

# UK Healthy Universities Network Introduction and Overview

Mark Dooris

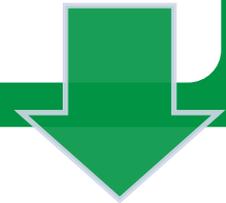
Professor in Health & Sustainability / Director, Healthy Settings Unit  
University of Central Lancashire



**Overview**



**Website and Communication**



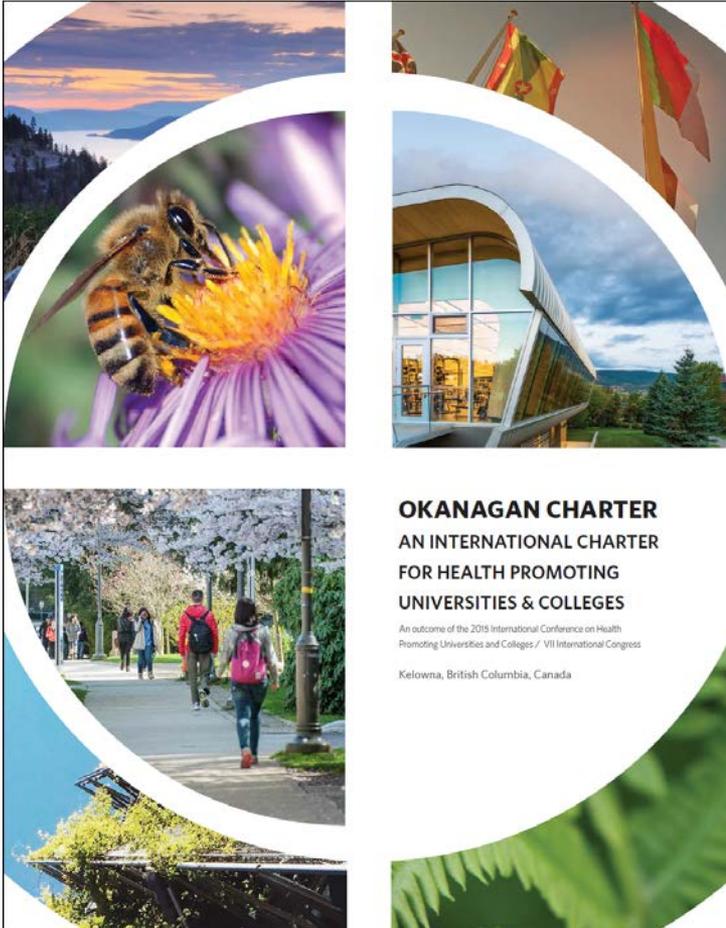
**Membership**

“A Healthy University adopts a holistic understanding of health; takes a whole university approach; and 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](http://www.healthyuniversities.ac.uk)



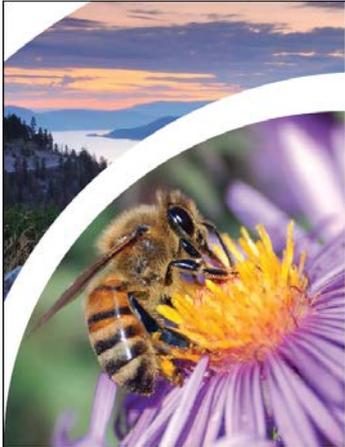
# Okanagan Charter for Health Promoting Universities & Colleges: Vision and Aspirations



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.

<https://open.library.ubc.ca/cIRcle/collections/53926>

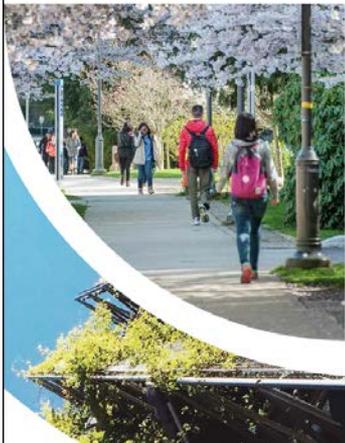
# Okanagan Charter for Health Promoting Universities & Colleges: Calls to Action



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.



## **OKANAGAN CHARTER AN INTERNATIONAL CHARTER FOR HEALTH PROMOTING UNIVERSITIES & COLLEGES**

An outcome of the 2019 International Conference on Health Promoting Universities and Colleges / VII International Congress

Kelowna, British Columbia, Canada

<https://open.library.ubc.ca/cIRcle/collections/53926>

- The UK Healthy Universities Network has grown from just 6 universities at its first meeting in 2006.
- It now has representation from:
  - 84 UK universities – 68 England; 2 Northern Ireland; 8 Scotland; 5 Wales
  - 17 non-UK universities
  - 24 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.

**Overview**



**Website and Communication**



**Membership**



**Partnership working**

- Home
- About
- National Projects
- National Network
- Resources
- News
- Links - General
- Links - Topics/Themes
- FAQ
- Contacts

## Welcome to Healthy Universities

*"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."*

This website aims to encourage a whole university approach to health and wellbeing and facilitates national networking. It is managed by the University of Central Lancashire and Manchester Metropolitan University.

