UK Healthy Universities Network
Introduction and Overview

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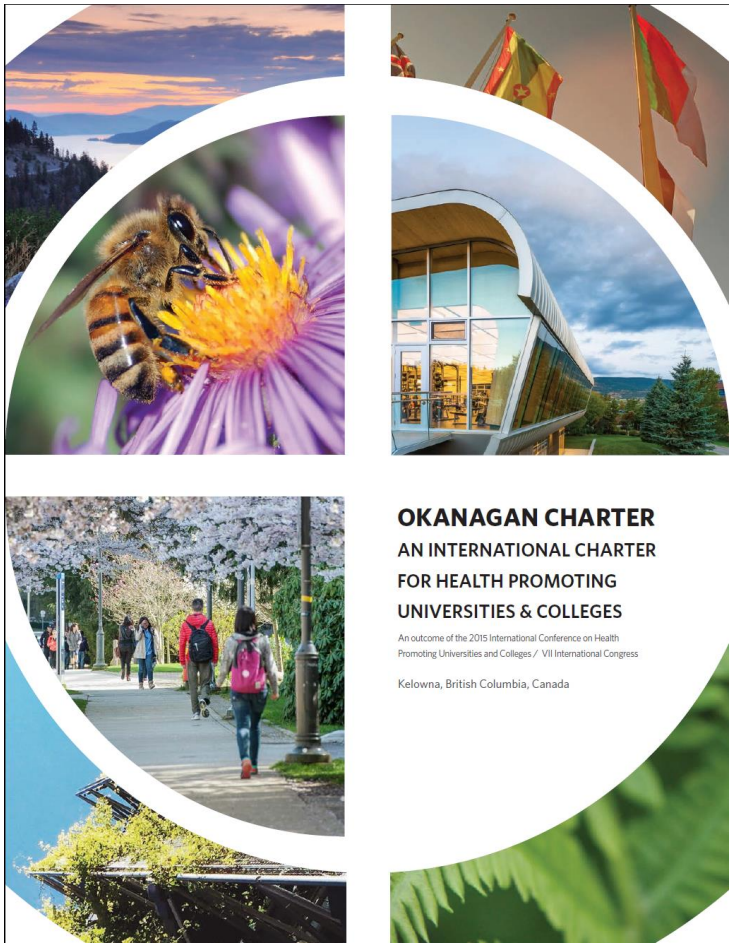
Healthy Universities: What?

"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

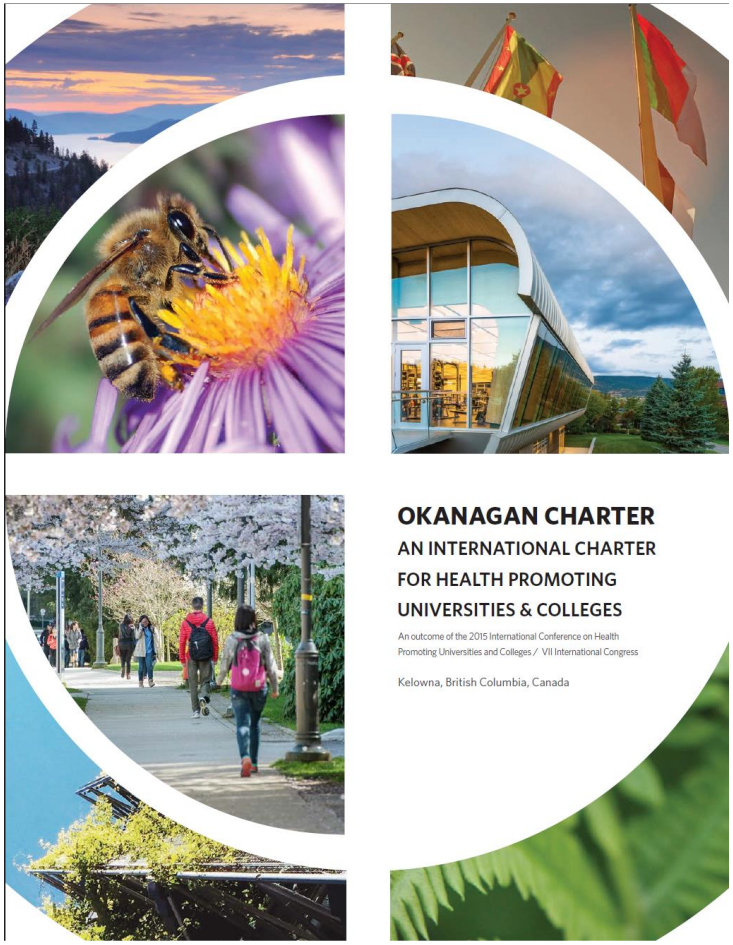
Okanagan Charter for Health Promoting Universities & Colleges: Vision and Aspirations



