



University of
Central Lancashire
UCLan

Healthy Campuses: Mobilising for the Future Wellbeing of People, Place & Planet

Mark Dooris

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Healthy and Sustainable Settings Unit

Where opportunity creates success



Outline

Context & History



Theory & Practice



Global Picture, Experience & Insights



Challenges & Opportunities for HEIs



Reflections: Role of Higher Education Authority

Outline

Context & History



Theory & Practice



Global Picture, Experience & Insights



Challenges & Opportunities for HEIs



Reflections: Role of Higher Education Authority

Context: Higher Education

Universities play an increasingly important role in society:

- 2000: 100 million enrolled students globally
- 2016: 216 million enrolled students globally
- 2040: 594 million enrolled students globally

But...what are universities for?

- communities of learning and development
- sources of expertise and vocational identity
- sites for generation/evaluation of knowledge
- contributors to and shapers of society



UNESCO: Universities as key driver for cultural, economic & social development, as a capacity-builder and as a promoter of human rights, sustainable development, democracy, peace & justice.

<http://monitor.icef.com/2018/10/study-projects-dramatic-growth-global-higher-education-2040/>
https://www.epigeum.com/downloads/ulm_accessible/uk/01_intro/html/course_files/in_2_10.html

<https://en.unesco.org/themes/higher-education>

Context: Higher Education

“Ireland’s HEIs will be open, transformative, transnational, regionally rooted, deeply networked, sustainable, diverse, engaged and discernibly Irish.” (p10)

The principal purposes of HEIs are to:

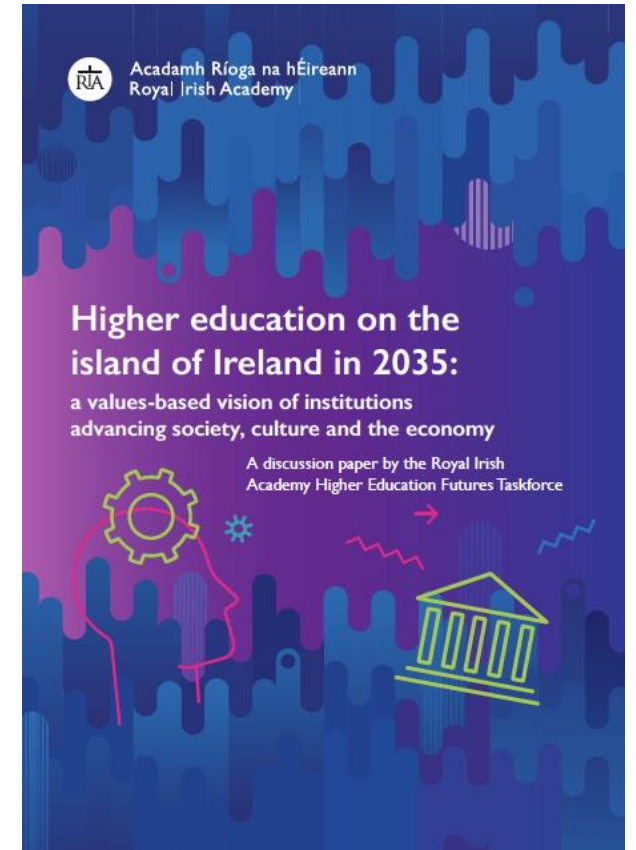
- Empower citizens of diverse ages and backgrounds to become lifelong learners, acquiring the values, knowledge, critical thinking and communication skills they seek or require for personal fulfilment, employment and active, responsible
- Create knowledge through research and learning and apply it through innovation, mindful of societal needs and guided by the UN Sustainable Development Goals (SDGs) and the EU Green Deal.
- Advance society as a whole and share expertise with industry, the arts and tourism sectors and external stakeholders to foster an ecologically sustainable, inclusive, diverse, just and economically successful Ireland. (p5)



Context: Higher Education

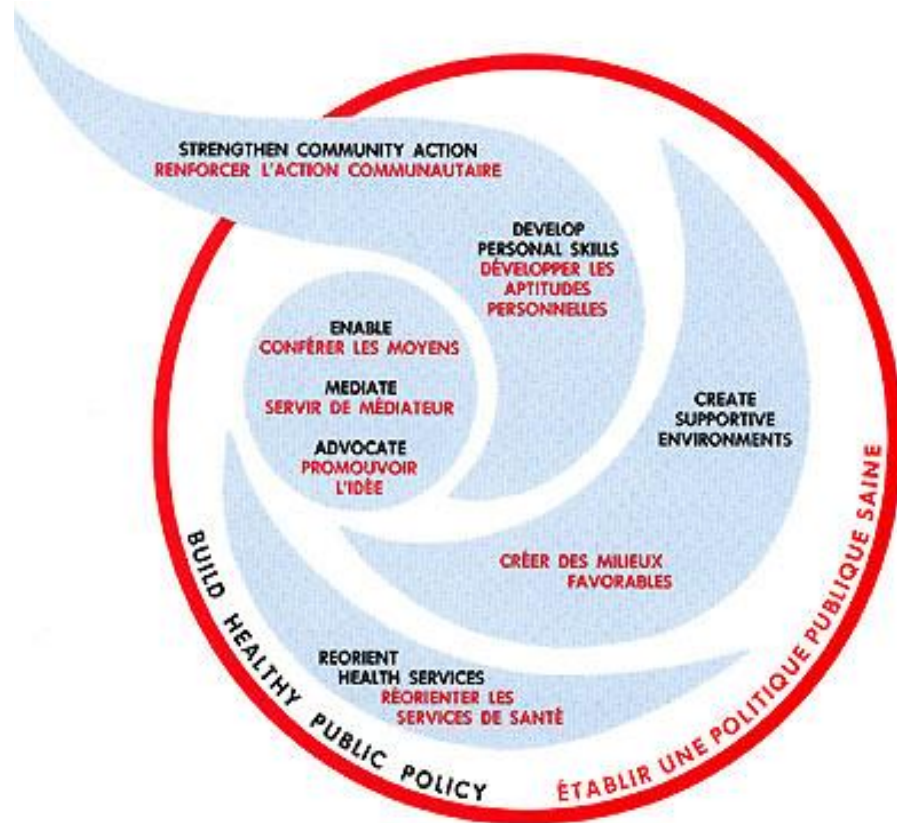
“Universities are both apart from and a part of society. They are apart in the sense that they provide a critically important space for grasping the world as it is and – importantly – for reimagining the world as it ought to be...But universities are also a part of our societies. What’s the point unless the accumulated knowledge, insight and vision are put at the service of the community? With the privilege to pursue knowledge comes the civic responsibility to engage and put that knowledge to work in the service of humanity.” (p5)

Speech by the President of Ireland, Michael D. Higgins



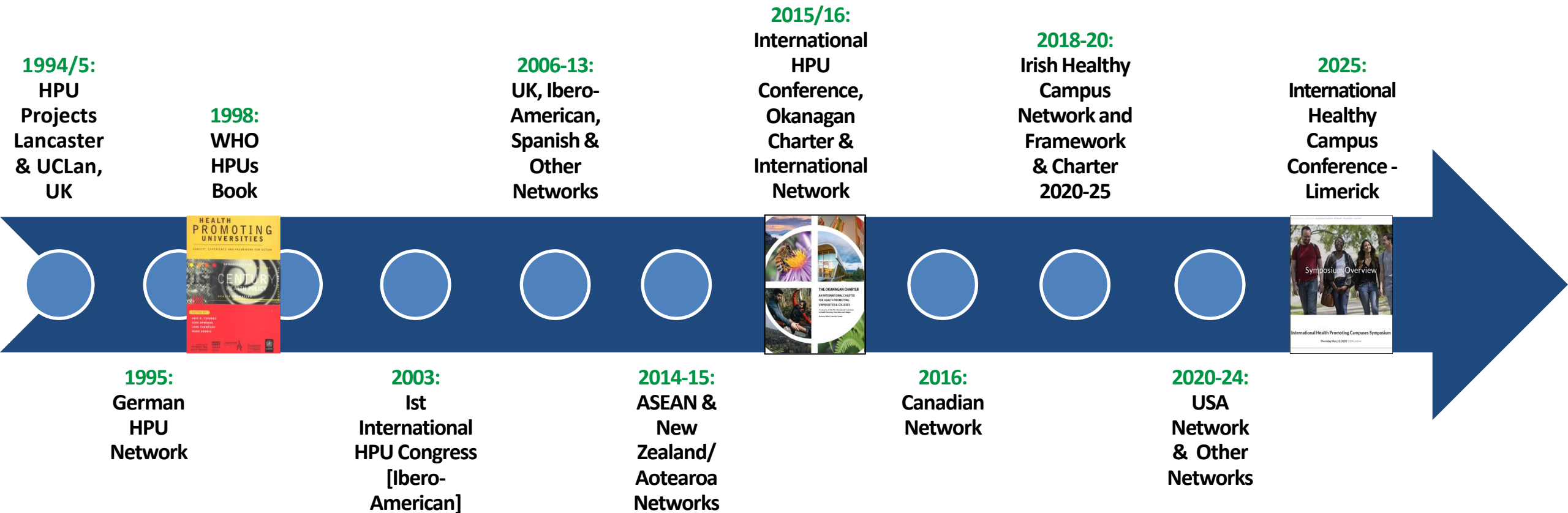
Healthy Campuses: Origins

“Health promotion is the process of enabling people to increase control over, and to improve, their health.”



“Health is created and lived by people within the settings of their everyday life; where they learn, work, play and love. Health is created...by ensuring that the society one lives in creates conditions that allow the attainment of health by all its members.”

Healthy Campuses: History & Evolution:



Outline

Context & History



Theory & Practice



Global Picture, Experience & Insights



Challenges & Opportunities for HEIs



Reflections: Role of Higher Education Authority

Healthy Campuses: What?

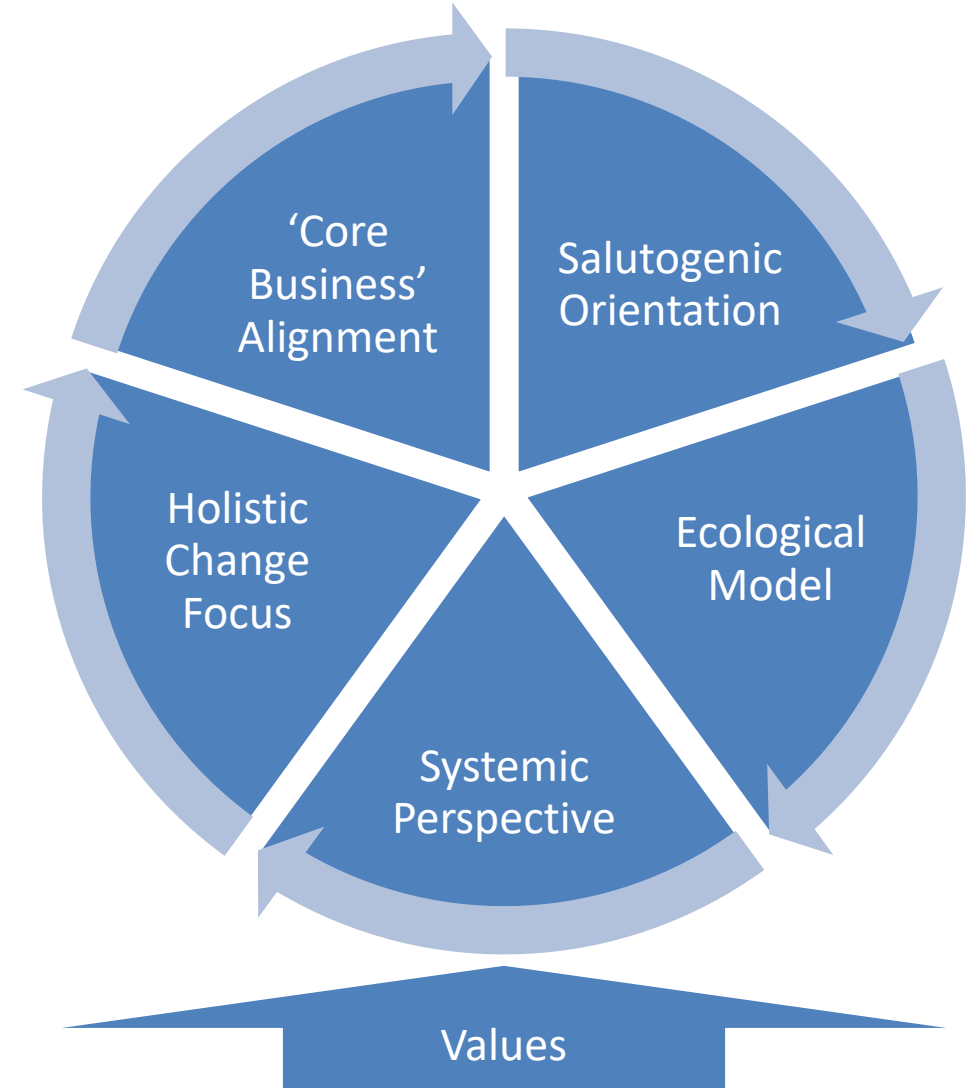


“If the frogs in a pond started behaving strangely, our first reaction would not be to punish them or even to treat them. Instinctively, we'd wonder what was going on in the pond”

