Developing a Whole System Healthy University Approach

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Swansea HUG – University & beyond....

- Set up in January 2011 after Swansea became designated WHO Healthy City
- Members from Professional Services, Colleges and SU
- Seen as significant contributor to and partner in Healthy City Board
- In phase VI WHO Healthy Cities submission, Swansea University submitted supporting actions in all areas
- Ability to link community initiatives to research capacity
Challenges

• Moving from ‘silos’ to ‘themes’
  o Securing resource through business planning
  o Collective ownership of change, development
  o How to ascribe achievement/success?
  o Establishing level of priority
• Not embedded in governance or line management structure
• Can be seen as a ‘talking shop’, which undermines commitment
• Meaningful strategy or collection of initiatives?
The Ottawa Charter’s action areas as a framework for a Healthy University strategy

Create Supportive Environments
- Assess health impact of the university’s social and physical environments
- Implement Equality & Diversity Strategy
- Meet Health and Safety regulations
- Conduct staff and student satisfaction surveys
- Implement Sustainable Development Strategy

Develop Personal Skills
- Facilitate learning to prepare people to respond/cope with health issues
- Provide information, educate for health, enhance life skills for people to exercise more control over their own health and their environments and be empowered to make choices conducive to health

Build Healthy Policy
- Develop specific health policies, e.g. Stress Management, Smoking, Bullying, Alcohol and Drugs
- Ensure that all policies and strategies incorporate health as a key criterion and take account of health issues

Strengthen Community Actions
- Encourage active involvement of staff, students and local community in setting priorities, making decisions, planning strategies and implementing them
- Combine top down and bottom up approaches

Develop Health Services
- Review, audit and monitor current university health services
- Respond to service user needs, health research and best practice
- Develop appropriate, inclusive and accessible services

Healthy University Group
Enhancing the wellbeing of our community
Progress

• Health Centre/Wellbeing Services/ Sports Centre Referral Programme 2011
• Joint University/Student Union Alcohol and Drug Policies 2012
• Student Mental Wealth Society established 2012
• First Student Wellbeing Survey 2012
• First Faith Week 2013
• New Community Liaison post jointly funded with South Wales Police, CCoS, UWTSD Swansea and Gower College 2013
• Hosted Alcohol in HE Toolkit Launch 2013
• Commenced work on Internet Awareness 2013
• Social Networking Guidelines 2014
• University/SU signed Time to Change Pledge 2014
• Pilot institution in Home Office funded Alcohol Impact Study 2014
2014 Structure

- Expand research links to ensure services are research led
- Review Alcohol/Drug policies 2013/14 using Toolkit
- Aim to become an 'Internet Aware' University
- Ensure HUG membership continues to be inclusive
- Increase the reach, influence and impact of HUG
- Sustain a presence in the Healthy Universities Network
- Continue to engage with the Welsh Government Healthy FE/HE initiative
- Contribute to Healthy City Swansea through Healthy City Board
- Contribute to Community cohesion through Community Liaison Partnership & Community Cohesion Assurance Group
- Increase the visibility of the Healthy University brand
SMG Terms of Reference

To ensure:

• coherence and cohesion of strategy in all areas
• senior level ownership of themes
• balanced funding and resource allocation
• coherent and effective health promotion across the University
• coherent and effective protection and promotion of Swansea University brand
Progressing themes

Healthy University Group

- Drug & Alcohol WG
- Internet Awareness WG
- Active Lifestyle WG
- Mental & Emotional Wellbeing WG
- Sexual Health
- Corporate Health Standard WG
Looking forward

• Expand research links to ensure services are research led
• Review Alcohol/Drug policies 2013/14 using Toolkit
• Partner in Home Office Alcohol Impact Study
• Corporate Health Standard
• Secure additional resource to ensure sustainability of gains
• Use Welsh Government initiative to inform and support
• Strengthen relationship with Healthy City Board & Community Cohesion Assurance Group
• Increase the visibility of the Healthy University brand
• Increase the reach, influence and impact