UK Healthy Universities Network
Introduction and Overview

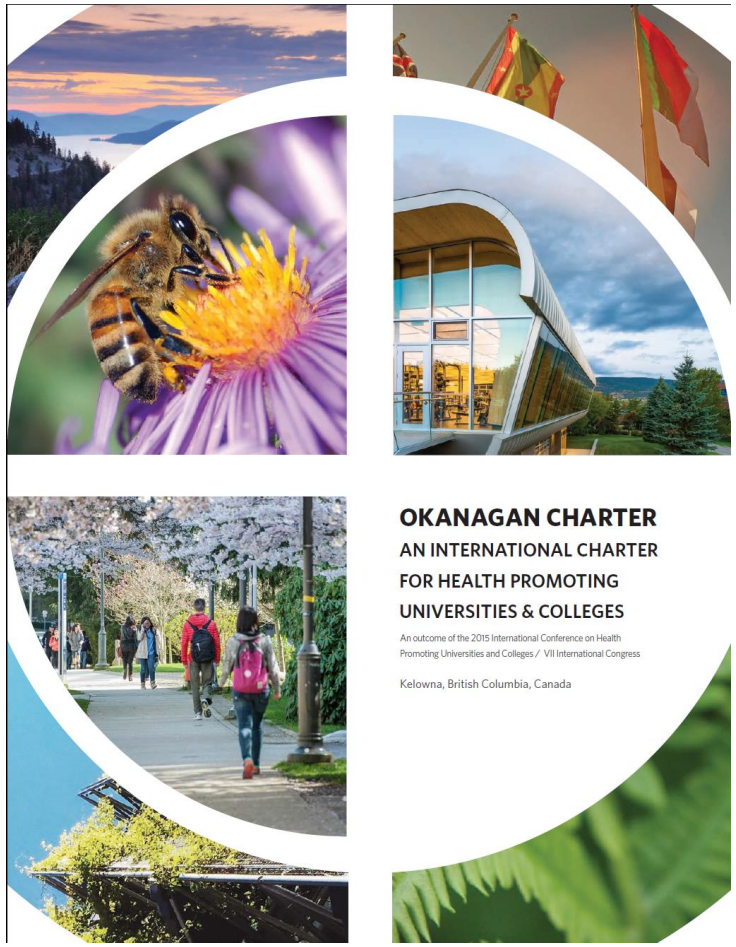
Prof. Mark Dooris
University of Central Lancashire
Co-Chair, UK Healthy Universities Network

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."

https://open.library.ubc.ca/cIRcle/collections/53926/items/1.0132754

Healthy Universities

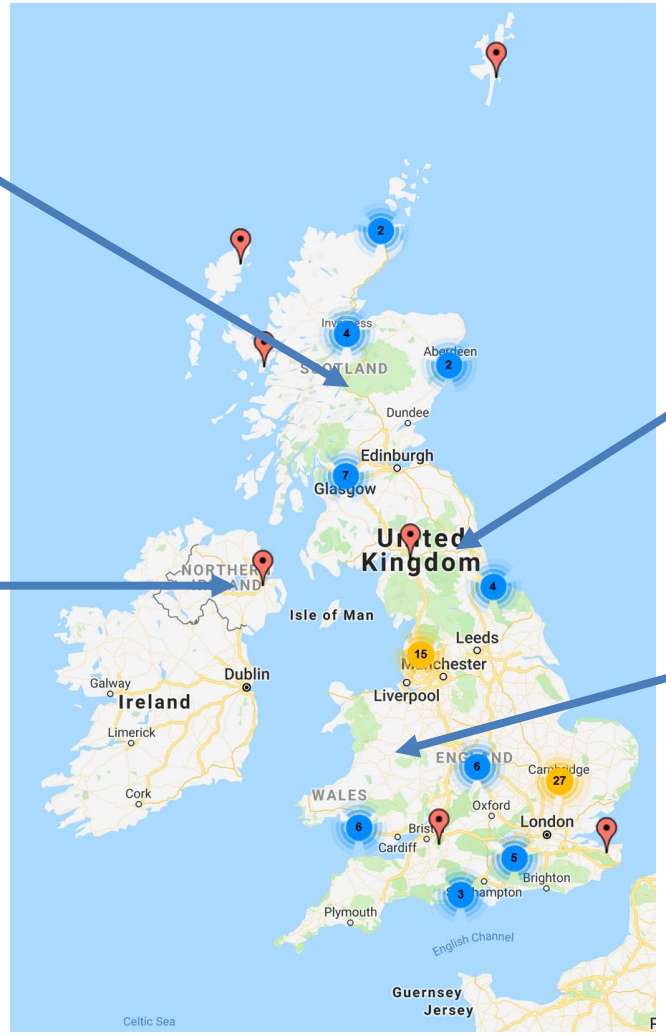
The Network

- The UK Healthy Universities Network has grown from just 6 universities at its first meeting in 2006.
- It now has representation from:
  - 83 UK HEIs [14 with 'executive commitment] – 68 England; 1 Northern Ireland; 8 Scotland; 6 Wales
  - 25 non-UK universities
  - 32 other stakeholder organisations.
- Network meetings/thematic learning sessions are held twice each year.
- Next meeting will be **13th May 2020, Teesside University, Middlesbrough - Thematic Focus: Healthy & Sustainable Food – Towards a Whole System Approach**.
- E-Newsletters, email peer-to-peer 'info' exchange' and updates.
- Advisory Group – HEIs / Public Health Agencies/ Higher Education Funding Bodies / Universities UK / NUS / Advance HE.
- Policy-Focused Summits

