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Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

Tuesday 14<sup>th</sup> November 2017

# Healthy Colleges and Universities Framework for Wales

Presenter: Tracey Taylor Senior Public Health Practitioner

# Background

## Currently in Wales there are:

- 8 universities + 1 conservatoire, over 21 sites (catering for 126,685 students<sup>1</sup> with almost 30,000 new full-time undergraduate entrants per year)<sup>2</sup>
- 14 further education colleges over 60 sites (figure in excess of 150,000, 43% between the ages of 16-18 and 57% adults over the age of 19)<sup>3</sup>
- 25,000 staff employed by Universities and 7,755 in Further Education Colleges.

1. Welsh Government - Students in higher education institutions report(2016)

2. Higher Education for the Nation - Higher Education Council for Wales (HECFW)

3. Colleges Wales (2016)

# Background (cont.)

- 2009 *Our Healthy Future*, the Public Health Strategic Framework for Wales was published, committing the Welsh Government to expand the WNHSS into pre-school and HE/FE settings.
- 2012 a task and finish group was set up by Welsh government to assess feasibility of extending the WNHSS into HE and FE sectors. This group was instrumental to the development of the Healthy Colleges and Universities Framework for Wales
- 2014 The frameworks was signed off by Welsh Government and in the Summer of the same year, responsibility for its promotion was formally transferred to Public Health Wales.

# HE/FE Framework

There are six health topics that should be covered across four aspects of college and university life.

Health topics are:

- Mental and emotional health and wellbeing.
- Physical activity.
- Healthy and sustainable food.
- Substance use and misuse.
- Personal and sexual health and relationships.
- Sustainable environment.

# HE/FE Framework

The aspects of college and university life considered are:

- Governance, leadership and management.
- Facilities, environment and service provision.
- Community and communication.
- Academic, personal, social and professional development.

# HE/FE Framework

There are six core principles underpinning the criteria which include:

- Equality and diversity.
- Participation and empowerment.
- Partnership.
- Whole system approach.
- Applies to students, staff and wider community.
- Use of evidence, learning and sharing.

# HE/FE Framework

	Governance, leadership and management	Facilities, environment and service provision	Community and Communication.	Academic, personal, social and professional development
Mental and emotional health and well-being	A1	A2	A3	A4
Physical activity	B1	B2	B3	B4
Healthy and sustainable food	C1	C2	C3	C4
Substance use and misuse	D1	D2	D3	D4
Personal and sexual health and relationships	E1	E2	E3	E4
Sustainable environment	F1	F2	F3	F4

## **Box A1 – Governance, leadership and management / Mental and emotional health and well-being**

The criteria below must be met in order to complete box A1; the core principles of Healthy HE/FE will need to be considered when evidencing these criteria.

### **Core Principles**

- Equality and diversity
- Participation and empowerment
- Partnership
- Whole system approach
- Applies to students, staff and wider community
- Use of evidence, learning, and sharing

### **Criteria**

- Concern for the mental and emotional health and wellbeing of staff and students informs strategic planning and policy development at the highest level and is included in published strategy documents.
- There is a cross-setting working group, which includes representation from staff, students and external stakeholders, which coordinates health and wellbeing strategic planning and delivery, including mental and emotional health and wellbeing, within the setting.
- There is management support for active engagement between the setting and the wider community in planning and consultation to support the mental and emotional health and wellbeing of staff, students and the wider community.
- Staff are provided with access to training on recognising the early signs of mental and emotional health issues and methods of dealing with these issues e.g. Mental Health First Aid, ASIST, Mindfulness.
- Measures are in place to identify needs, develop evidence based approaches and monitor effectiveness of initiatives in relation to mental and emotional health and wellbeing.

### **Useful links and guidance**

Time to Change

National Stress Awareness Day

Mental Health First Aid

ASIST

Corporate Health Standard

<http://www.publicmentalhealth.org/>

<http://www.healthyuniversities.ac.uk/toolkit/guidance-package-subsite.php?subSite=6>



## ***Box A1 – Governance, leadership and management / Mental and emotional health and well-being***

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# HE/FE Framework

## Getting Started

There are a number of key actions to implement prior to developing Healthy HE/FE within the setting:

- Formal Senior Management Team commitment to the programme.
- Choosing a named co-ordinator, consideration of where the co-ordinator would be best placed, at what level they will work, if they will be part time or full time and if this is a new post or if an existing role could be changed to reflect Healthy HE/FE work.
- Conducting an assets and needs assessment.
- Thinking about working groups and ensuring these groups are linked into the governance structure.
- Promotion and awareness raising.

# HE/FE Framework

## Getting Started (cont.)

The results of a needs assessment may require:

- Development of new, or amendments to existing policies and/or procedures.
- Provision of training.
- Establishment of curriculum links.
- Running of health campaigns.
- Developing of links with external partners.

# Framework Aims

1. To actively promote the development of positive self-esteem of all members of the college or university community.
2. To actively develop positive relationships in the daily life of colleges and universities.
3. To identify, develop and communicate a positive ethos which promotes respect to all, and a positive approach to health, the environment and the community.
4. To take every opportunity to enhance the environment of the college or university.
5. To develop good setting/community/home (including residential) links and shared activities.

