

**Untapped potential of
healthy universities
in
New Zealand**

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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)



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)

