Untapped potential of healthy universities in New Zealand

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Health Promotion Forum
Workshop content:

- *Introducing the health promoting settings concept* – Karen Hicks
- *Health Promoting Schools* – Therese Ireland-Smith
- *The Healthy University, opportunities to improve population health and wellbeing* – Gil Barton
- *Health Promoting Universities: Concepts, critique, and strengthening practice* – Heather Came & Keith Tudor
- Q & A session
- Facilitated interactive session
The Ottawa Charter

“Health is created and lived by people within the settings of their everyday life; where they learn, work, play and love”

(Ottawa Charter for Health Promotion, 1986)
WHO Principles of the Settings Approach
(http://www.who.int/healthy_settings)

- Equity
- Supportive Environments
- Empowerment
- Community Participation
- Partnership
Whole Systems Approach
(www.healthyuniversities.ac.uk)

- Ethos & Environment
- Participation & Partnerships
- Views, skills, & experience
- Cultural change
- Sustainable change
- Links activities

Provides a framework
Social Ecological Theory
Features of the Settings Based Approach

- Ecological, holistic and whole systems approach
- Strong leadership & direction to manage & change culture
  - Partnership both within and external to setting
  - Working with individuals skills & capabilities
- Empowering approach for participation and sustainability

(WHO, 2013 Introduction to Healthy Settings)