



THE UNIVERSITY OF  
MELBOURNE

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# Health Promotion Program

Three-year action plan (2023 -2025)

16 December 2022

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# Table of Contents

<b>Acknowledgement of Country</b> .....	<b>3</b>
<b>Executive Summary</b> .....	<b>4</b>
<b>Background</b> .....	<b>5</b>
<b>Health Promotion Program action plan</b> .....	<b>6</b>
<b>1. Needs and situational assessment</b> .....	<b>7</b>
<b>2. Consultation process</b> .....	<b>9</b>
<b>3. Program overview</b> .....	<b>10</b>
<b>4. Program pillars</b> .....	<b>11</b>
<b>5. Staffing and governance structure</b> .....	<b>12</b>
<b>6. Prioritised actions and costings</b> .....	<b>13</b>
<b>7. References</b> .....	<b>20</b>

## List of Tables and Figures

Table 1: Key principles underpinning the HUF funding agreement.....	5
Table 2: The Healthier University Fund Governance Group membership.....	5
Table 3: Consultation process for developing the three-year action plan .....	9
Table 4: Program pillars for the Health Promotion Program .....	11
Figure 1: Proposed HPP conceptual model .....	11
Table 5: Staffing and governance details .....	12

## Acknowledgement of Country

The University of Melbourne acknowledges the Traditional Owners of the unceded land on which we work, learn and live:

- the Wurundjeri Woi Wurrung and Bunurong peoples (Burnley, Fishermans Bend, Parkville, Southbank and Werribee campuses),
- the Yorta Yorta Nation (Dookie and Shepparton campuses), and the
- Dja Dja Wurrung people (Creswick campus).

The University also acknowledges and is grateful to the Traditional Owners, Elders and Knowledge Holders of all Indigenous nations and clans who have been instrumental in our reconciliation journey.

We recognise the unique place held by Aboriginal and Torres Strait Islander peoples as the original owners and custodians of the lands and waterways across the Australian continent, with histories of continuous connection dating back more than 60,000 years.

We also acknowledge their enduring cultural practices of caring for Country. We pay respect to Elders past, present and future, and acknowledge the importance of Indigenous knowledge in the Academy.

As a community of researchers, teachers, professional staff and students we are privileged to work and learn every day with Indigenous colleagues and partners.

# Executive Summary

The Health Promotion Program (HPP) at the University of Melbourne is funded as part of the University's partnership with Bupa through the Healthier University Fund (HUF). The HUF has enabled the development of the HPP to deliver, and evaluate programs, activities and services across the student health and wellbeing continuum – from primary prevention, education and promotion of health services and support.

The HPP aims to enhance learning, working and living environments for students that inform, promote and support a holistic approach to health and wellbeing and social connectedness. This is delivered through a multi-stream program that seeks individual, community, structural, and systems change across several student health priority areas at the university. The program builds on key principles that are outlined in the current funding agreement and is guided through an extensive consultation process, involving key stakeholders and representation from various staff and students across various departments, faculties and student groups.

Above and beyond overall aim, vision and objectives of the HPP, several current issues also require consideration. The COVID-19 pandemic and consequent ongoing population health impacts, the return to large-scale campus activity across the University of Melbourne, and the acknowledgement of the role that intersectionality<sup>1</sup> plays in n students' health outcomes and equity, are all critical factors informing the action plan.

This action plans takes into consideration current University of Melbourne frameworks, policies and plans, that interlink closely with health and wellbeing of students and covers the period for 2023-2025. The proposed plan aligns with key principles set out in the current HUF funding agreement, responds to key health related issues students are facing, and seeks to re-engage students' voices in institution-wide health promotion.

The plan includes a summary of recent equity-focused needs and situational assessments, the consultation process, an overview of the identified health focused program pillars, prioritised actions and activities, and a framework for monitoring and evaluation. The plan has focused on cost-effective approaches to program implementation and service delivery.

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<sup>1</sup> Intersectionality refers to the ways in which different aspects of a person's identity can expose them to overlapping forms of discrimination and marginalisation.

## Background

The current five-year University of Melbourne / Bupa partnership agreement covers the period 2021-2026. The funding agreement is guided by agreed key principles that shape the HPP development, delivery, and evaluation. These key principles are detailed in Table 1.

