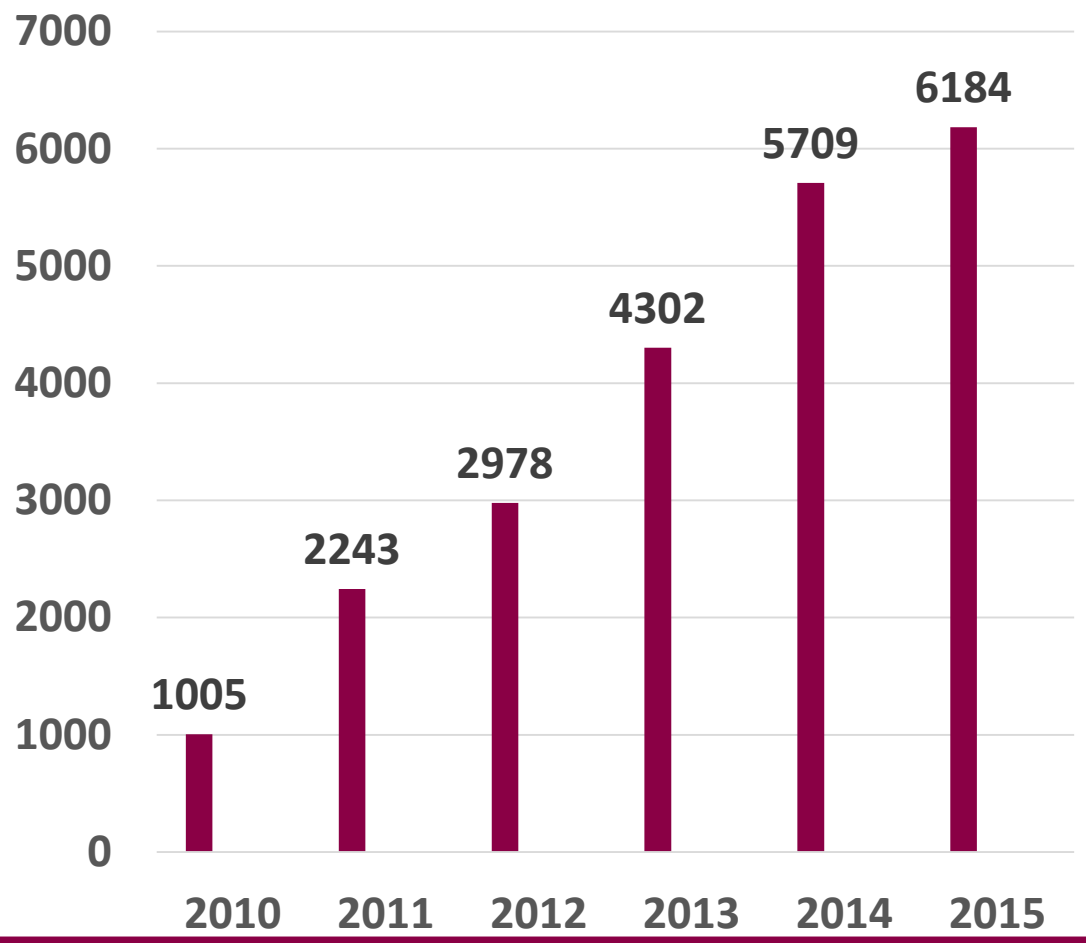
- 34,815 visits

  [29,466 May 2015]

