



21st ANNUAL CONFERENCE
28-30 MARCH 2017

 GLOBAL GOALS:
LOCAL ACTION



HEADLINE SPONSOR



Towards a Healthy & Sustainable University: Maximising Synergy & Co-Benefits in the context of the SDGs



Headline Sponsor





21st ANNUAL CONFERENCE
28-30 MARCH 2017

 GLOBAL GOALS:
LOCAL ACTION



Overview & Context

Design Principles for a Healthy & Sustainable Campus

Healthy & Sustainable Travel



Headline Sponsor

CarbonCredentials





Overview & Context

Mark Dooris, Professor in Health & Sustainability

University of Central Lancashire



Health & Sustainability: Convergence & Connections



“Human health ultimately depends on the health of ecosystems...the interface of human and ecosystems health now deserves to be central for policy making.”

[Lang & Rayner, 2012](#)



© Mark Deoris

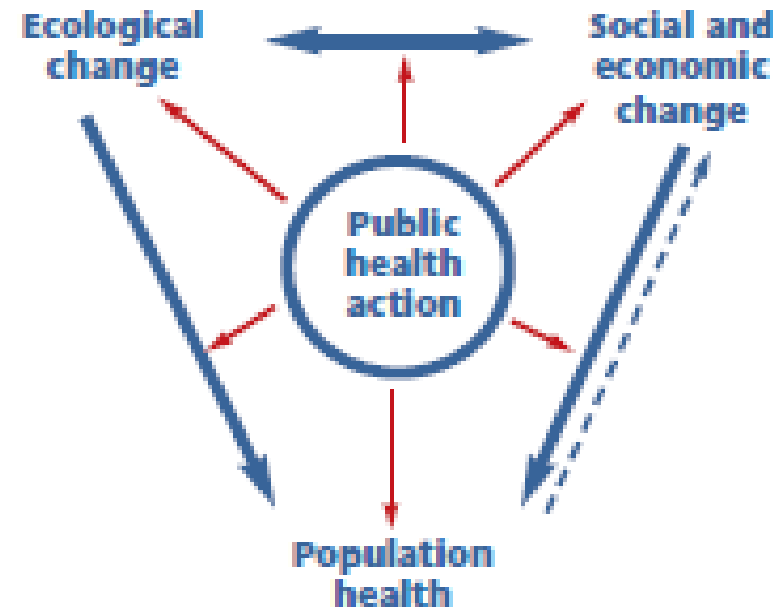
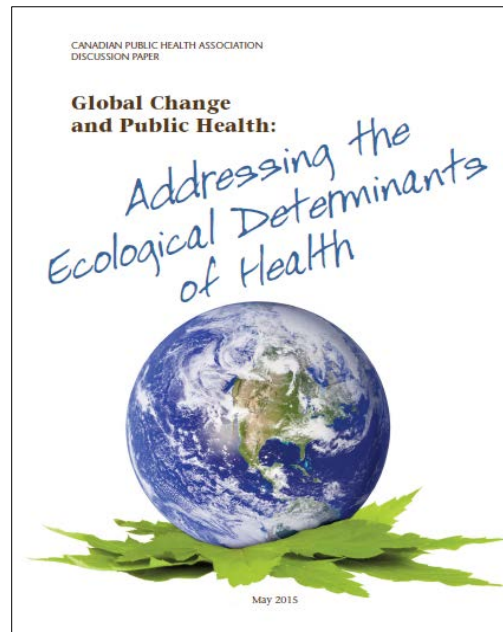
- ❑ Living sustainably and living healthily are inseparable. If we want a healthy future for ourselves and our children, we need to change how we live...we must look after the things that look after us.
- ❑ Environmental changes threaten human health across our planet. To avoid these impacts we need to move to a more sustainable way of living and working.
- ❑ Better health is both a goal of sustainable development and a means to achieving it. Our future depends on our actions both individual and collective. We can create a more sustainable, healthier and happier future. But we must act and we must act now.

[UK Public Health Registrar Sustainable Development Network, 2013](#)

Health & Sustainability: Convergence & Connections



“The changes in the Earth’s ecological systems are driven principally by our social and economic systems, and by the collective values and institutions that support them...The social and ecological determinants of health intertwine and interact, influencing each other and ultimately the health of people, communities and societies, along with the health of countless other species with whom we share the planet.”



