

2013-2014 YEARBOOK

HEALTHY
SYDNEY
UNIVERSITY



THE UNIVERSITY OF
SYDNEY





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A MESSAGE FROM THE VICE-CHANCELLOR



I have been delighted to support Healthy Sydney University since its inception in June 2012.

We all know we need to eat better, to exercise, and to watch our stress levels, but putting these principles into practice can be difficult. The beauty of Healthy Sydney University is that it brings the University community together in developing programs to support us all.

Across the University, programs ranging from staff yoga to community gardens are uniting us and enhancing our lives. Healthy Sydney University monitors these activities and ensures their improvement and expansion.

In 2014, for example, Health Sydney University collaborated with the University of Sydney Union (USU) to conduct a kilojoule labelling trial at Manning Grill, part of the USU's Manning Bar. As a result, the USU has changed aspects of its menu, encouraging us to choose healthier options. It's a great result for one of the University's most popular food outlets, and indeed, for all who eat there.

As a research-intensive university, we are proud to take our findings beyond the theoretical to the practical. Next year, we will launch an exciting new initiative designed to improve first-year student wellbeing. Healthy Sydney University has collaborated with the Brain and Mind Research Institute and the Young and Well Cooperative Research Centre to create an online resource for students, bringing together the latest apps and e-tools, each rigorously evaluated by researchers. More about that in 2015!

I congratulate Professor Gwynnyth Llewellyn and her team on their passion and dedication, and I look forward to watching Healthy Sydney University grow and drive healthy initiatives in every corner of the University.

DR MICHAEL SPENCE

Vice-Chancellor and Principal, the University of Sydney

A MESSAGE FROM THE CHAIR



Welcome to Healthy Sydney University's first Yearbook, showcasing our achievements in 2013 and 2014 to build a healthier university.

Healthy Sydney University supports and promotes initiatives across the University of Sydney that improve wellbeing. We bring people together in a collaborative way to generate healthier outcomes for our community.

Seed funding from Healthy Sydney University has allowed interested staff and students to plan, implement and evaluate healthy ideas and projects.

In 2013 and 2014, we funded a number of trial projects, from a Mindfulness-based stress-reduction trial for staff, to a number of food environment changes at our Camperdown and Cumberland campuses.

Healthy Sydney University also moved into its new premises in the Charles Perkins Centre, a world leading state of the art research centre on Camperdown campus that focuses on finding real world solutions to obesity, cardiovascular disease and type 2 diabetes.

It has been a great opportunity for Healthy Sydney University to engage with the interdisciplinary research and project nodes of the Charles Perkins Centre in the areas of primary prevention and health promotion. Being situated in a research-intensive environment like the Charles Perkins Centre really strengthens our focus to promote a healthier university environment while generating much needed research in the areas of nutrition, physical activity and mental wellbeing.

I am really excited by the ideas put forward for 2015 by staff and students who have engaged with our working groups. I hope from this point that Healthy Sydney University will continue to grow and expand into new areas and campuses, and that our model of engagement is one that other universities and educational settings can follow.

PROFESSOR GWYNNYTH LLEWELLYN

Chair, Healthy Sydney University



ABOUT HEALTHY SYDNEY UNIVERSITY

Healthy Sydney University aims to create a university that supports health and wellbeing for all.

Since 2012, Healthy Sydney University has brought together students and staff from across the University to generate innovative and evidence-informed approaches to promoting health in our community.

Our strategies are informed by the best available evidence and are rigorously evaluated to ensure we generate new evidence around healthy learning and working environments. By focusing initiatives across three key areas – healthy people, healthy places, and healthy policies and practices – Healthy Sydney University takes a comprehensive and integrated approach to supporting our staff and students to be healthy and well. Healthy Sydney University has four working groups:



EAT BETTER

- Chairs:
 - Professor Stephen Colagiuri, Professor of Metabolic Health, Sydney Medical School
 - Associate Professor Margaret Allman-Farinelli, Discipline of Nutrition and Dietetics, Faculty of Science
- Staff and Student Representatives from:
 - The University of Sydney Union (USU)
 - Discipline of Nutrition and Dietetics
 - Faculty of Dentistry
 - Faculty of Agriculture and Environment
 - Sydney School of Public Health
 - The University of Sydney Food Co-op
 - Faculty of Arts and Social Sciences
 - The Boden Institute of Obesity, Nutrition, Exercise and Eating Disorders
 - The University of Sydney Business School.



