



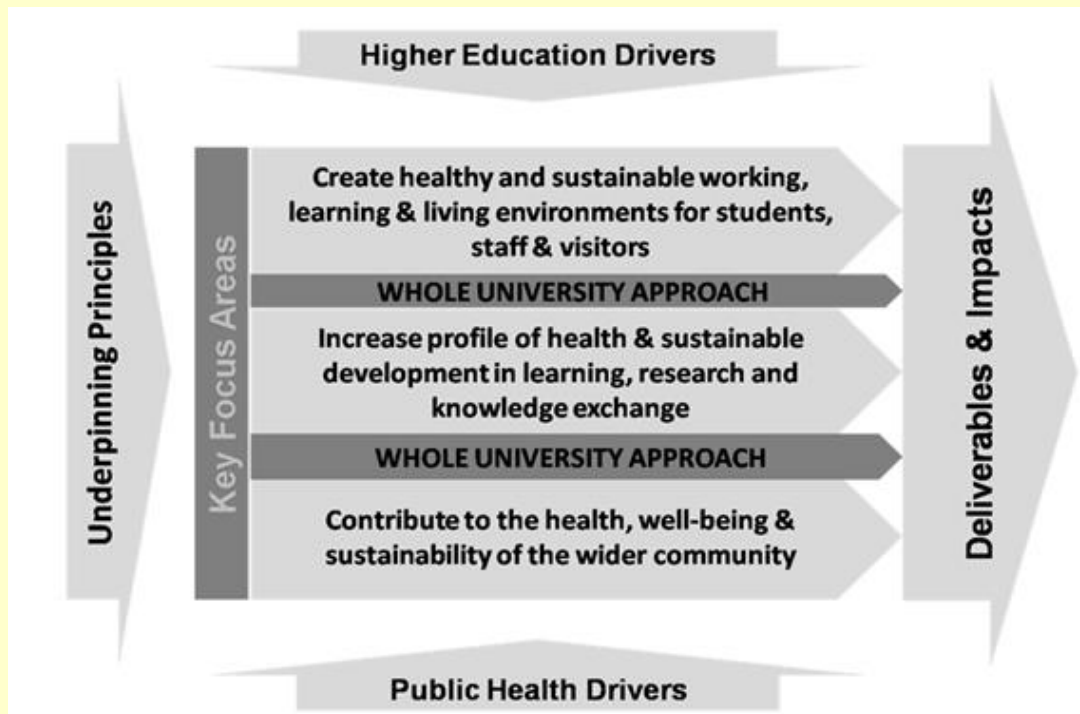
Healthy DMU

An institution-wide approach to
student health and wellbeing

The Healthy University

“Aspires to create a learning environment and organisational culture that enhances the health, well-being and sustainability of its community and enables people to achieve their full potential.”

Model and Framework for Action



The Healthy DMU programme

Established as a programme within DMU's Corporate Strategic Portfolio, which brings:

- senior management buy-in
- requirement to adhere to governance – structures and regular reporting
- funding