Health & Sustainability: Convergence & Connections



“The fundamental conditions and resources for health [include]...a stable ecosystem and sustainable resources.”

“The inextricable links between people and their environment constitutes the basis for a socioecological approach to health. The overall guiding principle...is to encourage reciprocal maintenance [and] conservation of natural resources.”

[WHO, Ottawa Charter for Health Promotion, 1986](#)

“Human beings are at the centre of concerns for sustainable development ... entitled to a healthy and productive life in harmony with nature.”

[UN, Rio Declaration on Environment and Development, 1992](#)

“People’s health can no longer be separated from the health of the planet.”

[WHO, Shanghai Declaration on Promoting Health in the 2030 Agenda for Sustainable Development](#)



© Mark Dooris

HEALTH



WELLBEING



SUSTAINABILITY

Health & Sustainability: Relevance of the SDGs



“The UN SDGs establish a duty to invest in health, ensure universal health coverage and reduce health inequities for people of all ages.”

[WHO, Shanghai Declaration on Promoting Health in the 2030 Agenda for Sustainable Development](#)

Healthy Universities



Healthy Universities – one application of the healthy settings approach, which emphasises the importance of supportive environments and contexts for health and wellbeing:

“Health is created and lived by people within the settings of their everyday life; where they learn, work, play and love. Health is created...by ensuring that the society one lives in creates conditions that allow the attainment of health by all its members.”

- [WHO, Ottawa Charter for Health Promotion, 1986](#)



Healthy Universities



Sustainability
Empowerment
Comprehensive
Systemic
Participation
Inclusion
Justice
Whole
Equity
System
Holistic
Ecological
Salutogenic



© Mark Dooris

- Salutogenic Orientation
- Ecological Model
- Systemic Perspective
- Holistic Change Focus
- 'Core Business' Alignment

Adapted from: [Dooris, 2006](#)

Healthy Universities



UK Healthy Universities Network



[Newsletters](#) [News](#) [Links](#) [FAQs](#) [Contact Us](#) [Case Studies Template \[DOC\]](#)

[Toolkit & Resources](#)

Supporting the wider community

Search ...

Search

About
the Network

About Healthy
Universities

Meetings & Learning
Events

Structure &
Governance

Network
Membership

International
Activities

Research &
Development

Welcome to the UK Healthy Universities Network

A Healthy University aspires to create a learning environment and organisational culture that enhances health, wellbeing and sustainability.

The UK Healthy Universities Network supports its members to develop and implement 'whole university' approaches to health, wellbeing and sustainability. It is part of a global movement calling upon higher education institutions to:

- incorporate health and sustainability into their mission, vision and strategic plans
- lead and drive change in society by modelling, testing and transferring innovative approaches.

[LEARN MORE](#)