EMBEDDING

- Chair:
 - Professor Ian Caterson, Boden Professor of Human Nutrition, Sydney Medical School
- Representatives from:
 - Safety Health and Wellbeing (HR)
 - Deputy Vice-Chancellor (Education) portfolio
 - Academic Board, Institute for Teaching and Learning
 - Deputy Vice-Chancellor (Indigenous) portfolio.



MENTAL WELLBEING

- Chair:
 - Dr Marie Leech, Principal, Sancta Sophia College within the University of Sydney
- Staff and Student Representatives from:
 - The University of Sydney Union (USU)
 - SRC and SUPRA (student representative associations)
 - Sydney Medical School
 - Sydney Business School
 - Brain and Mind Research Institute
 - Safety Health and Wellbeing
 - Student Support Services (including Counselling and Psychological Services)
 - University Health Service
 - Academic Board
 - Equity and Diversity (HR)
 - Faculty of Health Science
 - School of Psychology (Faculty of Science).



MOVE MORE, SIT LESS

- Chairs:
 - Professor Adrian Bauman, Sesquicentenary Professor of Public Health and Director of the Prevention Research Collaboration
 - Professor Tim Gill, Principal Research Fellow, Boden Institute
- Staff and Student Representatives from:
 - Sydney University Sport and Fitness (SUSF)
 - Prevention Research Collaboration (Sydney School of Public Health)
 - Faculty of Health Sciences
 - Campus Infrastructure Services
 - Safety Health and Wellbeing
 - Institute for Transport and Logistics (Sydney Business School)
 - Faculty of Engineering and Information Technology.

2013-2014 A SNAPSHOT OF SUCCESS

SUPPORTING HEALTHY PEOPLE

Manning Grill kilojoule labelling project

The Manning Grill kilojoule labelling project was the result of collaboration between Healthy Sydney University, the University of Sydney Union (USU), and PhD and Masters students in the discipline of Nutrition and Dietetics (within the School of Molecular Bioscience, Faculty of Science), led by Associate Professor Margaret Allman-Farinelli and Professor Stephen Colagiuri in the Charles Perkins Centre.

There is limited evidence taken from real-life settings to support whether energy labelling (of kilojoules or calories) at point of purchase in fast food outlets is effective at changing behaviour and reducing consumption of energy-dense foods. Manning Grill, located next to Manning Bar and run by the USU, was identified as a key site whereby kilojoule labelling could be trialled in a real life setting. Management and staff from the Manning Grill, including USU's head of operations, Peter Underwood, worked with a PhD student, Rajshri Roy, to analyse the energy content of Manning Grill food items and display them on the menu.

This project considered the effect of labelling the menus with energy (kilojoule) values and its impact on consumer awareness and attitudes, and how that affected food sales before, during and after the intervention.

Completed in June 2014, the project was successful at bringing together the USU with the academic expertise in this area to drive behavioural change within the student population in regards to food options on campus. Students interviewed as part of the project said they thought kilojoule labelling was a good idea, and those students who were conscious of the kilojoule labelling bought approximately 800 to 900 kilojoules less than those who did not notice it.

“The USU and the Manning Grill team were proactive with this project - they revamped their menu to lower the kilojoules of some items and started offering a variety of healthier options such as salads. They have also kept the kilojoule labelling permanently on their menu.” – Rajshri Roy, PhD Candidate, Nutrition and Dietetics.

“The project was certainly a very collaborative effort and USU was very pleased to have the Manning Grill menu used for this trial. It is good to have choices and the option of substituting hot chips for a salad with most of the meals is an easily identifiable healthy alternative for our customers.” – Peter Underwood, Director of Operations USU



Mindfulness-based stress-reduction pilot program for staff

The staff mindfulness pilot program was a successful collaboration between three groups in the University community: the Mental Wellbeing working group of Healthy Sydney University; Safety Health and Wellbeing in Human Resources; and the Brain and Mind Research Institute.

The aim of the pilot was to objectively measure whether mindfulness training is effective at reducing the stress of University staff and increasing their engagement with the University as an employer.

Staff enthusiasm for mindfulness sessions was encouraging, with 25 participants registering for the program within two hours of the sessions being offered on CareerPath and another 80 people waitlisted for the next session.

The pilot was implemented by Safety Health and Wellbeing over a 6 week period between September and November 2014. With the support of seed funding from Healthy Sydney University, the pilot is currently being evaluated by Professor Nick Glozier of the Brain and Mind Research Institute, with the view to publish the research in 2015.

“It was fantastic to see such interest and appetite for mindfulness training. We hope to extend this further across the University in 2015, particularly through empowering and training up our own staff to deliver it in a cost-effective way to other staff members and students.” – Julia Cohen, Director, Safety Health and Wellbeing.

