



# 2015 Research Symposium

Healthy Sydney University

15 December 2015



THE UNIVERSITY OF  
**SYDNEY**

# Order of proceedings

**2.00pm**

Open of symposium

**2.10pm**

Mental Wellbeing group presentations

**2.40pm**

Move More, Sit Less group presentations

**3.10pm**

Eat Better group presentations

**4.00pm**

Questions and feedback for project leaders

**4.15pm**

Keynote speech and presentation of certificates to project leaders

**4.30pm**

Food, discussion and networking

**6.00pm**

Close

# Healthy Sydney University

## A message from the Chair

Our first end of year research symposium is an opportunity for our project leaders and teams to showcase their expertise in creating a healthier university.

Since 2013, Healthy Sydney University has seed funded and supported almost twenty projects. Our projects in 2015 cover a range of areas, from exploring the best evidence to support student mental wellbeing in universities, to developing healthy catering guidelines for University-run events.

In 2015, Healthy Sydney University engaged with the University's strategic planning process through participation in various focus groups and providing written responses to the Education and Culture discussion papers. We also developed our own 2016-2020 Healthy Sydney University strategy in line with the University's broader strategic themes for the next five years.

Healthy Sydney University has led the way on the international stage through our participation at the International Conference on Health Promoting Universities & Colleges at the University of British Columbia in Canada. In 2016 we will continue this work by supporting the development of an Australian network of health promoting universities.

There is keen interest in the Healthy Sydney University approach to healthy people, places, policies and practices. We featured in staff and student eNews with eight stories in 2015, and our monthly newsletters reach over 400 staff and students each month. At least 50 students and staff are regularly engaged with Healthy Sydney University through our working groups.

Our five guiding principles have allowed staff and students to bring enthusiasm to our vision of the University of Sydney as an organisation that promotes and supports the health of its community.

Thank you for supporting our work and I look forward to seeing what 2016 brings for Healthy Sydney University.

**Professor Gwynnyth Llewellyn**

Chair, Healthy Sydney University

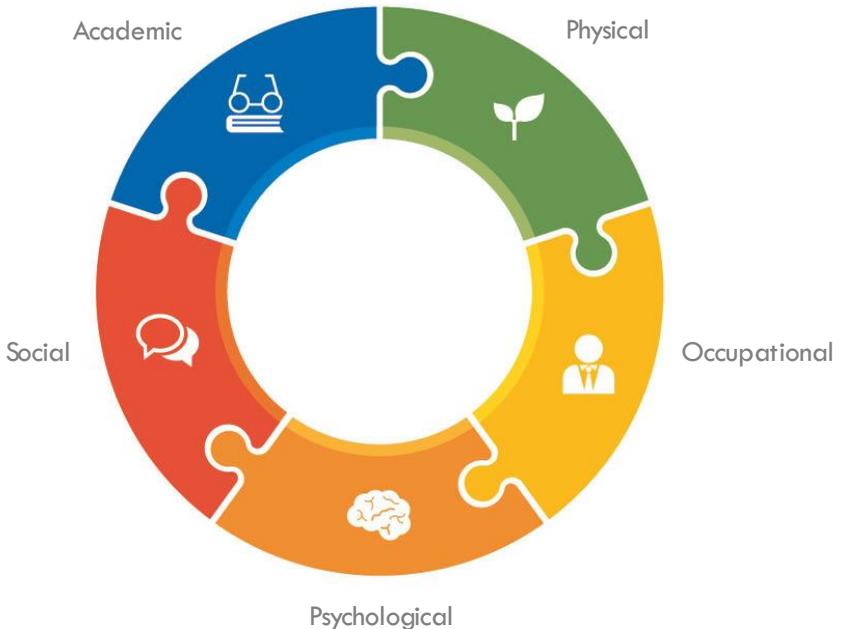
# Healthy Sydney University

## Creating a healthy university for all

Healthy Sydney University is a university-wide initiative that brings students and staff together to promote the health and wellbeing of our community at the University of Sydney.

