



Healthy Campus Implementation Guide

Australia Version 3.0



The purpose of this Guide is to aid new and prospective Australian Healthy Campus Signatories starting their journey along the Healthy Campus process. Written in conjunction with FISU Healthy Campus crew this Guide has been edited to meet Australian operating condition and terminologies and sense checked by current Australian signatories at UWA, UNE, MDU and LTU.

However this is not a definitive guide covering all questions a University may have so for more information please contact Martin Doulton GM -Advocacy directly.

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About: FISU Healthy Campus programme

- Built upon a bespoke digital platform that enables universities to track and improve student and staff health and wellbeing.
- Comprised of thirty world experts in student health make the program an unprecedented global network for universities to share knowledge, expertise, and best practices and insights.
- Looks at student health with a holistic view on fitness, mental health, nutrition, social responsibility and sustainability.

Proposed and developed by the International University Sports Federation, the FISU Healthy Campus program aims to enhance all aspects of well-being for students and the campus community at large. Looking to reverse the well-established trend of young adults compromising their health during their academic careers, the initiative is already having a positive impact on the lives and lifestyles of university students around the world.

The program holds steadfast to the belief that universities should be an enabling environment, a gateway encouraging its attendees to practice a healthy and sustainable lifestyle where access and opportunity in the areas of physical activity, health and nutrition are a daily part of campus life.

Since FISU's founding in 1949, the Federation has been a key driver to expand the role and reach of university sports worldwide. Best known for its sporting and educational events, the Healthy Campus program helps expand FISU's social responsibility to reach a larger number of students, schools, and university employees.

To cater to the diverse demands of students and staff, the program has established a cross-cutting approach that includes not only physical activity but also healthy campus management, mental and social health, nutrition, disease prevention, risk behaviour, environment, social responsibility and sustainability.

With the Healthy Campus program, universities embed concrete health and wellness resources into all aspects of campus life and culture.

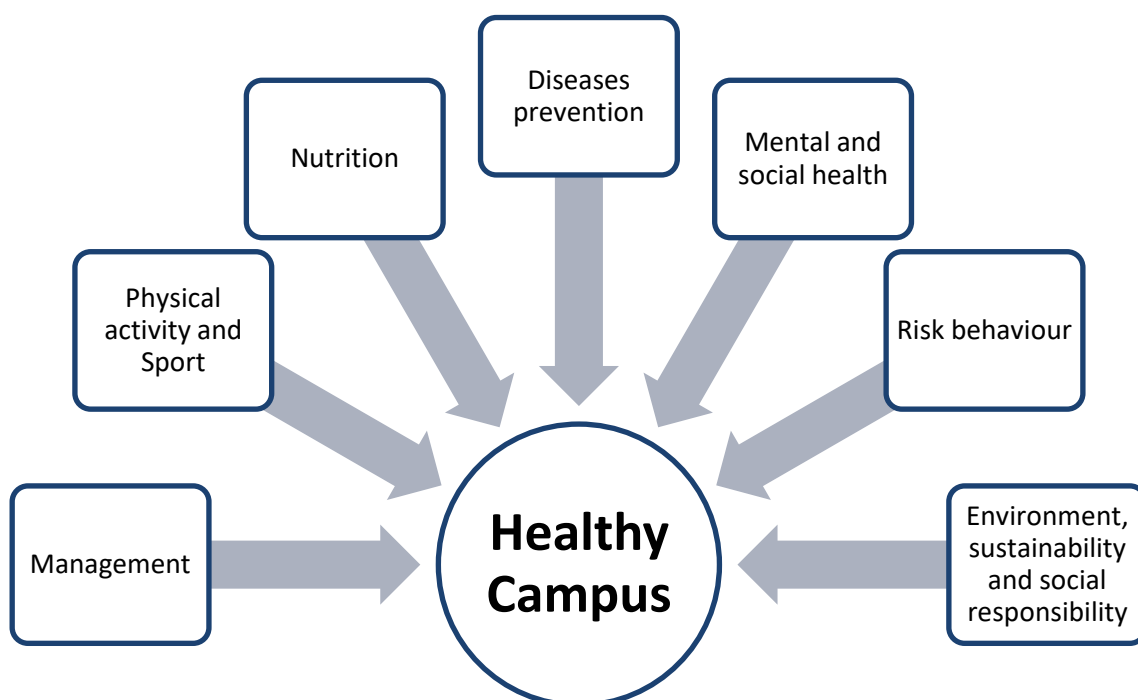
Healthy Campus Scope

The International University Sports Federation (FISU) aims to provide opportunities for all students to participate in physical activity for their health and well-being. FISU and its stakeholders would therefore like to reach even more students, with educational projects such as the International Day of University Sports (IDUS), recreational, cultural and educational events, and most importantly the Healthy Campus project.