“Healthy Sydney University have provided us with an opportunity to evaluate whether mindfulness really works in reducing stress. This research will be a valuable contribution to the existing but limited body of evidence on mindfulness in the workplace.” – Professor Nick Glozier, Brain and Mind Research Institute



Cumberland Campus Food Environment Project

Cumberland Campus was identified by Healthy Sydney University as a health conscious environment for students and staff, yet healthy food options have not always been available and accessible.

Two projects were carried out during Semester 2, 2014 to alter the food environment at Cumberland campus. Students from the discipline of Nutrition and Dietetics collaborated with the Cumberland Student Guild to offer combination deals for healthy meals in one food outlet, and altered the accessibility of healthy and unhealthy foods in another food outlet on campus.

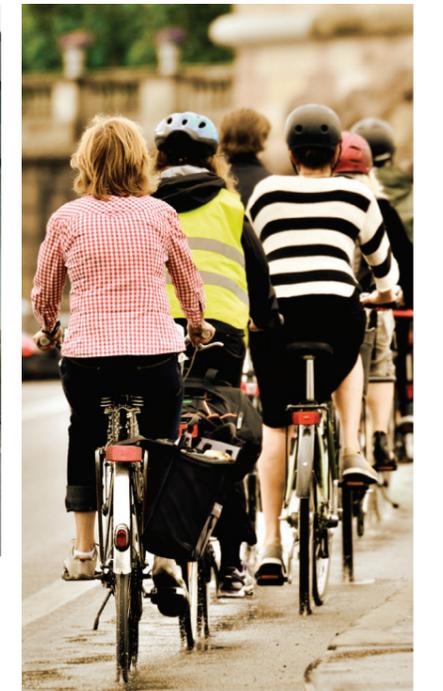
The results of the Cumberland Campus Food Environment Project showed that the placement and pricing combination deals of healthier foods may have an impact on increasing the amount of healthy products sold, however there are other factors that may impact on attempts to increase healthy food consumption on university campuses.

Other Nutrition and Dietetics students also worked on analysing and assessing the food environment of the Camperdown-Darlington campus by measuring the availability, accessibility, cost and promotion of healthy and unhealthy food options, in both campus outlets and vending machines. These results provide a benchmark from which Healthy Sydney University and organisations like the USU can measure improvement and success of creating healthier campus food environments in the future.

“Offering healthy food combination deals was successful and sales were high during semester time. It was a great idea and we will be looking at continuing this in 2015.”

- Kim Colquhoun, Director, Cumberland Student Guild.

“On campus research projects provide a fantastic opportunity for our Honours and Masters students to get a taste for research under the guidance of academics in their field of expertise while also contributing to improving the campus environment for other students and staff.” – Associate Professor Margaret Allman-Farinelli, Nutrition and Dietetics.



BUILDING HEALTHY PLACES

Promoting Active Travel to the University

One of Healthy Sydney University's aims is to increase the number of staff and students cycling to and from our campuses.

A physical activity and travel survey of the University, supported by Healthy Sydney University and published in 2013 by Professors Chris Rissel, Corinne Mulley and Dr Melody Ding, found that only 6.4% of University staff and students cycled to campus, compared to 25% travelling to campus via car or motorcycle. Almost half of all respondents already use public transport, with a further 17% walking.

Since 2013, Healthy Sydney University has been working with Campus Infrastructure Services (CIS) to review the availability and accessibility of showers, lockers and bike storage spaces across the Camperdown-Darlington campus. This was based on initial feedback from staff about barriers to cycling to work.

Healthy Sydney University, in conjunction with CIS, NSW Health, City of Sydney Council and the Bicycle Network, has also hosted and promoted opportunities for University staff and students to get on a bike and start cycling. Info packs, maps, training courses and trial bikes were made available to University staff and students in the lead up to National Ride2Work day in October each year.

Healthy Sydney University will continue to work with CIS and external organisations to provide more opportunities for staff and students to hire or loan bikes for the semester or year. These opportunities will be promoted by cycling events and activities that engage the University community.

“I have enjoyed working with Healthy Sydney University to promote cycling as a sustainable and healthy way of commuting to work and university. I look forward to developing this further through a trial bike loan scheme in 2015 and assisting the University in developing an Active Travel Plan as part of a wider plan to increase physical activity across the Sydney Local Health District.” – Jeni Bindon, Health Promotion Officer, NSW Health.



