Health Promoting Universities in England: Approaches, Challenges and Networking

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Healthy Settings Development Unit

To improve the health of the people of North West England & beyond by supporting the development of the settings-based approach to health promotion.
Some UK facts & figures

- 117 universities in UK
  - 74 England, 13 Scotland,
  - 2 Wales, 2 Northern Ireland
- 1.8 million students
- Since 1995, 40% increase in student numbers
- 274,000 overseas students

Sources: HEFCE, UniversitiesUK
Background to HPU in UK

- ‘94/’96 Lancaster University 1st HPU
- ‘95 Uclan pilot
- Oxford Brookes
- Middlesex
- Newcastle Upon Tyne
- Bolton
- Durham
Approaches

- Consultation & involvement
- Policy & strategic development
- Training
- Campaigns
- Projects
- Service development
- Involving students
  - Peer education
  - Volunteering
  - Student placements
Health Promoting University

AIMS

- to integrate within the University's culture, processes and structures a commitment to health and to developing its health promoting potential

- to promote the health and well-being of staff, students and the wider community
Health Promoting University: Agenda for Action

- Policy & Planning
- Supportive Workplace
- Healthy Student & Personal & Social Development
- Health-Promoting Environments
- The Wider Community
- Academic Development

UNIVERSITY OF CUMBRIA
Health Promoting University Structure

Directorate

HPU Steering Group

Working Groups
- Stress Management
- Travel Plan
- Bycle User Group
- Lifestyle Club
- Volunteer project

On-going work
- Campaigns
- Research
- Student based work
- Building design
- Health Centre

HPU Advisory Group
Transport

- Travel Plan
- BUG
Mental Health

- Stress Management Policy/Action Plan
- Student research...campaign
- Staff Training
Student involvement

- touch volunteers
- Student Union
- curriculum

Who’s watching your drink
If you’re not?
Keep an eye on your drink
Challenges...

- **Strategic context**
  - Focus on health inequalities
  - Universities low on agenda
- **View of universities**
- **No national standards/structures**
- **Building the evidence**
University literature review 03-04

- 104 articles identified
- 95 student related / 9 staff related

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Networking

- No formal university network
- Lack of co-ordination
- HSDU not funded to work with education settings
- Colleges networking increasing
- Increased links with EU partners