**Table 1: Key principles underpinning the HUF funding agreement**

Key Principle	Summary
<b>Needs-based</b>	Initiatives must address a need (or needs) identified in a recent assessment of the student population.
<b>Broadest reach</b>	A high percentage of the student population can benefit from the initiative.
<b>Student co-design</b>	Initiatives can be (or already have been) designed in partnership with student representatives.
<b>Value for money</b>	The estimated costs of the initiatives are competitive when compared with alternative delivery options.
<b>Evaluable outcomes</b>	It is clear what outcome/s the initiatives aim to achieve and how this will be evaluated.

Governance, decision-making, and funding allocations for the Healthier University Fund are led by the Healthier University Fund Governance Group, comprising the membership outlined across Tables 2.

**Table 2: The Healthier University Fund Governance Group membership**

Name	Position Title	Departmental Affiliation	
<b>George Habib</b> (Chairperson)	Associate Director, Wellbeing Services	Student Success – Students and Scholarly Services (SASS)	UoM
<b>Anne McGlashan</b>	Manager, Health Service	Student Success, SASS	UoM
<b>Orania Tokatlidis</b>	Manager, Counselling and Psychological Services	Student Success, SASS	UoM
<b>Rachela Aristotite</b>	Category Manager, Travel and Corporate Services	Commercial Services, CFO Group	UoM
<b>Renee de Silva</b>	Health Promotion Coordinator	Student Success, SASS	UoM
<b>Royce Hort</b>	Senior Partnerships Manager	International and Corporate Partnerships	Bupa
<b>Travis Ruyg</b>	Health and Wellbeing Specialist	International and Corporate Partnerships	Bupa

# Health Promotion Program action plan

2023 -2025



# 1. Needs and situational assessment

The University of Melbourne is committed to supporting student health and wellbeing from a holistic approach and improving their experience, inclusiveness and connectedness at university. This commitment has seen the development of various frameworks, policies and plans that interlink closely with health and wellbeing of all students. As such, these documents and evidence base have guided the development of this action plan, accompanied with a strong multi-method consultation process.

These guiding documents include:

- Student Wellbeing and Mental Health Framework
- Sustainability Plan 2030
- Diversity and Inclusion Strategy
- Towards a Health Promoting University study
- Advancing Melbourne
- Okanagan Charter - an international charter for health promoting universities and colleges
- Orygen Mental Health Framework
- National Student Safety Survey

In particular, the [Towards a health promoting university](#) research, represents a substantial recent assessment of students' health and wellbeing needs at the University of Melbourne following a survey conducted in 2019 with follow up surveys during the pandemic. The research highlighted several key issues relating to personal, social, and structural dimensions of how University of Melbourne students experience health with exacerbated impacts throughout the pandemic. These include the following findings:

- One in three students reported experiencing stressors during their time at university, and these experiences contributed to poorer outcomes in mental wellbeing and academic performance, with one in five reporting a mental health disorder;
- Domestic and international students both experience increased risk of mental ill health, sexual harm, discrimination and bullying, financial stress, food security and stressors relating to academic commitments;
- International students demonstrated lower levels of awareness of health services than domestic students;
- Cultural and social factors intersect as additional stressors for international students, including fewer social support structures, the process of adapting to a new culture, difficulties with English language communication, and higher rates of race-based discrimination.
- Only 7% of international and 13% local students had the recommended five servings of vegetables and 43% of international and 52% of local students had the recommended servings of fruit each day;
- One in four local students and one in five international students did the recommended 30 minutes of moderate exercise on five or more days each week and one third were an unhealthy weight;
- 61% of local students reported hazardous alcohol use during the past year compared to 31% of international students and 25% of local students reported illicit drug use during the past year compared to 6% of international students;
- 43% of students experienced loneliness while at university<sup>2</sup>.

A follow up survey (unpublished manuscript) completed during 2020 (during the COVID-19 pandemic) demonstrated substantial deterioration of the situation, with students' experience of health and wellbeing

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<sup>2</sup> Sancı, *Towards a Health Promoting University*, 2020

worsening in multiple areas including depression, anxiety, social support and food security. This deterioration was particularly worse for international students<sup>3</sup>. Although deterioration occurred during the pandemic, the experiences were present pre-pandemic and were having ongoing and lasting effects requiring redress.