Stair Use Study

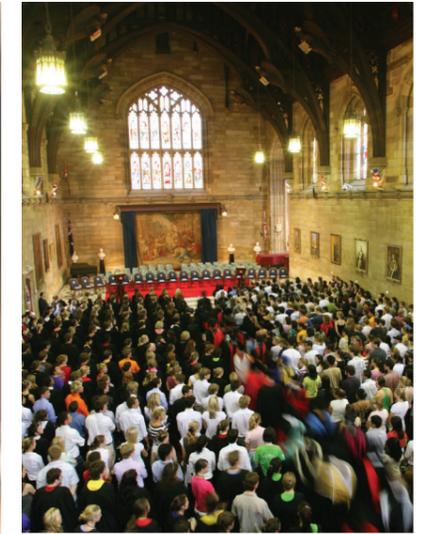
The Stair use study was a University-wide health promotion project run by researchers from the Preventive Research Collaboration, based in the Charles Perkins Centre.

The project involved collaboration between these researchers, Campus Infrastructure Services, several faculties, and students from the Sydney College of the Arts. The students created informative and motivating signs to promote stair use. These signs were placed near stairs and lifts to encourage those who are able to shift from using the lift to using the physically active mode of climbing the stairs.

Researchers used infrared people counters and manual observations to continuously monitor stair and lift usage. Following a two-week baseline data collection in August 2014, the posters were introduced early September 2014 into five buildings for two weeks across four faculties: Education and Social Work; Architecture, Design and Planning; Engineering and Information Technology; and Sydney Law School.

The researchers will be analysing the data generated from the project and publishing the results in early 2015, with the possibility of creating more permanent, visually appealing signs to promote stair usage across the rest of the University.

“Stair usage is not only good for the health of our staff and students but it is also essential for reducing the amount of electricity that the University uses, and therefore reduces the University’s Co₂ emissions. We are excited about further work with Campus Infrastructure Services in 2015 to ensure new buildings have interesting and accessible stairs, which will encourage incidental physical activity throughout the day for both students and staff.” – Dr Melody Ding, Research Fellow, Prevention Research Collaboration.



CREATING HEALTHY POLICIES AND PRACTICES

Graduate Attributes Project

Since 2013, Healthy Sydney University has been working to incorporate health and wellbeing in the University’s Statement of Graduate Attributes. This is an opportunity for the University to differentiate itself from its peers and lead the way in encapsulating health and wellbeing as a valued attribute of its graduates and Australia’s future leaders.

A research paper was prepared by Healthy Sydney University in late 2013 using some of the extensive research on graduate attributes by Associate Professor Simon Barrie, Director of the Institute for Teaching and Learning at the University.

In September 2014, Healthy Sydney University presented the paper to the new Deputy Vice-Chancellor (Education), Professor Pip Pattison, and a meeting of the Associate Deans (Learning and Teaching).

Linked to the Graduate Attributes Project was a presentation at the Institute for Teaching and Learning’s 2014 Teaching Colloquium. Healthy Sydney University presented about unhealthy assessment practices, and how we can improve our teaching and learning practices to support happy and healthy students, and in turn create healthy graduates.

Systematic Review of Literature for Improving Mental Wellbeing in Universities

The systematic review of literature for improving mental wellbeing in universities is a collaborative effort of Healthy Sydney University’s Mental Wellbeing working group in 2014. It has been led by Associate Professor Ana Fernandez of the Brain and Mind Research Institute and the Faculty of Health Sciences.

Members of the Mental Wellbeing working group (including several early career researchers, a PhD student and a Medicine student) have assisted Associate Professor Fernandez to identify and review the evidence on population-level approaches to supporting staff and student mental wellbeing within tertiary education settings.

Based on the research generated by the review, in 2015 the Mental Wellbeing working group will consider how the University of Sydney could incorporate these evidence-informed strategies to improve the mental health and wellbeing of our staff and students. The working group look forward to how these strategies align with the recommendations arising from a report by the University’s Student Wellbeing Review Committee, chaired by Professor Kathryn Refshauge, Dean, Faculty of Health Sciences.