### National Network

The UK National Healthy Universities Network was established in 2006 and aims to offer a facilitative environment for the development of a whole university approach to health and wellbeing. In addition to virtual networking, Network meetings with themed workshops are held twice a year. The next one is scheduled for:

**Wednesday 13 May 2015 at the University of Edinburgh**

A **report and presentations** from the last meeting (incorporating themed session on Sustaining High-Level Engagement and Leadership) held on 27 November 2014 at Sheffield Hallam University are available.



If you have any comments about the site, or ideas about how it can be improved please contact us at [healthyuniversities@uclan.ac.uk](mailto:healthyuniversities@uclan.ac.uk).

From 2009-2012, the University of Central Lancashire and Manchester Metropolitan University (working together with the Royal Society for Public Health and the Leadership Foundation for Higher Education and partnered by Leeds Trinity University, Nottingham Trent University, Teesside University and the University of the West of England) jointly led a HEFCE-funded project, **Developing Leadership and Governance for Healthy Universities**. This project enabled the Network to be strengthened and for this website and the **Healthy Universities Toolkit** to be developed. The **Final Report** and **Executive Summary Report** from the project are now available.

[Find out more](#)

**Toolkit**

**Contact us**

**Getting started**

**▶▶ Getting Started**

This section of the site contains resources for universities that are interested in taking the initial steps towards a whole university approach to health and wellbeing.

**▶▶ Toolkit**

The Toolkit comprises a collection of resources designed to support the adoption of the whole system Healthy University approach.

**Latest News**

**Conference: LGBTQ Youth Self-Harm, Suicide & Help-Seeking** - 11/12/15

This conference will be presenting findings from the research...

**Leadership and Management of Health and Safety in Higher Education Institutions** - 20/10/15

This publication is a new sector guidance document from the ...

**Journal article on skills, confidence, and healthy cooking competencies among university students** - 21/09/15

## Since Launch in 2010:

 28,925 users

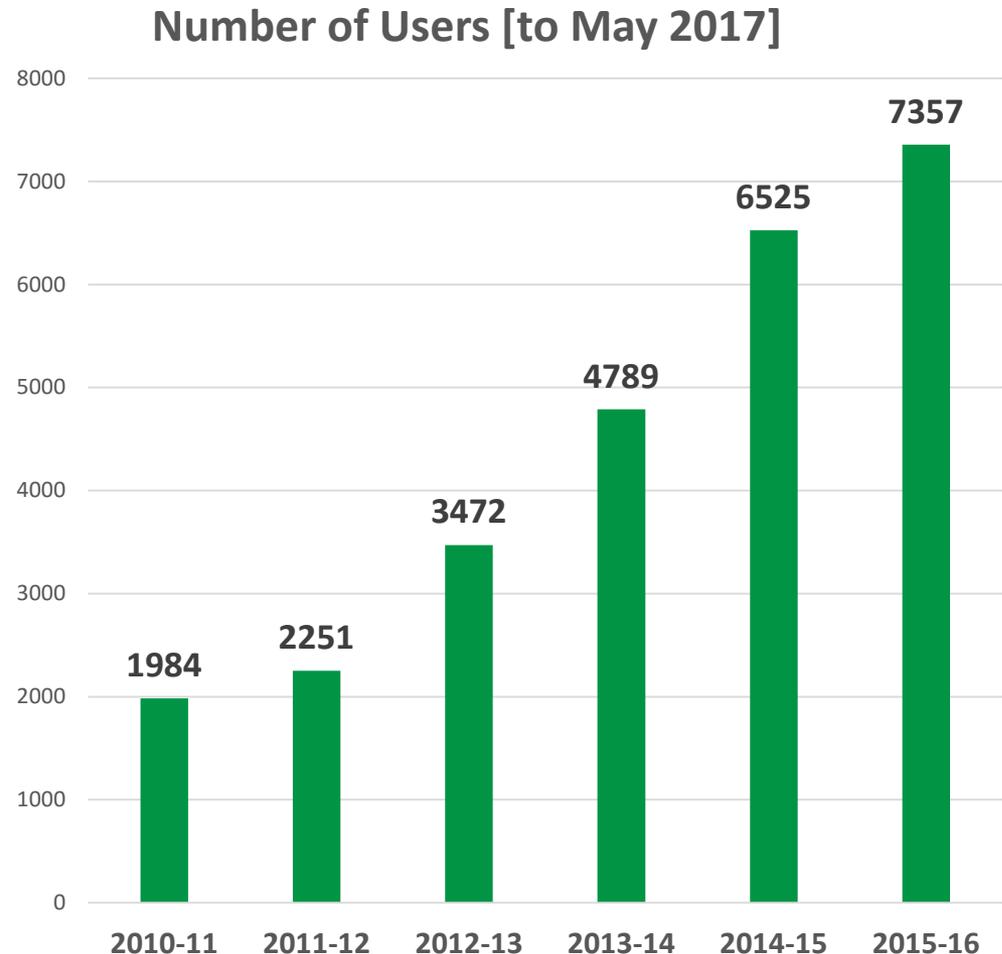
[21,905 Nov 2015]

