We are committed to providing a learning environment for our students that promotes and supports physical and mental health and wellbeing. A healthy work environment is equally important to enable staff to attain excellence in learning, teaching, research and service endeavours.

In June 2012, the University of Sydney Senior Executive Group endorsed the Healthy Sydney University plan, a whole-of-university commitment to support and promote the health and wellbeing of the University community. By focusing on three key areas – healthy people, healthy places, healthy policies – Healthy Sydney University takes a comprehensive approach to supporting the health of our staff, students and visitors.

Healthy Sydney University is broadly organised through four working groups with membership comprising a diverse mix of professional and academic staff, students and representatives from across the University and its affiliated organisations. The 2013-14 working groups are organised under four topics:

**Move more, sit less**
Promoting greater physical activity and less sitting time.

**Eat better**
Promoting healthy food choices.

**Mental wellbeing**
Promoting the mental health of students and staff.

**Embedding**
Ensuring Healthy Sydney University activities are adopted in University policies.

**GUIDING PRINCIPLES**

**Evidence informed**
All Healthy Sydney University strategies should draw on the University’s world-leading research, and in turn give rise to real results.

**Collaborative**
Projects affecting University life should be developed in consultation with staff or students and their representatives.

**Holistic**
Projects implemented and/or endorsed by Healthy Sydney University recognise the relationship between physical and mental health and wellbeing.

**University-wide**
Academic and professional staff and students across all sections of the University work together to create a healthy environment.

**People**
Activities should adopt an integrated, sustainable, and population-focused approach.
A HEALTHY WORKING AND LEARNING ENVIRONMENT

Program work plan for 2013 to July 2014

MOVE MORE, SIT LESS

Promoting greater physical activity and less sitting time
- Global Corporate Challenge A 16-week workplace health promotion program across the University of Sydney – support evaluation of 2013 staff program.
- Survey University-wide survey of the physical activity and travel habits of students and staff – conduct and report.
- Stair-use Collaborate with Charles Perkins Centre to promote increased incidental physical activity of students and staff while on campus – pilot and evaluate.
- Public transport Support a scheme for staff to purchase annual public transport tickets through the University with repayment through salary deduction.
- Brief standing breaks Promote short breaks in lectures and meetings to decrease continuous sitting time.
- Building design and projects Collaborate with Campus Infrastructure and Services (CIS) to update design standards and examine the potential impact of design from a health and wellbeing perspective.
- Ride 2 Uni day Support CIS to plan and implement a day to encourage and enable students and staff to cycle to campus.
- Bicycle loan scheme Establish a medium-term bicycle loan scheme at the University – support CIS in planning and evaluation.

EAT BETTER

Promoting healthy food choices
- Menu labelling Develop a pilot project in University of Sydney Union food outlets on campus to look at the impact of kilojoule labelling on consumer purchasing behaviour.
- Communication Support menu labelling and promote healthy eating.
- Food and catering Revise University food and catering policies – consult, advise and deliver.

MENTAL WELLBEING

Promoting the mental wellbeing of students and staff
- Mindfulness training Collaborate with the Safety, Health and Wellbeing team to implement and evaluate mindfulness training and stress reduction for staff.
- Audit and review Audit internal wellbeing programs and review related literature – conduct and report.
- Promotion Collaborate with online mental-health service ReachOut.com to encourage wellbeing among students.

EMBEDDING

Ensuring Healthy Sydney University activities are adopted in University policies
- Information collection Develop and disseminate procedure for gathering information through student and staff survey.
- Governance Develop core Health Services Union governance documents – for website.
- Network Establish an Australia New Zealand Healthy Universities Network.
- Policy Embed Healthy Sydney University within broader University policies – consult, advise and deliver.
- Graduate attributes Embed health into the statement of graduate attributes – consult and lead.

GET INVOLVED

There are several ways to get involved with Healthy Sydney University.

Join
Join a Healthy Sydney University working group. Working groups meet about once a month to develop and advance work plan strategies. Working groups comprise a range of academic and professional staff and students from various disciplinary backgrounds with diverse skills and experience.

Collaborate
Submit a project proposal for new or existing initiatives. Healthy Sydney University may be able to assist in the planning, implementation, evaluation and promotion of projects through our network.

Funding
Seed funding is available to support innovation in key areas: healthy people, healthy places, healthy policies.

Endorse
You are invited to seek Healthy Sydney University endorsement for existing initiatives through working groups and the Healthy Sydney University team.