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/items/1.0132754

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.

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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:
  - 90 UK universities – 75 England; 2 Northern Ireland; 8 Scotland; 5 Wales
  - 21 non-UK universities
  - 25 other stakeholder organisations
- Network meetings/thematic learning sessions held twice each year – see www.healthyuniversities.ac.uk/network-meetings-learning-events/.
- E-Newsletters, email lists and telephone networking.
- Steering Group – 7 HEIs / Public Health Wales / NHS Health Scotland / Public Health Agency for Northern Ireland / Public Health England / HEFCE / HEFCW / NUS / LFHE.

Membership

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.

Following a review of the membership process, two types of membership are available:

- **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 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].

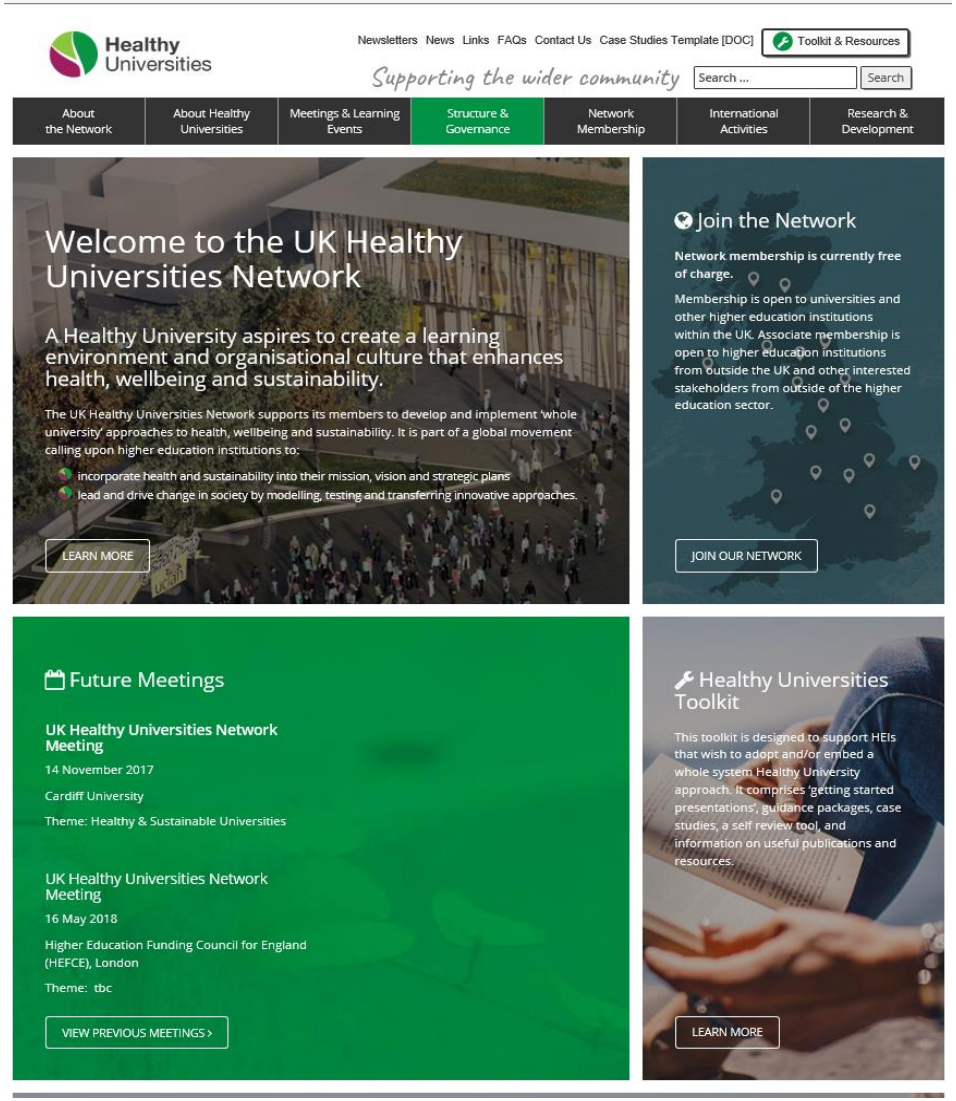
Members' Information Requests

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

- **Food growing on campus & related initiatives**
- **Student health behaviour & body image European survey**
- **Incorporating health & wellbeing into buildings**
- **Increasing profile of health & sustainable development in learning, research & knowledge exchange**
- **Relationships & Consent**
- **Embedding health & sustainability within corporate strategy and planning processes**
- **Staff Wellbeing**

