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THE UNIVERSITY OF
SYDNEY

Healthy Sydney University Evidence 2012-2016



Since 2012, Healthy Sydney University has worked with students, staff and external organisations to develop an evidence base for what a healthy university looks like.

According to the 2015 Okanagan Charter, universities that promote health are those which embed health in the everyday business of a university, through teaching, learning, research and community engagement.

At the University of Sydney, we believe being a healthy university is about supporting healthy people, building healthy places, developing healthy policies and implementing healthy practices to support our students, staff and the broader community.

Based on the evidence generated by Healthy Sydney University, a healthy university:

- encourages people to move more and be physically active;
- supports mental wellbeing;
- provides a healthy food and beverage environment; and
- embeds health across all areas of the organisation.

What does a healthy university look like?

Evidence generated by Healthy Sydney

University 2012-2016



Move more



Promote **cycling, walking** and **public transport** for staff, students and visitors

Support a **bike loan scheme** and other opportunities for new cyclists



Offer **standing breaks** during lectures and meetings

Encourage **adjustable sit-stand desks** for staff and students



Make stairs visible and easy to access in campus buildings



Promote **workplace programs** and **competitions** to help staff be more active



Embed health



Include health and wellbeing in decision-making and **policy processes**

Support healthy graduates by **embedding health and wellbeing** within the curriculum



Maintain a **smoke-free environment** for all students, staff and visitors

Ensure university policies on alcohol and tobacco are communicated clearly and effectively to students, staff and the wider community



Support mental wellbeing



Offer **mindfulness training** as an effective strategy to promote positive mental wellbeing and reduce stress for staff and students



Trial **alternate academic strategies** to support students' mental health

Ensure **senior leadership supports** university-wide strategies and policies to promote mental health



Promote healthy building design with access to **natural light** and **greenery** for mental wellbeing



Develop and evaluate **mental health apps**, e-tools and videos for students and staff to build personal knowledge and skills that support mental wellbeing



Eat better



Provide **nutritional labelling** at point of purchase in campus food outlets



Increase the availability and variety of **healthy foods** such as fruits, vegetables and reduced-fat snack foods on campus



Ensure that **healthier meals** are **inexpensive** and taste good

Place healthier food options at **eye level in fridges** and vending machines



Provide **water fountains** outside every campus building

Provide more healthy options and reduce their price in **vending machines**



Provide **healthier catering guidelines** to assist event organisers in choosing better options