

Developing a Healthy Universities network in Wales: Current Policy and Plans in Wales

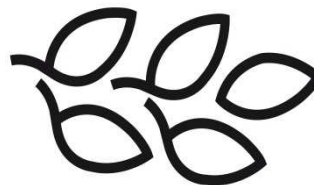
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Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



Healthy Educational Settings:

- Welsh Network of Healthy School Schemes (WNHSS)
- Healthy and Sustainable Pre-School Scheme (HSPSS)
- Healthy and Sustainable FE and HE



What is a healthy setting?

- Holistic and multifaceted approach
- Actions often involve some level of organizational development, including changes to the physical environment or to the organizational structure, administration and management
- Not just what is taught
- Settings encouraged to 'Think Health!'



Development of WNHSS

- 1995-97 Pilot programme in 12 schools as part of European programme
- 1998 Summary conference
- 1998-99 Task group considered way forward
- 1999 Welsh Network of Healthy School Schemes launched



Clear **National** and **Local** Roles

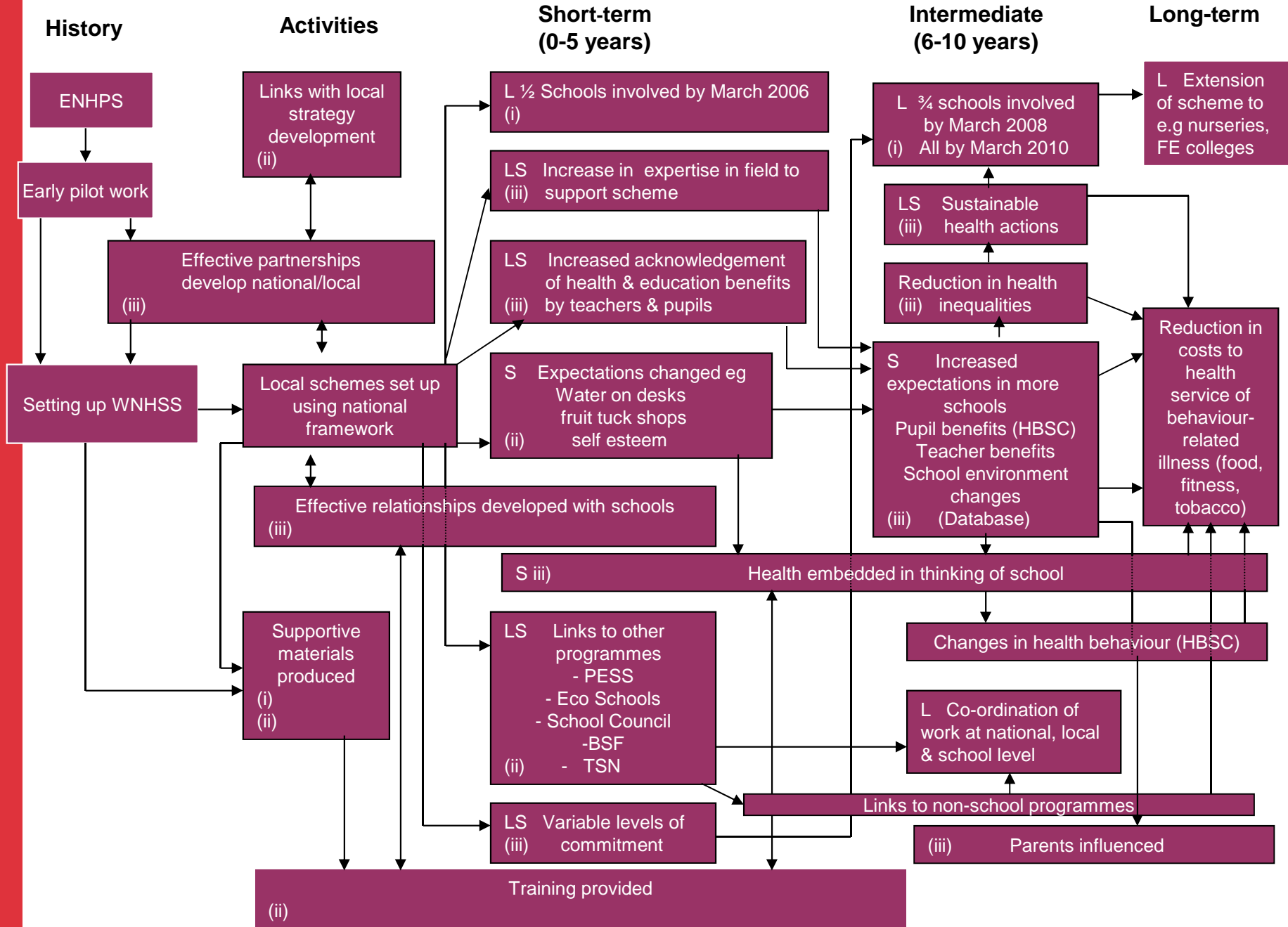
- Development of national aims and framework
- Provision of guidance and support
- Sharing of information from local schemes
- Accreditation of local schemes
- Provision of network plaques
- Funding
- Maintenance of the profile of WNHSS in national strategies
- Facilitation of links with the Schools for Health in Europe (SHE) Network



Local role (health or education)

- Running local schemes
- Ensuring local networking
- Providing local support and accreditation
- Supporting schools through phases (Phases 1-3 take 1 year each, phases 4 on take 2 years)

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





Progress to date

- 22 schemes running in Wales and all accredited
- 1790 schools involved (over 99%)
- Targets achieved - all maintained schools involved by March 2010; 60% have achieved Phase 3 by March 2012
- Short-term and intermediate outcomes achieved
- Management realigned to Public Health Wales



WNHSS National Quality Award (NQA)

- Developed jointly by Welsh Government and local healthy school practitioners
- To ensure consistency of approach in schools
- To provide independent assessment



National Quality Award indicators

- 7 health topics:
 - Food & Fitness
 - Environment
 - Personal Development & Relationships
 - Safety
 - Mental & Emotional Health & Well Being
 - Hygiene
 - Substance Use & Misuse
- 3 topics have specific requirements that **must** be evidenced –food, hygiene and smokefree grounds.



