Healthy Universities Toolkit

Self Review Tool: Experiences, Reflections and Discussion

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Overview

- Response to demand from Healthy Universities Network members
- Designed to support HEIs that wish to adopt and/or embed a whole system Healthy Universities approach
- Includes Self Review Tool, Case Studies and Guidance Packages
- Guidance Packages:
  - Whole System Approach
  - Policy and Planning
  - Health and Sustainable Development
  - Communicating Health
  - Student Experience
  - Staff Experience
  - Mental Wellbeing
Healthy Universities: Website

Welcome to Healthy Universities

“A Healthy University 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.”

This website has been developed as part of the Higher Education Funding Council for England (HEFCE) funded project Developing Leadership and Governance for Healthy Universities. It supports a whole university approach to health and wellbeing.

National Network

The English National Healthy Universities was established in 2006 and aims to offer a facilitative environment for the development of a whole university approach to health and wellbeing.

Developing Leadership and Governance

Developing Leadership and Governance for Healthy Universities is led by the University of Central Lancashire and Manchester Metropolitan University, working together with the Royal Society for Public Health and the Leadership Foundation for Higher Education and partnered by Leeds Trinity University College, Nottingham Trent University, Teesside University and the University of the West of England. It is funded by HEFCE’s Leadership, Governance and Management Fund.

If you have any comments about the site, or ideas about how it can be improved please contact us at healthyuniversities@uclan.ac.uk.

Getting Started

This section of the site contains resources for universities that are interested in taking the initial steps towards a whole university approach to health and wellbeing.

Toolkit

The Toolkit comprises a collection of resources designed to support the adoption of the whole system Healthy University approach.

www.healthyuniversities.ac.uk
Self Review tool – What is it for?

- a mechanism for HEIs to review and reflect on their progress in embedding a whole system approach to health and wellbeing into their core business and culture
- designed to encourage and facilitate strategic-level engagement and partnership development within individual HEIs
- Ideally, a multi-departmental and multi-service cross-university group should use it to assess progress and inform planning…
Self Review Tool Headings

1. Leadership and Governance
2. Service Provision
3. Facilities and Environment
4. Communication, Information and Marketing
5. Academic, Personal, Social and Professional Development
Under each sub-heading, there are statements giving an opportunity to reflect and review current progress by choosing one of four qualitative responses:

- No not at all

- Thinking about it

- Working on this currently

- Yes we are there
Activity

- Who could answer these questions?

- Who should coordinate the work?
Activity

- What would be the problematic sections for your institution?

- Which question would you like to be working on right now – priorities
Healthy Universities: Self Review Tool

1) Leadership and Governance

Corporate Engagement and Responsibility

1. The university’s core aims and strategic plans for improving the health, safety and well-being of all members of the university community.
   - Yes, we are there
   - Yes, but it is not always implemented
   - It is not something that the university will do

2. The university has a process for assessing the impact of its initiatives and prioritizing areas for improvement.
   - Yes, we are there
   - Yes, but it is not always implemented
   - It is not something that the university will do

3. The university’s policies and procedures do not support the well-being of all members of the university community.
   - No, we are not there
   - Yes, but it is not always implemented
   - It is not something that the university will do

4. The university has a process for ensuring that its policies and procedures support the well-being of all members of the university community.
   - Yes, we are there
   - Yes, but it is not always implemented
   - It is not something that the university will do

5. The university works in partnership with the local public health/health improvement organisations to ensure that it contributes to local health priorities.
   - Yes, we are there
   - Yes, but it is not always implemented
   - It is not something that the university will do

www.healthyuniversities.ac.uk/toolkit
Problems

- Students and staff processes are often different
- Subjective
- The form is big and has to be done sequentially
- There is no ‘don’t know’ option
- No-one likes to be red!
Opportunities

- Good to get people together and get some healthy competition going
- Baseline on which to look back
- Some standards to help others understand what a whole systems approach may look like
- Gives ideas about what to concentrate on next…