DAN REIST, UVIC, CANADIAN INSTITUTE FOR
SUBSTANCE USE RESEARCH

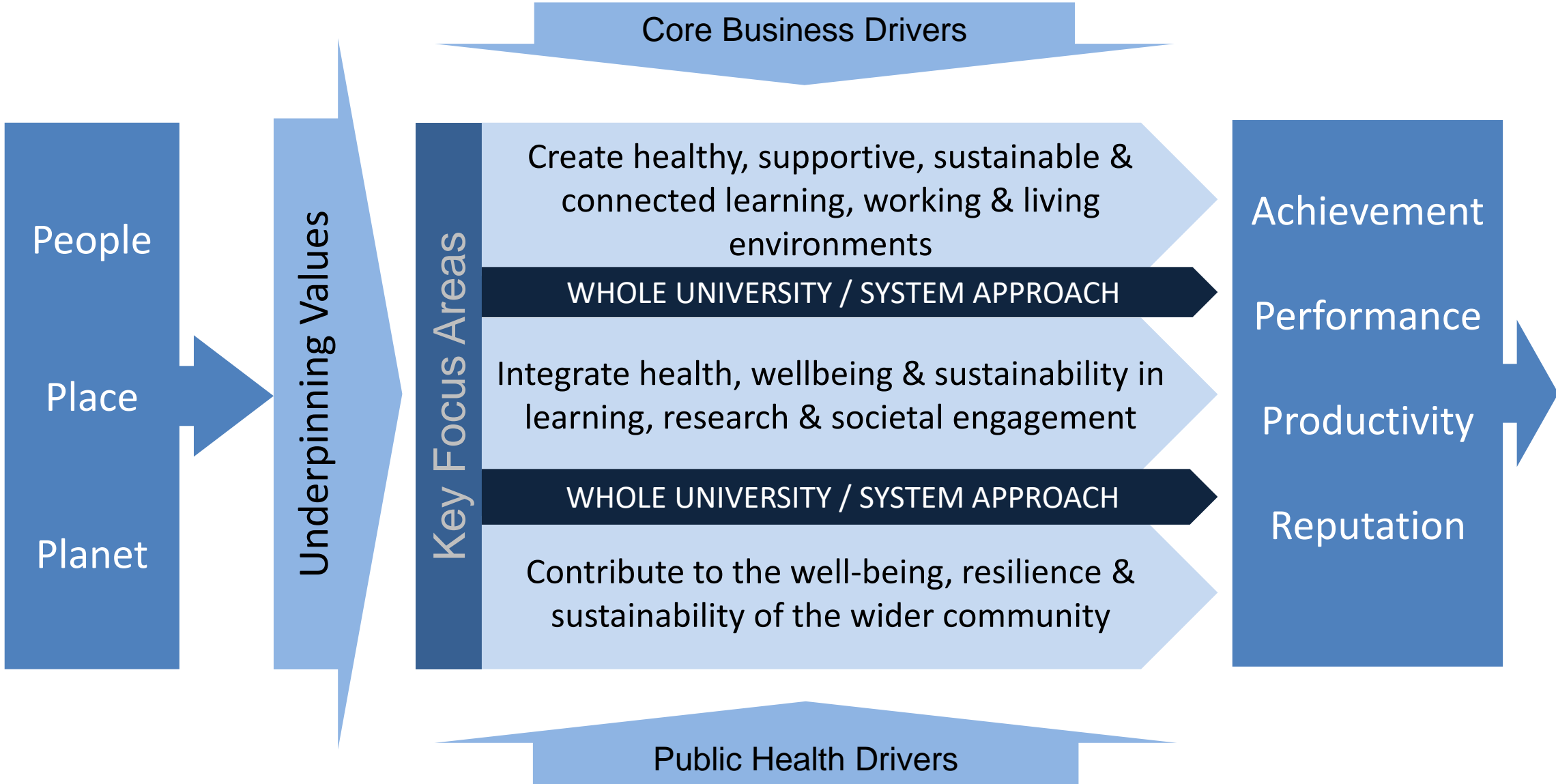
Healthy Campuses: Conceptual Framework and Characteristics

Sustainability
Empowerment
Comprehensive
Systemic
Participation
Inclusion
Justice
Whole
Equity
Systemic
Holistic
Ecological
Salutogenic



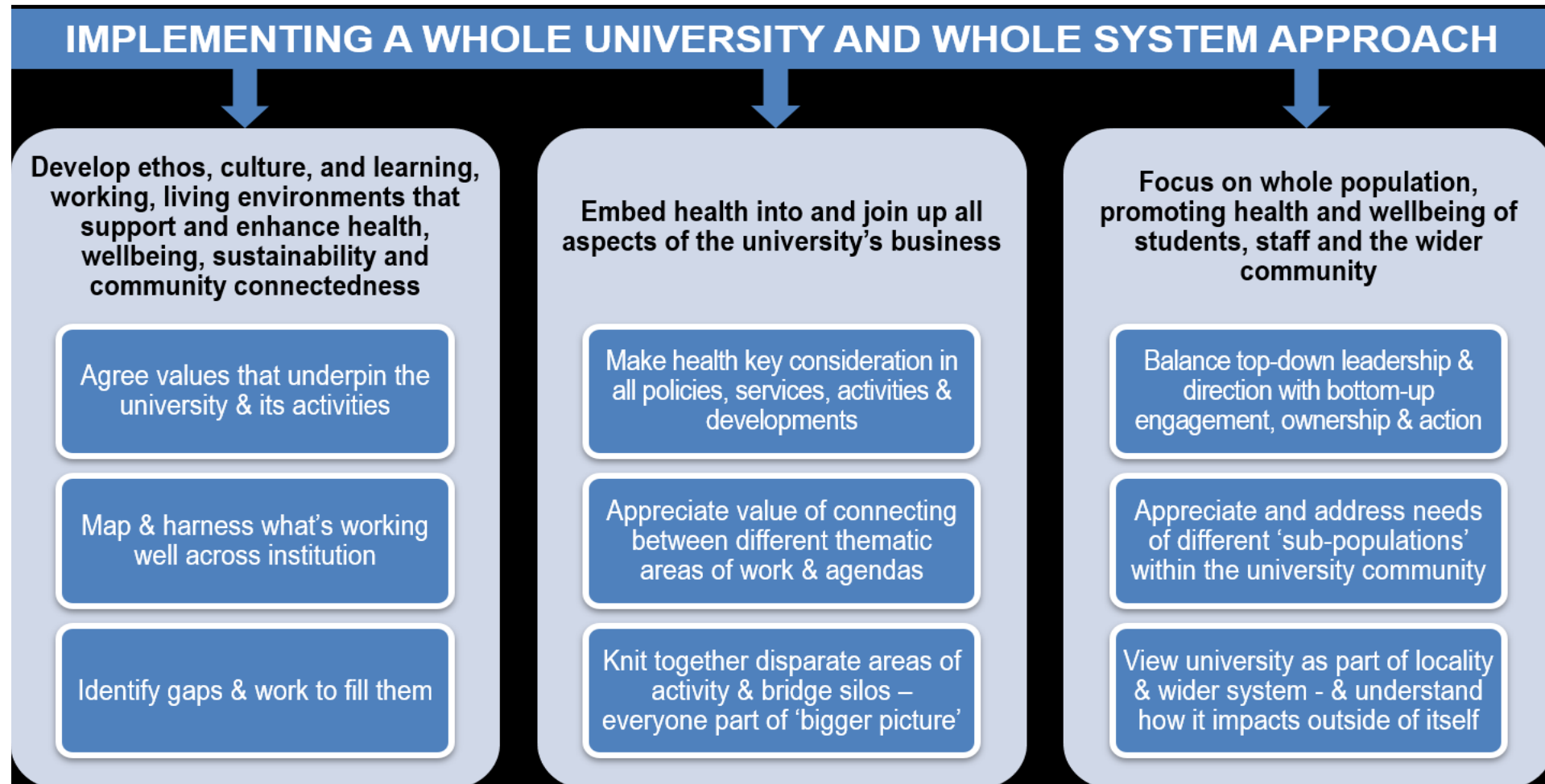
Source: Adapted from [Dooris, 2006](#), [Dooris et al, 2007](#)

Healthy Campuses: How?



Adapted from Dooris et al., 2010 (drawing on Baric, 1993)

A Whole University/Whole System Approach



Adapted from:

Dooris, M., Powell, S. and Farrier, A. (2018) *Healthy Universities: Whole University Leadership for Health, Wellbeing & Sustainability*. London: Leadership Foundation for Higher Education/Advance HE.

See also:

Dooris, M., Powell, S. & Farrier, A. (2019) *Conceptualizing the 'whole university: an international qualitative study*. *Health Promotion International*, 35(4):730–740

Dooris, M., Powell, S., Parkin, D. and Farrier, A. (2021) Healthy Campuses: effective leadership for health, well-being and sustainability. *Health Education*. 121(3): 295-310. [https://doi.org/10.1108/HE-12-](https://doi.org/10.1108/HE-12-2020-0121)

[2020-0121](https://doi.org/10.1108/HE-12-2020-0121)

Healthy Campuses: Application

Universities are large, complex & distinctive organisations. If we are to advocate in terms of 'core business', we must consider:

- 🌍 what this means & what the entry & leverage points are.
- 🌍 cultural specificities & influencing factors



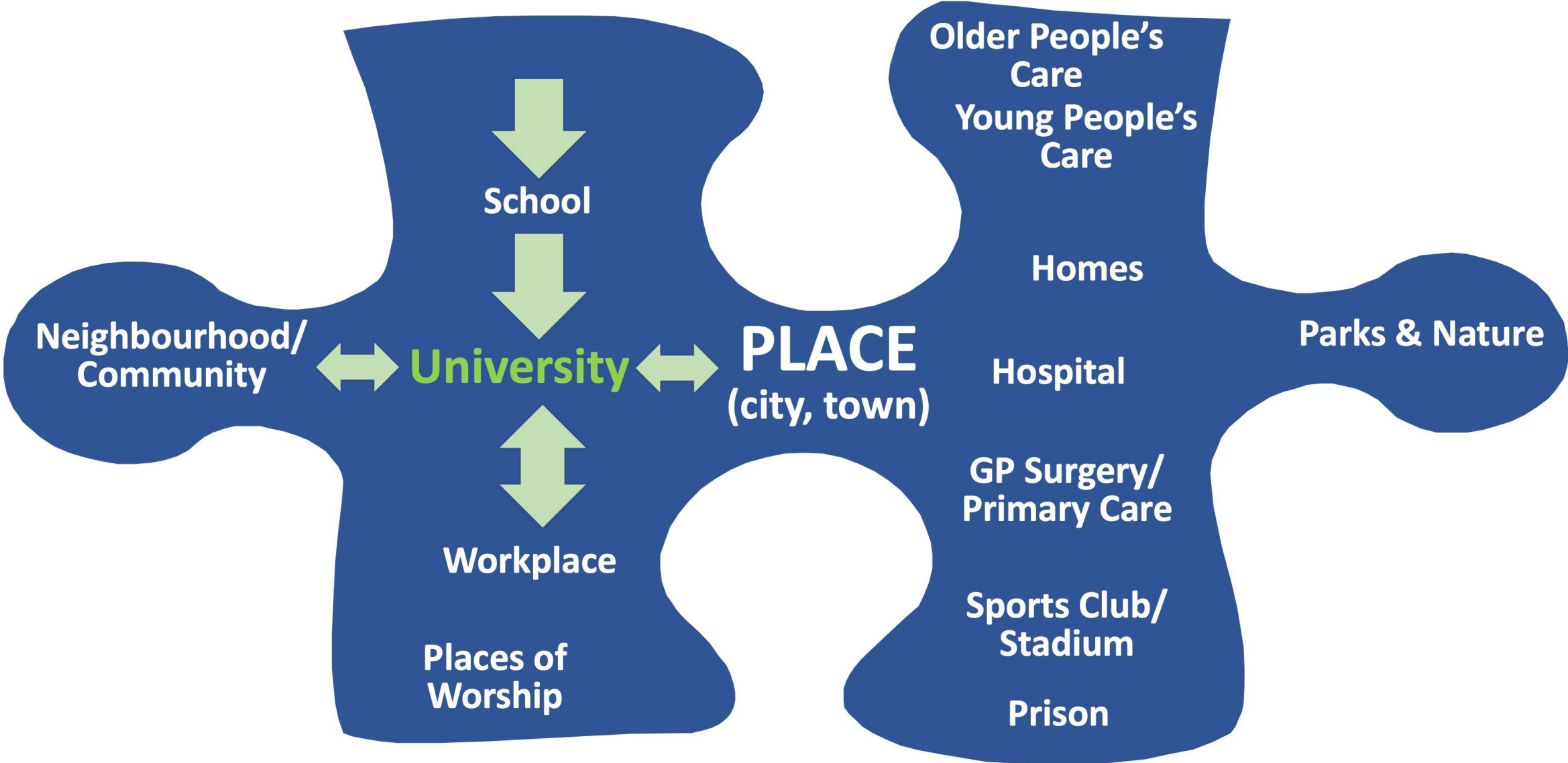
Abercrombie, Gatrell & Thomas, 1998 (in [Tsouros et al, 1998](#))