The University of Melbourne's *Student Wellbeing and Mental Health Framework*, developed in 2022, provided key recommendations to approach the high rates of mental illness affecting tertiary students. The Framework is built upon a strong evidence base, involving a review of current research and best practice accompanied by extensive consultation with academic experts, students and staff. The best practice review identified key themes that commonly form part of institution-wide strategies for student wellbeing and mental health across the international higher education sector. These include

- increasing psychological literacy to develop a university community and culture that is supportive of wellbeing and mental health,
- having clear leadership and alignment of policy and practice to ensure a 'whole-of university' approach,
- creating wellbeing-supporting learning environments within and outside the classroom,
- ensuring resources and services are accessible, inclusive, meet the needs of vulnerable cohorts and reduce barriers such as perceived stigma, and
- developing the knowledge and skills of students and staff to empower them to care for their own wellbeing and mental health<sup>4</sup>.

This HPP action plan aligns closely with the *Student Wellbeing and Mental Health Framework*. The plan draws on these recommendations, involving collaboration with the team implementing the associated actions from the framework.

Other key learnings emerged from the consultation process outlined in section two, informing some of the activities and considerations in further planning, including:

- Social connection and social isolation play a large role in students overall wellbeing and connection to the University and should be embedded throughout the program;
- There is a strong sense of perceived stigma associated with help-seeking and service access, particularly with international students;
- Intersectionality plays a key role in access to services and health outcomes, demonstrating a need to tailor activities and programs to reach a broader section of the student population;
- Students engage more with student-driven activities, showing value in student co-design and partnership opportunities with student-led groups.
- Sufficient forward planning and a strong focus on communications across the university is required to increase likelihood of departments and faculties to engaging with the program.
- The HPP requires a stronger brand presence to engage more of the university community.

Health is defined as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."<sup>5</sup> The concept of health promoting universities is guided by the health promoting principles of the Ottawa Charter (1986) and since been revised at the 2015 International Conference on Health Promoting Universities and Colleges in Okanagan, Canada.

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<sup>3</sup> Russell M. et al., *The Change in mental health across the COVID-19 pandemic for local and international university students in Australia: a cohort study*, 2022.

<sup>4</sup> The University of Melbourne, *Building a Wellbeing Supporting Community: The University of Melbourne Student Wellbeing and Mental Health Framework*, Melbourne, 2022

<sup>5</sup> Ottawa Charter for Health Promotion, WHO, 1986.

The Okanagan Charter emphasises the role for Universities: Higher education has a unique opportunity and responsibility to provide transformative education, engage the student voice, develop new knowledge and understanding, led by example and advocate to decision-makers for the benefit of society. In the emergent knowledge society, higher education institutions are positioned to generate, share and implement knowledge and research findings to enhance health of citizens and communities both now and in the future.

Two strategies are prioritised for action under the Okanagan Charter:

1. Embed health into all aspects of campus culture, across the administration, operations and academic mandates.
2. Lead health promotion action and collaboration locally and globally. <sup>6</sup>

## 2. Consultation process

In addition to the guiding research and frameworks, the action plan is further guided by a mixed-method consultation process undertaken with various stakeholders across July – November 2022, including University of Melbourne staff, students and experts in the priority area fields. Importance was placed on ensuring a vast representation of the diversity that make up the community, including; international/domestic, undergraduate/postgraduate, departments, faculties, LGBTIQ+, CALD (culturally and linguistically diverse) and First Nations. This in-depth consultation is summarised in Table 3 below.

**Table 3: Consultation process for developing the three-year action plan**

Consultation method	Details
Group workshops	<p>Two in-person group consultation workshops (approx. 15 people at each) were held on:</p> <ul style="list-style-type: none"> <li>- Workshop 1: 4 October 2022</li> <li>- Workshop 2: 3 November 2022</li> </ul> <p>Various cohorts within the university context were represented including staff, students, international/domestic, undergraduate/postgraduate, LGBTIQ+, CALD, First Nation and relevant areas of expertise. Representatives came from UMSU (University of Melbourne Student Union), UMSU International, Safer Community Program, Counselling and Psychological Services (CAPS), ResLife, Strive Health, Peer Health Advocates, Faculty of Engineering and Information Technology, Faculty of Medicine, Dentistry &amp; Health Sciences, Student Participation, Health Service, Student Life, Office of the Provost and Murrup Barak.</p> <p>All participants were sent a pre-workshop survey. The survey and workshops provided an opportunity to identify gaps, partnerships and collaborations, ideas and interest for proposed activities and gain feedback.</p>
In-depth one-on-one meetings	<p>One-on-one meetings, providing more in-depth discussions were held with all consultation workshop participants, with additional representatives from:</p> <ul style="list-style-type: none"> <li>- Student Wellbeing and Mental Health Framework</li> <li>- Respect taskforce</li> <li>- MU Sport</li> <li>- Sustainability</li> </ul>

