

**England Healthy University Network**  
**Britannia Hotel, Birmingham 12 November 2008**

**Stakeholder Discussion for the National  
Research and Development Project on Healthy Universities**

**Present**

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Andrew Williams, Aston Students Guild  
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## **Stakeholder Discussion**

Mark Dooris gave an overview of the Healthy University Research and Development Project funded by the Higher Education Academy and the Department of Health. Findings from universities and the stakeholder organisations was fed back to the Network.

Discussions took place across a range of issues, including;  
Drivers, Benefits and Challenges

Shape and branding of national/regional developments

What should a Healthy University Framework look like?

What types of 'products' would support universities in taking this work forward?

## **Updates from Regional Networks**

### **Yorkshire & Humberside Healthy University Network**

- Developed a Health Honours Award for universities, will feedback at next meeting.

### **East of England Healthy Campus Network**

- This network is newly set up and had its first meeting in October.

## **Updates from Universities**

### **Leeds Metropolitan University**

- Attached two brochures which we had made for Freshers Weeks this year which have proven very popular.

### **Nottingham Trent University**

- Working with Halls of residence to deliver training for staff and roadshows for students
- Helping to design and deliver a new BSc in Exercise, health and nutrition
- Working on a staff directory to help with signposting students around health issues

### **University of Central Lancashire**

- Revised Alcohol and Drug procedures developed, training for staff, new alcohol drop-in service for students being developed with Addiction Dependency Solutions.
- Rethinking Student Mental Well-being, repeat of research into student mental well-being taking place, anti-stigma campaign on mental health planned for Semester 2 – focus on male students.
- Review of health information on university and SU web pages started

### **Hertfordshire University**

- We have just completed our second month of healthy campus activity (6-31 October) following on from a similar month in February 2008. Activities offered to staff, students and the community included the following;
- Stress management lunchtime workshop
- Food diary analysis / diet lab session
- Back pain workshops
- Swimming stroke improvement sessions

- Bike doctor
- Healthy walks / 10,000 step pedometer challenge
- Health MOT's
- Healthy Campus Meals of the Day
- FREE health & fitness membership trial / free swimming
- Swiss ball core stability workshops
- Reflexology taster sessions
- Chair / sports massage taster sessions
- Group exercise class taster sessions

Plans for the future include the following:

- Smoking cessation sessions / cholesterol testing for staff
- Exercise referral scheme for staff / students
- Links to virtual Pharmacy and education of students and staff
- Offering services to local corporate clients (paid for basis)
- Introduction of student health reps
- Regular monthly activity in-line with national / world-wide health campaigns
- A minimum of two "health-months" per annum (February and October)
- Collaborative research study with existing partners to assess the effectiveness of interventions
- Extend the healthy campus initiative to reach our partner Further Education colleges, schools and businesses (using UH students to help deliver activities where possible)

### **Theme for next meeting**

The group decided that the theme for the next meeting would be