

# ***How Healthy is Your Campus?***

National Forum 2024

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# HOW HEALTHY IS YOUR CAMPUS?



- #1 reason - not time or money
- Delivery models fit for purpose?
- Commitment phobia

## ***Physical Health***



- Pressure everywhere.
- More Fun Less Sweat
- Graduates no longer lie flat

## ***Mental Health***



- Informal friend-based local recreation activities
- Sedentary habits
- Academic timetabling
- Inequitable Access to Sport

## ***Social/ Environmental Health***



- Cost of Living Crisis biting
- Low costs/No cost options
- Bill shock
- Wages going backwards

## ***Financial Health***

***Physical  
Health***



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***FISU Healthy Campus***

# Main goals

- **Develop and improve** health and well-being of the Campus communities
- **Certify** universities in the scope of well-being with an **international label**
- **Share** globally the **best practices** of universities in the seven Healthy Campus domains



# How did Healthy Campus start?

- Started in FISU with a proposal from 2 UNIL students (internship) who wanted to develop a programme in the field of *well-being*
- Internal discussion of the idea and concept
- 7 Pilot Universities



- 30 international experts helped create the *Healthy Campus Standard*
- Started in May 2020
- 138 Universities, 72 certified – 46 countries, 5 continents



- **Better Universities with better prepared generations**
- **Better Well-Being**
- **Better World**



Investigation, Recommendations, Good Practices, Benchmarking.



Healthy Campus Programme is aligned with SDGs 2030 established by the UN to build a better world for people and our planet, as well the guidelines of the Kazan Action Plan (UNESCO) and the Global Action Plan on Physical Activity 2018- 2030 (WHO).