<sup>6</sup> Okanagan Charter: An International Charter for Health Promoting Universities and Colleges (2015).

	<ul style="list-style-type: none"> <li>- Student Equity and Disability Services (SEDS)</li> <li>- Graduate Student Association (GSA)</li> </ul>
Prioritisation workshop	A prioritisation workshop was held following the consultation workshops to analyse the input and feedback and prioritise activities. The workshop consisted of the Health Promotion Coordinator, student casual staff and peer health advocates on 9 November 2022.
Student wellbeing Reference Group	The draft action plan was presented to the Student Wellbeing Reference Group for further review and feedback in early December.
HUF Governance Group	The draft action plan will be presented to the HUF Governance Group in early December for feedback and endorsement.

### 3. Program overview

Since the establishment of the HPP in 2017, the interests and voices of students have been and continue to be at the heart of program. The disruption of the COVID pandemic resulted in a pulled-back, online approach to activities and programs during this time. This three-year action plan is an opportunity to revitalise the program, with students back on campuses, and provide meaningful and change-focused approaches. Following the consultation process, the action plan and activities have been developed with the overarching vision, goal and objectives in mind.

**Vision:** Students at the University of Melbourne have the information, resources and support required to engage in healthy behaviours, maintain a healthy lifestyle and make informed choices related to their health and wellbeing.

**Goal:** Enhance learning, working and living environments for students that inform, promote and support a holistic approach to health and wellbeing and social connectedness.

**Objectives:**

- Inform, promote and support the engagement in positive health behaviours and practices among students,
- Increase awareness of support services available and reduce barriers to access (such as stigma around help-seeking), so students utilise services and make informed choices;
- Create sustainable and health-promoting environments that optimise social connection and belonging;
- Partner and collaborate across the University of Melbourne community, with a strong commitment to student co-design and leadership (departments, faculties and student groups) to create, support, amplify action that provides a more coordinated approach to health and wellbeing;
- Engage with a range of student cohorts in various settings to increase reach and address issues affecting diverse and vulnerable groups, taking greater account of intersectional factors;
- Promote integration of health and wellbeing within the university’s plans and policies.

**Target audience:** The HPP services all students at the University of Melbourne. In considering the varied cohorts that exist at the university, an intersectional lens is applied to activities to ensure a broad reach and engagement of students. This includes students with a disability and those from culturally and linguistically diverse (CALD), First Nations, and LGBTIQ+ communities.