The main goal of Healthy Campus is to provide a framework that can support, implement and promote a healthy lifestyle within the campus. The Healthy Campus project aims to raise awareness among students and to engage them in health literacy, which they can apply more generally in their personal life but also in society on a larger scale, long after their University studies.

Healthy Campus domains

The seven domains of Healthy Campus approach have been defined by considering the difficulties that may rise among the campus community. They are underpinned by and directly contribute to the SDGs 2030 established by the UN to build a better world for people and our planet. Through work in those seven domains, the university will create a global impact on well-being and enhance the student's lifestyle and overall campus community.



The Healthy Campus approach aims at ensuring that universities develop strategies and activities through a transversal and collaborative approach using sport and physical activity, nutrition, diseases prevention, mental and social health, risk behaviour, environment, sustainability and social responsibility, and what already exists (in terms of organisational structure, distribution of resources and responsibilities, offer of activities in the field, etc.). To create synergies, it is necessary to create opportunities for cross-cutting work and collaborations between departments and professionals already in place.

Healthy Campus Label application and renewal

Labelling cycles occur every two years.

During the first year, after registration, each university has nine months to reply and work on the criteria in the FISU Healthy Campus platform.

After the nine-month period, FISU has one month to send the evaluation report, propose the classification, and label level attribution. Universities have one month to send their feedback, agree or contest the evaluation.

After the university feedback, FISU awards the university with the label and certificate.

The odd years correspond to a process of continuous improvement and maintenance of the label. The second year and during the even years, external audit process will be done with report and label renewal.

UniSport Australia signed an MOU with FISU on 01 March 2024 to promote the values and benefits of Healthy Campus. In addition to access to additional FISU resources all AUS signatories 2nd years fees will be reduced by 50%. As of September 2024 this means the total fees applicable for the 2 years cycle are €2500 (comprising €1000 in year 1 and €1500 in year 2)

UniSport Australia has set up a dedicated section on its website (Unisport.com.au) as it drives support for Healthier Campuses across its member Universities. The website includes practical tools, research supporting each domain as well as features from AUS Healthy Campus signatories and their internationally recognized Best Practice examples.



Why your University should take part?

Launching FISU Healthy Campus at your University will inspire the community, students and staff to work with a common goal and direction in the scope of well-being. The long-term proposal of Healthy Campus programme, is to foster a positive university environment and set the foundations for the entire community of a lifetime of positive personal well-being, both physically and mentally.

- This initiative is incremental in the fact that is initiating a universal network of worldwide universities with commune interest and extraordinary experts in all domains of the HC scope.
- The HC programme will also boost sharing of knowledge, experiences and Best Practices between universities involved in the programme. For example we already established many partnerships and funding applications consortium, between universities involved in the programme.
- Implementing the HC programme, will also help the University to work towards the 17 SDG's from UN. Considering that the HC programme was created to be completely aligned with does 17 goals, once the University starts implementing the HC programme, it will automatically be aligned with UN 17 SDG's.
- We believe that the HC programme can be a catalyzer to promote scientific research in the scope of Well-being, with concrete data between universities involved in the programme.
- The HC programme can and should be seen as synergistic booster, as we can also promote all the positive events, or programme already in place at each university with our global reach across the world using our database of followers.

Step-by-Step FISU Healthy Campus Programme

Step 0: Analyse the HC programme internally with University Leadership

Go to FISU web page, search for the Healthy campus TAB([Healthy Campus - FISU](#)) here you can find the goals and vision of the HC programme along with the video explaining the certification process, the timeline and the main milestones, you can also find in the same page the HC Standard document and the Best Practices eBook in PDF.

Tips to Start:

Suggestion to the person that takes this first step, organise an internal meeting with the University leadership responsible for Well-being in the campus and to talk about the programme, to try to understand where it fits into the global strategy of the University in the short and long term perspective.

Step 1: Register in FISU healthy campus platform

Register in the HC platform(www.fisuhealthycampus.sport), universities will be access the conditions of participation(fee's, etc) and a detailed description of the programme.

Step 2: Healthy campus preparation for certification

The operational and the institutional responsible should analyse and identify the current well-being strategy and framework(if existent) of the campus, through the elaboration of an internal audit of university regarding this scope. This analyse will serve has base to understand the current situation of this topic.

The HC Standard document can be used as Checklist to see what is already in place or can be put in place in the short, medium and long term.

Tips to Start:

The university shall identify existing programmes related to the Healthy Campus scope in order to have an overview of what already exists as a base for implementing the approach.