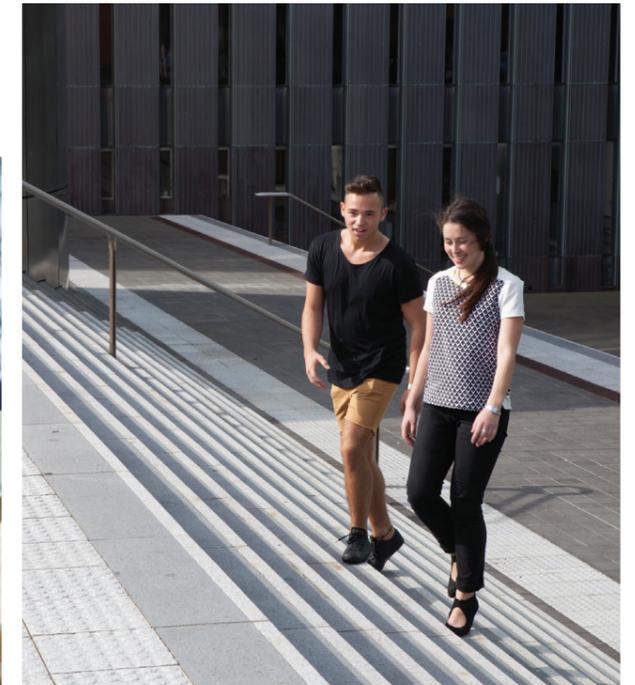
“The University of Sydney will review the graduate attributes statement in 2015 and consult with the University community about what makes the Sydney Education distinctive. I look forward to Healthy Sydney University’s ideas on health and wellbeing to consider as part of this review.” – Associate Professor Simon Barrie, Director, Institute for Teaching and Learning.

2015
PLANNED PROJECTS AND INITIATIVES



Supporting Healthy People	Building Healthy Places	Creating Healthy Policies & Practices
Online wellbeing resource for students, led by the Brain and Mind Research Institute and the Young and Well Cooperative Research Centre	Fresh fruit and vegetable barrels on campus and healthier vending machines – ongoing collaboration with the USU	Healthy University Catering Policy
Oral health promotion student campaign, led by students from the Faculty of Dentistry	Trial bicycle loan scheme, led by CIS	Campus food choices and nutrition education survey of staff and students
University Cycling Challenge	Mental health promotion campaigns with on campus health and counselling services and external mental health organisations such as ReachOut, Batyr and R U OK?	Mental health awareness and first aid training for academic supervisors – with the Institute for Teaching and Learning
Standing breaks in meetings for senior University management	Cycling Promotion Days with CIS, City of Sydney Council and NSW Health	Engagement with the development of high level University strategy, such as the review of Graduate Attributes and the 2016-2020 Strategic Planning Process
Trial of standing desks for students in lectures, led by the Faculty of Health Sciences and CIS	Including health and wellbeing in the proposed CIS building design standards policy	Creating a Healthy Universities Network of Australia and New Zealand
Resource kits for on campus physical activity		Building, promoting and evaluating an Active and Sustainable Travel Plan for the University
Mindfulness workshops and training for University staff and students, led by Safety, Health and Wellbeing		
Healthy Eating on a Budget: online nutrition module by the Boden Institute of Obesity, Nutrition, Exercise and Eating Disorders		

HOW TO BE INVOLVED



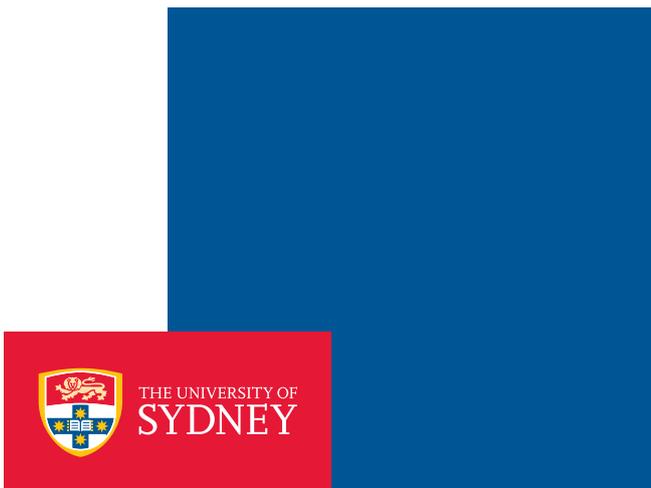
Healthy Sydney University relies on staff and students from a variety of areas to be health champions to improve their own faculty, department, school or organisation.

Healthy Sydney University wants to hear from staff and students who have a particular idea for an event, activity or initiative that is informed by the most recent evidence and improves our university environment – whether that be our food, physical or organisational environment.

Healthy Sydney University invites interested staff and students to join a working group and offer ideas for how we can make our university a healthier place in which to work, study and learn.

- Some healthy initiatives you could promote or run (using existing resources) for staff and students in your own area of the university:
- Mindfulness, meditation and positive psychology workshops
 - Morning or lunchtime yoga and pilates classes
 - Social sport
 - Walking meetings
 - Use healthier catering companies for events and offer healthier food options
 - Encourage the use of adjustable standing desks and meeting tables
 - Organise staff events around particular activities rather than alcohol
 - Encourage a standing break during meetings, lectures and tutorials of more than 30 minutes.

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