

The domain of Risk Behaviour!

Community of Practice- Healthy Campuses

Melbourne 26 May 2026

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Aim of the COP;

- Listen
- Learn
- Be Curious
- Share Knowledge
- Connect with Like Minds
- Have Fun



Today Agenda

- Background to FISU Healthy Campus
- Trending Risk Behaviours
- Sharing Best Practice Locally and Globally
- Where to find the Evidence/Research to back it up!

What is a Healthy Campus?



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



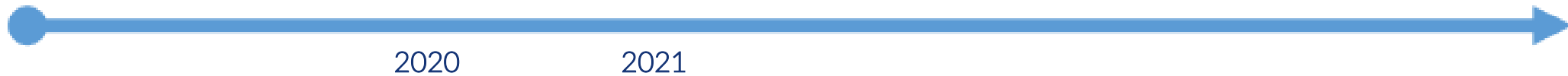
- 30 international experts helped create the *Healthy Campus Standard*
- Started in May 2020
- 222 Universities Globally – 56 countries, 5 continents



- 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).

Why Healthy Campus?

- QS Built for Universities by Universities
- 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



What are the Benefits of being a Healthy Campus?

- Consolidates all the Healthy Campus information into one easy to find place
- Provides evidence to support the University THE Impact Rankings submission
- Supports Compliance reporting against University policies