[Suárez-Reyes & Van Den Broucke, 2016](#)

[Suárez-Reyes et al, 2019](#); [Suárez-Reyes et al 2021](#)

Healthy Campuses

Within the 'ecosystem' of Healthy Settings



Healthy Campuses

Within the 'ecosystem' of Healthy Settings

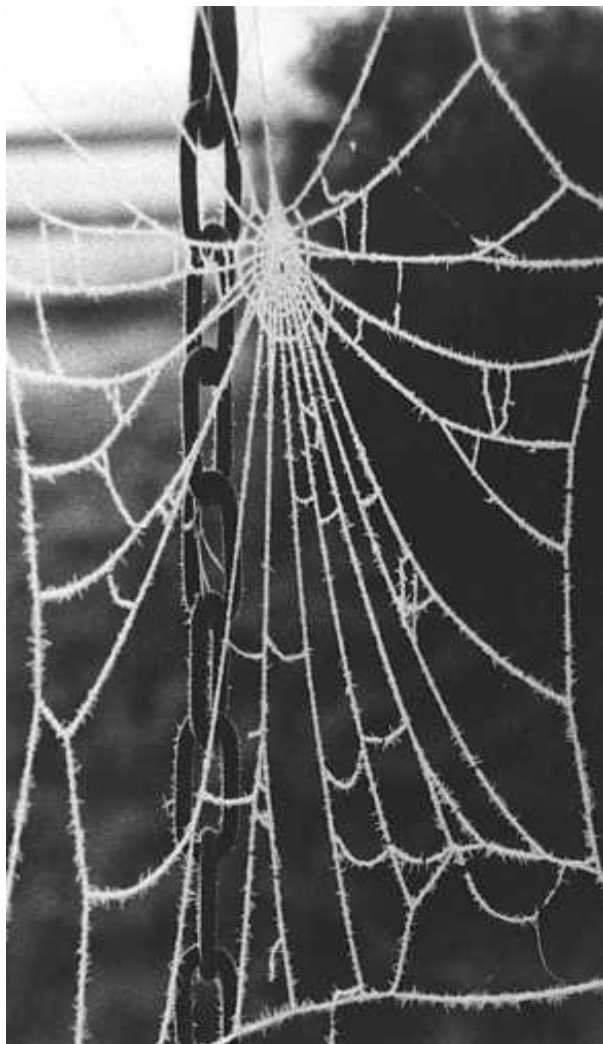
- ❑ An educational setting forming part of the wider educational system and pathway.
- ❑ A community that often forms a 'city' within a 'city' – a large multi-component setting within its place.
- ❑ A workplace for multiple academic and non-academic staff.
- ❑ A 'training ground' preparing students to enter employment and take up roles in society.
- ❑ A diverse population that moves in and out of multiple connected settings.
- ❑ A setting characterized by 'transition' – into, through and out of the university.



Healthy Places



Healthy Campuses: Why?



- Higher Education Institutions have served as settings for delivery of projects on specific issues.
- Within single topic programmes such as mental wellbeing, there has also been growing recognition of the importance of taking 'whole university' and 'whole system' approaches.
- Shift from single topic focus on 'health promotion in the setting' to develop holistic/strategic 'whole system' perspective.

Healthy Campuses: Why?



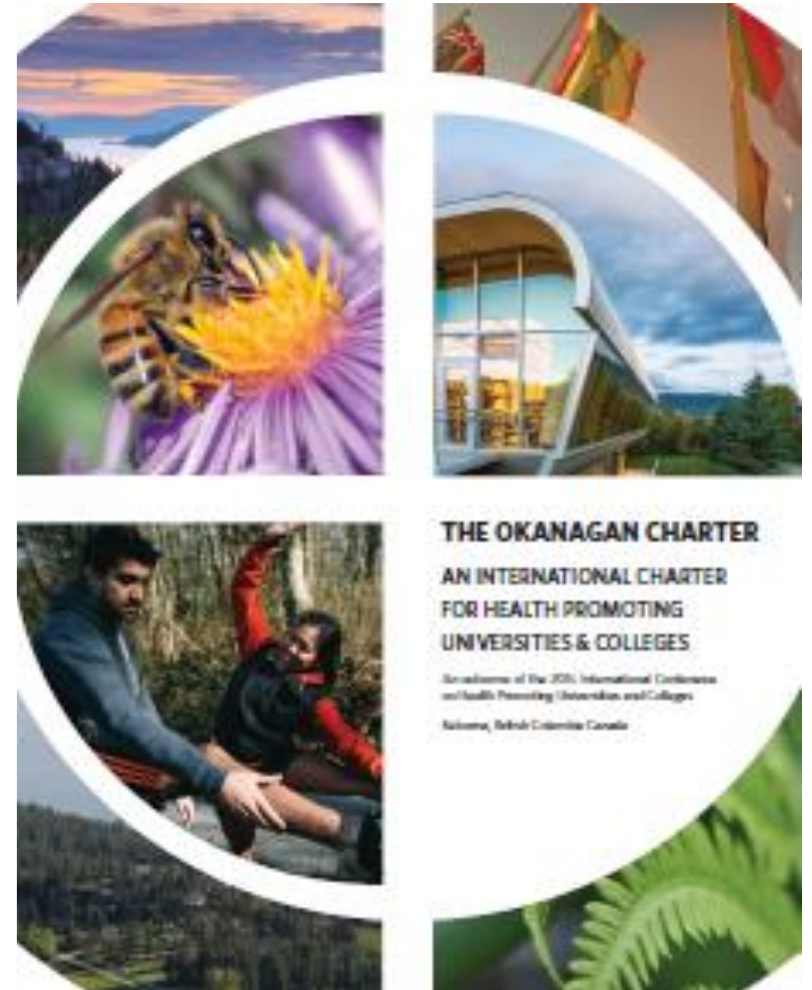
“While it is not possible to state with certainty that multi-component, whole-settings approaches are more successful in college and university settings than one-off activities, the evidence points in this direction.” (Warwick et al, 2008: 27)

Effective programmes are “likely to be complex, multifactorial and involve activity in more than one domain.” (Stewart-Brown, 2006: 17)

Embedding a ‘whole system’ commitment to health into university structures/processes results in positive outcomes for students, staff and the organisation as a whole. (Newton, 2014)

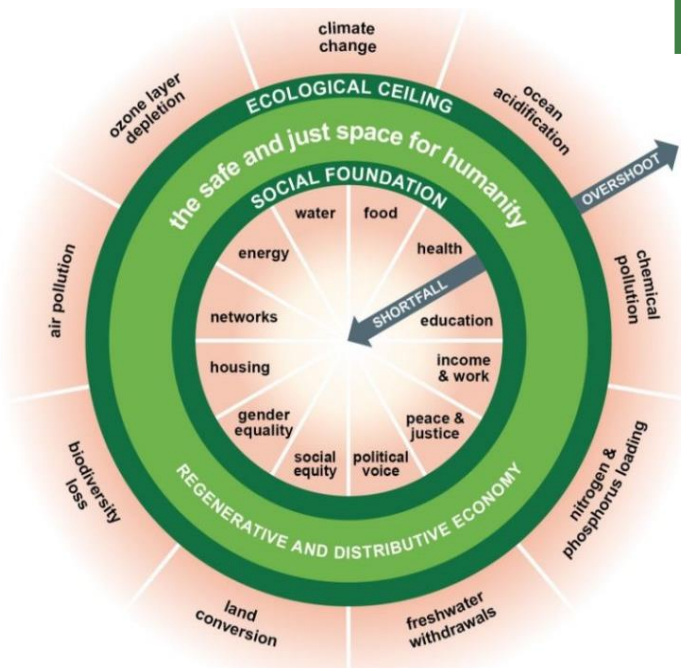
Healthy Campuses: Vision

“Healthy Universities and Colleges transform the health and sustainability of our current and future societies, strengthen communities and contribute to the wellbeing of people, places and the planet.”



THE OKANAGAN CHARTER
AN INTERNATIONAL CHARTER
FOR HEALTH PROMOTING
UNIVERSITIES & COLLEGES
Proceedings of the 2011 International Conference
on Health Promoting Universities and Colleges
Kelowna, British Columbia Canada

Healthy, Just & Sustainable Universities



“People’s health can no longer be separated from the health of the planet.”

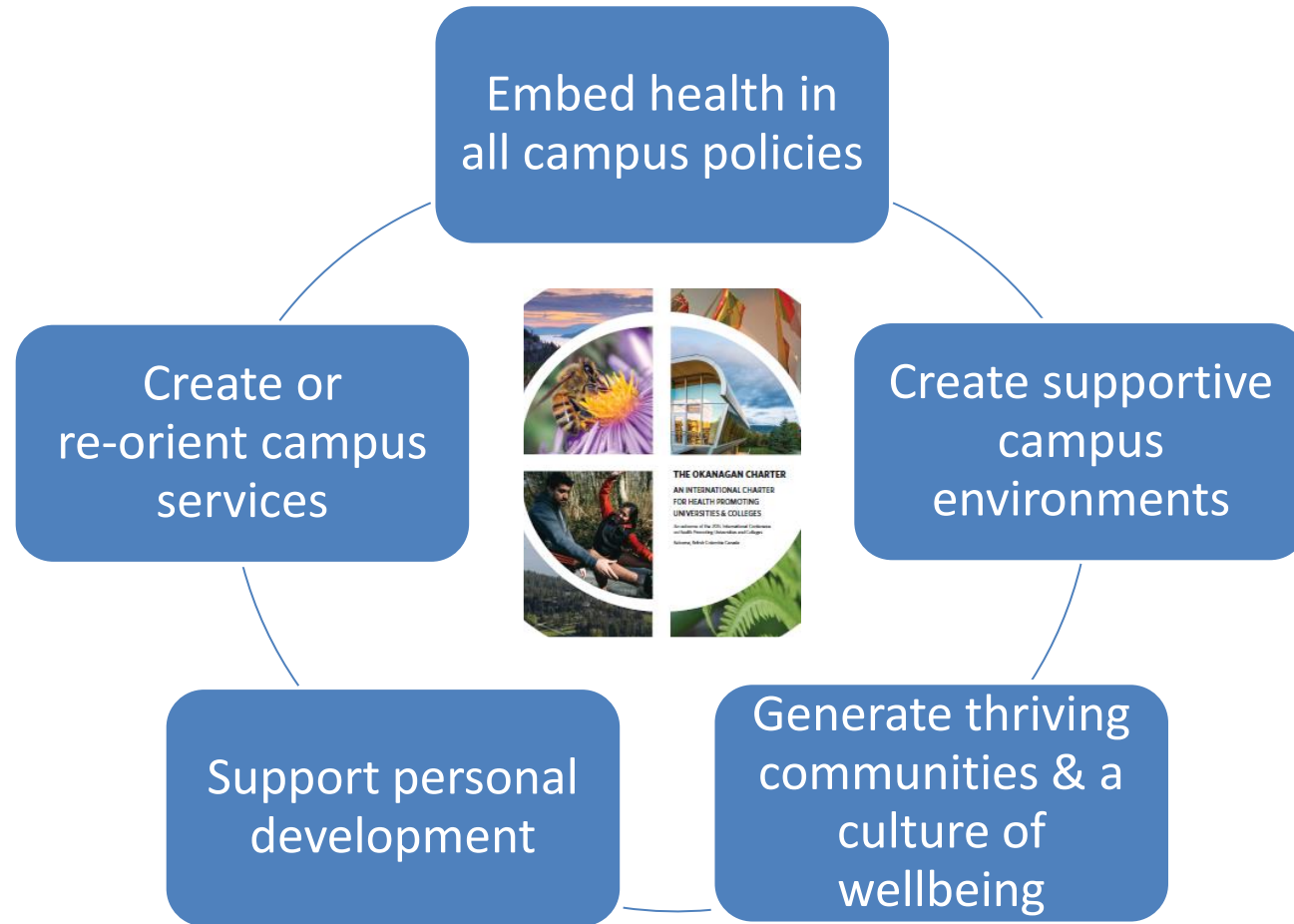
WHO, Shanghai Declaration on Promoting Health in the 2030 Agenda for Sustainable Development, 2016



Healthy Campuses: How?