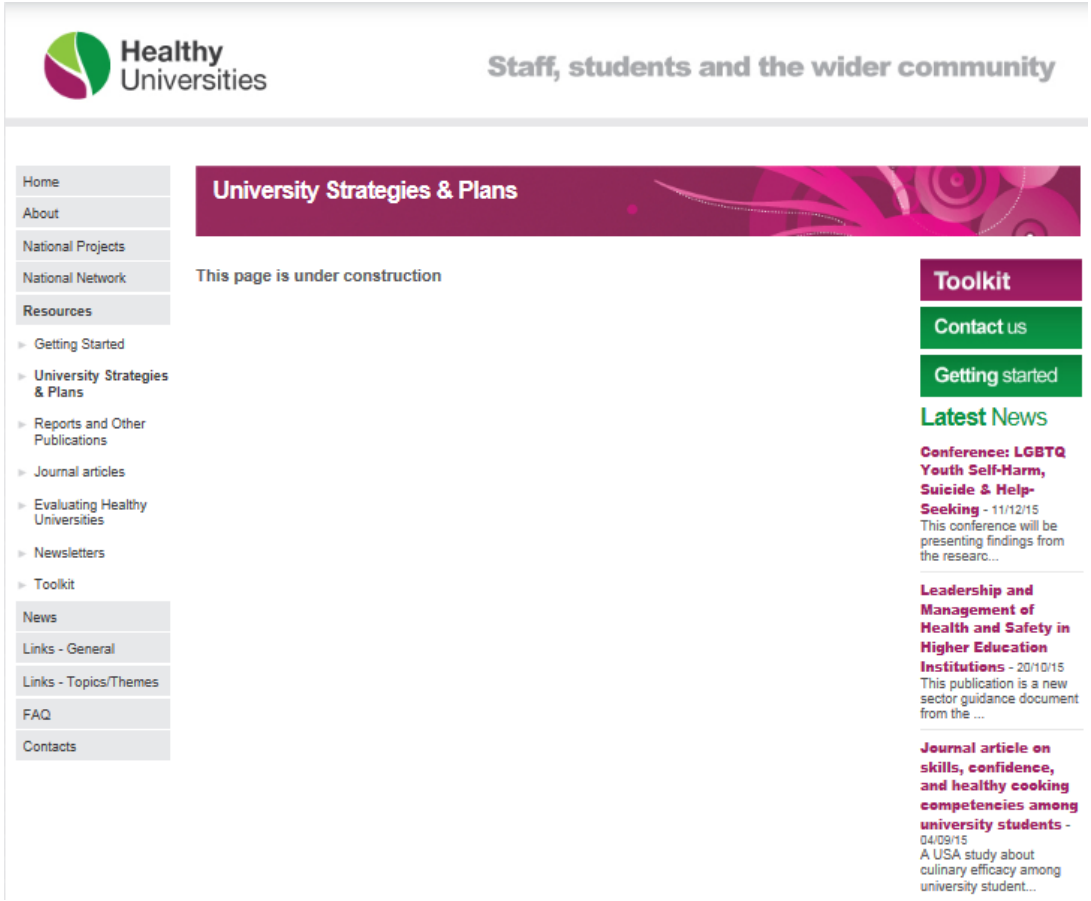
- 148 countries

  [142 May 2015]

