UK Healthy Universities Network
Introduction and Overview

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Overview

Website and Communication

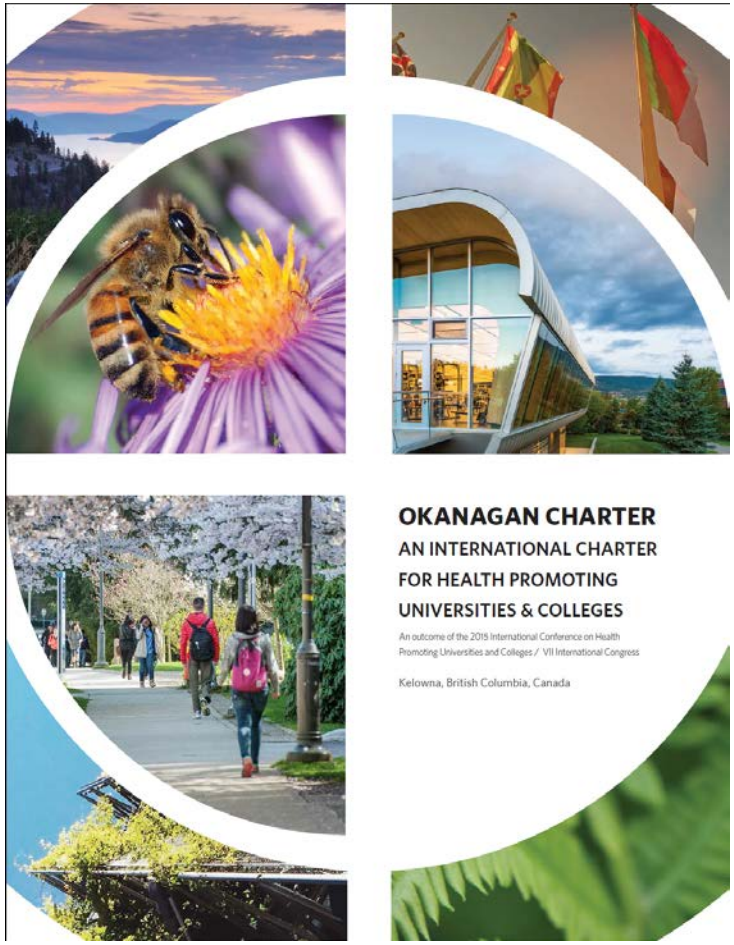
Membership

Healthy Universities: What?

"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

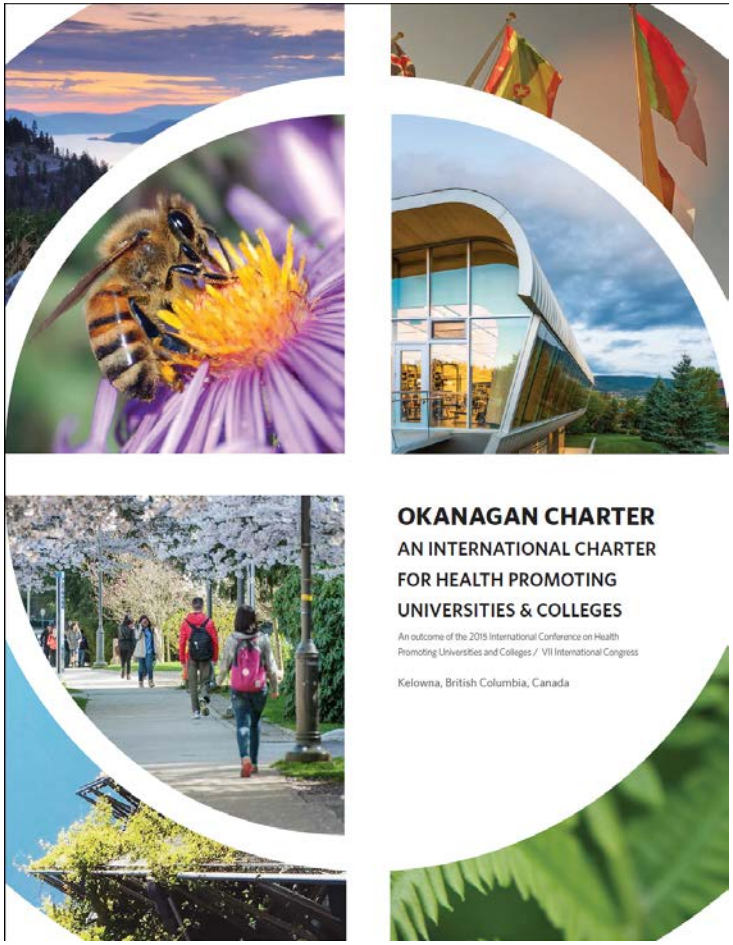
Okanagan Charter for Health Promoting Universities & Colleges: Vision and Aspirations