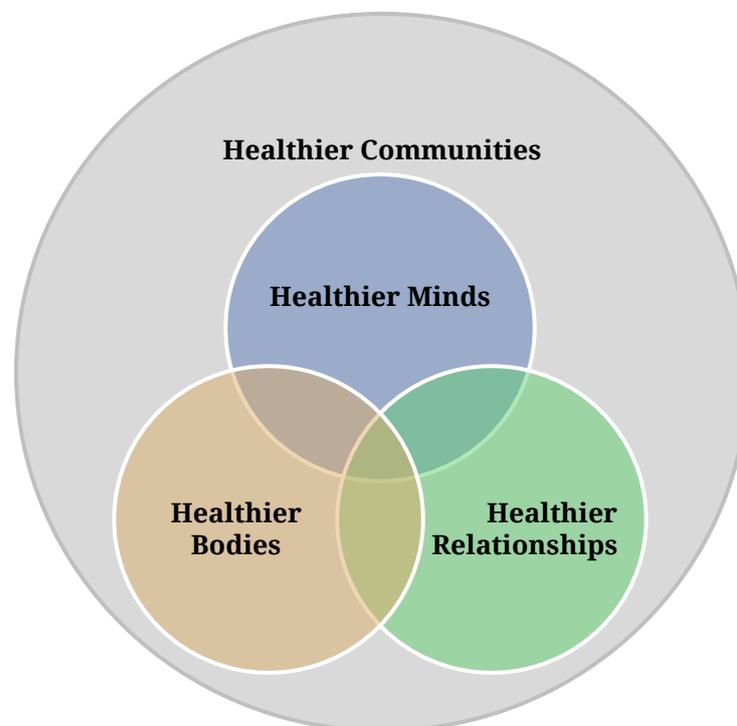
## 4. Program pillars

Taking into consideration the guiding frameworks, research and program consultation, four pillars will guide the HPP for the next three years. These pillars are outlined and detailed in Table 4, and a model to visually conceptualise the relationship between them is illustrated in Figure 1.

**Table 4: Program pillars for the Health Promotion Program**

Pillars	Summary
<b>Healthier Minds</b>	The Healthier Minds pillar focuses on building mental health and wellbeing across the student population. Mental health is an asset and a resource for daily living, shaped by a range of social, structural, and commercial determinants of health and health literacy.
<b>Healthier Bodies</b>	The Healthier Bodies pillar focuses on improving equity of experience in nutrition, physical activity, and food security across the student population. This focus area will also aim to improve behaviours towards alcohol and other drugs.
<b>Healthier Relationships</b>	The Healthier Relationships pillar focuses on building safer experiences and practices among the student population with respect to sex, sexuality, relationships and sexual and reproductive health.
<b>Healthier Communities</b>	The Healthier Communities pillar focuses on facilitating students' awareness and knowledge about how equity, diversity, and social justice shape health outcomes based on the social model of health. This area will create opportunities to identify and seek to address inequities among the student population and target action.

**Figure 1: Proposed HPP conceptual model**



## 5. Staffing and governance structure

The HPP sits within Student and Scholarly Services (SASS) in the Student Success team. The governance and staffing structure of the program is detailed in Table 5 below.

**Table 5: Staffing and governance details**

	Details
HUF Governance Group and Steering Committee	Comprising of UoM staff and Bupa representatives, the Governance Group provides support and required approvals for the HPP. HUF Steering Committee meets monthly and involves UoM staff, assisting with guidance on more detailed planning and implementation.
Health Promotion Coordinator (HPC)	HPC is a 1EFT position, coordinating all aspects of the HPP.
Project Assistants (student casuals)	Project assistants are UoM students that are employed as casuals to provide necessary support to HPP. This includes input to program design, coordination and evaluation. Up to three are employed (approx. 10-14 hours per week) and provides a valuable opportunity for student leadership and co-design.
Pillar advisory groups	Comprising of UoM staff, academics and students. Three advisory groups are set up to provide support, advice on activities for the three pillars: <ul style="list-style-type: none"> <li>• Healthier Minds</li> <li>• Healthier Bodies</li> <li>• Healthier Relationships</li> </ul> Intersectionality and the Healthier Communities pillar is embedded across the three pillars. Meetings will be held three times a year and chaired by the HPC.
Peer Health Advocates (PHAs approx. 20-25 volunteers recruited annually)	PHAs are a group of students from a range of faculties that share a passion for health and wellbeing. They are recruited at the start of each calendar year and are the face of the program. They provide valuable assistance with planning and delivery of programs and events. All PHAs attend Mental Health First Aid training, receive professional development and learn about the latest health information, initiatives and services available for students. PHAs assist with planning and delivery on activities.

## 6. Prioritised actions and costings

The proposed activities driving the program over the next three years are detailed in Table 6 below. The action plan will involve ongoing monitoring and evaluation of activities and ability to pivot year to year based on needs and evidence. Any changes to the plan will be consulted and reported on a quarterly basis.

**Table 6: Proposed actions and activities**

Note: Year 1 refers to 2023, year 2 refers to 2024 and year 3 refers to 2025.