# Framework Aims

6. To encourage all staff to fulfil their health promoting and ecological sustainability role, through staff development and training.
7. To develop and implement coherent health promotion and protection activities and experiences for all members of the college or university community.
8. To develop the setting as a health promoting workplace with a commitment to the health and well-being of all staff.



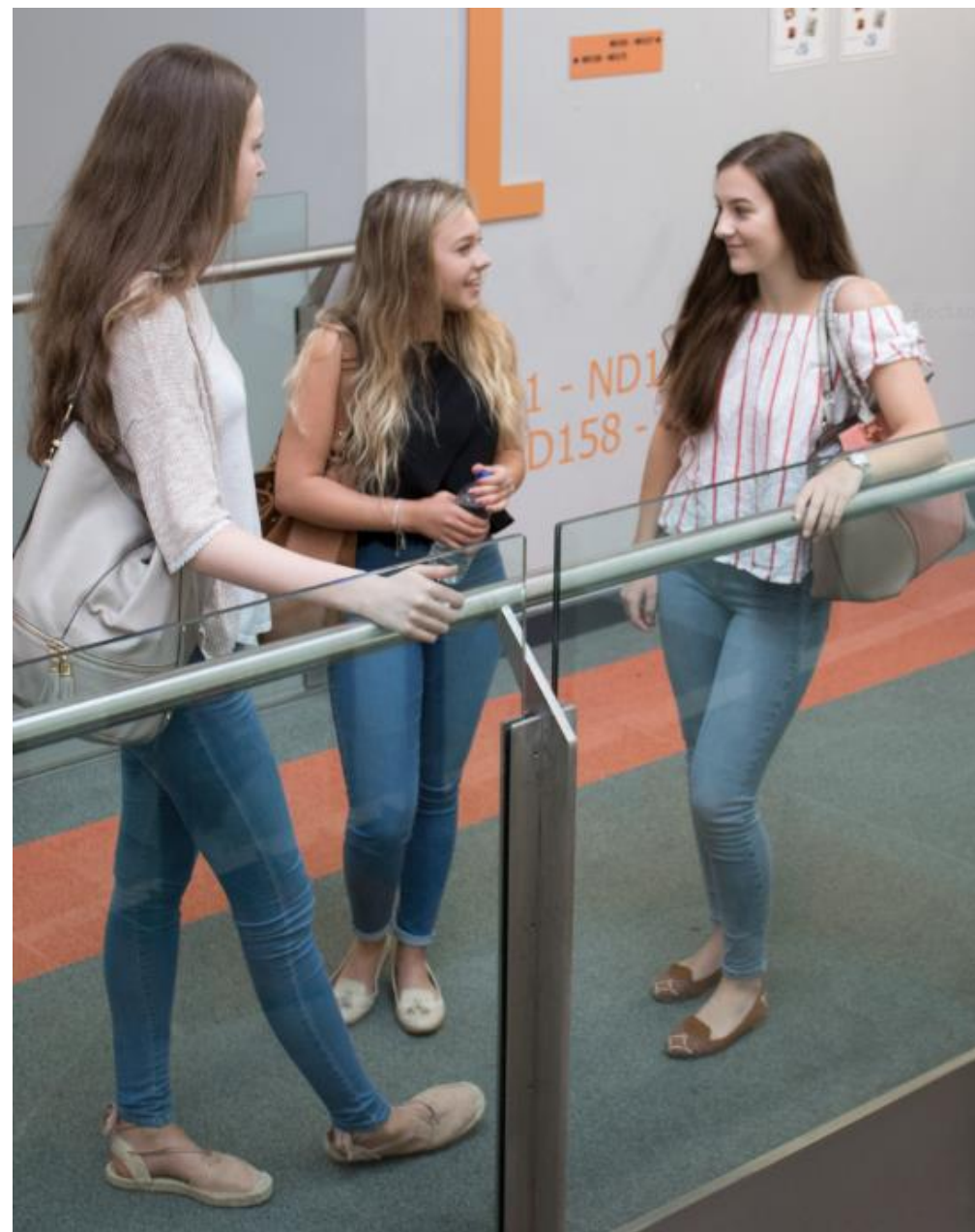
# Framework Aims

9. To develop consistent complementary policies and practice which reflect a positive approach to health and the environment.
10. To develop partnerships with appropriate outside agencies and individuals, for advice and active support for health promotion, protection and planning in the setting.
11. To ensure all staff and students within the college or university have their rights respected.

**Inaugural All Wales  
Healthy Colleges and  
Universities  
Networking Event**

**Wednesday  
24<sup>th</sup> January 2018**

**Cardiff Met University,  
Llandaff Campus**



Healthy Colleges and Universities  
Framework for Wales



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# Inaugural All Wales Healthy Colleges and Universities Networking Event

## Keynote Speakers include:

- Prof. Mark Dooris – Healthy & Sustainable Campuses
- Dr. Einir Young – Impact of the Future Generations Act
- Prof. Simon Murphy – Contribution of Research
- Carmen Smith - Contribution of NUS to Health and Well-being

## Workshops covering:

- Mental Health
- Staff Health
- Alcohol
- Wales HE/FE Network
- Imms & Vacs



# HE/FE Framework for Wales

## Any Questions?

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