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.

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

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:
  - 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.

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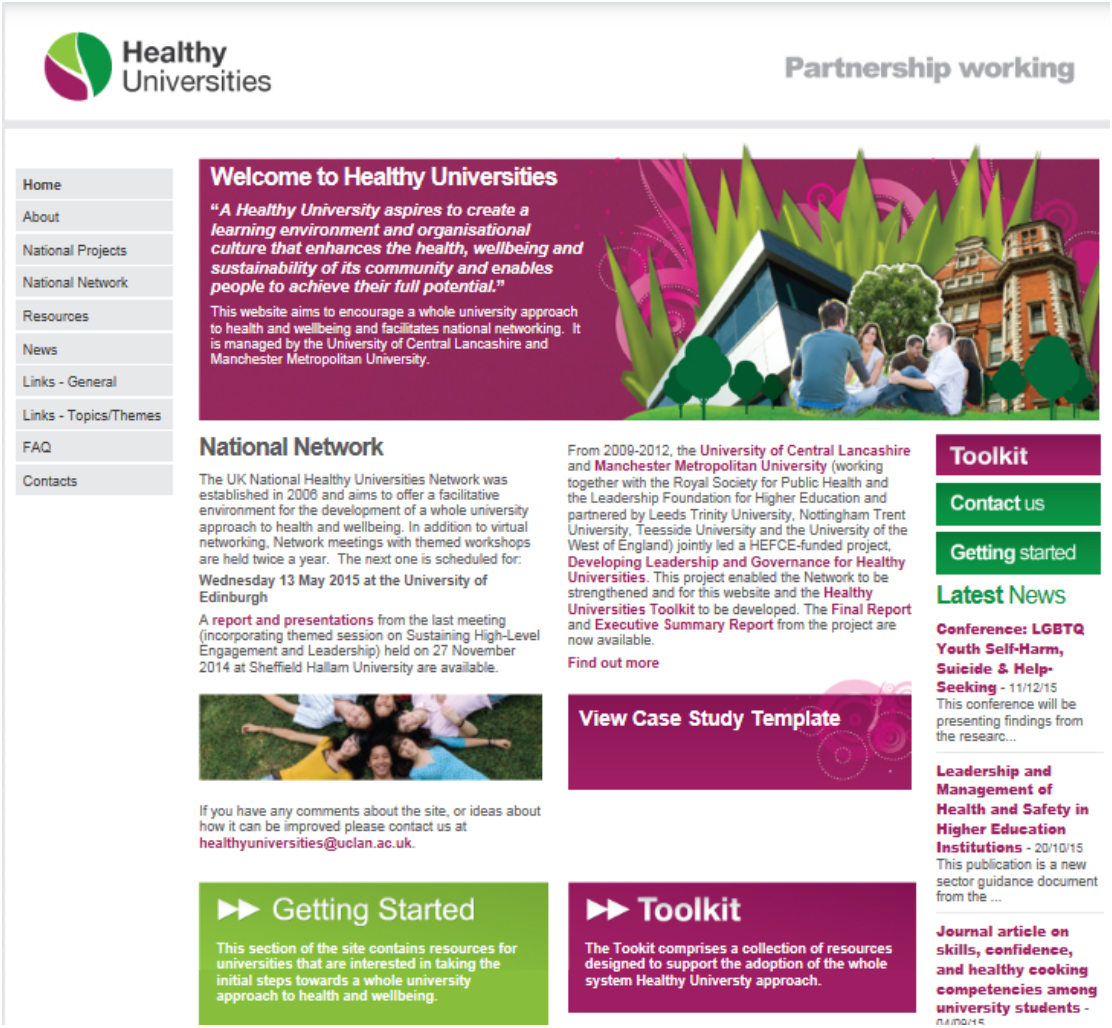
Healthy Universities