Number of Users

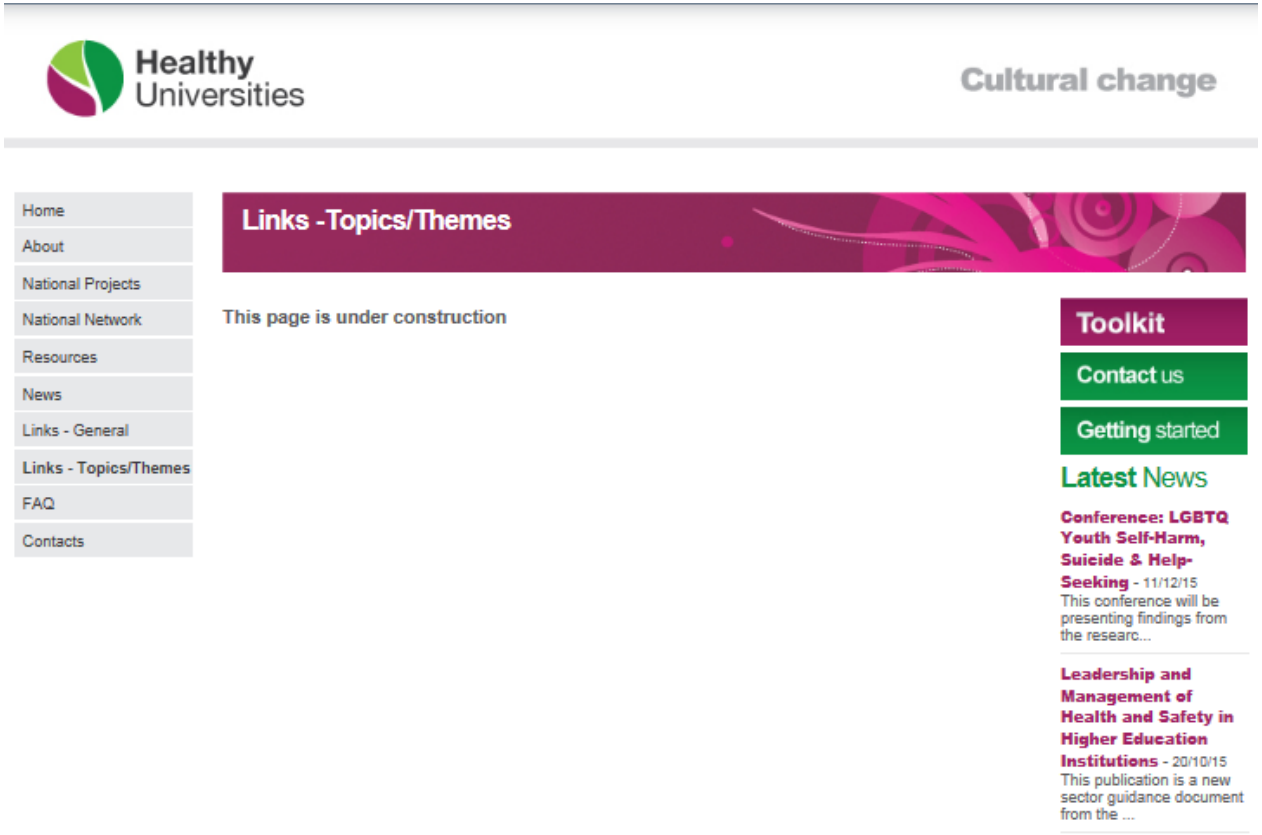


Website and Communications



To discuss/agree: Are members happy to send in information – to date, only XX universities have responded to an information request?

Website and Communications



To discuss/agree: What type of information/links would be most useful on this newly created page?

Website and 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 [27 Nov deadline]:

- Updates
- News Items
- Features

Overview

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Healthy Universities Self Review Tool: Overview

- Since 2012 tool to review progress on a whole system approach
- Online questionnaire is structured under five 'process' headings:
  - Leadership and Governance
  - Service Provision
  - Facilities and Environment
  - Communication, Information and Marketing
  - Academic, Personal, Social and Professional Development
- When university has completed the questionnaire, 'traffic light' report of progress is generated, highlighting areas where the university is achieving and those areas where additional input is needed.

www.healthyuniversities.ac.uk/toolkit

Research: Aims and Objectives

Overview

The study examined whether the Self Review Tool [SRT] has supported universities to understand and embed a whole system approach and highlight resulting learning and practice.

Aims

- Scope the use and impact of SRT.
- Inform future developments.

Objectives

- Collate data on use of SRT: motivation/context/timing/process.
- Identify benefits related to use of SRT.
- Identify issues and challenges related to use of SRT.
- Generate recommendations to inform future development and use of SRT.

Research: Highlights/Conclusions

- SRT well-received and beneficial to universities engaged in Healthy Universities
- Content and output [traffic light report] of SRT valuable in enabling a comprehensive holistic review – and in providing internal 'benchmark' and informing future planning
- Process of using SRT valuable in catalysing and strengthening cross-university engagement/collaboration
- Content and process of using SRT have been useful in building wider and deeper understanding of 'whole system' Healthy University approach
- 'National Network' status of SRT has been important in securing senior-level buy-in and action
- SRT could be refined, further developed and enhanced

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Research: Outline Proposal

Title:

UK Healthy Universities Network: A Review and Exploration of Engagement and Practice

Research Aims:

1. To understand how member universities engage with and use the UK Healthy Universities Network.
2. To examine understandings and implementation of the Healthy Universities approach among members of the UK Healthy Universities Network.
3. To generate learning that can inform the future development and functioning of the UK Healthy Universities Network.