Okanagan Charter: Call to Action 1

Embed health into all aspects of campus culture, across the administration, operations & academic mandates

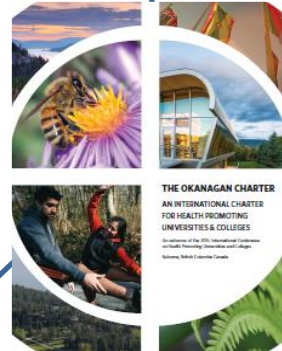


Healthy Campuses: How?

Okanagan Charter: Call to Action 2

Lead health promotion action & collaboration locally & globally

Advance research,
teaching and training for
health promotion
knowledge and action



Lead and partner
towards local and global
action for health
promotion

Integrate health, well-
being and sustainability
in multiple disciplines to
develop change agents

Healthy Campuses: How?

'whole system' ecological settings approach



Methods

e.g. policy, campus planning/design, social marketing, peer education, impact assessment

Values

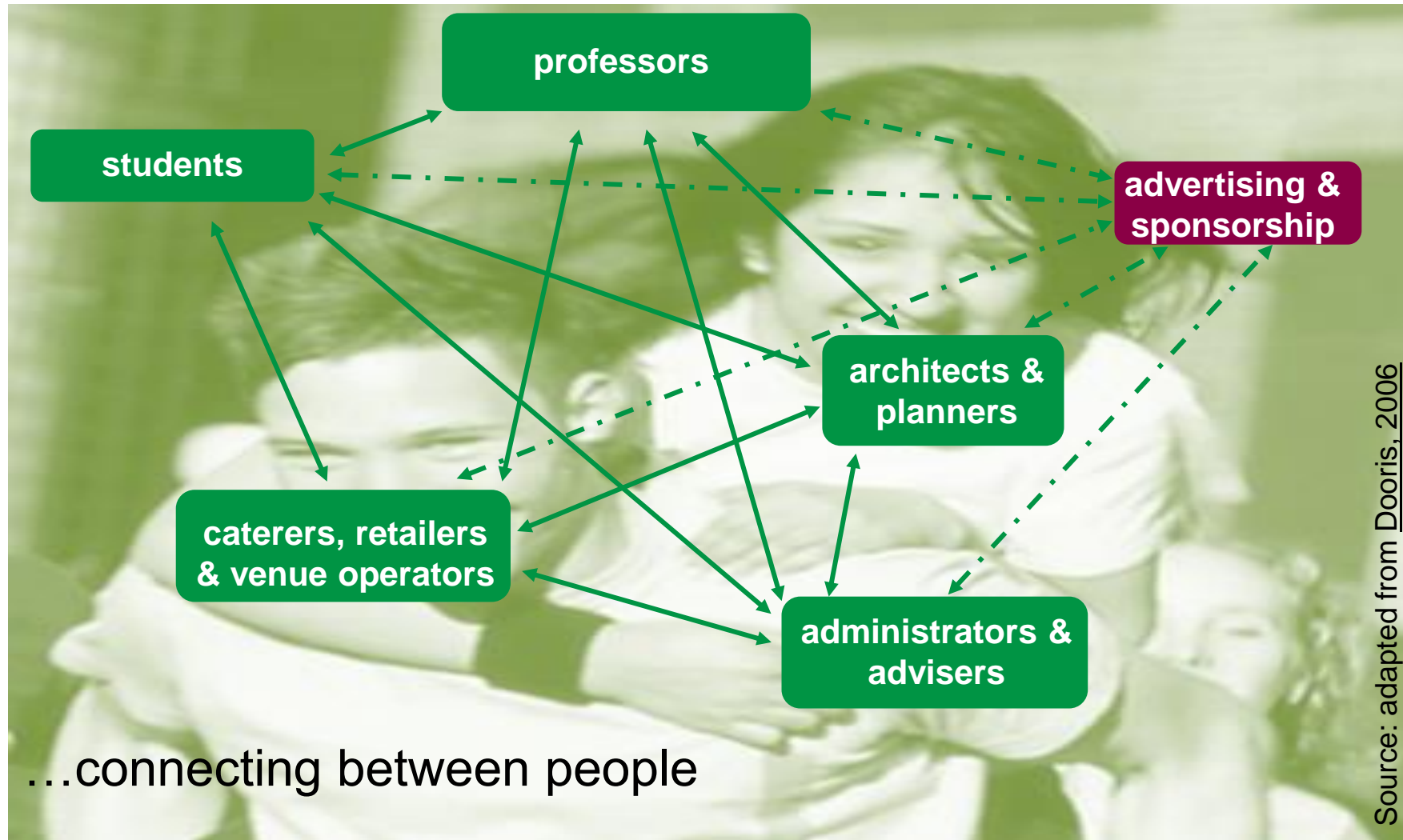
e.g. participation, empowerment, equity, partnership, compassion

Healthy Campuses: How?

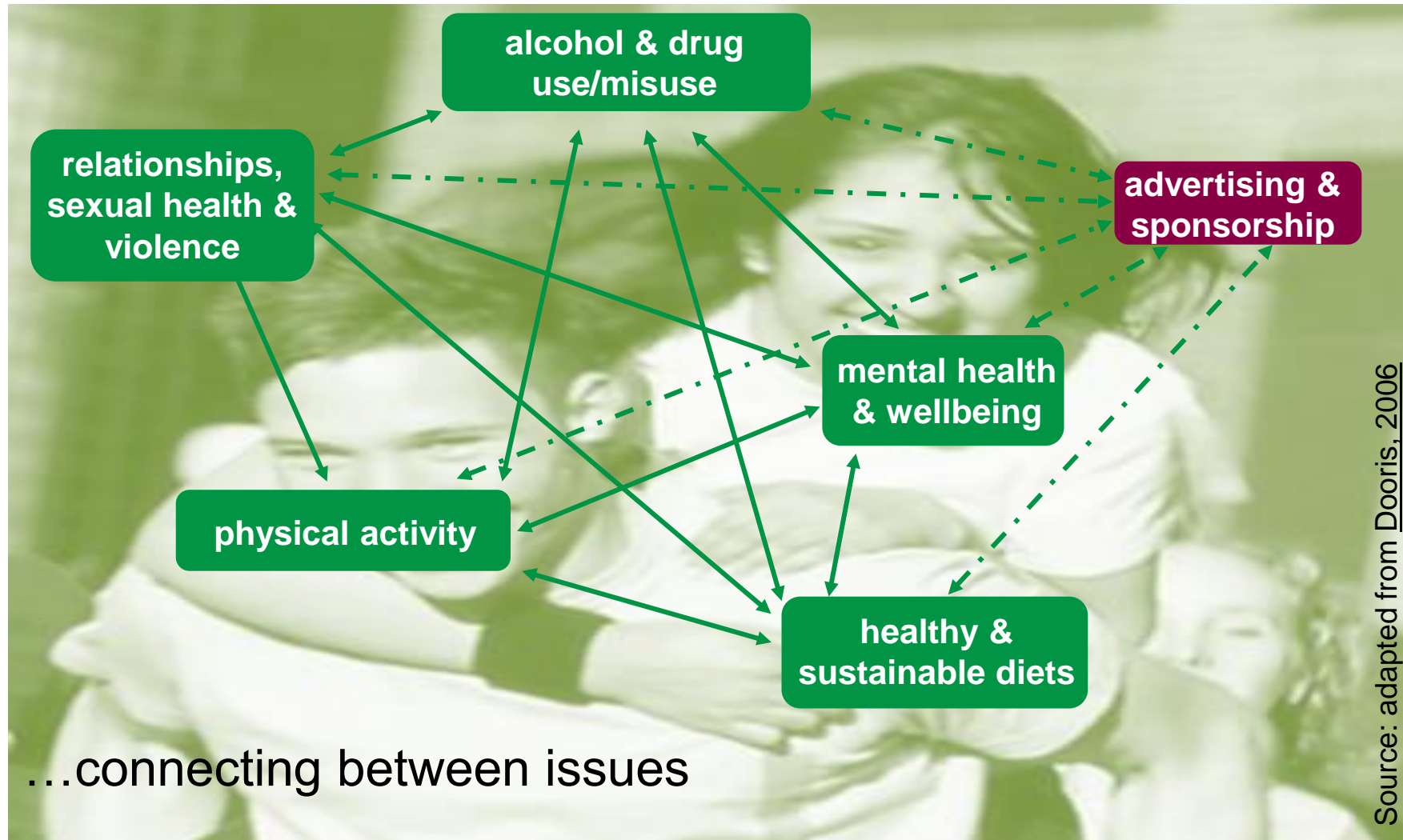


© Mark Dooris

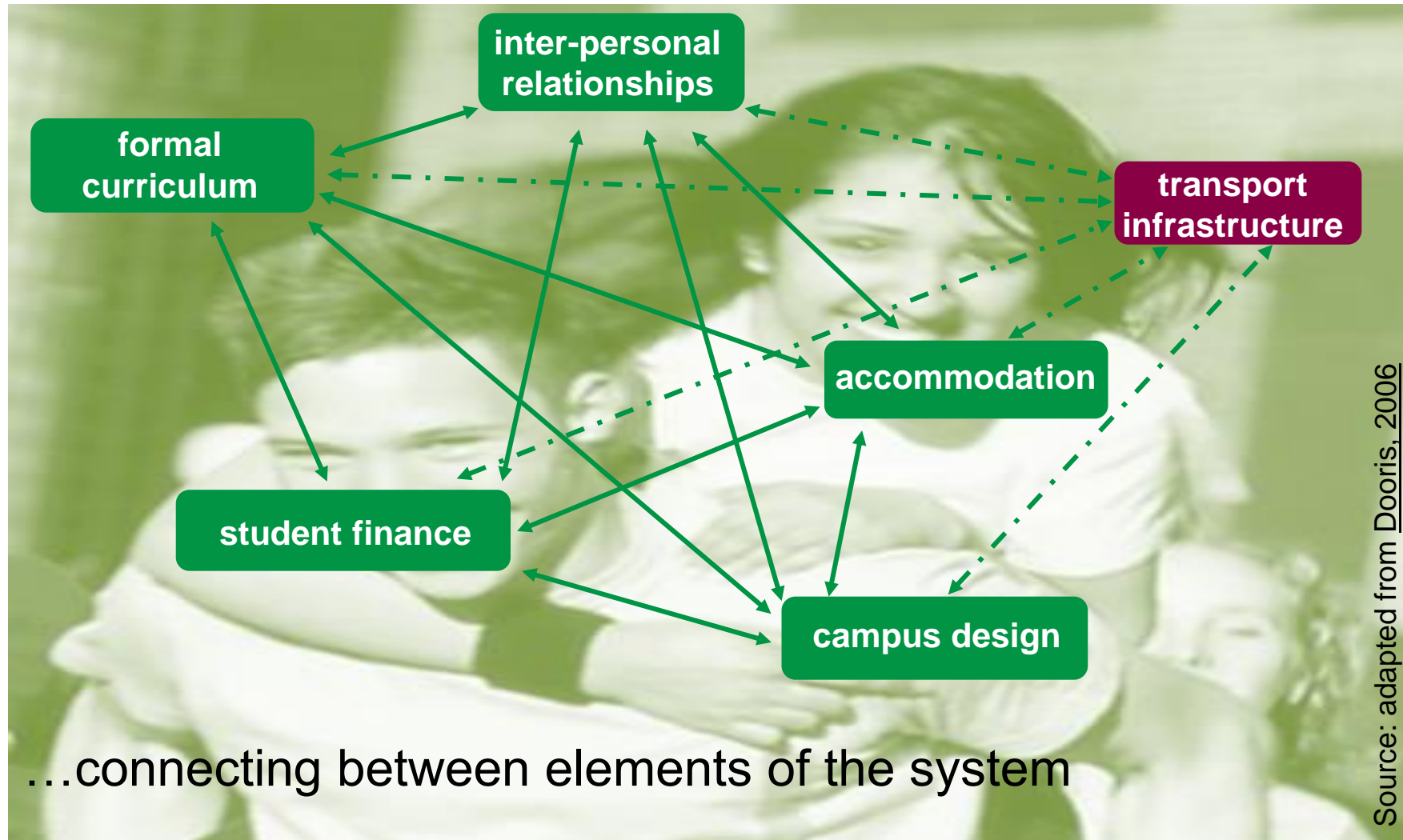
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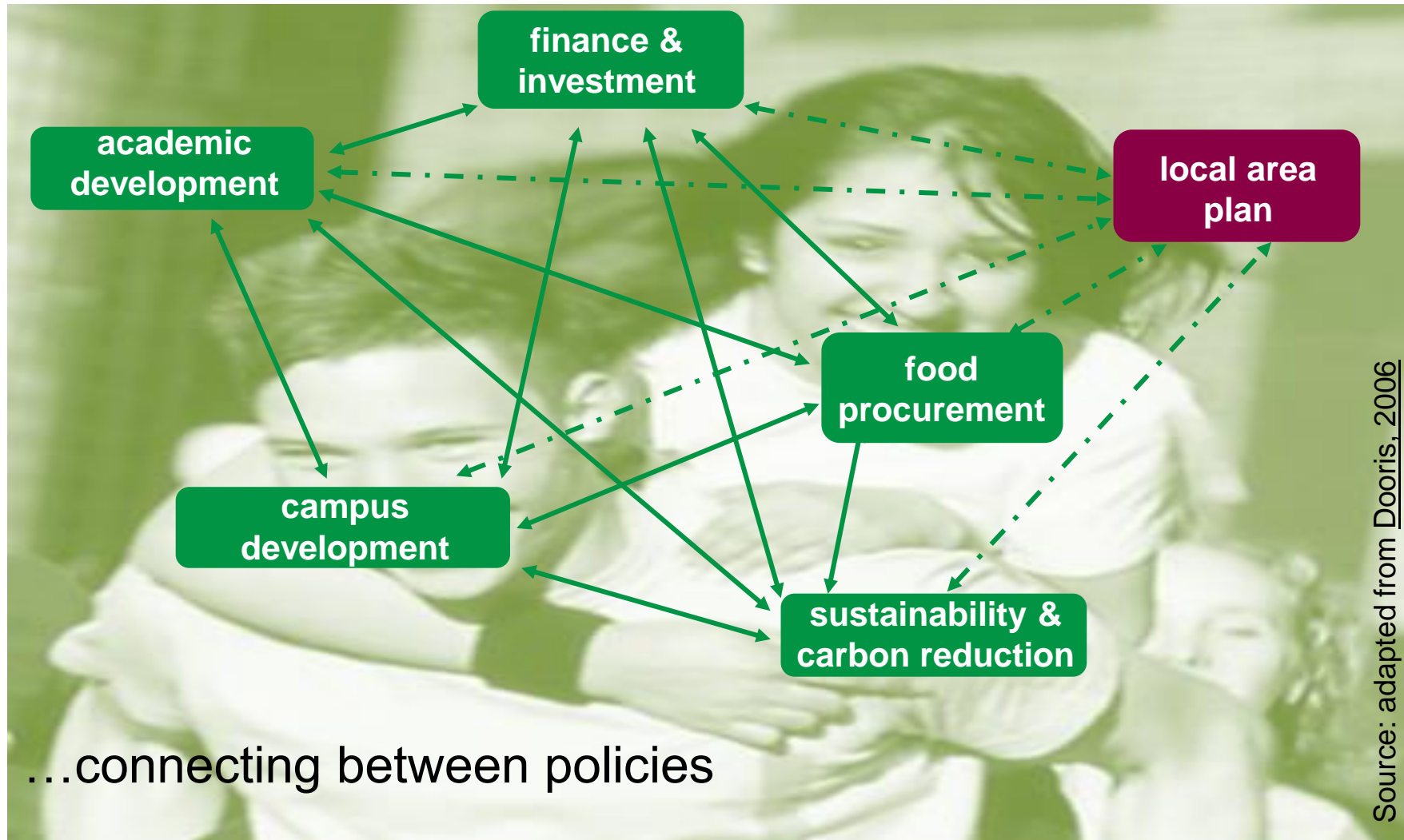
Healthy Campuses: How?