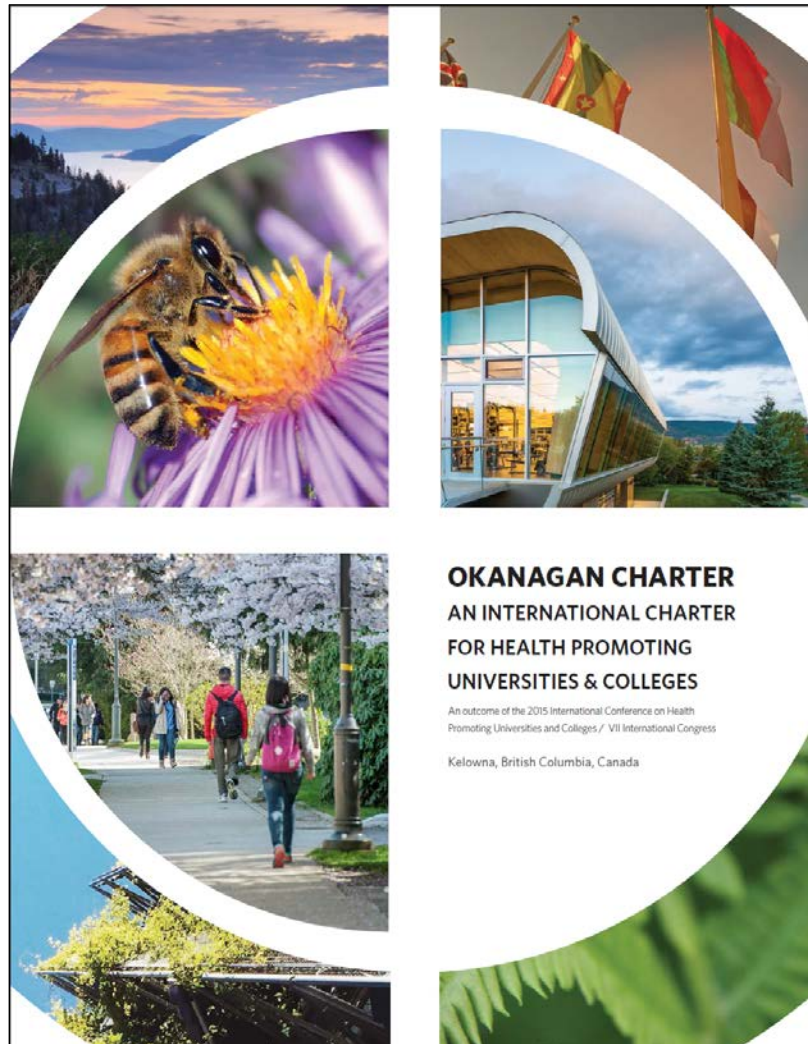
Join the Network

Network membership is currently free of charge.

Membership is open to universities and other higher education institutions within the UK. Associate membership is open to higher education institutions from outside the UK and other interested stakeholders from outside of the higher education sector.

[JOIN OUR NETWORK](#)

Okanagan International Charter



“Health Promoting Universities and Colleges transform the health and sustainability of our current and future societies, strengthen communities and contribute to the wellbeing of people, places and the planet.”

[Okanagan Charter: An International Charter for Health Promoting Universities & Colleges, 2015](#)

Healthy & Sustainable Universities: Joining Up



1. Avoid disconnected programmes → reduce duplication of effort
2. Identify, make transparent and minimise potential conflicts
3. Align drivers for change & achieve more through co-benefits approach



Healthy & Sustainable Universities: Examples



1. Campus & Building Design

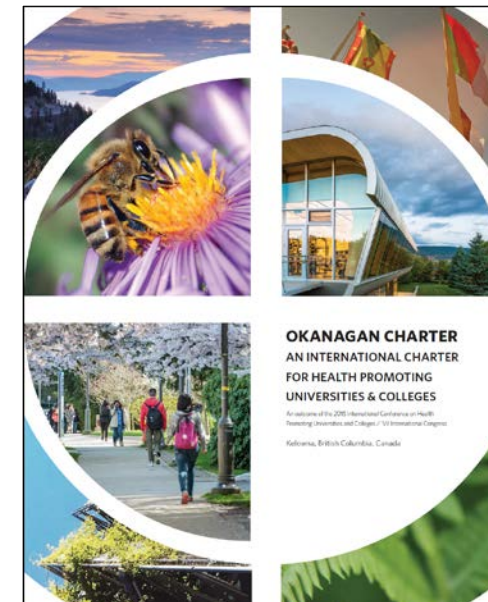
2. Travel



Okanagan International Charter



“Health Promoting Universities and Colleges transform the health and sustainability of our current and future societies, strengthen communities and contribute to the wellbeing of people, places and the planet...They infuse health into everyday operations, business practices and academic mandates. By doing so, they enhance the success of our institutions; create campus cultures of compassion, well-being, equity and social justice; improve the health of the people who live, learn, work, play and love on our campuses; and strengthen the ecological, social and economic sustainability of our communities and wider society.”