 45,295 visits

[35,073 Nov 2015]

 161 countries

[148 Nov 2015]



<a href="#">About the Network</a>	<a href="#">About Healthy Universities</a>	<a href="#">Meetings &amp; Learning Events</a>	<a href="#">Structure &amp; Governance</a>	<a href="#">Network Membership</a>	<a href="#">International Activities</a>	<a href="#">Research &amp; Development</a>
-----------------------------------	--	--	--	------------------------------------	--	--

## Welcome to the UK Healthy Universities Network

A Healthy University aspires to create a learning environment and organisational culture that enhances the health, wellbeing and sustainability.

The UK Healthy Universities Network supports its members to develop and implement 'whole university' approaches to health, wellbeing and sustainability. It is part of a global movement calling upon higher education institutions to:

- incorporate health and sustainability into their mission, vision and strategic plans
- lead and drive change in society by modelling, testing and transferring innovative approaches.

[LEARN MORE](#)

## Our Network



[JOIN OUR NETWORK](#)

## Meetings

<p><b>HU National Network Meeting – May 2016</b> 3rd May 2016</p> <p>Meeting held at the University of the West of England incorporating themed session on Developing...</p> <p><a href="#">→ FIND OUT MORE</a></p>	<p><b>HU National Network Meeting – November 2015</b> 3rd November 2015</p> <p>Meeting held at Manchester Metropolitan University incorporating themed session on Approaches to Addressing Alcohol Use...</p> <p><a href="#">→ FIND OUT MORE</a></p>	<p><b>HU National Network Meeting – May 2015</b> 25th May 2015</p> <p>Meeting held at University of Edinburgh incorporating themed session on Maximising and Measuring the Impact...</p> <p><a href="#">→ FIND OUT MORE</a></p>
---	--	---

## Our Toolkit

This toolkit is designed to support Higher Education Institutions (HEIs) that wish to adopt and/or embed a whole system Healthy University approach.



-  Leadership & Governance
-  Service Provision
-  Facilities & Environment
-  Communication, Information and Marketing
-  Academic, Personal, Social & Professional Development

## Your Healthy University Self Review Report

Based on your questionnaire answers, this report sets forth your organization's practice performance to indicate areas of strength and areas needing improvement. This provides you with information about current strengths and weaknesses - where your organization is performing and areas needing more to be done to reach targets on your Healthy University journey. It is designed to help you set priorities and develop action plans, which can be monitored and reviewed by your cross-university group. It is suggested that the Self Review Tool be used on an annual basis to review progress.



## Proposed Revisions:

- ➔ Ability to scroll through pages
- ➔ Drop-down evidence boxes
- ➔ Drop-down 'innovation' boxes
- ➔ Transparent red/amber/green calculation
- ➔ Link to other tools – e.g. Healthy and Sustainable FE and HE Framework

If we are to keep the **website** dynamic and up-to-date, we need from you:

-  Case Studies [link on home page]
-  News Items

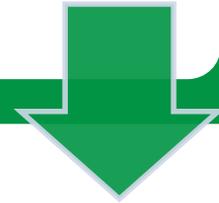
Likewise, for the next **newsletter**, we need from you [25 November deadline]:

-  Updates
-  News Items
-  Features

These are a key peer-to-peer exchange mechanism, which only work if people respond! Recent examples:

-  **Food growing on campus & related initiatives**  
[Mark Dooris + Maggie Moody, Incredible Edible]
-  **Student health behaviour & body image European survey**  
[COST Network IS1210]
-  **Incorporating health & wellbeing into buildings**  
[Maxine Holt, Manchester Metropolitan University]
-  **Increasing profile of health & sustainable development in learning, research & knowledge exchange**  
[Kevin McNeill, University of Alberta]
-  **Relationships & Consent**  
[Sandra Brookes/Mark Dooris, UCLan]

**Overview**



**Website and Communication**



**Membership**

# Membership: Revised Approach/Process

Membership of the UK National Healthy Universities Network is free of charge and involves a commitment to:

- ❑ the principles, vision and aspirations of the 2015 Okanagan International Charter for Health Promoting Universities and Colleges
- ❑ participate in the Network and support its vision and aims.

Two types of membership are available:

- ❑ **Full Membership:** open to universities and other HEIs within the UK. As well as continuing to welcome multiple stakeholders (including Students' Union representatives) and encouraging them to engage actively with the Network:
  - we urge member institutions to agree and nominate a 'lead' member
  - we welcome Vice Chancellor / Principal level sign-up to the Network and will acknowledge this on our website.
- ❑ **Associate Membership:** open to universities and other HEIs from outside the UK; and other interested stakeholders from local authorities, NHS trusts, voluntary and community organisations and relevant national agencies [N.B. this is not available to private sector organisations].