We believe the best health and wellbeing outcomes occur when we support healthy people, build healthy places, develop healthy policies and implement healthy practices.

We use and generate evidence to support health for our staff, students and visitors across a range of areas, including the academic, physical, social, psychological and occupational spaces of our University.



## Our working groups

Healthy Sydney University has four working groups. These groups meet on a regular basis to discuss initiatives and strategies for change.

Each working group includes staff and student champions from across the University and from a range of different campuses, faculties, service units and associated organisations (such as the residential colleges and student organisations).

### **Mental Wellbeing**

*Chair:*

Dr Marie Leech



### **Move More, Sit Less**

*Co-Chairs:*

Professor Tim Gill  
Professor Adrian Bauman



### **Eat Better**

*Co-Chairs:*

Professor Margaret  
Allman-Farinelli  
Professor Stephen Colagiuri



### **Embedding**

*Co-Chairs:*

Ms Julia Cohen  
Professor Ian Caterson



## Developing an international approach to healthy universities

### International Conference at the University of British Columbia (Canada)

From 22-25 June 2015, Healthy Sydney University attended the International Conference on Health Promoting Universities and Colleges, hosted by the University of British Columbia Okanagan campus, Canada.

A total of 168 institutions and organisations were represented at the conference with approximately 400 delegates and participants from over 35 different countries. 138 workshop sessions were held over the four days, including two presentations from Healthy Sydney University. Healthy Sydney University also engaged with the development of a new Charter for Health Promoting Universities and Colleges – the 'Okanagan Charter'. The Charter explicitly asks all universities to 'infuse health into everyday operations, business practices and academic mandates'.

The conference provided a clear opportunity for Healthy Sydney University to link with and learn from other universities in Australia, New Zealand, the UK, Europe, USA and Canada in order to explore new project ideas and ways of addressing health on our campuses.

Healthy Sydney University also visited two other Canadian universities, UBC (Vancouver campus) and Simon Fraser University (Burnaby campus). Both universities have invested significantly in health promotion opportunities through a range of projects and initiatives that are positively impacting on learning and working environments for their staff and students.



*The 400 delegates at the 2015 International Conference on Health Promoting Universities and Colleges at UBC Okanagan campus.*

## **Visit by Professor Trevor Hancock (University of Victoria, Canada)**

Healthy Sydney University hosted the visit of Professor Trevor Hancock from the University of Victoria (Canada) in September 2015. Professor Hancock met with the Vice-Chancellor, Dr Michael Spence, to discuss the importance of measuring staff and student wellbeing in order to inform our success as an institution.

Professor Hancock also presented a lunchtime seminar at the Charles Perkins Centre, linking together major themes in ecological sustainability and population health such as climate change, pollution and resource depletion.



*L-R: Panel members Dr Brian Jones (Agriculture), Prof Margaret Allman-Farinelli (Nutrition & Dietetics), Ms Victoria Bolton (CIS), Ms Melanie Crane (Prevention Research Collaboration), Dr Jennifer Kent (Architecture, Design & Planning), Prof Trevor Hancock (University of Victoria, Canada), Prof Gwynnyth Llewellyn (Chair, Healthy Sydney University).*

The seminar was followed by a special roundtable discussion on creating healthy and sustainable campuses, chaired by the Deputy Vice-Chancellor (Research) Professor Duncan Ivison. Forty students and staff from across the university community attended the the roundtable discussion, coming up with ideas such as:

- including health and wellbeing in our revised graduate qualities;
- incorporating human and ecological health into University procurement policies;
- pedestrianising our campuses and encouraging active travel; and
- modelling a healthier, more sustainable food system on our campuses.

Professor Hancock and the participants agreed the success of a university can and should be measured in human terms through the wellbeing of its people – its students and staff. Healthy Sydney University has continued to pursue this approach through engagement with the University's strategic planning process.