Activity/Program	Pillar and objective alignment	Resources required	Time frame	Who
Objective 1: Facilitate the adoption and maintenance of positive health behaviours and practices among students, including opportunities to increase social connection;				
Objective 2: Increase awareness of support services available and reduce barriers to access, so students utilise and make informed choices;				
Objective 3: Create sustainable and health-promoting environments that optimise social connection and belonging				
Objective 4: Partner and collaborate across the University of Melbourne community (departments, faculties and student groups) to create, support and amplify action and provide a more coordinated approach to health and wellbeing				
Objective 5: Engage with a range of student cohorts in various settings to increase reach and address vulnerable groups				
Objective 6: Promote integration of health and wellbeing within the university's plans and policies				
<p>Safer Sex Practices Program: Free contraception and relevant sexual health information for students. Revamping of the program, extending promotions and moving to a hybrid delivery (pick-up and postage)</p>	<p>Pillar: Healthier relationships</p> <p>Objective: 1, 5</p>	<ul style="list-style-type: none"> <li>• Bulk orders of products</li> <li>• Collateral and promotions</li> <li>• Incentives</li> <li>• Information and other resources in collaboration with Bupa: safer sex practices, sexual and reproductive health, STIs, testing etc.</li> <li>• Postage</li> </ul>	<p>Service ongoing</p> <p>Evaluation, revamping and promotional boost of program to occur Semester 1 2023</p>	<p>HPC and casual staff</p>

		<ul style="list-style-type: none"> <li>• ‘Packing parties’ with PHAs</li> <li>• Vending machine in student accommodation (pilot)</li> </ul>		
<p>Cooking demonstrations in partnership with student clubs to lead cooking and healthy eating events in student-led environments (approximately six per year). A focus on different skills, cuisines and tailored approaches to different cohorts e.g., international students in student accommodation, students accessing food relief program etc.</p>	<p>Pillar: Healthier bodies</p> <p>Objective: 1, 3, 4, 5</p>	<ul style="list-style-type: none"> <li>• Incentives</li> <li>• Ingredients and supplies</li> <li>• Comms and promotions</li> <li>• UoM/Bupa collateral (recipes, healthy eating tips etc)</li> </ul>	<p>Events occurring throughout each year (approx. six per year) - to be scheduled at the beginning of each year</p>	<p>HPC, casual staff, PHAs</p>
<p>Development of an online healthy eating-hub (recipes, cooking demonstrations, resources and information on how to buy sustainable, local and affordable food and meal prep - one stop shop)</p>	<p>Pillar: Healthier bodies</p> <p>Objective: 1</p>	<ul style="list-style-type: none"> <li>• Students@work for 6 months at 14 hours per week (UoM 4.1)</li> <li>• Content creation, graphics and useful resources</li> <li>• Webpage development by Student Information</li> <li>• Bupa consultation and collateral inclusion</li> </ul>	<p>Exploration and planning to commence year 1</p> <p>Implementation in year 2</p> <p>Evaluation year 3 with recommendations and updates</p>	<p>HPC, Students@work casual, Student Information Team, Sustainability Team</p>
<p>Promote, support and run events for Health awareness days: Uni Mental Health Day, Men’s Health Week, R U OK? Day, Wear It Purple Day, Dental Health Week, Women’s Health Week, Mental Health Week, Dry July, World No Tobacco Day, Sexual Health Week, World Suicide Prevention Day and key academic dates (Orientation, Health and Safety Expo and SWOTVAC).</p>	<p>Pillar: Healthier Minds, Healthier Bodies, Healthier Relationships, Healthier Communities</p> <p>Objective: 1, 2, 3, 4, 5, 6</p>	<ul style="list-style-type: none"> <li>• Annual calendar of health awareness dates for distribution and assist promotions</li> <li>• Event materials and equipment</li> <li>• Promotional materials</li> <li>• Incentives</li> <li>• Activations</li> </ul>	<p>Occurring annually with evaluation forming activities in the following year</p>	<p>HPC, casual staff, PHAs</p>