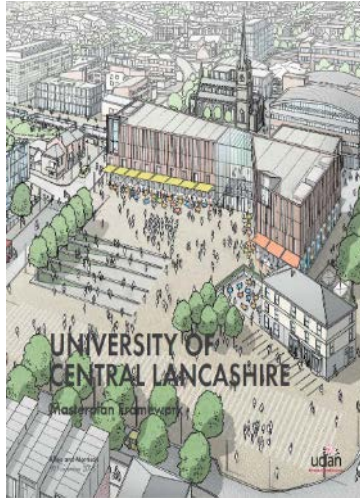


Design Principles for a Healthy & Sustainable Campus

Clair Engl, UCLan Environment & Sustainability Manager,
University of Central Lancashire



Supporting Strategies

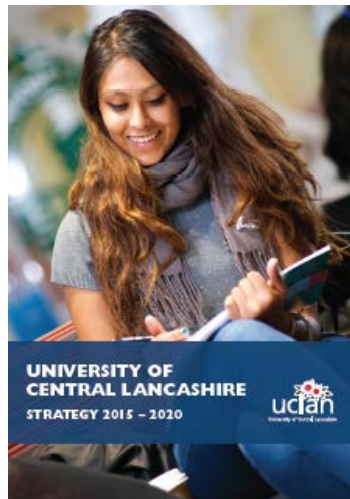


Campus Masterplan 2015-2025

“Deliver a healthy, safe and sustainable campus.”

“Promote healthier, more pedestrian friendly campus.”

“Reinforce connectivity and legibility of pedestrian and cycle routes...to integrate our campus seamlessly with the rest of the City.”



