

# 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*



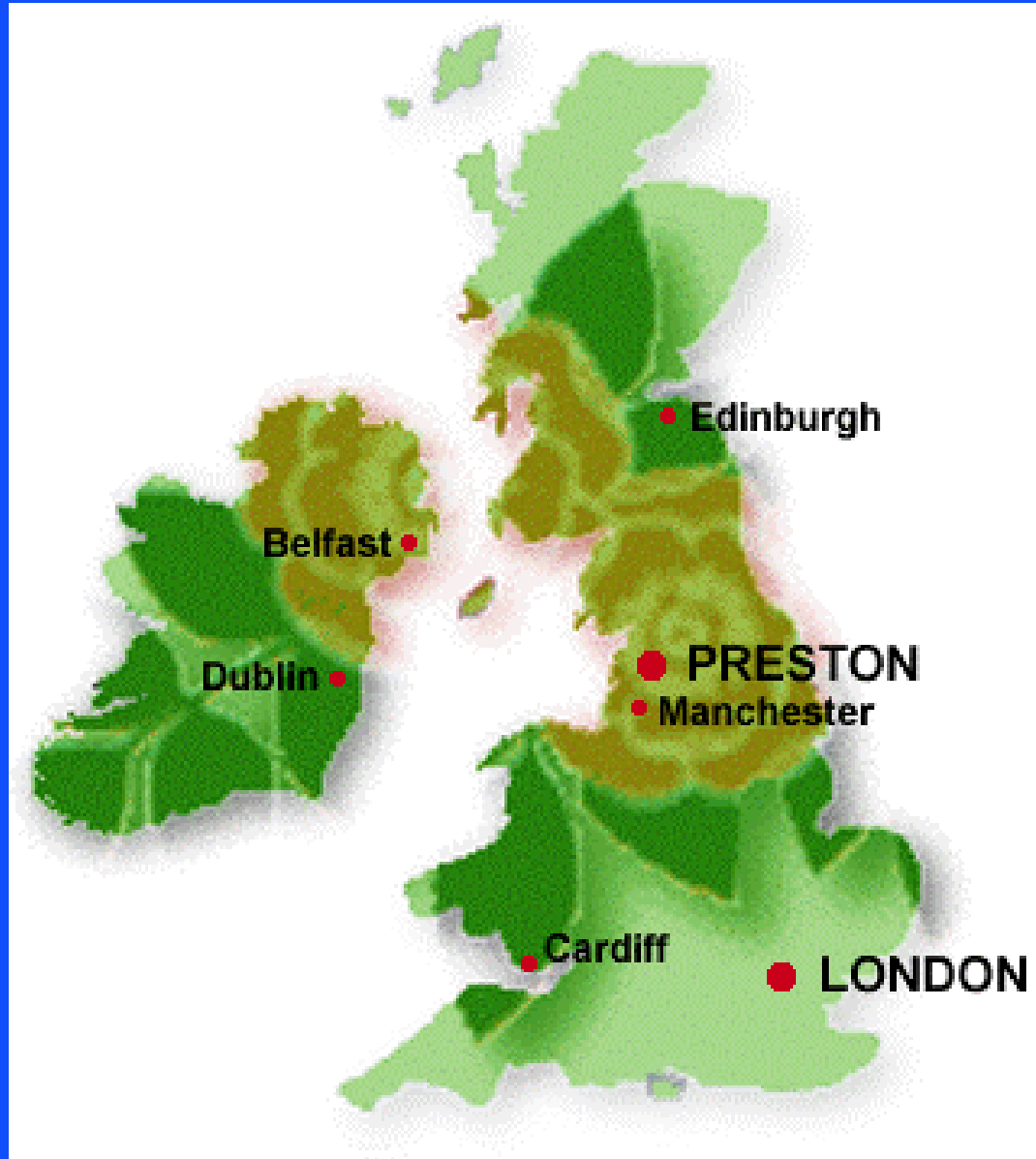
# Background to HPU in UK



- '94/'96 Lancaster University 1<sup>st</sup> 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