Note: Events and campaigns will vary in budget and size and will be planned with PHAs annually.		<ul style="list-style-type: none"> <li>• Merchandise (UoM and Bupa)</li> <li>• Catering</li> </ul>		
Respect @ Uni campaign focusing on prevention of sexual harassment and sexual assault (collaboration with other Victorian universities)	<p>Pillar: Healthier Relationships</p> <p>Objective: 1, 2, 4, 6</p>	<ul style="list-style-type: none"> <li>• Video production</li> <li>• Content creation</li> <li>• Activations</li> <li>• Event materials and equipment</li> <li>• Collaborations with UMSU/UMSU International</li> </ul>	<p>Pilot Semester 1 (Week 3, 2023)</p> <p>Planned to continue annually</p>	HPC, Respect taskforce, UMSU, external university partners
<p>Broad sexual and reproductive health campaign covering various topics: STIs (sexually transmitted infections), STI testing, contraception, fertility, stigma, healthy conversations around sex, LGBTIQ+ info (partner with various stakeholders including UMSU Queer, Sexpression).</p> <p>Creation of an online webpage combining sexual health topics in one area.</p>	<p>Pillar: Healthier Relationships</p> <p>Objective: 1, 2, 4, 5</p>	<ul style="list-style-type: none"> <li>• Content creation</li> <li>• Webpage development by Student Information Team</li> <li>• Event materials and equipment</li> <li>• Comms, promotions and collateral (UoM and Bupa)</li> </ul>	Year 2 – In line with Sexual Health Week and possibly year 3	HPC, casual staff
Unstructured physical activity opportunities in partnership MU Sport – Free play badminton and basketball in a variety of locations and settings	<p>Pillar: Healthier Minds, Healthier Bodies</p> <p>Objective, 1, 2, 3, 4, 5</p>	<ul style="list-style-type: none"> <li>• UoM/ Bupa merchandise incentives</li> <li>• Equipment support</li> <li>• HPP collateral for cross promotion</li> </ul>	<p>Pilot Semester 1 and 2 (year 1). Extend in year 2 and 3</p>	HPC, PHAs, MU sport
Promotion/ prevention of harm caused by alcohol and other drugs (AOD), health	Pillar: Healthier Bodies	<ul style="list-style-type: none"> <li>• Events materials and equipment</li> </ul>	Occurring annually	HPC, PHAs

<p>information and support services – particularly during peak periods (events, education, campaigns etc.)</p> <p>Explore creation of student peer training in AOD and make training available for PHAs to upskill. Share resources for staff supporting students in this area - partnership with Alcohol and Drug Foundation (ADF) to review content.</p>	<p>Objective: 1, 2</p>	<ul style="list-style-type: none"> <li>• Module platform (TrainMe)</li> <li>• Resource creation</li> </ul>	<p>Module in year 2</p>	
<p>Student-led videos:</p> <ul style="list-style-type: none"> <li>• Engage students to share empowering and relatable stories to push key messages</li> <li>• Topic examples: Promoting services (and breaking down misconceptions), support international students' knowledge of healthcare in Australia and of university services, health literacy, reducing stigma re help-seeking, sexual health, healthy eating etc.</li> </ul>	<p>Pillar: Healthier Minds, Healthier Bodies, Healthier Communities</p> <p>Objective: 1, 2, 5</p>	<ul style="list-style-type: none"> <li>• Development of videos (editing)</li> <li>• Student engagement and Incentives</li> <li>• Bupa collaboration and involvement (where appropriate)</li> <li>• Comms and promotions</li> </ul>	<p>Occurring annually</p> <p>Semester 1 2023:</p> <ul style="list-style-type: none"> <li>• Respect campaign</li> <li>• Uni Mental Health Day</li> </ul> <p>Semester 2 2023:</p> <ul style="list-style-type: none"> <li>• Internationals students' health care information</li> </ul> <p>Consecutive years to be guided by students</p>	<p>HPC, student casuals and PHAs, student information team? Digital health and wellbeing hub team?</p>
<p>Mental Health literacy campaign in collaboration with Office of the Provost as part of the Student Wellbeing and Mental Health Framework</p>	<p>Pillar: Healthier Minds</p> <p>Objective: 1, 2, 4, 6</p>	<ul style="list-style-type: none"> <li>• Content and promotional material for campaign (posters, banners, videos etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Planned for year 1 (potentially in line with Uni Mental)</li> </ul>	<p>Office of Provost, HPC</p>