Aims

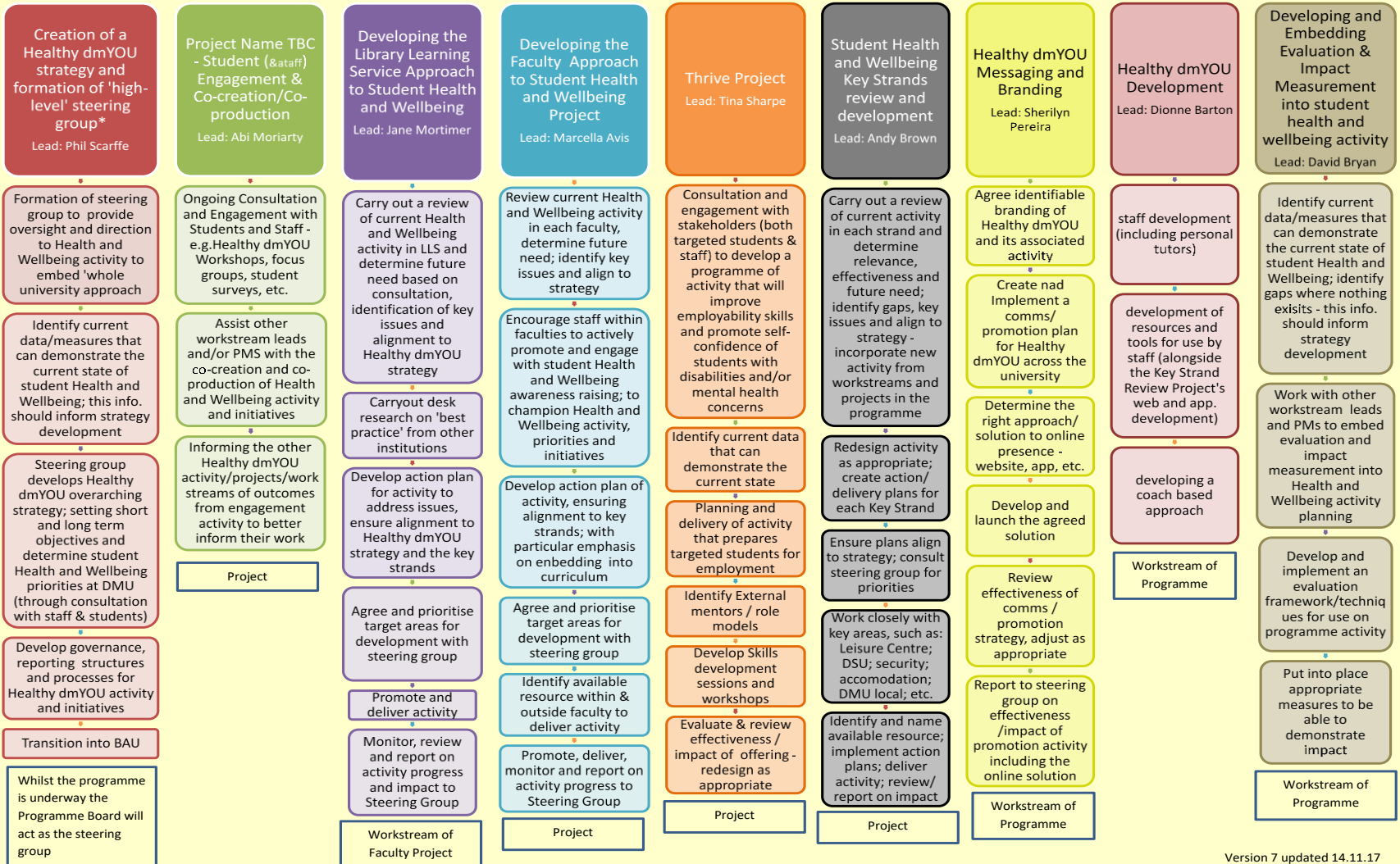
- Adopt a whole university approach, which connects health-related activities and associated planning
- Embed effective health development and wellbeing activity across the university to make the best use of resources and to ensure a 'joined-up' approach
- Embed an evaluation process into health development and wellbeing activity to enable the measurement of impact and to inform future initiatives
- Achieve a 'universal design for wellbeing', a cumulative institution-wide approach to promote health development and wellbeing.

... a slow burn

Programme breakdown

Healthy dmYOU Programme

SRO: Jo Cooke; Programme Director: Phil Scarffe; PM: Dana McLaughlin



Set of principles agreed (Nov 2017)

- Whole institution approach
- Making healthy choices easy choices
- Reduce student health inequalities
- Creating the opportunity for all students to reach their full potential
- Promote understanding of the connection between health and wellbeing outcomes and academic outcomes
- Positive approach to skills development

Faculty/LLS objectives



- Embed within faculties and LLS good practice supporting a whole institution approach to student health and wellbeing
- Raise awareness in faculties and LLS of support and activities relating to student health and wellbeing to enable effective and appropriate interventions, signposting, advice and guidance
- Enable the sharing of good practice across faculties and LLS including activities to support the principles of the Healthy DMYou Programme
- Develop a vehicle to facilitate the above: toolkit to sit in DMUconnect (the intranet)

LLS workstream activity

- Audit of LLS health and wellbeing activity
- Research on best practice
 - desk review of practice in HE libraries
 - Mercian knowledge exchange on student wellbeing - 19th April, Warwick
- Pilot healthy study campaign during exam revision period 2018
- Develop and implement plan of activity for 2018/19
- Feed into faculty project and contribute to toolkit development

Healthy study campaign

Aim: facilitate healthy study practices by students using LLS spaces and promote LLS (and wider DMU) resources, guidance and available support during a critical point in the academic year

Running 8th April to 18th May 2018

Received £8k of funding to deliver

Evaluation it's a pilot and we might not get it right first time!

Promotional campaign

- 5 key themes – refuel, refresh, study smart, de-stress, find your space
- Channels - LLS blog, Twitter - #Healthystudy, Facebook, plasma screens around campus, hot topics on [student web pages](#), #loveDMU e-newsletter



Any questions/comments?