Current Website



Healthy Universities

Website Statistics

Since Launch in 2010:

- 28,925 users

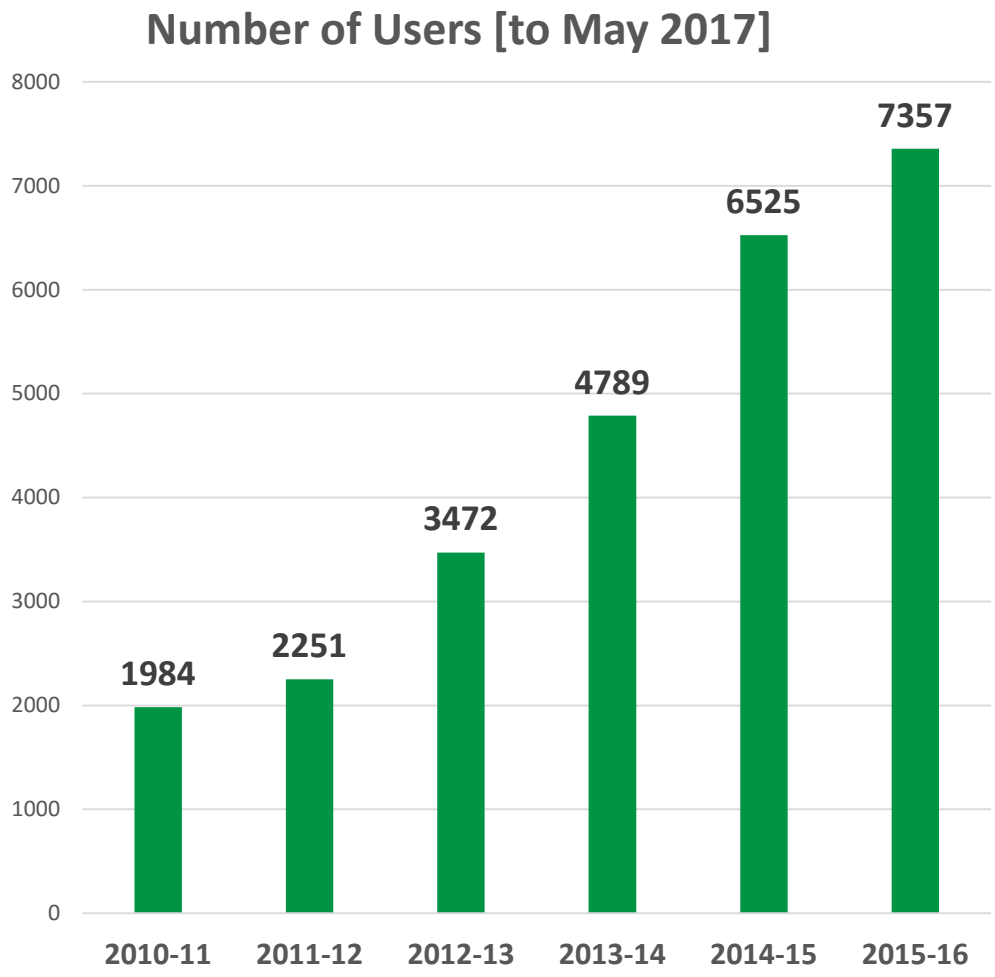
  [21,905 Nov 2015]