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Healthy Campuses: How?



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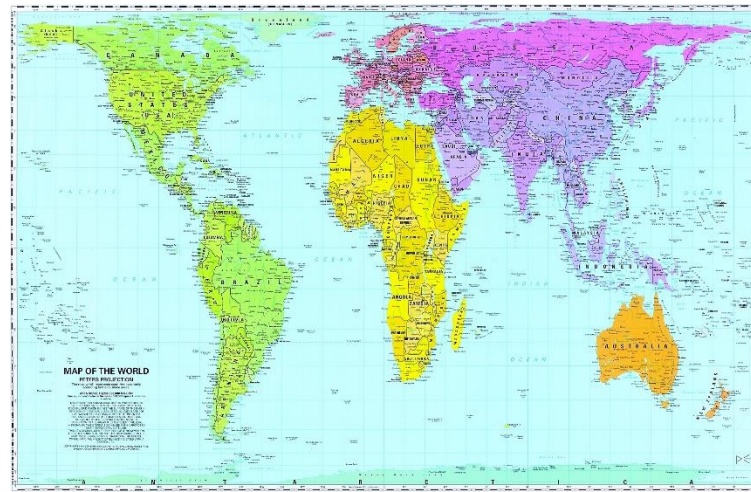


Challenges & Opportunities for HEIs



Reflections: Role of Higher Education Authority

International Healthy Campuses Network



International Healthy Campuses Network

AOTEAROA, NEW ZEALAND



The Tertiary Wellbeing Aotearoa New Zealand (TWNZ) network focuses on creating resilient, thriving, healthy students and staff in tertiary institutions in Aotearoa New Zealand.

[LEARN MORE](#)

AUSTRALIA



Australian Health Promoting Universities Network

[LEARN MORE](#)

ASEAN UNIVERSITY NETWORK



Asian University Network - Health Promotion Network represents Universities from Brunei, Cambodia, Indonesia, Lao PDR, Malaysia, Myanmar, Philippines, Singapore, Thailand, and Vietnam.

[LEARN MORE](#)

CANADA



Canadian Health Promoting Campuses Network engages higher education institutions across Canada to activate the Okanagan Charter and advance the health-promoting campuses movement.

[LEARN MORE](#)

CHILE



Red Universidades Promotoras de la Salud

[LEARN MORE](#)

COLOMBIA



Red Colombiana de Instituciones de Educación Superior y Universidades Promotoras de Salud

[LEARN MORE](#)

GERMANY



The German Network of Health Promoting Universities (Arbeitskreis Gesundheitsfördernde Hochschulen), was established in 1950 to initiate and support health-promoting conditions in life and work places at the university.

[LEARN MORE](#)

IBEROAMERICA (RIUPS)



Red Iberoamericana de Universidades Promotoras de Salud (RIUPS) including national networks in Brazil, Chile, Cuba, Colombia, Costa Rica, Ecuador, Mexico, Peru, Puerto Rico, Spain.

[LEARN MORE](#)

INDIA - SYMBIOSIS INTERNATIONAL UNIVERSITY



As a Health Promoting University, SIU is committed to bringing sustainable and meaningful change across all our campuses and to facilitating health promotion activities and collaboration across India and beyond.

[LEARN MORE](#)

IRELAND



The Higher Education Authority is responsible for the progression of the Healthy Campus Charter and Framework across the higher education system since 2022. The Healthy Campus Network is supported by a National Healthy Campus Coordinator. This national approach is supported by Healthy Ireland, an initiative of the Government of Ireland.

[LEARN MORE](#)

MEXICO



La Red Mexicana de Universidades Promotoras de la Salud (RMUPS)

[LEARN MORE](#)

PAN AMERICAN HEALTH ORGANIZATION



The Pan American Health Organization (PAHO) is the specialized international health agency for the Americas. It works with countries throughout the region to improve and protect people's health.

[LEARN MORE](#)

SPAIN



Red Española de Universidades Promotoras de Salud

[LEARN MORE](#)

UNITED KINGDOM



The UK Healthy Universities Network supports its members to develop and implement 'whole university' approaches to health, well-being and sustainability. It is part of a global movement calling upon higher education institutions to incorporate health and sustainability into their mission, vision and strategic plans, and lead a real drive change in society by modelling, testing and transferring innovative approaches.

[LEARN MORE](#)

UNITED STATES OF AMERICA



The U.S. Health Promoting Campuses Network (US-PCN) consists of representatives from institutions of higher education within the US and its territories interested in aligning with the Okanagan Charter. The US-PCN is responsible for facilitating and advancing Charter activation and adoption within the US and building and maintaining a network across the country.

[LEARN MORE](#)

Canadian Network

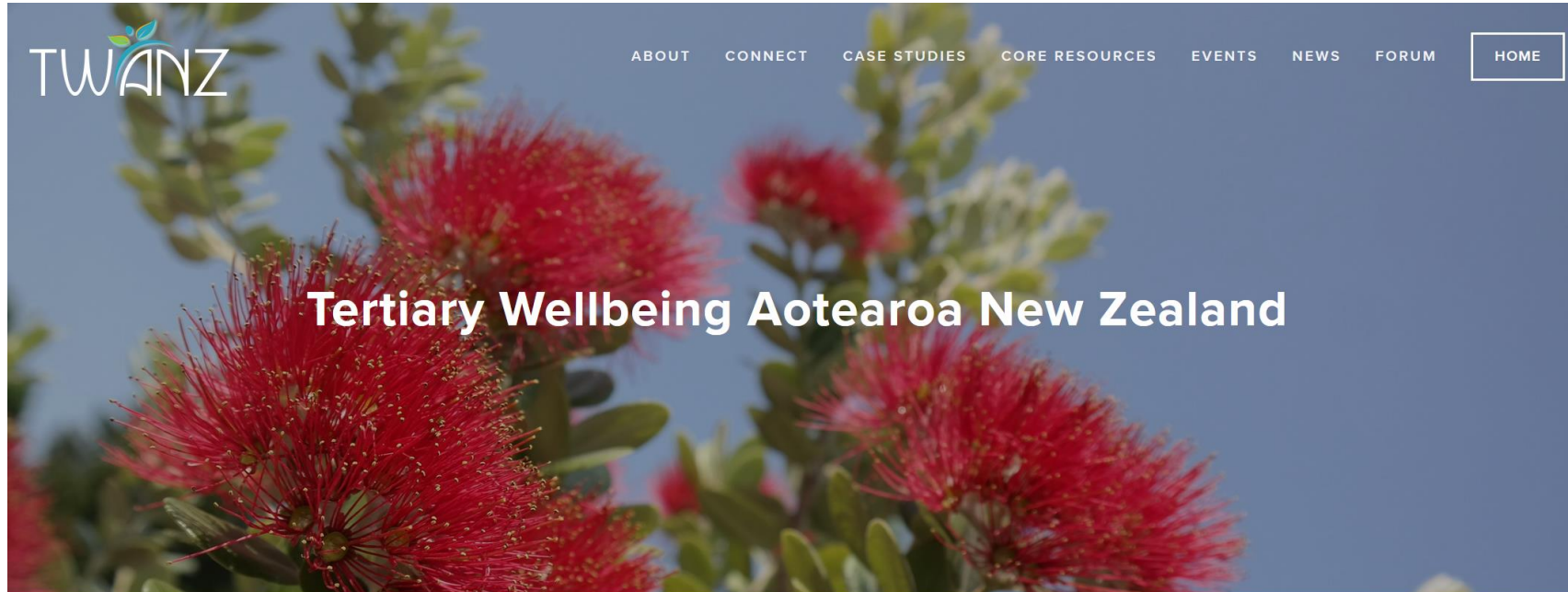


Initiated in 2016, the Canadian Health Promoting Universities and Colleges Network aims to engage higher education institutions to advance the health-promoting universities and colleges movement within Canada.

Similar networks are active internationally, including in the UK, New Zealand, Germany, and Iberoamerica. The establishment of a Canadian network is supported by the Pan American Health Organization.

<https://healthpromotingcampuses.squarespace.com/>

New Zealand Network



A national network dedicated to creating resilient, thriving, healthy students and staff in tertiary institutions across Aotearoa New Zealand.

<https://www.twanz.ac.nz/>

Ibero-America

RIUUPS

Red Iberoamericana de Universidades Promotoras de Salud



UK Healthy Universities Network

The screenshot shows the homepage of the UK Healthy Universities Network. At the top left is the logo, which consists of a stylized 'H' made of green and purple shapes next to the text 'Healthy Universities'. To the right of the logo is a navigation menu with links for 'Newsletters', 'News', 'Links', 'FAQs', 'Contact Us', 'Case Studies Template [DOC]', and 'Toolkit & Resources'. Below the navigation is a search bar with the text 'Supporting the wider community' and a 'Search' button. A horizontal menu below the search bar contains links for 'About the Network', 'About Healthy Universities', 'Meetings & Learning Events', 'Structure & Governance', 'Network Membership', 'International Activities', and 'Research & Development'. The main content area is split into two columns. The left column features a large image of a modern building interior with a glass facade and a green roof. Overlaid on this image is the text: 'Welcome to the UK Healthy Universities Network', 'A Healthy University aspires to create a learning environment and organisational culture that enhances health, wellbeing and sustainability.', and 'The UK Healthy Universities Network supports its members to develop and implement 'whole university' approaches to health, wellbeing and sustainability. It is part of a global movement calling upon higher education institutions to:'. Below this text are two bullet points: 'incorporate health and sustainability into their mission, vision and strategic plans' and 'lead and drive change in society by modelling, testing and transferring innovative approaches.'. A 'LEARN MORE' button is at the bottom left of this column. The right column has a dark blue background with a map of the UK. It features the heading 'Join the Network', the text 'Network membership is currently free of charge.', and 'Membership is open to universities and other higher education institutions within the UK. Associate membership is open to higher education institutions from outside the UK and other interested stakeholders from outside of the higher education sector.'. A 'JOIN OUR NETWORK' button is at the bottom right of this column.