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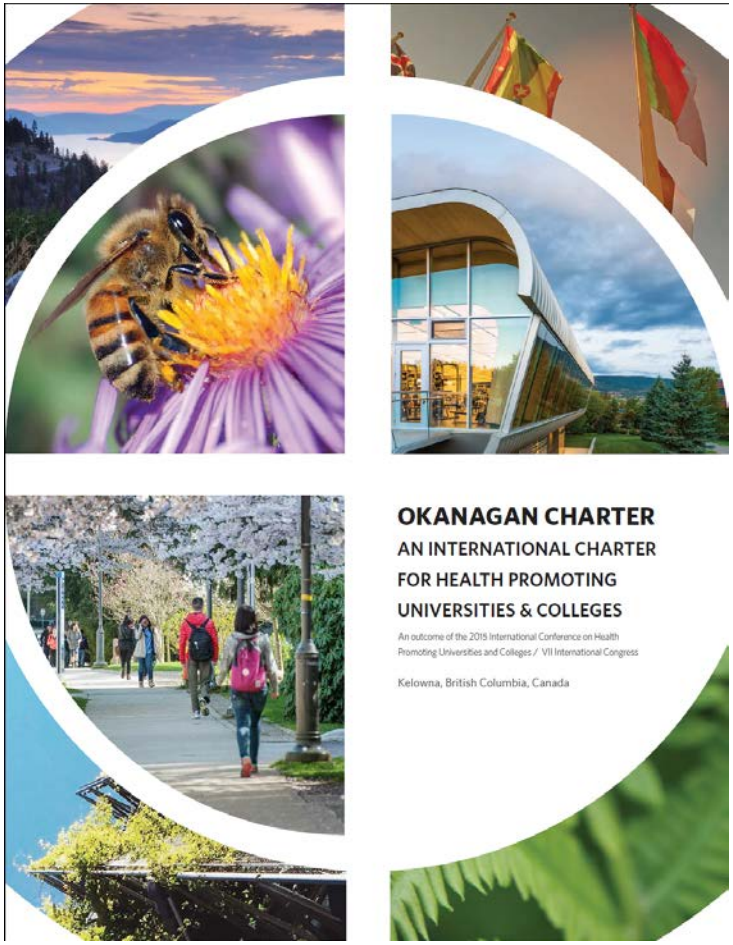
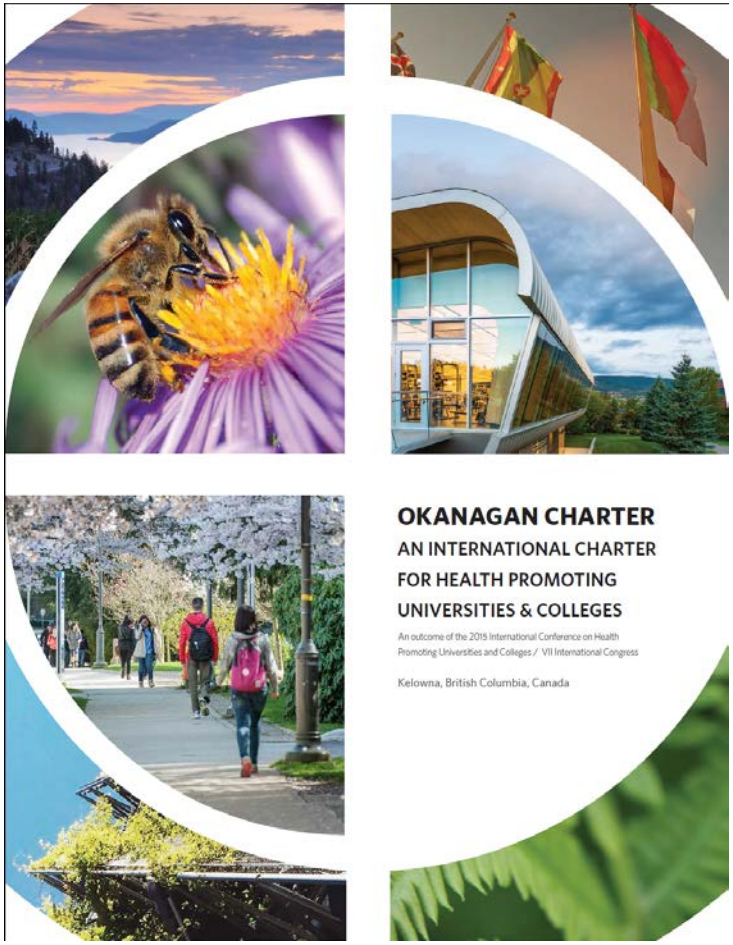
Okanagan Charter for Health Promoting Universities & Colleges: Development