# Report card

## Creating a healthier university in 2015

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### **Mental Wellbeing**

- Review of mental wellbeing in universities completed and factsheet developed
- Support for university-led initiatives to promote mental wellbeing of staff and students
- Staff news story on results of the staff mindfulness pilot
- Mindfulness guest speaker workshops and lecture – over 300 staff participated.

### **Move More, Sit Less**

- Sydney University Cycling Challenge joint project with City of Sydney Council
- Assisted with development of the University's draft sustainable transport and mobility plan (STAMP)
- Support for university-led initiatives such as Ride 2 Work day
- Standing breaks infographic promoted to staff and managers
- Staff news stories on reducing sedentary time at work and increasing physical activity.

### **Eat Better**

- Healthier vending machine options trialled, with growing interest from University media, external media, community and industry
- Fruit options intervention trial with the USU
- Development and testing of healthy catering guidelines
- Staff and student food survey with over 1,000 responses.

### **Embedding and Engagement**

- Engagement with the University's strategic planning process
  - International engagement through 2 presentations at International Conference on Health Promoting Universities & Colleges
  - Leading role in development of an Australian healthy university network
  - \$30,000 seed funding for 6 projects in 2015
  - 17 applications for seed funding received for 2016, 7 projects funded at \$5,000 each
  - Building of ongoing relationship & links with USU; SUSF; Cumberland Student Guild; SUPRA & SRC.
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### **Staff mindfulness pilot**

*Mental Wellbeing group*

Researchers from the Brain and Mind Centre and staff from Safety, Health and Wellbeing worked together to look at whether mindfulness training in the workplace is an effective way of improving employee wellbeing and enhancing workplace engagement for University of Sydney staff.



### **Systematic review of literature to promote mental wellbeing in universities**

*Mental Wellbeing group*

A team of researchers from various faculties and institutions reviewed the scientific literature on the most effective strategies and approaches that universities can implement to promote the mental wellbeing of their students and staff.



### **Stair use promotion project**

*Move More, Sit Less group*

Charles Perkins Centre researchers collaborated with Campus Infrastructure Services and several faculties to measure the impact of signage on promoting stair use in buildings around campus.



### **Sydney University Cycling Challenge**

*Move More, Sit Less group*

This project involved encouraging University staff to join a cycling challenge competition, supported by the City of Sydney Council. The competition encouraged staff to achieve personal and workplace goals and fostered relationships across faculties and units in the University.



## **Reducing sedentary behaviour in students**

*Move More, Sit Less group*

University students spend a large chunk of time in sedentary activities, such as attending lectures and studying. This project, a collaboration with CIS, aimed to reduce the amount of sitting time of University students through building a standing desk prototype and installing it in a number of lecture theatres.



## **Healthy catering guidelines**

*Eat Better group*

The healthy catering project is an initiative of Healthy Sydney University in collaboration with the University's Events team and catering companies such as HostCo. The research aimed to develop and implement catering guidelines, and evaluate the impact of these guidelines on the types of foods and beverages University staff order from caterers.



## **Improving the campus food environment**

*Eat Better group*

Two PhD students from the Charles Perkins Centre looked at how to improve access to healthier food options in the University's campus food outlets and vending machines. Interventions include changing food displays, including nutritional labelling, and offering healthier vending machine options.



## **Staff and student perceptions of food on campus**

*Eat Better group*

Students and staff at the University of Sydney were surveyed regarding their opinions on the provision of food on campus. Over 1,000 staff and students completed the survey, with all faculties represented. The findings indicate that taste, convenience and cost are the main factors driving food choices on campus.



**In 2016, Healthy Sydney University will be working with the our community to:**

- Roll out nutritional labelling in campus food outlets
- Implement our blueprint for student mental wellbeing
- Assess the University's smoke-free campus approach
- Trial new ways to promote stair use in buildings
- Rethink sugary drinks
- Promote chill out zones in our campus libraries and study spaces
- Develop an online nutrition module
- Promote active travel to and from our campuses
- Implement our healthy catering guidelines
- Develop an on campus wellbeing video for our future students
- Look at ways we can reduce the sitting time of staff and students.



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**For more information**

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