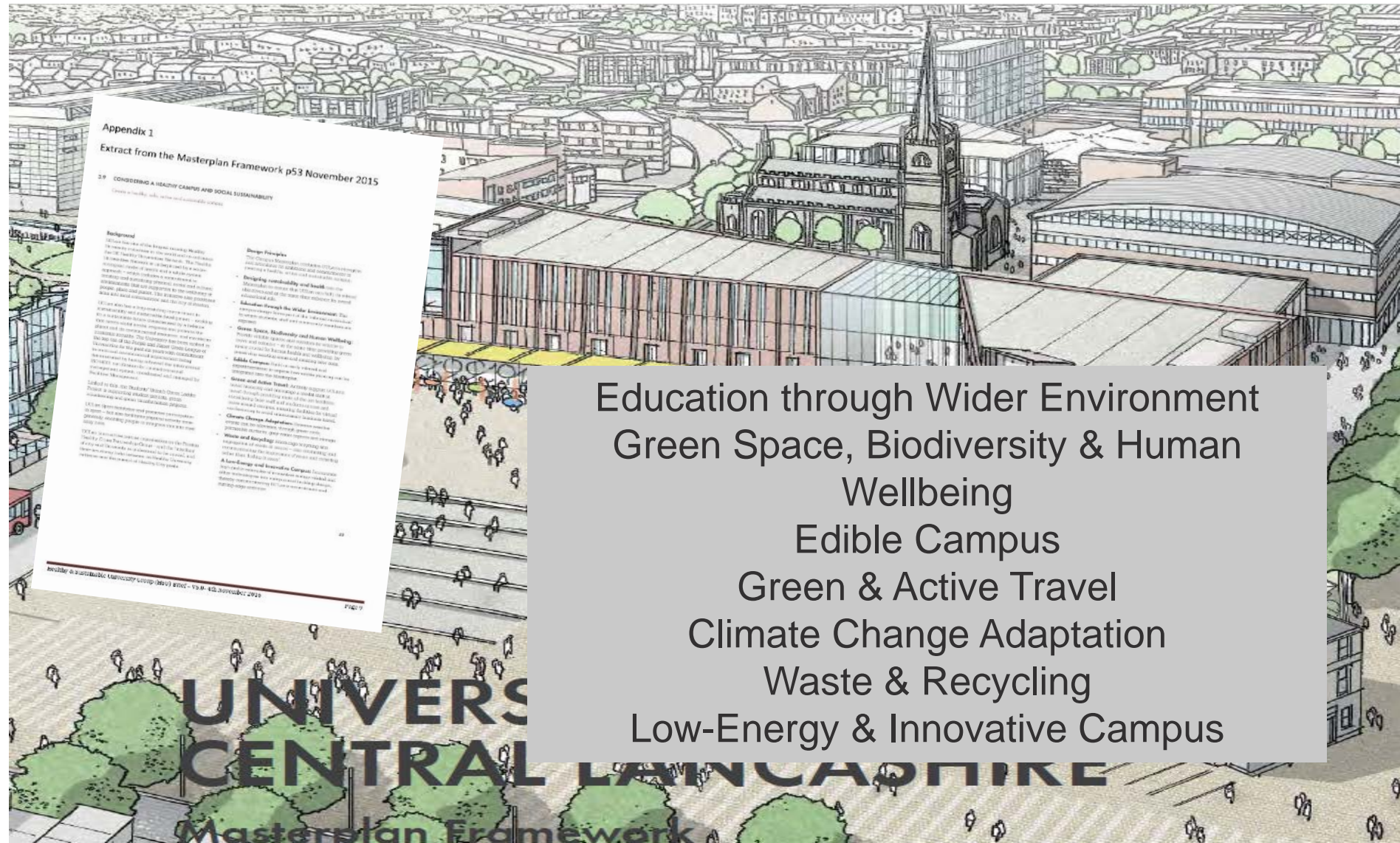
University Strategy 2015-2020

“Supporting the health, safety & wellbeing of all.”

“A healthy university committed to the physical & mental wellbeing of its students and staff.”

“Transformational change... underpinned by a commitment to environmental sustainability.”

Creating Design Principles



Education through Wider Environment
Green Space, Biodiversity & Human Wellbeing
Edible Campus
Green & Active Travel
Climate Change Adaptation
Waste & Recycling
Low-Energy & Innovative Campus

Governance



New Student Centre & Square



Project Vision

‘UCLan aspires to create a learning environment and organisational culture that enhances the health, well-being and sustainability of its community and enables people to achieve their full potential.’



Developing the Design Principles



Design Principles	External Space	Buildings/Internal space	Links to relevant EMS Aspect, Policy, Standards etc	UCLan contact
Designing Sustainability and Health Awareness of the impact that design of outdoor space and buildings have on sustainability and health. Demonstrate how design elements will not only reduce negative impacts, but also actively enhance positive impacts on sustainability, health and wellbeing.	Create social seating spaces Consider how to use space to create Trim Trails, encourage walking and cycling and link the campus buildings together and to external routes to wider community.	Prioritise good air quality, ventilation and a comfortable indoor temperature. Incorporate adaptable furniture to promote collaborative learning and social connection. Maximize exposure to natural daylight, all rooms to have windows. Stairs should be designed in as a feature to encourage building users to use instead of lifts. Incorporate colour, bold/vibrant – uplifting, pastel/cool – relaxing. Incorporate art and ability to change installations Ensure that spaces facilitate social connectedness and are inclusive and accessible to all. Access to water fountains. Catering facilities to promote healthy and sustainable choices through design e.g décor detailing food provenance, healthy and seasonal options.	UCLan Environmental Sustainability Policy UCLan Healthy, Safe and Sustainable Food Policy	Clair Engl, Environmental & Sustainability Manager, Email: cengl@uclan.ac.uk Sharon Doherty, Healthy University Co-ordinator, Email: shdoherty@uclan.ac.uk