- 1st draft: 225 people through a pre-conference survey and expert interviews as well as a review of existing Charters and Declarations.
- 2nd draft: Okanagan Conference – 380 delegates from 45 countries, including active participation in a design lab and development sessions users
- On final day of conference, representatives of Networks [+ WHO, PAHO and UNESCO] signed a pledge to bring the Charter back to their settings to inspire and catalyze further action towards the creation of health promoting universities and colleges.

http://www.internationalhealthycampuses2015.com

Okanagan Charter for Health Promoting Universities & Colleges



"Health Promoting Universities and Colleges transform the health and sustainability of our current and future societies, strengthen communities and contribute to the wellbeing of people, places and the planet…They infuse health into everyday operations, business practices and academic mandates. By doing so, they enhance the success of our institutions; create campus cultures of compassion, well-being, equity and social justice; improve the health of the people who live, learn, work, play and love on our campuses; and strengthen the ecological, social and economic sustainability of our communities and wider society.

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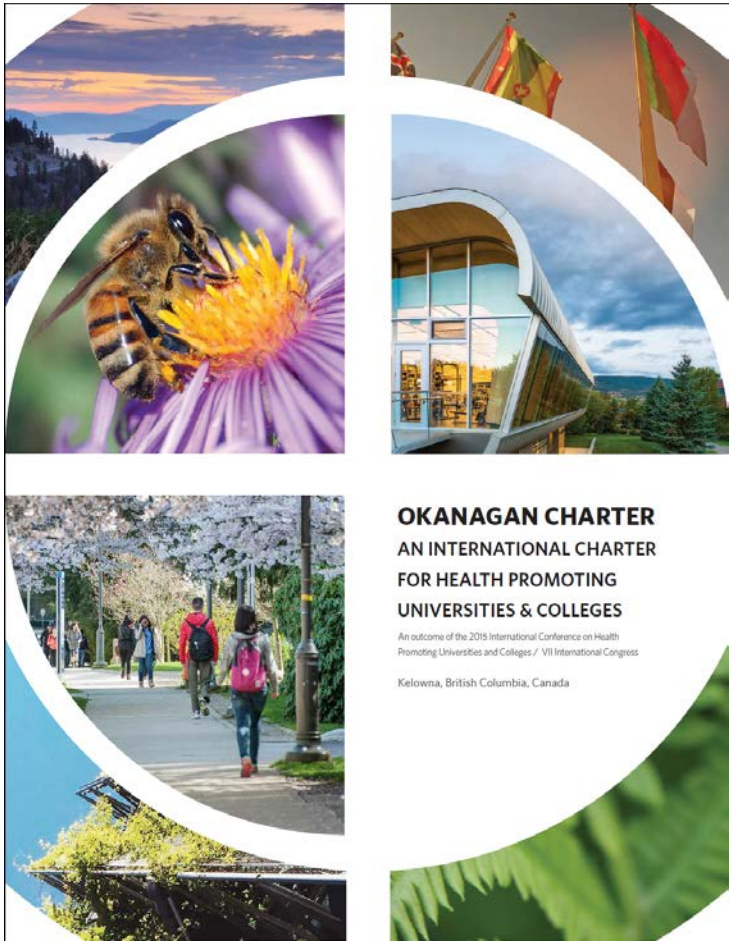
Okanagan Charter for Health Promoting Universities & Colleges: Vision and Aspirations



