



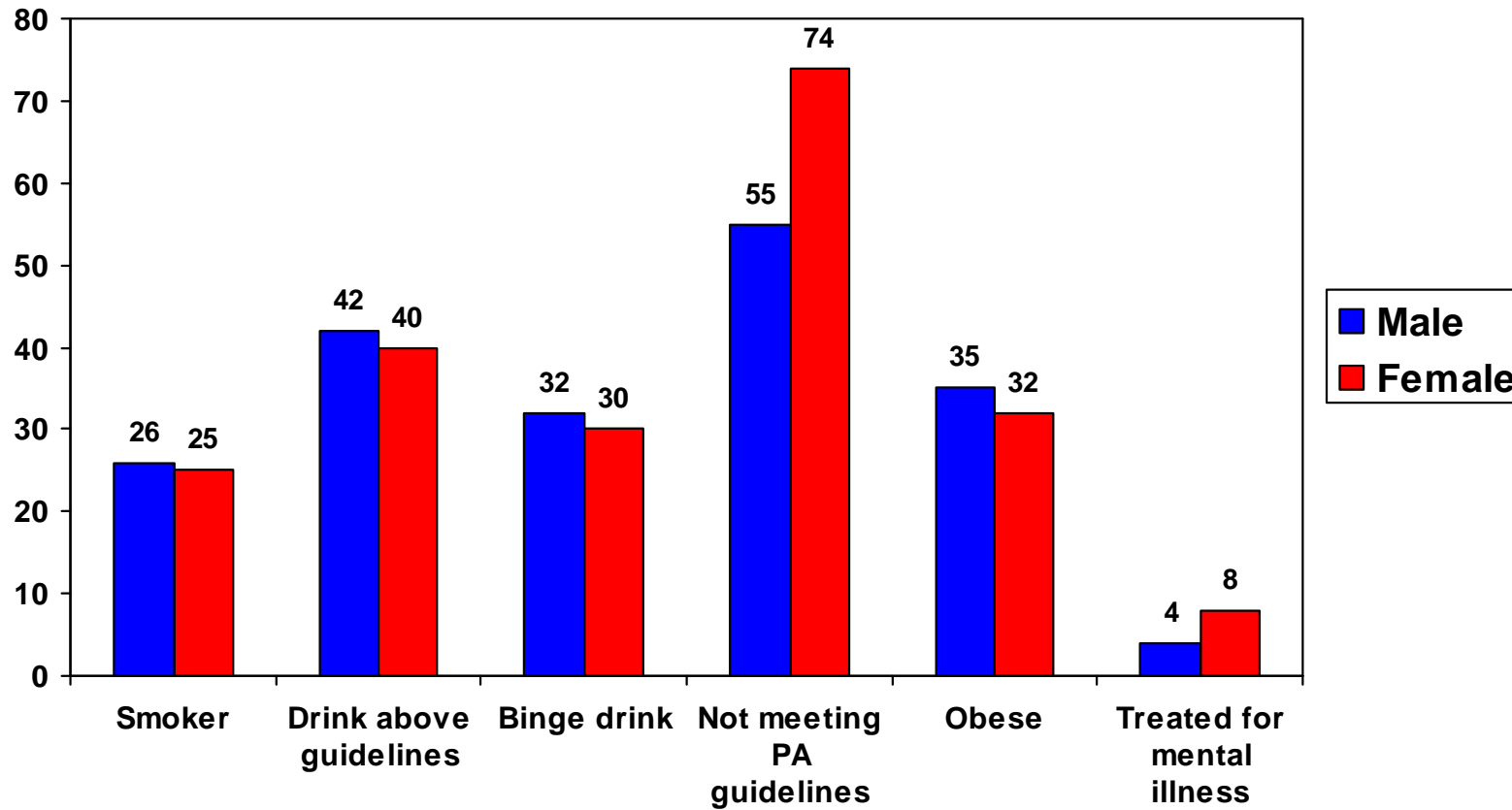
# HCW seminar: Healthy Universities

19<sup>th</sup> March 2013

Chris Roberts

Health, Social Services and Children Analytical Team  
Knowledge and Analytical Services

## Selected data for Welsh 16 to 24 year-olds



Source: 2011 Welsh Health Survey

Gwasanaeth au Gwybodaeth a Dadansoddi

Knowledge and Analytical Services

# How might those in HE (or FE) differ from the wider population? Two examples...

## Alcohol (e.g. NHS Choices, 2012)

- Increased levels of freedom
- Availability of cheap alcohol
- Pressure from peers
- Social norms

## Mental health (e.g. RCP, 2011)

- Adapting to new environment
- Academic demand and increased workload
- Self-directed learning and time management