Healthy Universities

Website



www.healthyuniversities.ac.uk

Website – Toolkit & Resources

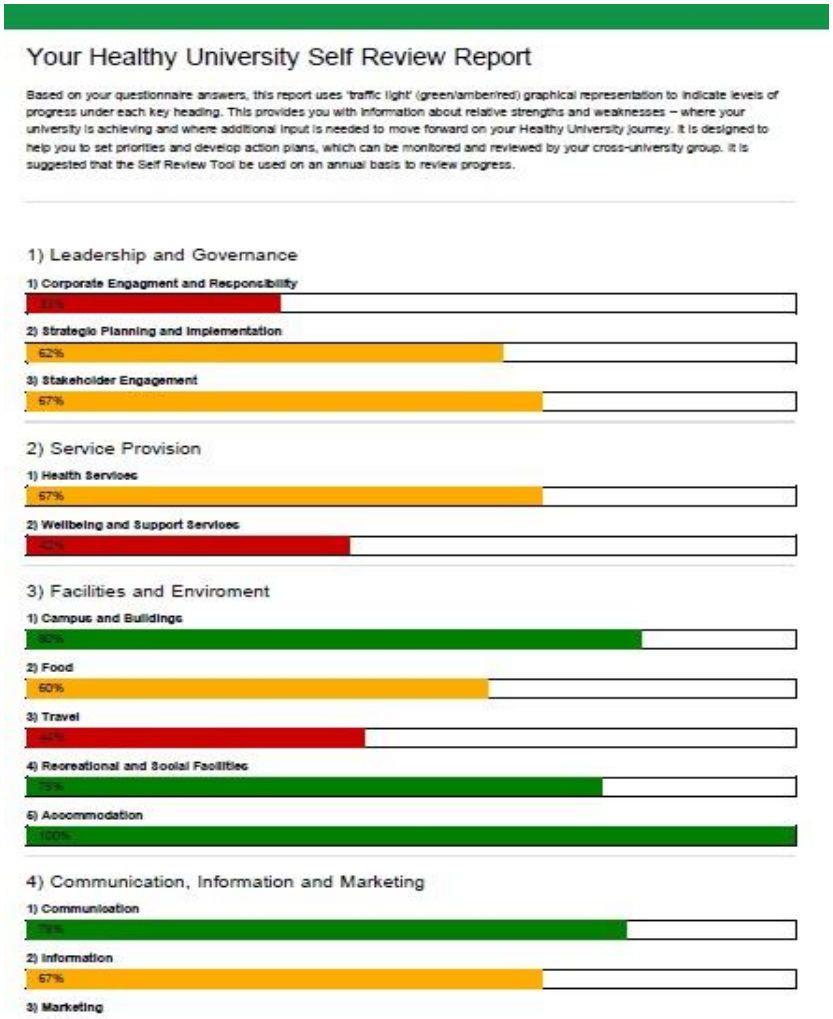
Toolkit & Resources

The UK Healthy Universities Network Toolkit is designed to support institutions wishing to adopt and/or embed a whole system Healthy Universities approach. It is structured in four sections: Self-Review Tool – which provides a mechanism for universities to review and reflect on progress in embedding a whole system approach to health and wellbeing into their core business and culture; Making the Case and Getting Started – template presentations for adaptation and use; Guidance Packages – designed to support institutions at all stages in their journeys; and Case Studies – which offer 'real life' examples of activity.

http://www.healthyuniversities.ac.uk/toolkit-and-resources/

Self-Review Tool

- 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 uses 'traffic light' (green/amber/red) graphical representation to indicate levels of progress under each key heading. This provides you with information