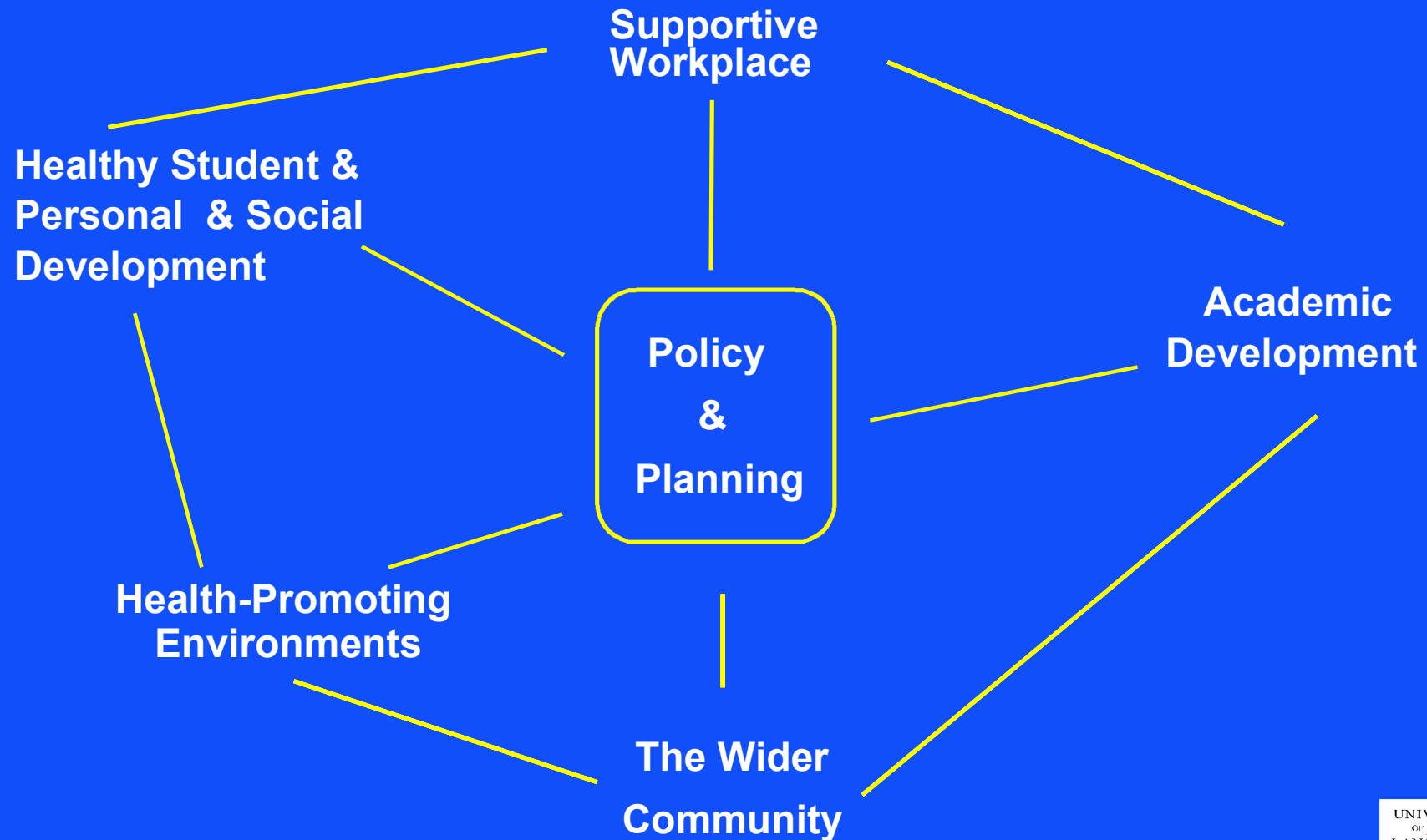
# Health Promoting University

## AIMS

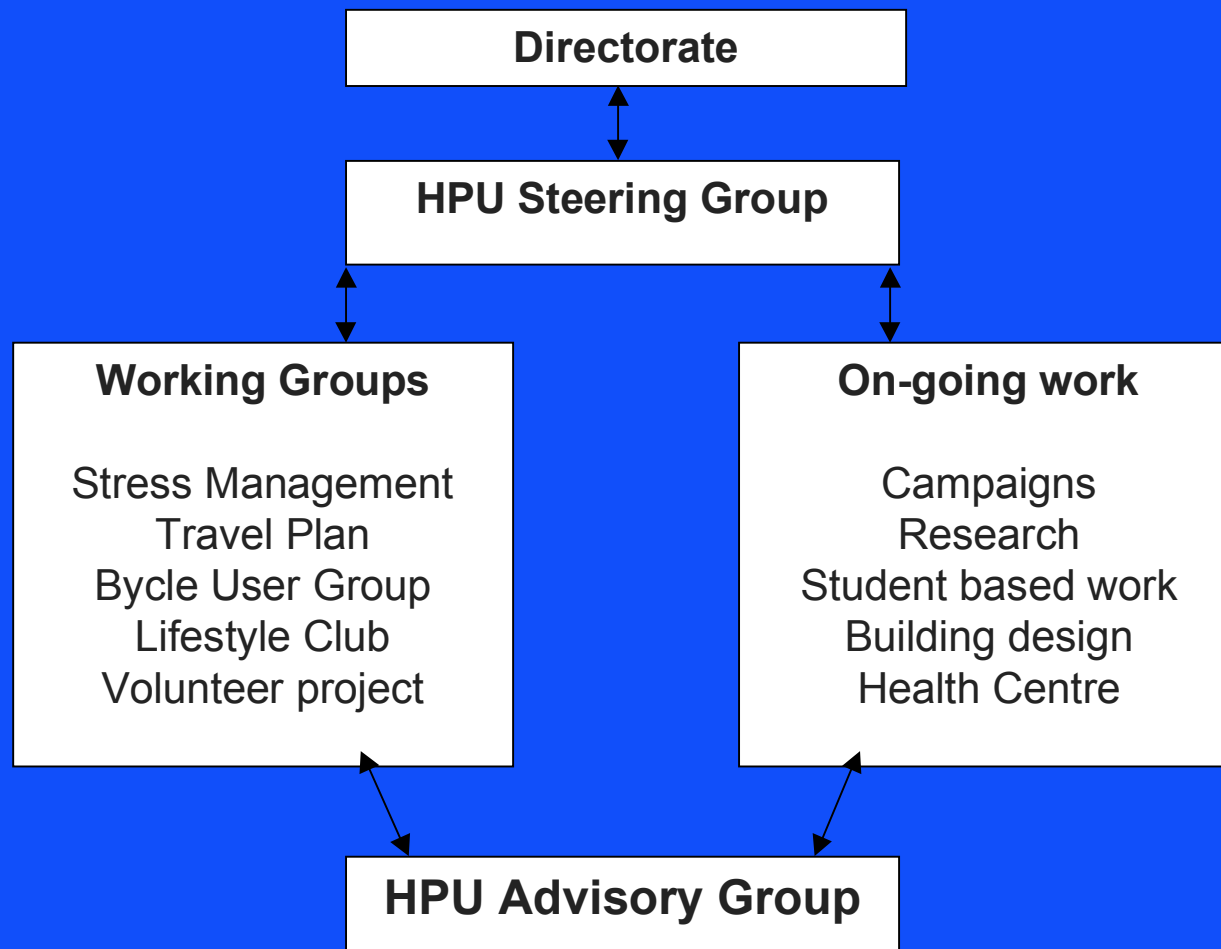
- to integrate within the University's culture, processes and structures a commitment to health and to developing its health promoting potential
- to promote the health and well-being of staff, students and the wider community