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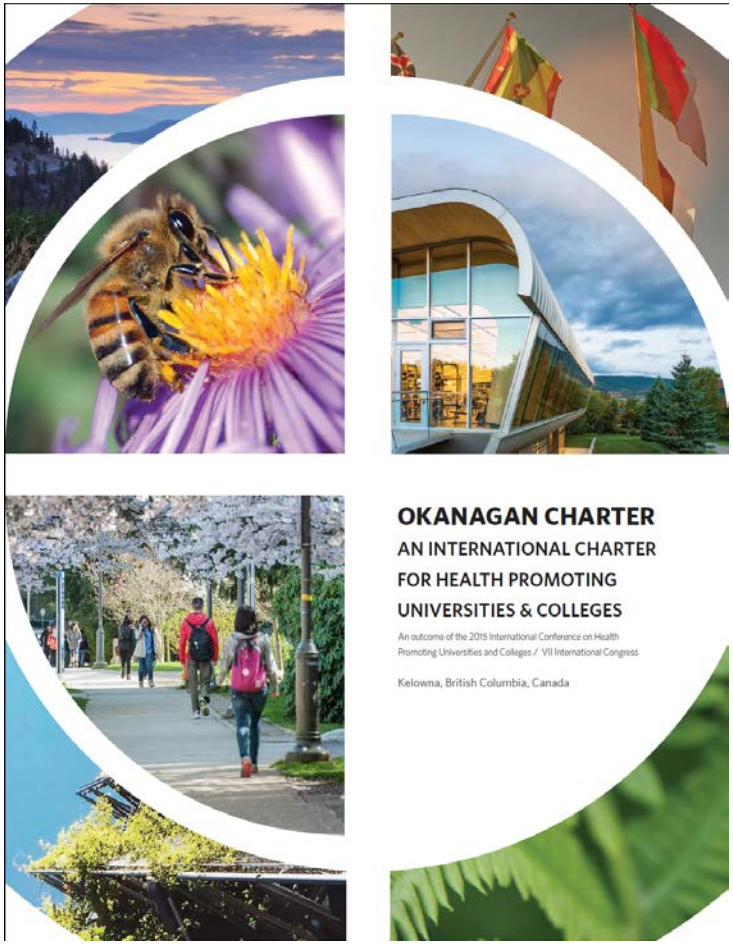
Okanagan Charter for Health Promoting Universities & Colleges: Calls to Action



This Charter calls upon higher education institutions to incorporate health promotion values and principles into their mission, vision and strategic plans, and model and test approaches for the wider community and society.

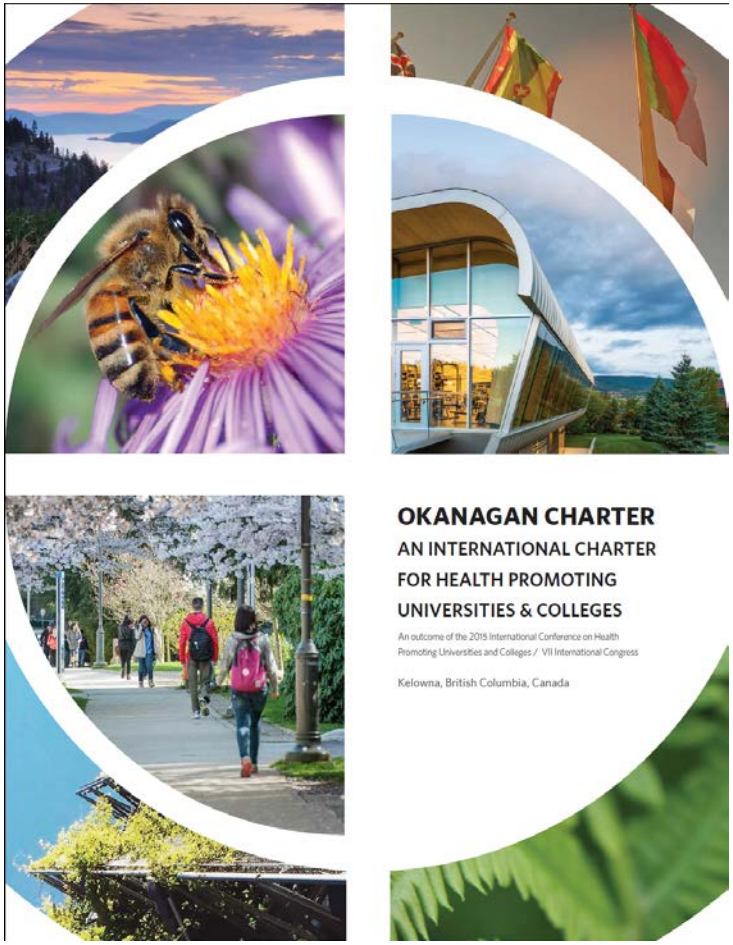
The Charter has two Calls to Action for higher education institutions:

1. Embed health into all aspects of campus culture, across the administration, operations and academic mandates.

2. Lead health promotion action and collaboration locally and globally.

http://www.internationalhealthycampuses2015.com

Okanagan Charter for Health Promoting Universities & Colleges: Next Steps



To discuss/agree:

- ➔ As individual HEIs, how can we most effectively use the Charter to catalyse and further stimulate action in our own universities?
- ➔ As a Network, how can we most effectively use the Charter to call for national-level engagement and action on Healthy Universities?

http://www.internationalhealthycampuses2015.com