Healthy Universities

Newsletters News Links FAQs Contact Us Case Studies Template [DOC] Toolkit & Resources

Supporting the wider community Search ... Search

About the Network About Healthy Universities Meetings & Learning Events Structure & Governance Network Membership International Activities Research & Development

Welcome to the UK Healthy Universities Network

A Healthy University aspires to create a learning environment and organisational culture that enhances health, wellbeing and sustainability.

The UK Healthy Universities Network supports its members to develop and implement 'whole university' approaches to health, wellbeing and sustainability. It is part of a global movement calling upon higher education institutions to:

- incorporate health and sustainability into their mission, vision and strategic plans
- lead and drive change in society by modelling, testing and transferring innovative approaches.

LEARN MORE

Join the Network

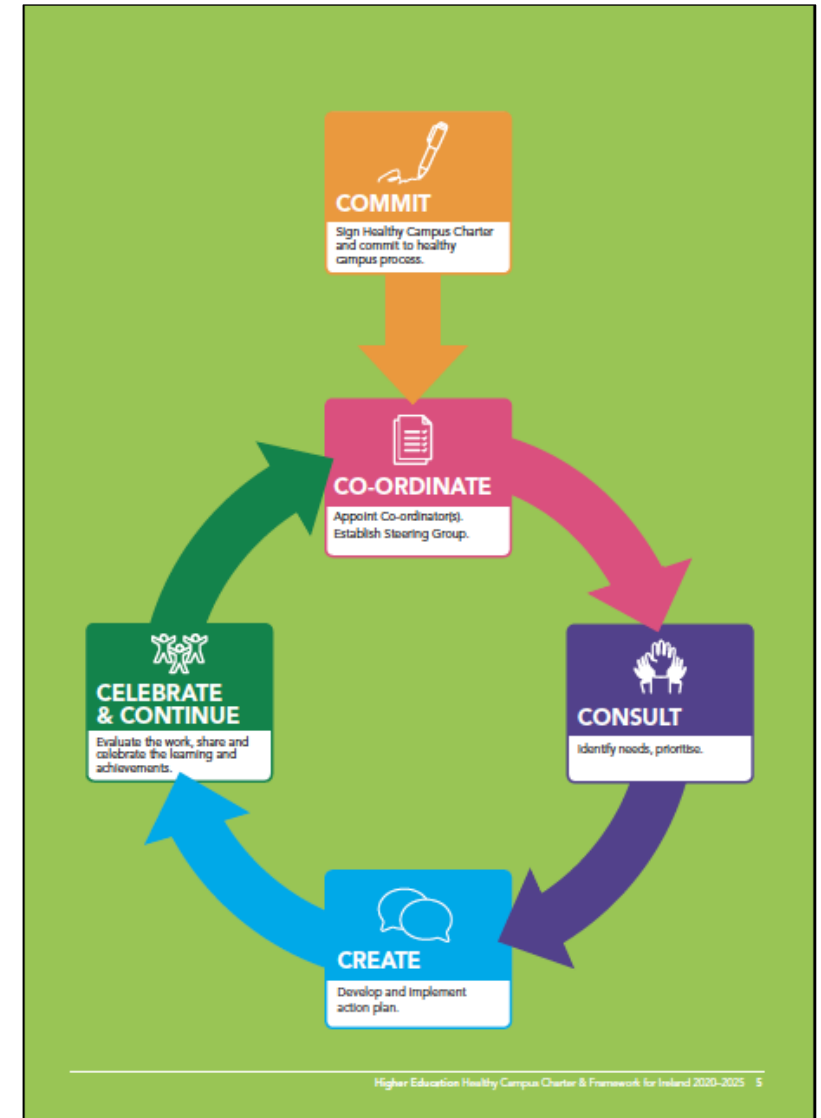
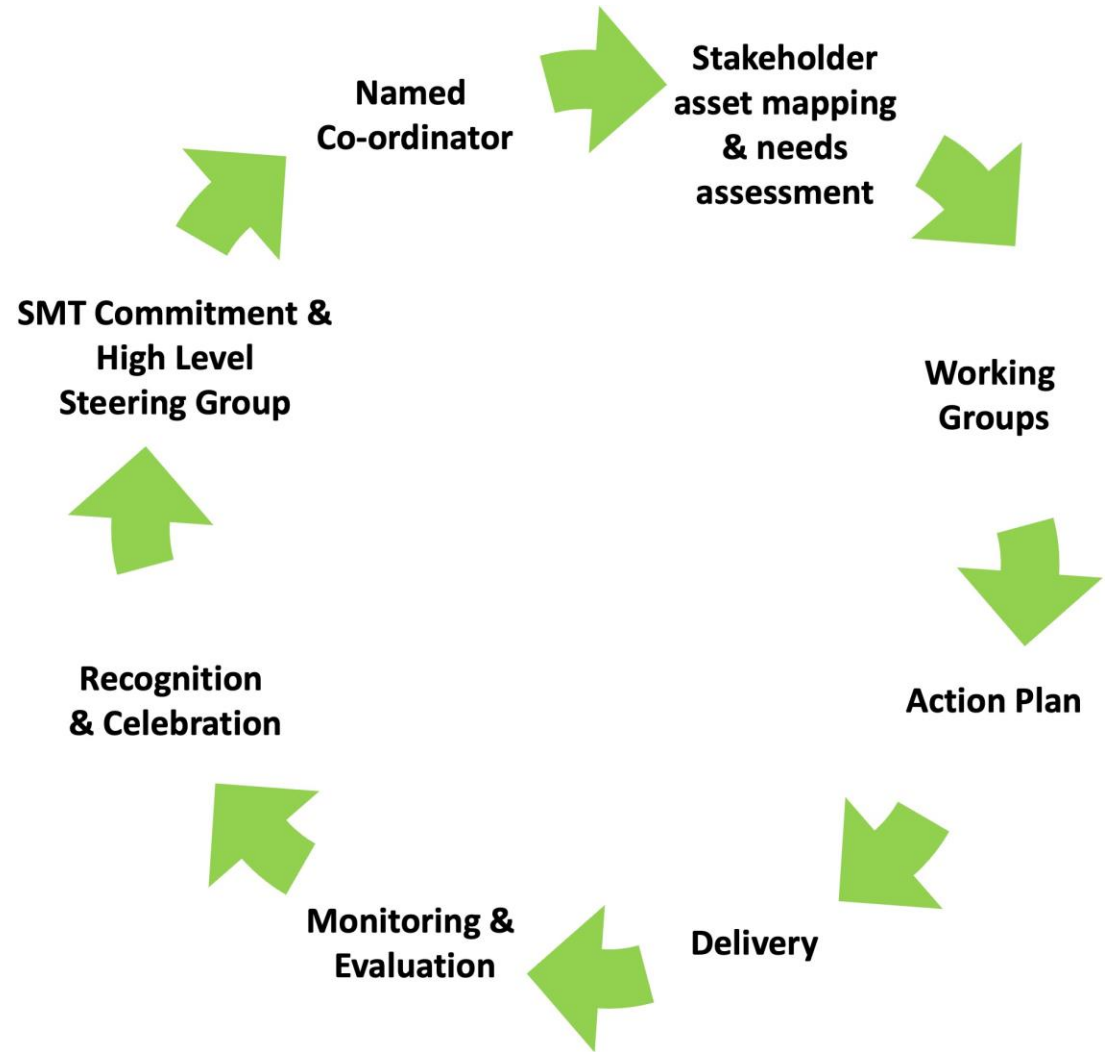
Network membership is currently free of charge.

Membership is open to universities and other higher education institutions within the UK. Associate membership is open to higher education institutions from outside the UK and other interested stakeholders from outside of the higher education sector.

JOIN OUR NETWORK

“A Healthy University adopts an holistic understanding of health; takes a whole university approach; and 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.”

Healthy Campuses: Planning & Implementation Process

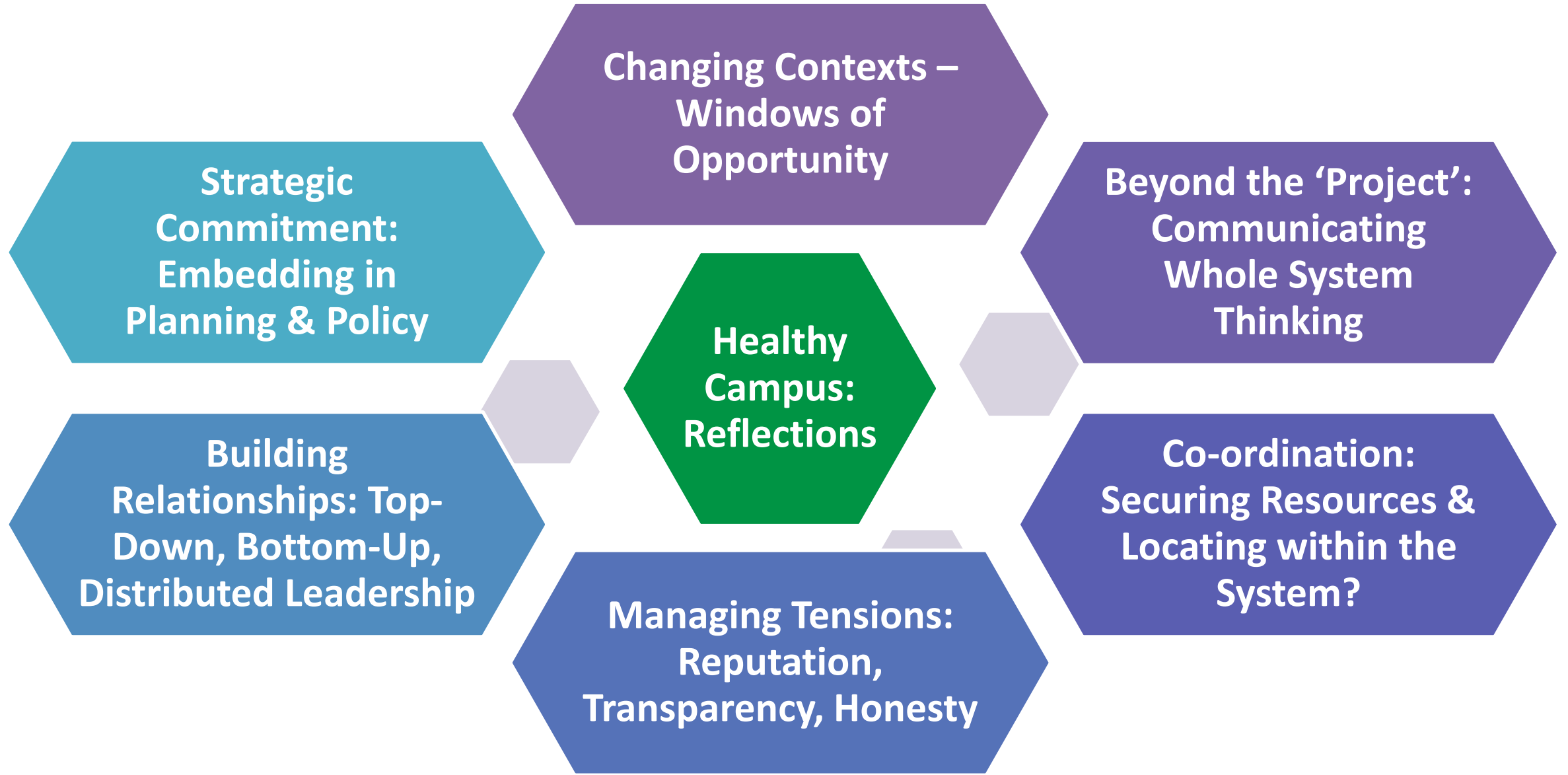


University of Central Lancashire: Healthy University



University of Central Lancashire: Healthy University

Reflections & Learning



University of Central Lancashire: Healthy University Strategic Commitments



University Strategic Plan 2021-28

“Sustaining and enhancing the wellbeing of people, places & the planet are amongst the most important challenges we face today.”

“Our unwavering commitment to sustainability, health & wellbeing will become the benchmark for the UK university community.”



“We have long pioneered the ‘Healthy Universities’ approach and have provided leadership to this movement nationally and internationally over many years. Encapsulated in the 2015 Okanagan International Charter for Healthy Universities and Colleges, the approach is underpinned by ‘whole university’ and ‘whole system’ perspectives and seeks to create an organisational culture and learning, working and living environments that support wellbeing – thereby enhancing performance and productivity. Working in collaboration with the Students’ Union and partner organisations, we will harness this trailblazing history and implement evidence-informed actions to promote the health and wellbeing of students, staff, and our wider communities.”