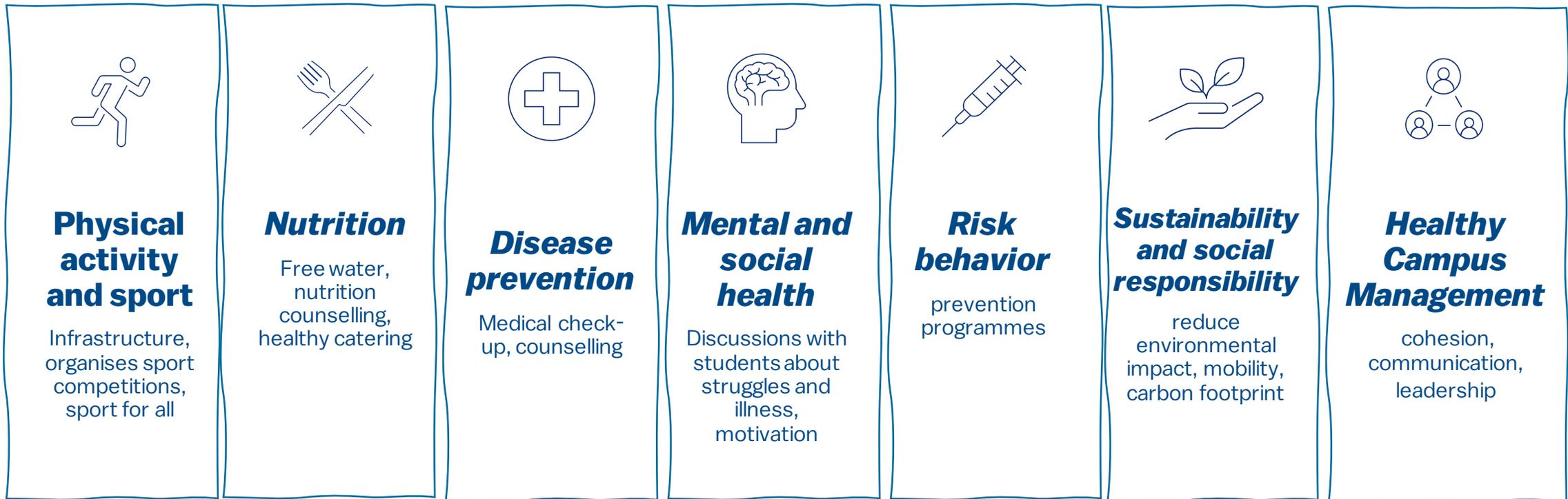
# FISU Healthy Campus



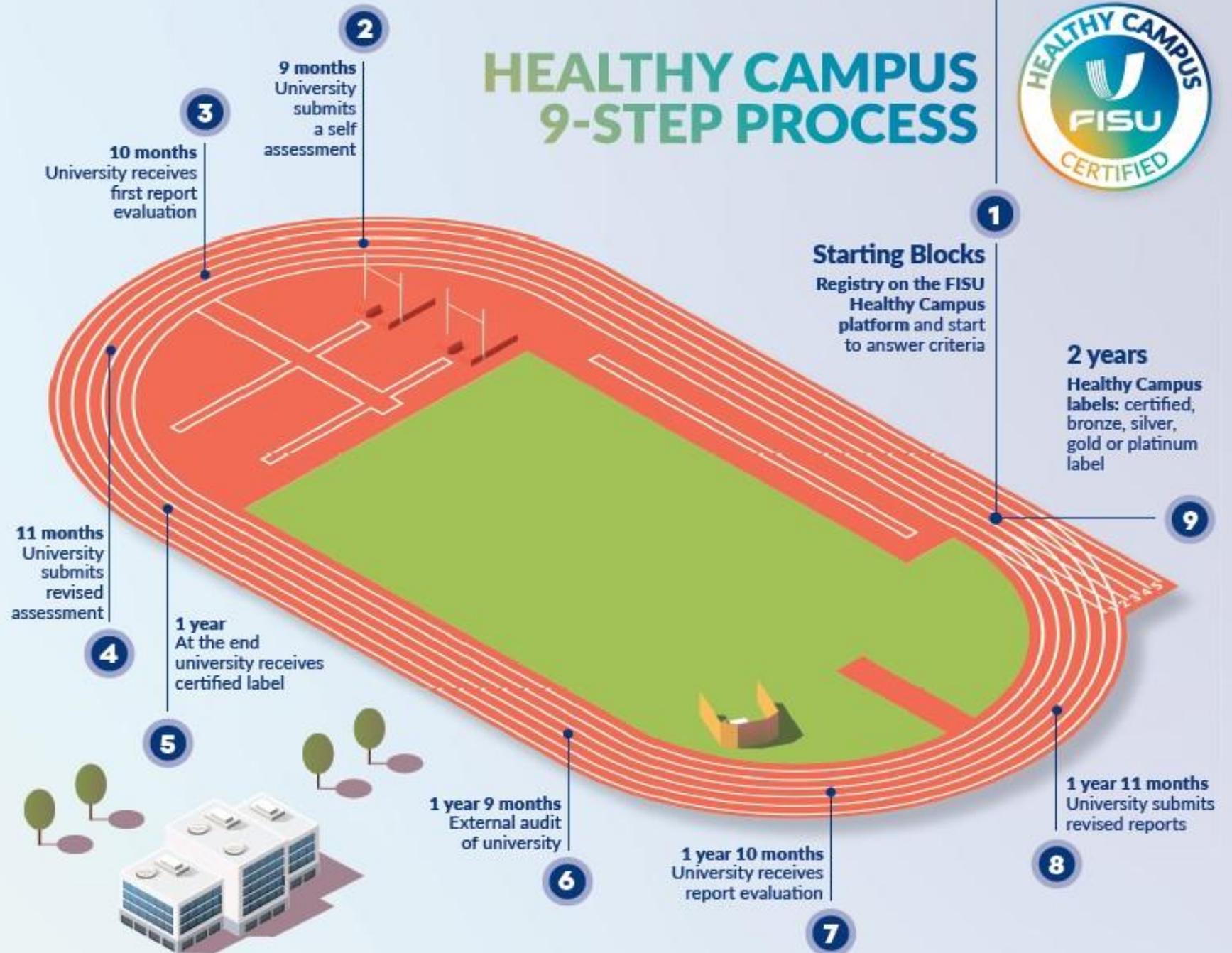
7 domains

100 criteria

5 levels of certification



# 2 years process



# Labels

- The universities will be ranked according to their score with respect to the criteria, which will be called “Label Status”:
- **Certified:** 40-50 criteria validated;
- Certified **Bronze:** 51-65 criteria validated;
- Certified **Silver:** 66-80 criteria validated; and at least 1 for each of the domains;
- Certified **Gold:** 81-90 criteria validated; and at least 2 for each of the domains;
- Certified **Platinum:** 91-100 criteria validated; and at least 3 for each of the domains.



# Why sign up?

## WHY SIGN UP?

### Top 5 reasons



Work towards **UN SDGs** in an organized manner & get into leading university rankings.



Learn **best practices** from major universities around the world.



Encourage **cohesion and coordination** among all your departments & services.



Put a stop to 'drop out' trends and help the students **love campus life**.



Improve the image and **credibility** of your university with the certified international label.

# ***Introducing the Panel***

- Ian Fitzpatrick- UWA
- Jamie Ball- Murdoch
- Nick Lambert- Latrobe
- Matt Pine- UNE

***Q1 .What was the University's initial attraction to sign up to the FISU Healthy Campus Platform?***

***Q2 .Which aspects of being a signatory to the FISU Healthy Camps platform have surprised you?***

***Q3 . What does being a Healthy Campus signatory offer to your University and the sport delivery agency that not being part of the platform couldn't?***

A large, light blue silhouette of a kangaroo is positioned in the background, facing right. The silhouette is semi-transparent, allowing the text to be clearly visible over it.

***Q4 . What's next on your Universities  
Healthy Campus journey?***



Questions?

***For a University thinking of joining the FISU  
Healthy Campus platform what advice  
would you give them?***

# ***Healthy Campus Tool Kit***



- Healthy Campus Implementation Pack
- Healthy Campus Power Point
- Signatory Stories
- Best Practices -Aussie style
- Health Trends and Activity intervention Research

Help is always at hand- Call Me!

***Thank you***