- 45,295 visits

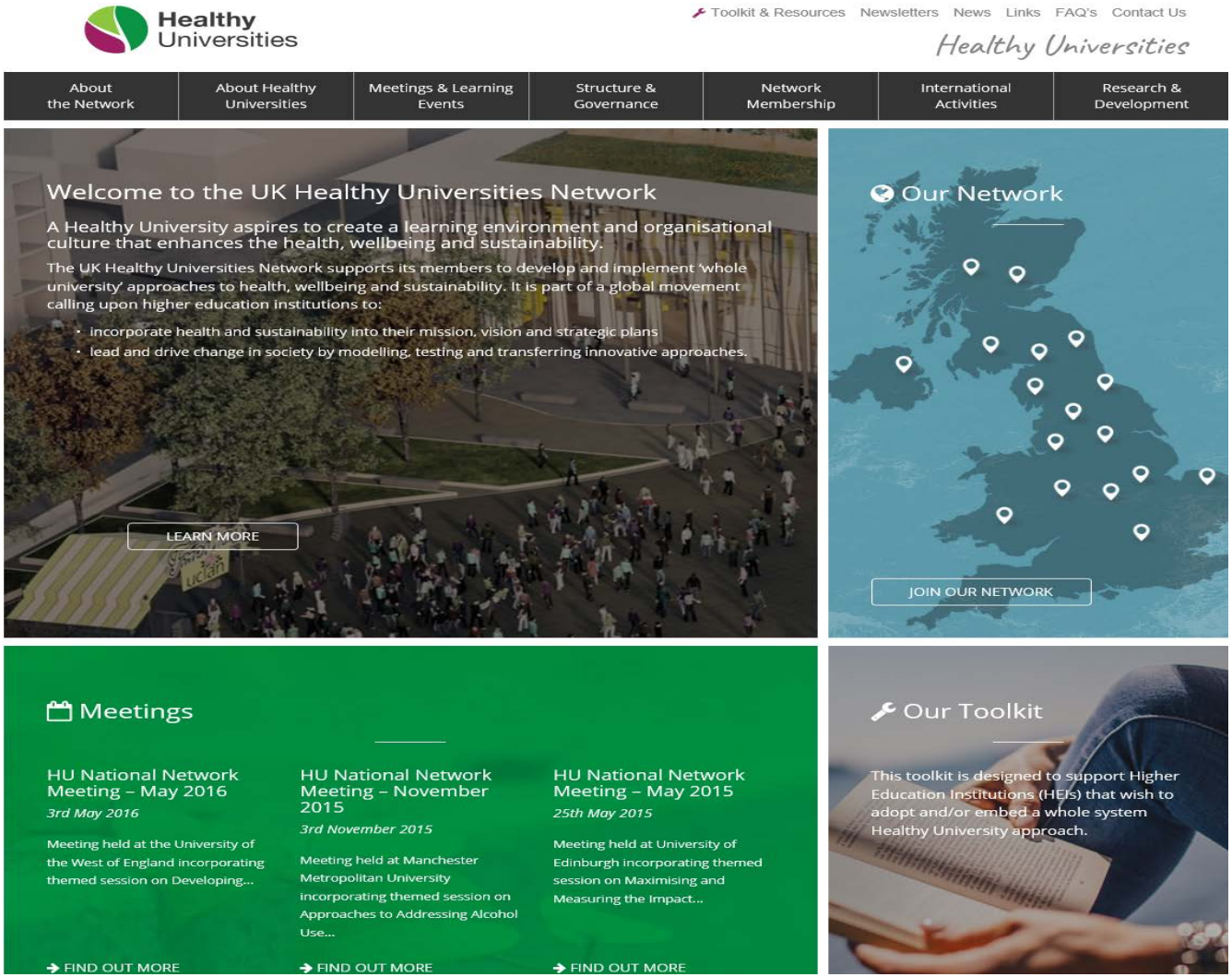
  [35,073 Nov 2015]

- 161 countries

  [148 Nov 2015]

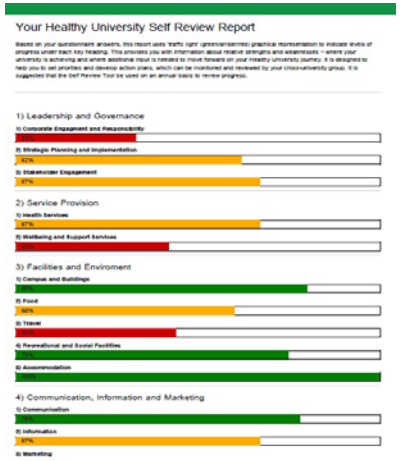


Website Redevelopment



Self Review Tool Redevelopment

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



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

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

- Updates
- News Items
- Features

Healthy Universities

Members' Information Requests

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]

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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].