National Quality Award indicators (2)

- Each health topic has indicators under 4 headings, which are aspects of school life:
 - Leadership and Communication,
 - Curriculum,
 - Ethos and Environment,
 - Family and Community Involvement.

 - Evidence for all Indicators **must** be provided.
- Examples are given of activities, these lists are neither exhaustive nor prescriptive



NQA process

- Schools in the 9th year of active involvement in local scheme
- Must have achieved all phases up to and including Phase 5
- Assessed independently via portfolios for each health topic, and school visit
- Is Welsh Government Award

National Quality Award

- Introduced March 2009
- 34 schools awarded NQA to date





Healthy and Sustainable Pre-School Scheme (HSPSS)

- Task and Finish Group
- Building on WNHSS
- Representation – WG, Estyn, Umborgs, D2S, WNHSS, school nurse/health visitor, CYPP, Children in Wales
- 3 meetings
- Consultation
- Training



Outcome

- Clear national and local roles
- Support for settings
- National Award criteria for 4 aspects of work within 7 health topics



HSPSS National Award Criteria

Preliminary Phase

Nutrition and Oral Health

Physical Activity/Active Play

Mental and Emotional Health, Wellbeing and Relationships

Environment

Safety

Hygiene

Workplace Health and Wellbeing



Aspects of setting life

- Leadership and communication
- Planning and delivery
- Ethos and Environment
- Family and Community Involvement



Process

- Setting develops an action plan to address one or two of the health topics per year
- Settings must provide evidence for each of the indicators; this is locally assessed
- National certificates are provided

National Award Certificates

Welsh Network of Healthy School Schemes



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Mae hwn yn gynllun Llywodraeth Cymru achrededig.
This is a Welsh Government accredited scheme.



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Gwobr Genedlaethol y Cynllun Cyn-ysgol Iach a Chynaliadwy
Healthy and Sustainable Pre-School Scheme National Award

Mae wedi llwyddo i sefydlu a gweithredu **Agwedd Hylendid** of the Healthy and Sustainable Pre-School Scheme National Award Criteria on

has successfully implemented and embedded the **Hygiene aspect**

meini Prawf Gwobr Genedlaethol y Cynllun Cyn-ysgol Iach a Chynaliadwy ar



GIG Cymru
NHS Wales
Iechyd Cyhoeddus Cymru
Public Health Wales



Lesley Griffiths
Y Gweinidog Iechyd a Gwasanaethau Cymdeithasol
Minister for Health and Social Services



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COUNTY BOROUGH COUNCIL
CYMRU BWRDDEISTREF SIROL
wrecsam



Progress to date

- Over 300 settings involved by March 2013
- Further settings recruited
- Management realigned to Public Health Wales



What is good?

- Commitment
- Local and school/setting ownership
- Clear roles at national, local and school/setting level
- Understanding of approach
- National recognition



What is challenging?

- Variation
- Sustainability
- Cost
- Accreditation



Policy Direction

- Increase uptake of the WNHSS National Quality Award and expand the concept to pre-school settings and colleges (Our Healthy Future 2009)
- Programme for Government (2011)
- WNHSS should be maintained and improved (Draft Health Improvement Review, 2013)



Healthy and Sustainable FE/HE

- Task and Finish group met July 2012
- Reps from FE, HE, Estyn, NUS, AMOSSHE, Healthy Schools, PHW, WG
- Small sub-group met February 2013
- Acknowledgement of importance of aspects of college life
- Practically, develop Healthy FE/HE together



Aspects of college/university life

- Governance, leadership and management
- Service provision
- Facilities and environment
- Community and Communication
- Academic, personal, social and professional development



Health and sustainability topics to be considered:

- Physical activity and nutrition
- Mental and emotional health and wellbeing
- Substance use and misuse
- Sexual health
- Sustainable environment
- Safety

Suggested structure for HE/FE criteria

<i>Prerequisite Box (eg. named Healthy HE/FE Team)</i>	Governance, leadership and management	Service provision	Facilities and environment
Physical activity and nutrition	A1	A2	A3
Mental and emotional health and wellbeing	B1	B2	B3
Substance use and misuse	C1	C2	C3



Principles to be applied:

- Equality and diversity
- Participation and empowerment
- Partnership
- Whole system approach
- Applies to students, staff and wider community
- Use of evidence/impact assessment
- Learning and sharing



Suggested indicators – Box A3 – food and physical activity/facilities and environment

- The management team is committed to developing facilities and an environment which supports good nutrition and physical activity.
- The impact of the built and natural environments on health and wellbeing is included in the university development strategy.
- The management team ensures that in-house and procured catering services and other food outlets (e.g. vending machines) provide a range of healthier food options.
- The setting supports active travel, eg by providing changing and showering facilities and secure cycle racks.
- The management team is committed to providing dining rooms for students and staff that provide a pleasant and sociable environment.

NB -Links will be made to existing policies of relevance. Case studies of good practice will be published



Next stages:

- Population of all boxes in matrix
- Agreement of indicators
- Gaining support for approach
- Establishing a network (s)
- Consideration of assessment/accreditation



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