Ireland: Healthy Campus



hi Healthy Ireland

Sláintecare.

Healthy Ireland

Strategic Action Plan 2021–2025

Building on the first seven years of implementation



Riailtas na hÉireann
Government of Ireland



What is Healthy Campus?

A Healthy Campus adopts a holistic understanding of health, takes a whole campus approach and aspires to create a learning environment and organisational culture that enhances the health and wellbeing of its community and enables people to achieve their full potential.⁴



Healthy Campus Framework Aims

1. To create a shared understanding of a Healthy Campus to guide and inspire action by Higher Education Institutions.
2. To support and recognise the work of Higher Education Institutions in improving the health and wellbeing of campus communities.
3. To generate and disseminate knowledge for promoting health and wellbeing in Higher Education Institutions.

Principles

- Participation**
Where student, staff and the wider campus community are actively engaged in deciding on and implementing health and wellbeing promotion actions.
- Partnership**
Where trans-disciplinary collaborations and cross-sector partnerships are fostered to create connections between health, learning and the campus structure.
- Evidence based**
Where formulation of policies and practices are guided by evidence, and where knowledge is created through action and research.
- Sustainability**
Where health and wellbeing of the campus community is infused in the everyday policies, teaching and learning, and research and innovation.

Key Local and National Policies

Healthy Ireland is designed to bring about real, measurable change and is based on an understanding of the determinants of health.

Health and wellbeing are affected by all aspects of a person's life: economic status, education, housing, the physical environment in which people live and work.

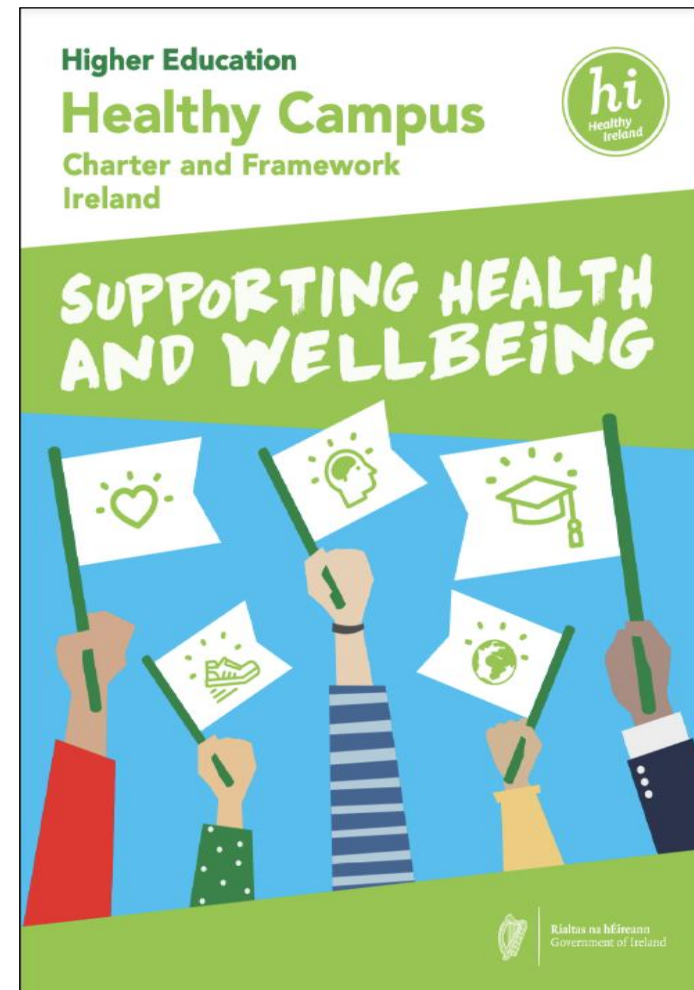
A number of national policies and strategies have been developed to support the Healthy Ireland vision in the key areas of physical activity, obesity, tobacco, sexual health, mental health and drugs and alcohol. Healthy Campus is a framework through which Higher Education Institutions can address locally identified needs and national health priorities using a whole campus approach.

Whole Campus Approach

A whole campus approach is reflected in a Healthy Campus action plan that is developed in the context of the following four key areas:

- Leadership, Strategy and Governance
- Campus Environment (Facilities and Services)
- Campus Culture and Communications
- Personal and Professional Development

Higher Education Healthy Campus Charter & Framework for Ireland 2020–2025 3




hi Healthy Ireland

Higher Education

Healthy Campus

Charter and Framework Ireland

SUPPORTING HEALTH AND WELLBEING



Riailtas na hÉireann
Government of Ireland

Healthy Places

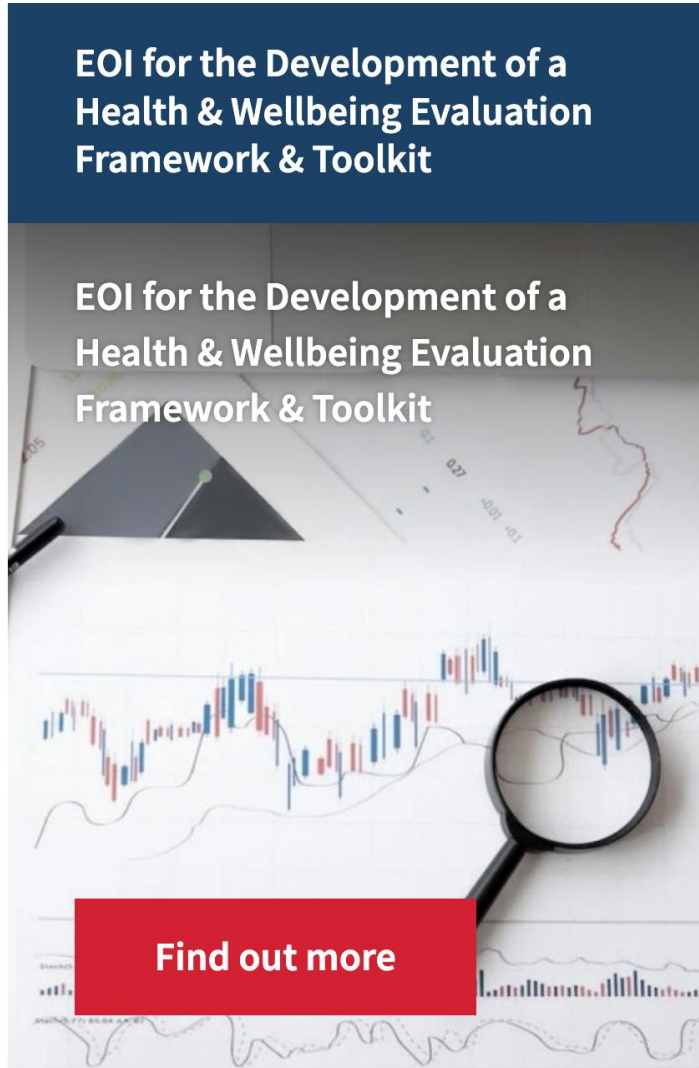


Ireland: Healthy Campus

**EOI for the Development of a
Health & Wellbeing Evaluation
Framework & Toolkit**

**EOI for the Development of a
Health & Wellbeing Evaluation
Framework & Toolkit**

Find out more



Ireland: Healthy Campus

The International Health Promoting Campuses Conference

June 16th - 19th 2025

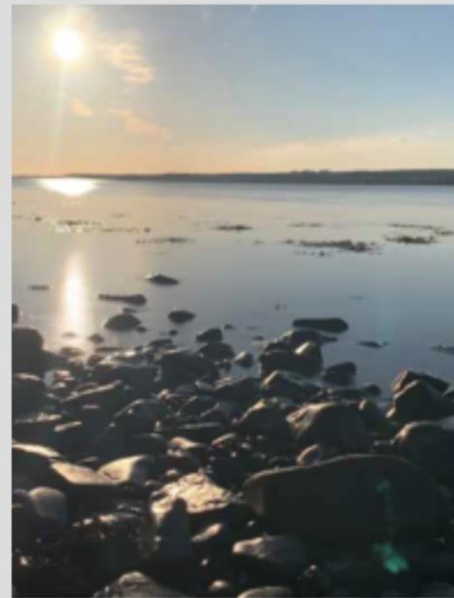
Limerick, Ireland



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Challenges & Opportunities for HEIs



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Challenges & Opportunities for Higher Education Institutions

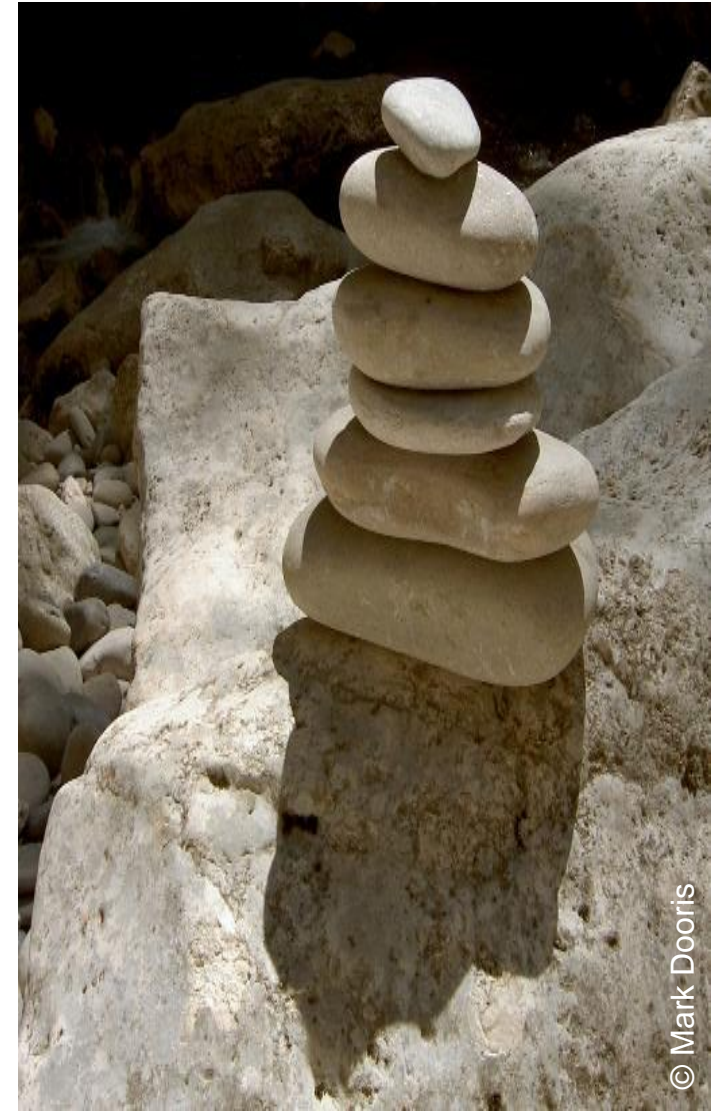
Holism



Challenges & Opportunities for Higher Education Institutions

Holism

Evidence of Effectiveness



Challenges & Opportunities for Higher Education Institutions

Holism

Evidence of Effectiveness

Action



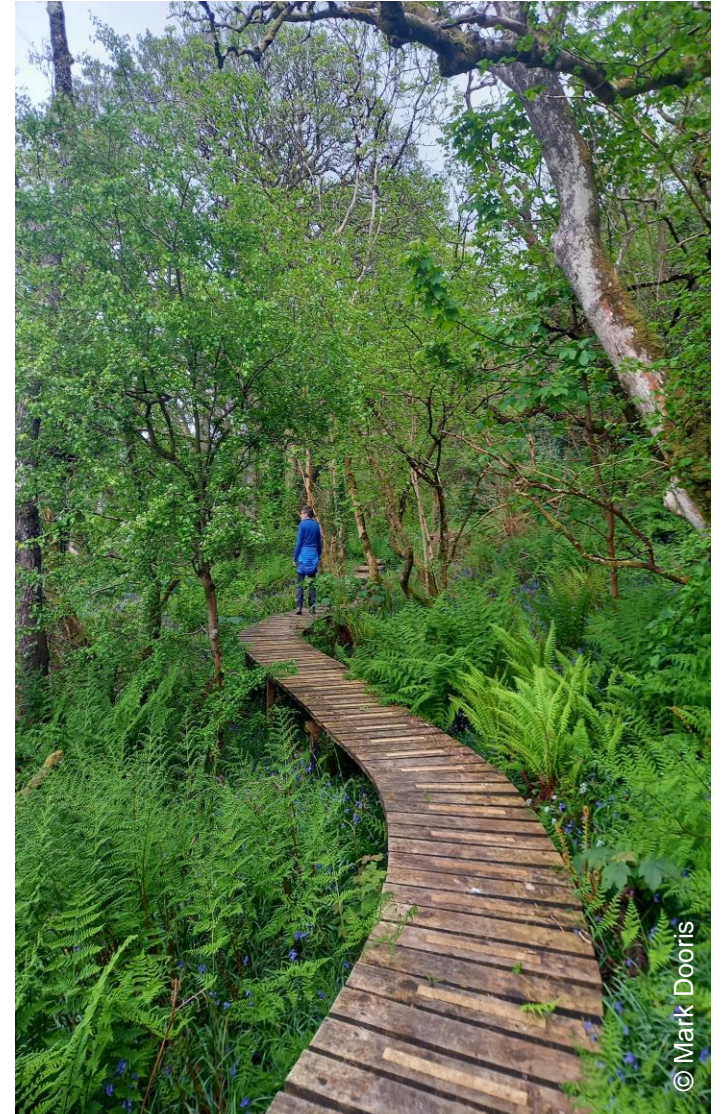
Challenges & Opportunities for Higher Education Institutions