# Why healthy universities?

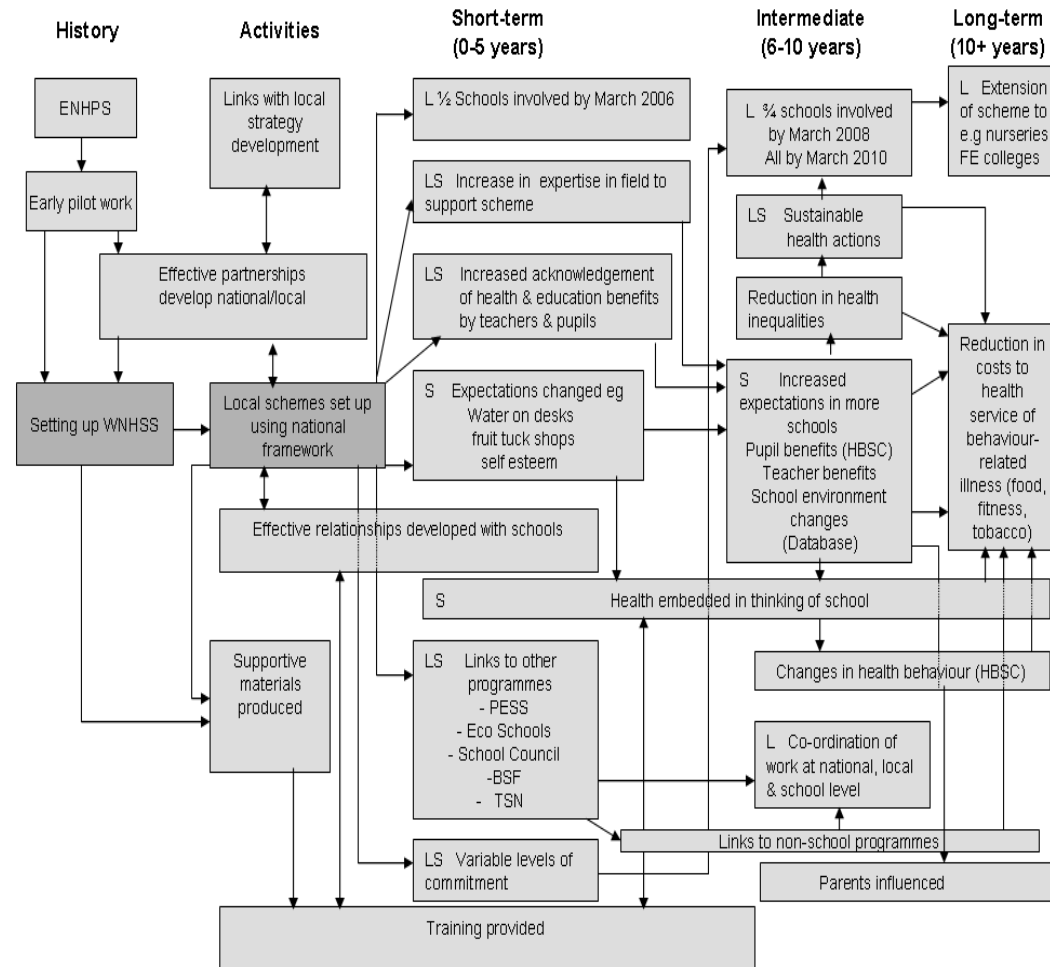
- Specific health issues associated with being a young adult and a student.
- Improve knowledge of the setting – systematic data collection?
- Addressing issues through a whole system approach rather than reliance on discrete interventions (interventions, policies, environment, trained staff, student/staff relations, community links etc.).
- Lessons from previous work in Wales (e.g. rich history of work on healthy schools and interventions in HE) and elsewhere (e.g. English work on healthy universities).
- Personal interest!

# Challenges

- Can we improve our understanding of this population group and the setting? What could be done to facilitate this?
- How feasible is the evaluation of outcomes? What can existing work tell us about this?
- Can we add value by establishing a 'research network' where institutions buy into an evidence-informed approach, engage in high quality research etc?
- Realistic expectations?

# WNHSS logic model

DRAFT LOGIC MODEL OF EXPECTED OUTCOMES/OUTPUTS/IMPACT OF IMPLEMENTATION OF WNHSS SCHEME



Note: L/S=observable at local/school levels

Gwasanaeth au Gwybodaeth a Dadansoddi

Knowledge and Analytical Services

# Reinforce importance of evidence-informed approach

- Recent Green Paper on Public Health Bill and National Health Improvement Review emphasise the importance of sound evidence to underpin policies and programmes.
- Wider evidence agenda e.g. UK What Works centres.
- Build on the work of PHIRN to facilitate high quality research with effective involvement of policy and practice.