about relative strengths and weaknesses – where your university is achieving and where additional input is needed to move forward on your Healthy University journey. It is designed to help you to 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.

1) Leadership and Governance

1) Corporate Engagment and Responcibility

2) Strategic Planning and Implementation
62%

3) Stakeholder Engagement
67%

2) Service Provision

1) Health Services
67%

2) Wellbeing and Support Services

3) Facilities and Enviroment

1) Campus and Buildings

2) Food
60%

3) Travel

4) Recreational and Social Facilities

5) Accommodation
100%

4) Communication, Information and Marketing

1) Communication

2) Information
67%

3) Marketing

Website Statistics

Since Launch in 2010:

- 35,509 users

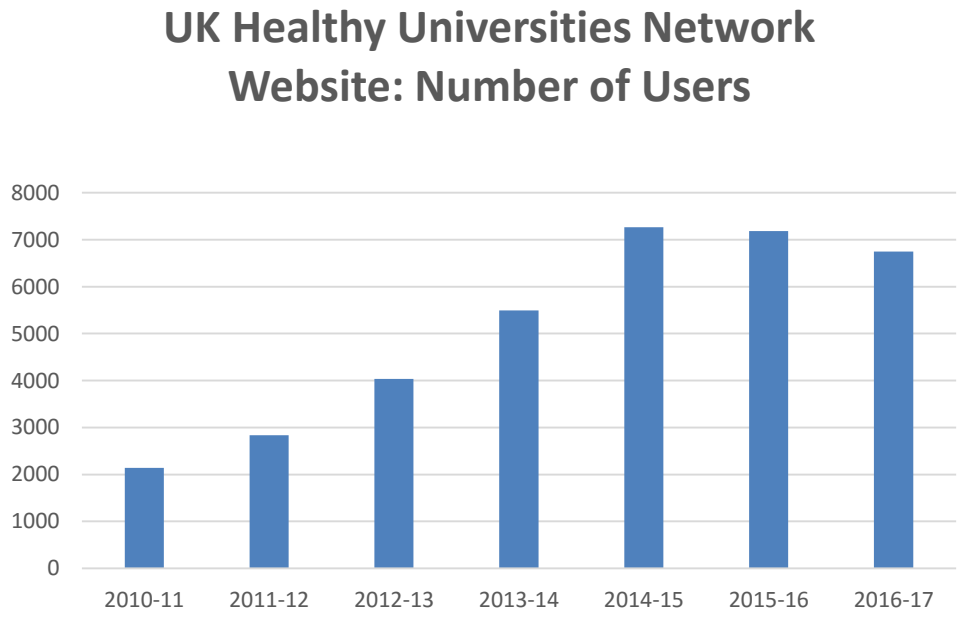
  [21,905 Nov 2016]

- 55,524 visits

  [35,073 Nov 2016]

- 164 countries

  [161 Nov 2016]



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 [30 November deadline]:

- Updates
- News Items
- Features

Send to: healthyuniversities@uclan.ac.uk