Holism

Evidence of Effectiveness

Action

Leadership In, Out & Beyond



Challenges & Opportunities for Higher Education Institutions

Holism

Evidence of Effectiveness

Action

Leadership In, Out & Beyond

Thriving



Challenges & Opportunities for Higher Education Institutions

Holism

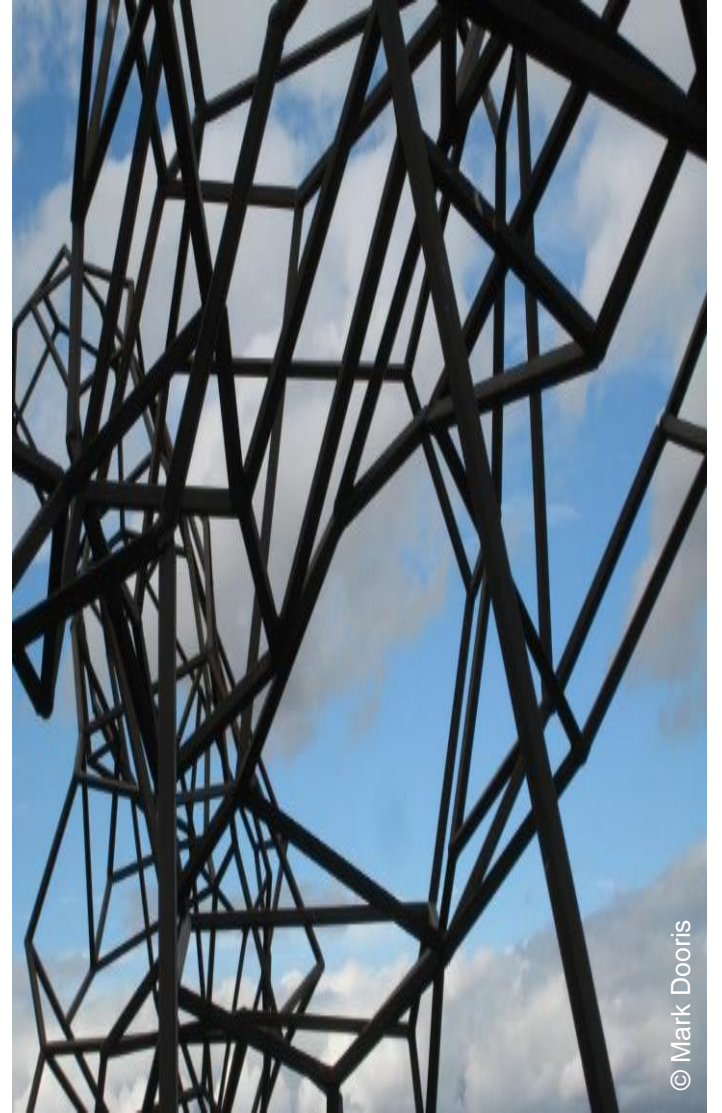
Evidence of Effectiveness

Action

Leadership In, Out & Beyond

Thriving

Holism (revisited)



Challenges & Opportunities for Higher Education Institutions

Holism

Evidence of Effectiveness

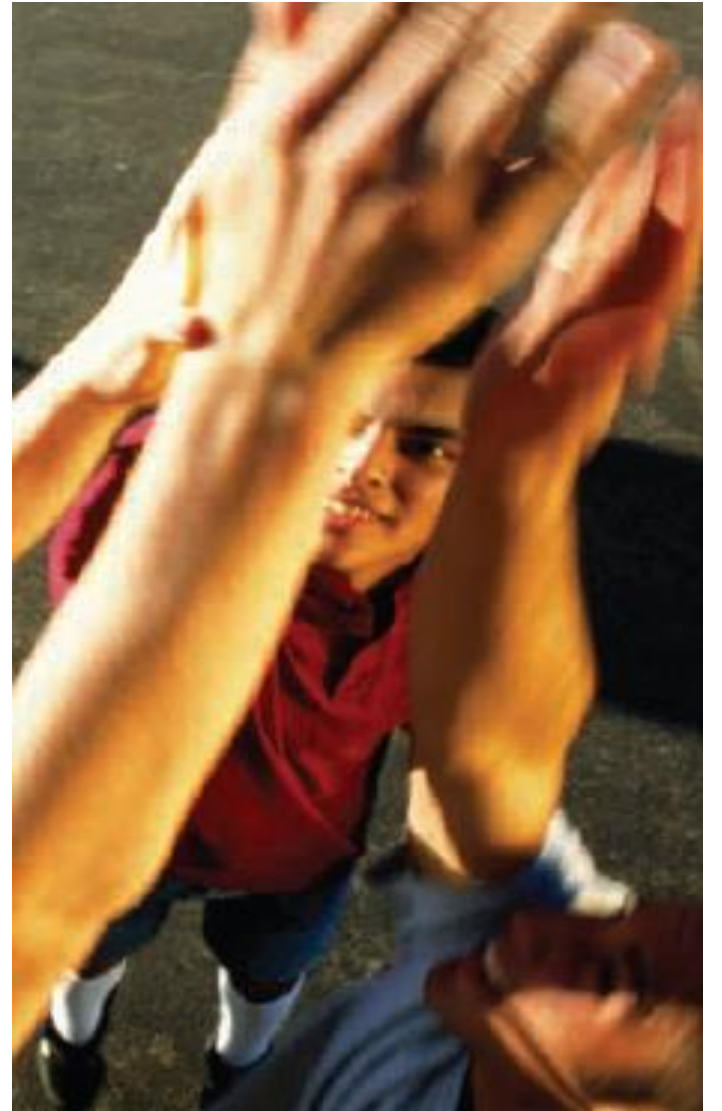
Action

Leadership In, Out & Beyond

Thriving

Holism (revisited)

You



Challenges & Opportunities for Higher Education Institutions

Holism

Evidence of Effectiveness

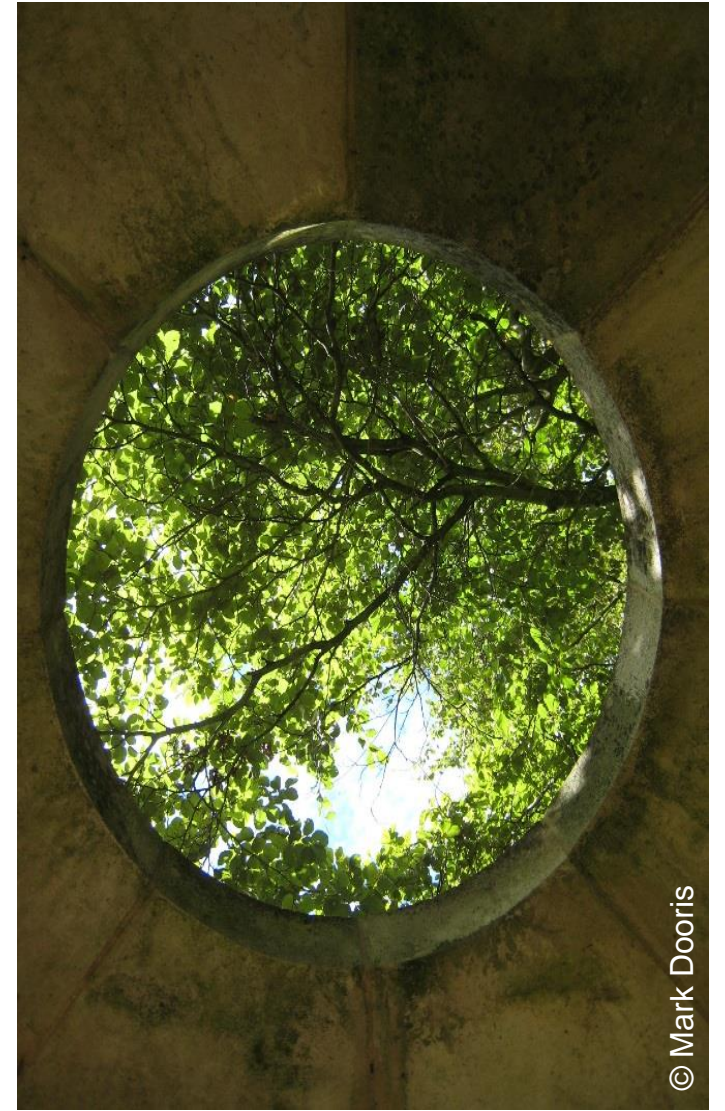
Action

Leadership In, Out & Beyond

Thriving

Holism (revisited)

You



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Challenges & Opportunities for HEIs



Reflections: Role of Higher Education Authority

Reflections on the Role of the Higher Education Authority

Champion



Reflections on the Role of the Higher Education Authority

Champion
Align



Reflections on the Role of the Higher Education Authority

Champion
Align
Mandate



Reflections on the Role of the Higher Education Authority

Champion
Align
Mandate
Progress



Reflections on the Role of the Higher Education Authority

Champion
Align
Mandate
Progress
Upset



Reflections on the Role of the Higher Education Authority

Champion
Align
Mandate
Progress
Upset
Sustain

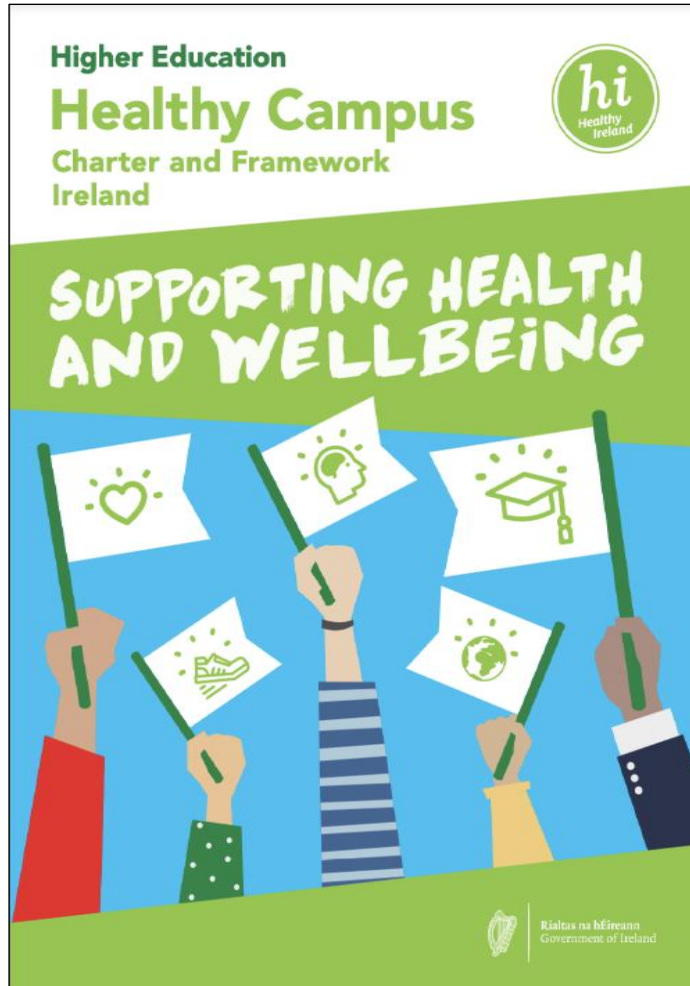


Reflections on the Role of the Higher Education Authority

Champion
Align
Mandate
Progress
Upset
Sustain



Conclusion



Holism

Evidence of Effectiveness

Action

Leadership In, Out & Beyond

Thriving

Holism (revisited)

You

Champion

Align

Mandate

Progress

Upset

Sustain

Conclusion

Healthy Campuses “transform the health & sustainability of our current & future societies, strengthen communities & contribute to the wellbeing of people, places & the planet...They infuse health into everyday operations, business practices & academic mandates. By doing so, they enhance the success of our institutions; create campus cultures of compassion, well-being, equity & social justice; improve the health of the people who live, learn, work, play & love on our campuses; and strengthen the ecological, social & economic sustainability of our communities and wider society.”