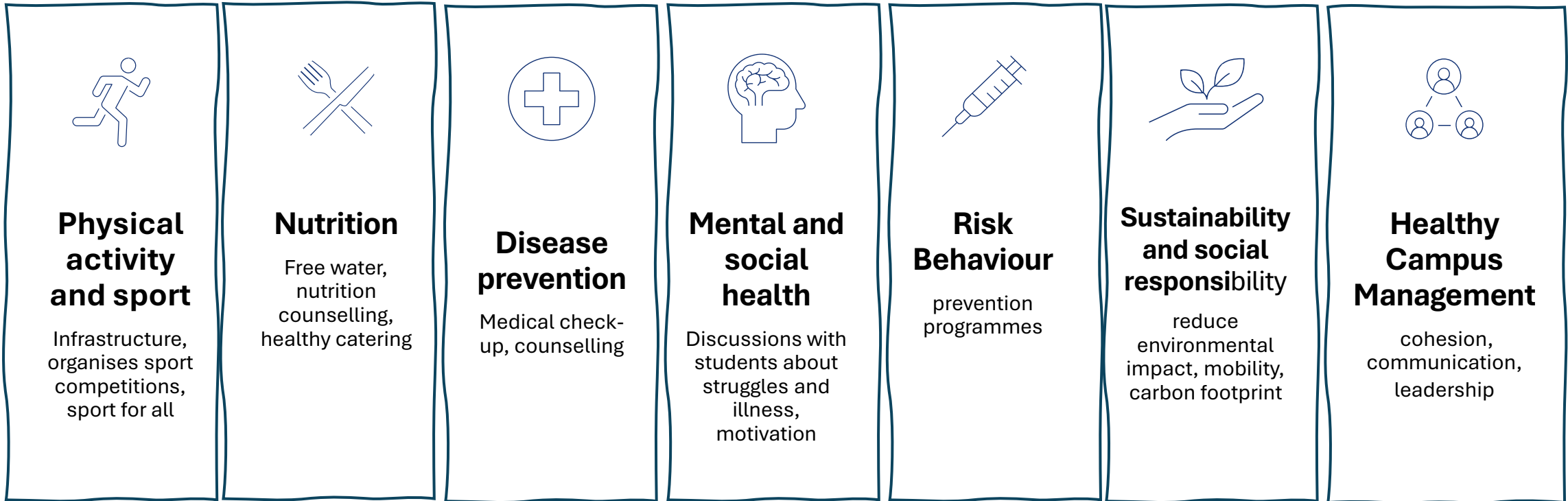
FISU Healthy Campus



7 domains

100 criteria

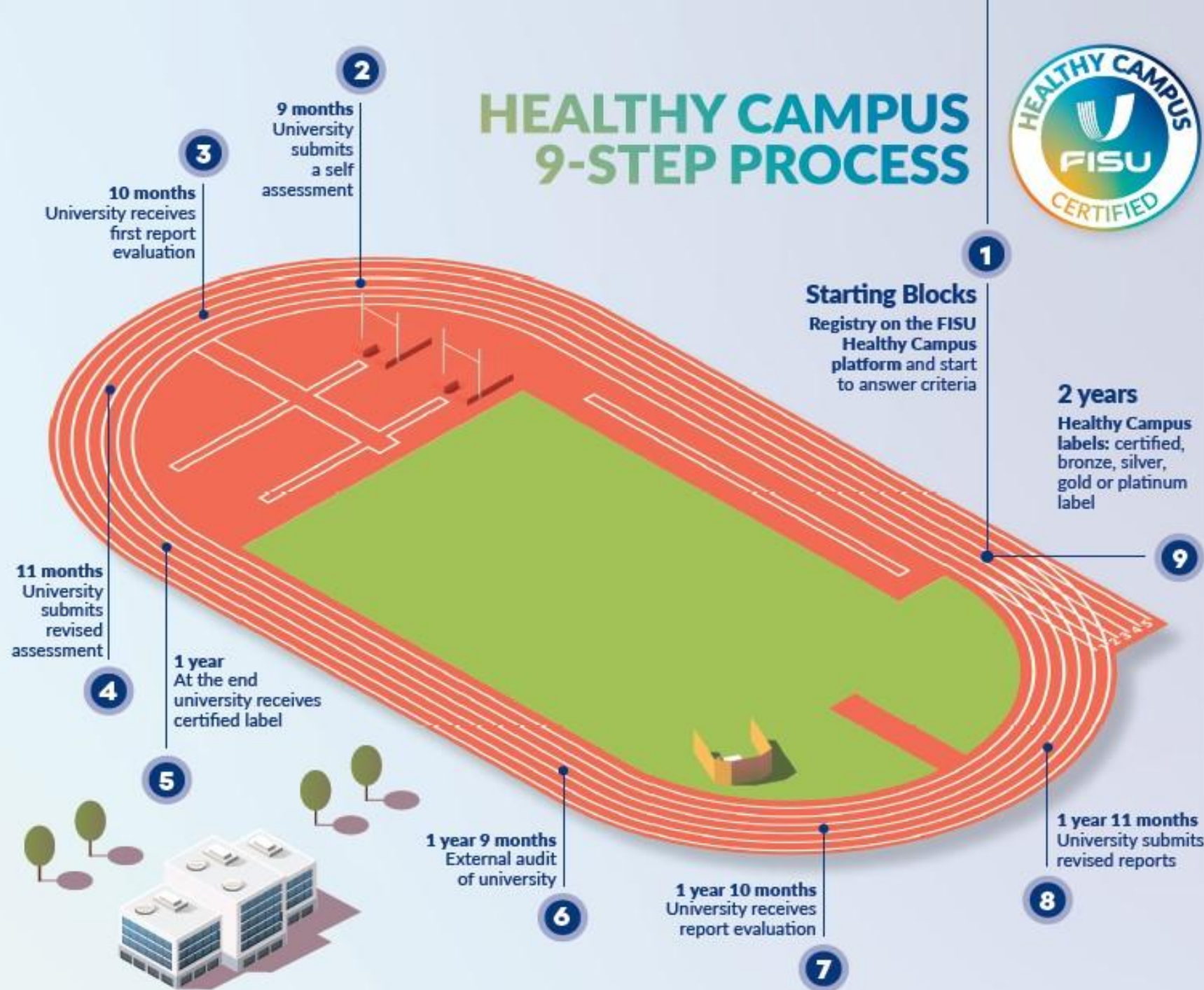
5 levels of certification



100 criteria divided into:

- **Healthy Campus management** (33 criteria)
 - Context, literature and needs (4 criteria);
 - Leadership (4 criteria);
 - Vision strategy and action plan (3 criteria);
 - Role, responsibilities (3 criteria);
 - Resources (3 criteria);
 - Communication (2 criteria);
 - Stakeholders and network (4 criteria);
 - Events, programmes and services (5 criteria);
 - Evaluation and improvement (5 criteria);
- **Physical activity and sport** (33 criteria);
- **Nutrition** (8 criteria);
- **Disease prevention** (7 criteria);
- **Mental and social health** (8 criteria);
- **Risk behaviour** (5 criteria);
- **Environment, sustainability & social responsibility** (6 criteria).

2 years process



Evidence

#55 The university organises or collaborates with partners in the organisation of sports events open to the local community. Validated answer

#60 - Details of the answer for the criterion The university offers a dual career programme. Validated answer

Questionnaire

Your answer

Murdoch has an Elite Athlete Program that assists high level athletes complete their studies through a range of study accommodations and support services. The website can be found here: <https://www.murdoch.edu.au/life-at-murdoch/support-services/student-support-programs/elite-athlete-program>

We are recognised for this work by the Australian Institute of Sport's Elite Athlete Friendly University program. More details here and evidence of recognition here: <https://www.ais.gov.au/career-and-education/eaen/university#w>

File upload

Evidences library

Supporting document	Description	File	Version	Updated at	By	Status	Actions
Activity plan						Missing	

Validated answer

Validated answer

Validated answer

Validated answer

Not answered

Validated answer

Validated answer

Validated answer

Validated answer

academic diploma/supplement or integrates sports into the academic

Elite Athlete Program



LIVE CHAT

A large, light blue silhouette of a kangaroo in mid-leap, positioned behind the text. The kangaroo is facing right and its tail is curved downwards.

Pop Quiz -What are some of the Risky Behaviours covered in the Healthy Campus standard?

Domain: Risk Behaviours

90 The university determines applicable rules regarding alcohol, drugs, doping and tobacco issues.

91 The university organises prevention programmes in terms of alcohol, drugs, doping and tobacco.

92 The university organises educational program preventing the use of doping.

93 The university informs and organises programmes about sexual health promotion.

94 The university organises prevention programmes to reduce bullying and violence towards groups of people that might be discriminated.

Trending Risk Behaviours



Trending Risk Behaviours

65 % increase in Health Centre Presentations since 2022

Poorer Physical Health (65% inactive/sedentary)

Poorer Mental Health (1:2 University Students)

Food Insecurity (Uni Food Bank access up by 200% from 2023)

Social Media Impacts

Binge Drinking

Needle Phobia

TIK TOK Advice

Best Practices



UNIVERSITY OF THE ALGARVE

WEBSITE [HTTPS://WWW.UALG.PT/PT](https://www.ualg.pt/pt) CONTACT PERSON ALEXANDRA TEODÓSIO – VRATEODOSIO@UALG.PT



UALg
+ HEALTHY
- PLASTIC

Bring your own mug to the bar and ask for your drink, coffee or tea, this will reduce the amount of washing done in bars and the use of disposable material.
"UAlg + Healthy - Plastic" contributing to a future "Plastic Free" areas and especially for a more sustainable environment for all of us and the future generations.



Name of the project
UALg+Healthy-Plastic



Domain
Environment, sustainability and social responsibility



Criteria
#96 The university shall develop partnership plan external stakeholders to implement social respons activities and promote so inclusion and cohesion.