Using the Design Principles: Stage 2



5 Design Strategies 5.1 Health and Sustainability

Design Principles	External Space	Buildings/Internal space	Student Centre Response
Green and Active Travel Design should support UCLan's travel hierarchy and encourage a modal shift in travel. Provision of facilities for cycling.	Preserve existing range of cycle facilities to suit different needs; compounds, lockers, racks. Design in more covered cycle facilities at building entrances using high quality racks/hoops.	Integral cycling facilities to be considered including storage, drying area, lockers and shower facilities. Include appropriate facilities for use of virtual conferencing platforms.	High quality cycle facilities will be incorporated into the design for the Student Centre. There will be a range of different types of cycle parking, including Sheffield stands and double height racks. Covered cycle parking will be provided within the public realm design - these will take the form of pavilions in the landscape, and will be a bespoke design linked to the design and materiality of the main building. Three locations are being considered for cycle parking pavilions; to the west of the building along Fylde Road, to the east along Adelphi Street, and in St Peter's Square. Showers and Lockers have been incorporated into the design of the Ground Floor of the building.
Climate Change Adaptation Should be considered in the planning and design.	Employ sustainable drainage (Suds) principles.	Climate change risk assessment to be carried out. Likely rises in temperature over the building life span and impacts on overheating are factored in e.g. use of optimum orientation and glazing to reduce solar gain, ground source pumps. Reduce operating & maintenance costs and the need to retro-fit through sustainable procurement (life-cycle assessment).	Sustainable Urban Drainage techniques are being designed into the project. Rainwater attenuation systems are being assessed. Overall, climate change is being taken into consideration both in the detailed design of building services, in our aspiration for BREEAM outstanding (excellent as a minimum) and in the overall design of the building as a 'flexible container'. This will allow the building to be re-used and re-fitted during the course of its life. Sustainable energy uses are being used wherever possible in the scheme.
Waste and Recycling Encouraging recycling and segregation of waste at source. Celebrating and encouraging reuse and recycling rather than 'hiding it away'.	High quality, WRAP colour-coded facilities outside building entrances/exits. Separate bins for the following source segregated waste streams: General Waste, Plastic Bottles, Cans.	Space and provision for recycling of waste integrated into the design of building. High quality, WRAP colour coded facilities for the following source segregated waste streams: Paper, General Waste, Cans, Plastic Bottles. Waste and recycling storage areas included within fabric of buildings with external access for contractor collections.	Waste and recycling storage space has been incorporated into the buildings design at Ground Floor level. In addition, recycling points will be integrated into the interior design, in such a way that make recycling the norm.

Environmental Strategy: Stages 2 & 3



Environmental Strategy

'The building will not be about eco-bling or highly technical solutions. Our approach will be to create a building that is environmentally, financially and above all socially sustainable'.

Hawkins/Brown





21st ANNUAL CONFERENCE
28-30 MARCH 2017

 GLOBAL GOALS:
LOCAL ACTION



Healthy and Sustainable Travel

Judy Orme, Professor of Public Health & Sustainability
Lizzie Johnson, Health & Wellbeing Co-ordinator

University of the West of England, Bristol



Headline Sponsor

CarbonCredentials



Healthy & Sustainable Travel



Our work is guided by
UWE's Healthy University Strategy **and**
UWE's Sustainability Strategy: Positive Footprint

Examples are:

Staff: Pedometer Challenge
UWE Go Challenge

Students: Walking Project
Cycling initiatives



Healthy & Sustainable Travel



Vice Chancellor

- Annual report



Sustainability Board

- Quarterly plan & report



Healthy University Group

- Monthly action plan & meetings

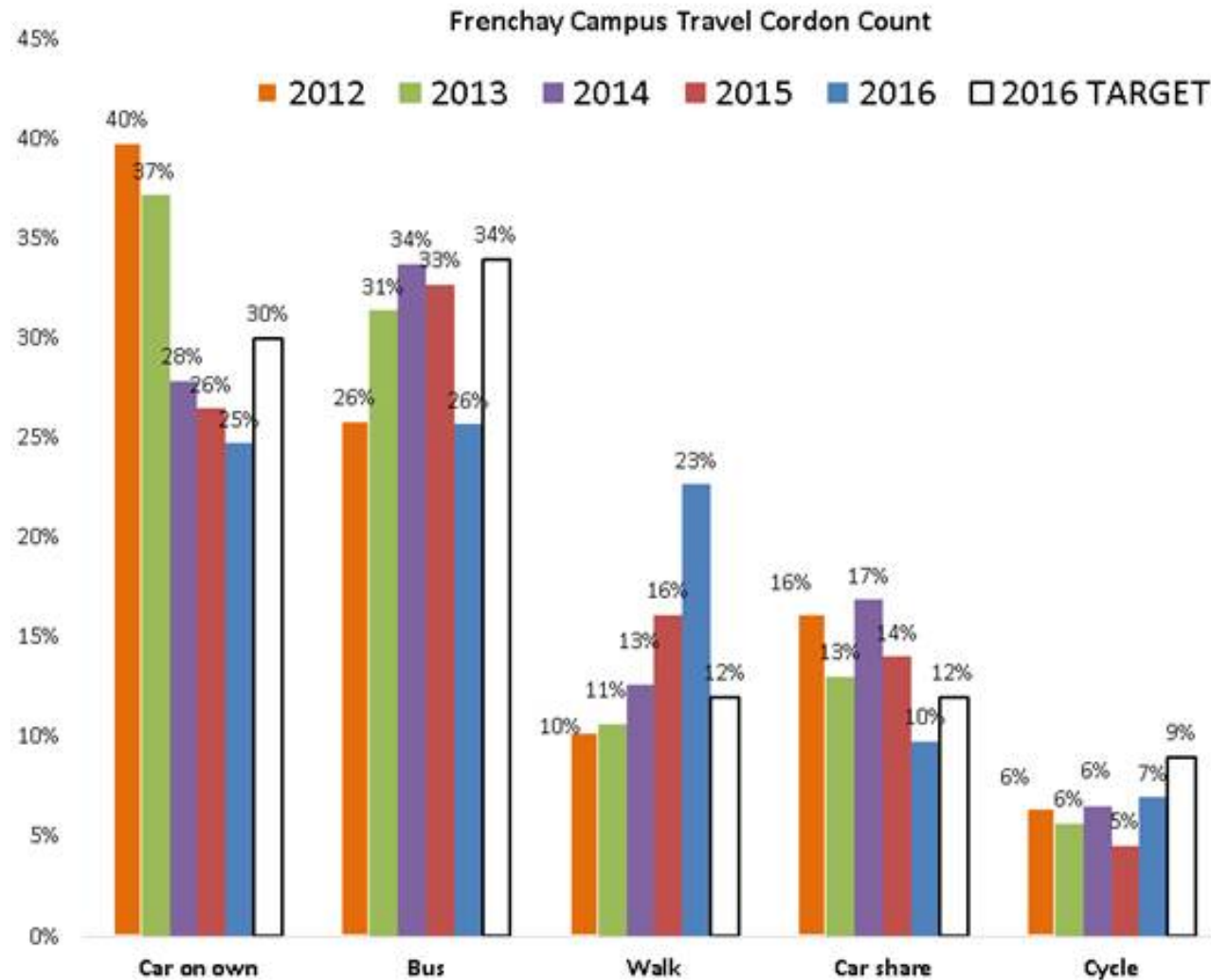


Healthy and Sustainable Travel

- Partnership between SU & Estates and Facilities



Current Travel Demographics



Pedometer Challenge (Staff)



1. 84 teams took part; 420 members of staff
2. Target of 30,000,000 steps
3. Reached 32,463,139 steps over one week
4. Raised £3872.00 for charity
5. Prizes were given for:
 - i. The team who walks the furthest
 - ii. The most improved (the individual who increases their steps the most over the week)
 - iii. The team or individual who raises the most money (sponsorship forms will be given to each team)



UWE Go Challenge (Staff)



1. 29 teams took part; 145 members of staff
2. Scavenger hunt on campus
3. 10 signs were hidden around Frenchay campus
4. Clues were given for the locations
5. Questions were attached to each sign and answers were given at the end of the challenge



Student Walking Project



1. Aim: to encourage students within a 30-minute walking radius to walk to UWE, Frenchay campus
2. Three routes identified along Filton Avenue (main student residence close to campus)
3. Students take photos along the route and send them to Feel Good social media
4. Receive free food voucher once photos have been verified and evaluation completed



Zi Juin Chen It's a beautiful day and we have arrived



Zi Juin Chen So many unfamiliar buildings...



Cycling Initiatives



Cycle HUB

1. Free bike maintenance and repairs on each campus weekly throughout term-time (35 sessions a year across 3 campuses)
2. Bike assessment, simple repairs/adjustments, fix punctures, tuning gears, fitting new brake blocks and replacing cables
3. Over 350 check ups each year
4. Full commercial service also available – 280 people each year



Bike loan scheme/ electric bikes

1. 105 Bikes available for students to hire each year
2. 112 Bikes available for free weekly hire
3. 180 people have used the loaned bikes since October 2016
4. £50 for the year and includes a bike, full maintenance for the year, lights and a secure lock.
5. 6 Electric bikes available to encourage those who live further away from campus to cycle and also for staff who have to travel in between campuses