Identify key University and community stakeholders comprising of all campus community – scholars, undergraduate faculty staff, alumni, community partners – to be part on Healthy Campus steering committee.

Design a steering Committee with all above mentioned stakeholders including its values, objectives and time regularity of the meetings to be held.

Step 3: Healthy campus leadership roles

The University steering committee is one of the corner stones of the Healthy Campus implementation.

Taking into consideration the overall campus stakeholders that composes the University community an internal network shall be established.

This steering committee shall be composed by at least a representative of students, staff, faculties and board of the university, they shall be determining the resources related to the programme (human resources, financial resources).

The University shall name an institutional and operational responsible person to lead and support the Healthy Campus approach. Healthy Campus operational responsible will play a major role in ensuring the success of the program on campus.

Tips on where to start:

Gathering the support of University leadership, this support is essential to assist the initiative in an effective degree, such as, financial efforts and catalyse the involvement of each segment of the Campus. Each of the University stakeholders will have an incremental impact on the smooth implementation of Healthy campus vision.

Academic departments, communication and marketing department, sport recreation centres and healthcare providers, each of these groups will strengthen the Healthy Campus implementation and assist on the recruitment of participants.

The incorporation and collaboration with all University departments will enhance on the development of the educational material and concepts.

The sport recreation centre shall be ideally the turning point location of the Healthy Campus edification, accomplishments, and promotional events.

Students are role models to others around them, so they should become the showcase of Healthy Campus success stories.

Step 4: Healthy Campus Strategic plan

After registering on the FISU Healthy Campus digital platform and the internal audit analyse, your next step is to develop a strategic plan based on the strategic framework analyse developed previously. The activation plan shall be based on measurable objectives and indicators.

The conception process of the strategic plan should answer to the following questions:

- How to build overall well-being within University stakeholders, and how to demonstrate its beneficial impacts?
- How to increase physical activity and sport on campus?
- How to boost proper nutritional habits?
- How to enhance diseases prevention conducts?
- How to alert for the mental and social health risk?
- How to encourage escaping risk behaviours?
- How to promote the environment, sustainability and social responsibility?
- How to connect students with the healthy campus programme future development?

Tips to Start:

Schedule sessions regularly with the Healthy Campus Steering Committee or responsible committee to identify priorities, engage on gatherings to collect feedback and propose brainstorm roundtables.

Develop and execute an internal audit and SWOT analysis.

Develop surveys to gather community opinion on what are their desires.

Debate and develop ideas and concepts for each role, contributions, activity and partnership inside the activation plan.

Implement the Healthy Campus vision, mission and guidelines daily.

Collect and gather data related to facilities regarding health and well-being resources.

Gather specific data, for example the everyday average student's involvement in sports, type of services offered, what type changes can be executed, what can be improved or altered.

Propose the creation of focus groups connected to each of the domains.

Analyse possibility of the creation of sub-committees for each domain.

Role of the Healthy Campus responsible person/s:

The Healthy Campus responsible person/s will oversee the implementation of strategic plan framework previously confirmed with the university leadership. The responsible person/s may have a suite of tasks that will require an appropriate time commitment to keep track of the ongoing activities and output indicators that the healthy campus programme aims to generate. Often these activities are already part of a person's role at a University. The discharge of the Healthy campus responsibilities can be with one person or with a group depending on roles and scope of activity. These may include:

- Liaison with university administration, academic departments, campus communications and marketing department, campus recreation department, student clubs and administrative groups.
- Responsible for bringing awareness, promote and answer, each of the criteria devoted to the seven domains of FISU Healthy Campus Label.
- Coordinating strategies to promote and encourage students and faculty staff to stay active like walking and biking across campus or from home to work.
- Collaborate with the various discipline specific and marketing teams by promoting Health literacy, such as, diseases prevention, mental and social health, or risk behaviours.
- Support existing and/or generate new campaigns where the university community can participate in physical activity and sports challenges.
- Develop presentations to promote Healthy Campus initiatives inside the campus, departments, student organizations, international student's gatherings, staff union workforce, official university leadership meetings, academic senate, academic department, wellness manager.
- Discuss ways to better integrate a Healthy Campus approach into current campus infrastructure, environment and practices.
- Engage with student association and course clubs, this can sprayed the initiatives and activities all through campus.
- Enhance and amplify the positive impact of the cooperation between surrounding community partners and the University.
- Engage with Campus healthcare providers, transforming this department into a new vehicle of health education, bringing awareness and joining in activities.
- Detect the mobility problematics within the University campus.
- Develop partnerships with external stakeholders to implement social responsibility activities, promote social, and gender inclusion and cohesion.
- Every initiative of the strategic plan must be documented in some proven evidence, for example written document, photos, videos, brochures, website or social media page, etc.