The Network – National & Regional Developments

Scottish ‘Sub-Network’ & SUII Funding

Northern Ireland – Ongoing Discussions with Queen’s & Ulster Universities, with Department for Health & Social Care, and with colleagues in Republic of Ireland



North East – Informal ‘Sub-Network’

Wales – Ongoing Liaison & Developments

Website

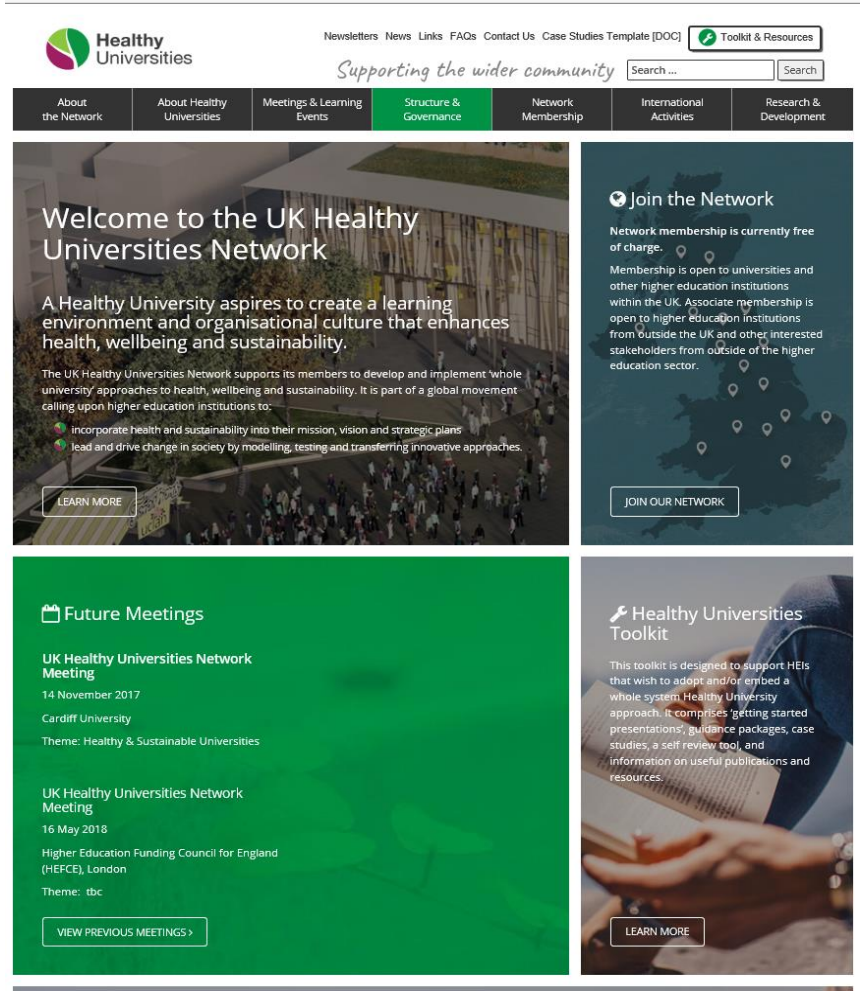
Since Launch in 2010:

- 47,911 visitors

  [41,136 November 2019]

- 176 countries

  [168 November 2018]



www.healthyuniversities.ac.uk

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 2019 deadline]:

- Updates
- News Items
- Features

Send to: healthyuniversities@uclan.ac.uk

Healthy Universities

Research Network Invitation/Request

Teesside University is applying to the UK Prevention Research Partnership for network funding to work on university student mental health – focused on an AI-enabled e-buddy for predictive and personalised mental health care for first year under-graduate students.

If anyone is interested in joining this bid/network as a potential partner please email:

Hazel Wright H.Wright@tees.ac.uk

by 8th November 2019.

Policy-Focused Summit and Advisory Group
23rd October, London

Key issues discussed:

- **Future Sustainability of Network:** Consultative Review and Options Appraisal undertaken and final report discussed.
- **Alignment with Stepchange and University Mental Health Charter:** Discussion highlighted the importance of:
  - Stepchange's rebranding as 'Mentally Healthy Universities' including an explicit acknowledgement of how the conceptual/theoretical underpinnings of Healthy Universities and the UKHUN have informed/influenced the thinking and how a focus on mental health needs to be connected to the wider Healthy Universities vision.
  - Articulating a clear understanding of what 'whole university' and 'whole system' approaches mean – highlighting a focus on 'whole population', 'whole institution' and 'whole health'; on both 'horizontal' place-based and 'vertical' life-course connections; and on wider determinants that may lie outside the control of individual universities.