Keywords
Sea protection, Nature ri Migration of Climate cha Healthy habits of enjoyin



Target & Stakeholders
Students, staff and regio stakeholder



Time & Frame
All year



Team & Staff
UALg R&D, V+, Social Ac Services



Description
Actions: 1. Return all the material used in bars. 2. Bring your own mug to drink, coffee or tea in bars. 3. Use the special plastic deposit to collect material



Evaluation
All UALg's services adopted the initiative. Researchers and Students have joined well, and they have organising ways to spread the impact. Number of bar restaurants



UNIVERSITY OF JOHANNESBURG

WEBSITE [WWW.UJ.AC.ZA](http://www.uj.ac.za)



Clean Up campaign at UJ



Clean Up campaign partnership with the City of JHB



Name of the project
UJ Clean Up Campaign



Domain
Environment, sustainability and social responsibility



Criteria
#99 The university shall plan, implement and evaluate specific actions to improve the sustainability and use of infrastructure and resources.



Keywords
Clean-up, Environment, Environmental Sustainability, No Littering, Clean Up Campaign, Recycle



Target & Stakeholders
Students and Staff



Time & Frame
Weekly



Description
The UJ Clean Up campaign is aimed at keeping the campuses clean and raising awareness on clean working and teaching and learning environments. The materials picked up are placed in specified recycle bins. All staff and students are involved.



Main Goals
To keep a healthy, clean environment. To teach the campus community to respect the environment. To encourage people to recycle plastics, bottles & other waste materials. To encourage the campus community to make UJ a cleaner & sustainable environment.



Motivation & Vision
Keeping a clean studying, working and living environment



Evaluation
Many people have stopped littering. People have adopted the use of bins provided.



Lessons learned
People find it embarrassing to throw away plastics in open spaces. The Clean Up campaign has improved the quality of life on campuses.



Recommendations
All persons must be encouraged to use bins provided in public spaces. Littering should be punishable if found/caught in the act.

Find a Best Practice- <https://www.fisu.net/programmes/healthy-campus/>

90 The university determines applicable rules regarding alcohol, drugs, doping and tobacco issues.(**University of Surrey**)

91 The university organises prevention programmes in terms of alcohol, drugs, doping and tobacco(**University of the Algarve**)

92 The university organises educational program preventing the use of doping (**Myongi University**)

93 The university informs and organises programmes about sexual health promotion (**University of Milano**)

94 The university organises prevention programmes to reduce bullying and violence towards groups of people that might be discriminated. (**Polytechnic Institute of Liera**)

#1



#2



RMIT

UNIVERSITY

Healthy Campus Resources

- FISU Website <https://www.fisu.net/programmes/healthy-campus/>
- Healthy Campuses Newsletter- #15 is out today!
- Templates
 - Healthy Campus Implementation Plan
 - Healthy Campus Power Point
- www.healthycampus.unisport.com.au
 - Signatory Stories
 - Best Practices
 - Health Trends and Domain Related intervention Research

Help is always at hand!

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Any Questions?

Thank you



#55

The university organises or collaborates with partners in the organisation of sports events open to the local community.

Validated answer



#56 - Details of the answer for the criterion The university organises sports competition within the university.

Questionnaire

Your answer

We run a number of competitions on campus, though we tend to incorporate them under two main headings:

1. General social sports (open to all, mostly students register): <https://www.murdoch.edu.au/murdoch-sports/sports/social-sports>
2. Staff Games (staff only): (see picture for confirmation of 2020 events)

File upload



Staff Games Recap.jpg



Social Sport S1 2021 v2.pdf



Validated answer



Validated answer



Validated answer



Not answered

Validated answer



Validated answer



Validated answer



academic diploma/supplement or integrates sports into the academic

Evidences



social sport



at murdoch

Weekly social competitions are available in:

- Mixed Netball (Monday)
- Mixed Ultimate (Tuesday)
- Men's/Women's 3v3 Basketball (Tuesday)
- Mixed Touch Rugby (Thursday)

Games begin the week of March 8th and we welcome registrations from both teams and individuals.

For more info and to get a registration form, email sports@murdoch.edu.au or go to the Sports and Rec Centre (415) before March 4th.



MURDOCH SPORTS

For more info on social sport scan the QR code below or go to:

<https://www.murdoch.edu.au/murdoch-sports/>



Find us on  @vikingsmurdoch