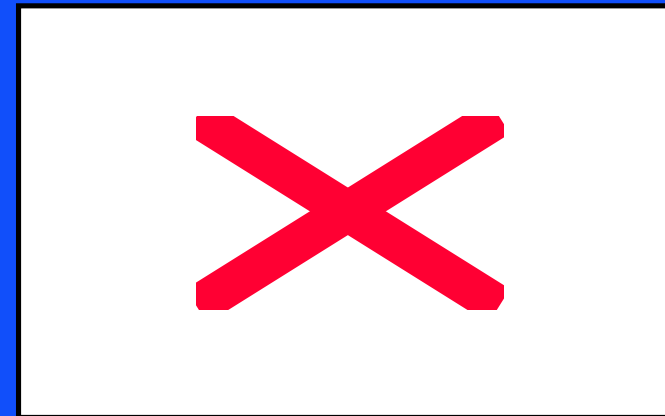
# Health Promoting University: Agenda for Action



# Health Promoting University Structure



# Transport



- Travel Plan
- BUG

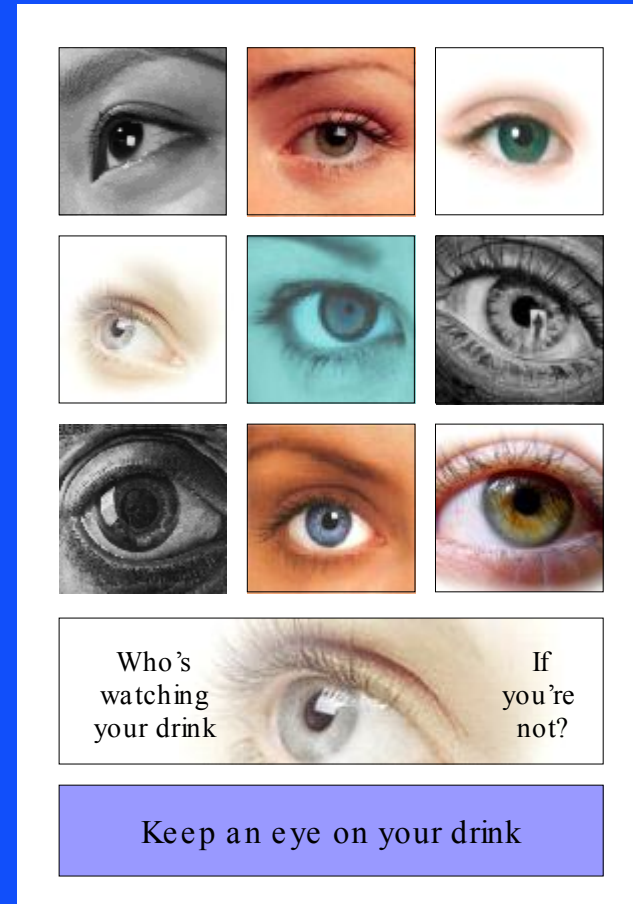
# Mental Health

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



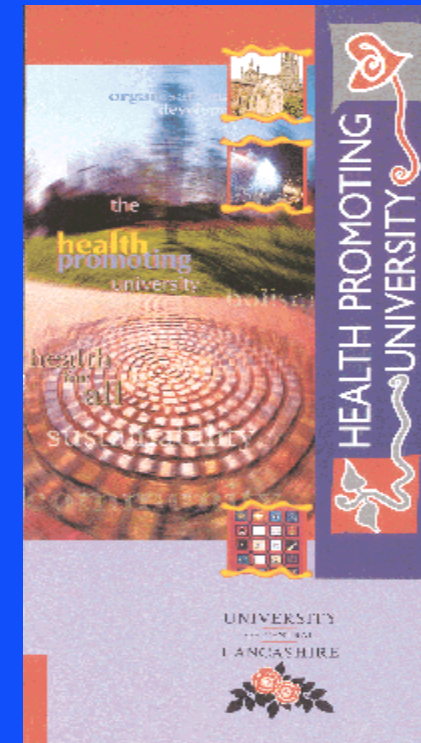
# Student involvement

- touch volunteers
- Student Union
- curriculum



# 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

Alcohol/drugs - 13	Cancer – 3	Health behaviour – 3
Sexual health – 13	Arthritis – 1	Partnerships – 3
Smoking – 11	Air quality – 1	Health needs - 2
Mental health – 10	Settings/HPU – 15	Services - 1
Physical activity - 9	Health programmes – 15	
Healthy eating – 8	Policies – 4	

# 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