		<ul style="list-style-type: none"> <li>• Comms and promotions</li> </ul>	Health Day in May)	
Explore opportunities and avenues to implement social prescribing across the university (Stop 1, Health Service, CAPS)	<p>Pillar: Healthier Minds, Healthier Communities</p> <p>Objective, 2, 3, 4, 5</p>	<ul style="list-style-type: none"> <li>• Project scoping and proposal</li> </ul>	Year 2 and 3	HPC
Explore transparency and accessibility of 'quiet/sensory' spaces available for students experiencing overwhelming and anxiety related feelings. Advocate for more spaces and ensure accessibility transparency across student communications for existing spaces	<p>Pillar: Healthier Minds, Healthier Communities</p> <p>Objective: 2, 3, 5</p>	<ul style="list-style-type: none"> <li>• Audit and review of current spaces</li> <li>• Webpage review – additional links for ease of access</li> <li>• Comms and promotions</li> </ul>	<p>Year 1 (Semester 1)</p> <p>Maintenance and updates to occur annually</p>	HPC, SEDS, CAPS, Space Management team, input into UoM Masterplan
Health Promotion Grant Scheme (partnership with Student Participation via SmartyGrants). Grants available for staff and students to run student facing activities with a health promotion lens (certain criteria to be provided). Governance of the grants through the HPP.	<p>Pillar: Healthier Minds, Healthier Bodies, Healthier Relationships, Healthier Communities</p> <p>Objective: 1, 2, 3, 4, 5, 6</p>	<ul style="list-style-type: none"> <li>• Pool of funding available with specific criteria related to health promotion program objectives</li> <li>• SmartyGrants platform – Student Participation Team</li> <li>• HPP guiding documents</li> <li>• Selection panel incentives</li> </ul>	Pilot to occur in year 1 (April 2023)	HPC, Student Participation team
Global Health Case Competition – partnership with Strive Health to inform annual topics and review cases for potential implementation each year.	<p>Pillar: Healthier Minds, Healthier Bodies, Healthier Relationships, Healthier Communities</p> <p>Objective: 1, 2, 3, 4, 5, 6</p>	<ul style="list-style-type: none"> <li>• TBC – dependant on cases submitted and interest, practicability for implementation</li> </ul>	Competition to run Sept – October each year for potential implementation following year.	HPC, casual staff, Strive Health, BUPA

			Evaluation to occur at end of each calendar year	
			Year 1 plans to address food insecurity	
<p>Development of a suite of PowerPoint presentations available for faculties and departments on various health topics and services (available recorded or live)</p> <p>Slides pack outlining services to be developed for inclusion at start of semester and peak times</p>	<p>Pillar: Healthier Minds, Healthier Bodies, Healthier Relationships, Healthier Societies</p> <p>Objective: 1, 2, 4, 5</p>	<ul style="list-style-type: none"> <li>Professional development and incentives for Peer Health Advocates</li> <li>Consultation</li> <li>PowerPoint slide creation</li> <li>Review</li> <li>Evaluation</li> </ul>	<p>Year 1: Scoping, planning and development February – June 2023, roll out – July 2023</p>	<p>HPC, casual staff, Peer Health Advocates</p>
<p>Activities and resources tailored for different cohorts including Murrup Barak and ResLife – cooking demonstrations and safe sex bathroom vending machine</p>	<p>Pillar: Healthier Minds, Healthier Bodies, Healthier Relationships Healthier Societies</p> <p>Objective: 1, 2, 3, 4, 5</p>	<ul style="list-style-type: none"> <li>Events supplies</li> <li>Comms and promotions</li> <li>Merchandise (UoM and Bupa)</li> </ul>	<p>Years 1 –3</p>	<p>HPC, casual staff</p>
<p>Targeted cultural events focusing on different aspects of health such as mental health (collaboration with UMSU international)</p>	<p>Pillar: Healthier Minds, Healthier Bodies, Healthier Relationships,</p>	<ul style="list-style-type: none"> <li>Event supplies</li> <li>Incentives</li> <li>Collateral (UoM and Bupa)</li> </ul>	<p>Years 1 –3 (2023-2025)</p>	<p>HPC</p>

	Healthier Societies  Objective: 1, 2, 3, 4, 5			
Build profile of HPP amongst UoM faculties and departments to facilitate engagement	Pillar: Healthier Minds, Healthier Bodies, Healthier Relationships, Healthier Communities  Objective: 3, 5	<ul style="list-style-type: none"> <li>• Branding and promotional materials designed through Student Information (pull-up banners, posters, collateral etc)</li> <li>• Explore opportunity for social media platform</li> </ul>	Year 1 -3	HPC, casual staff

## 7. References

Okanagan Charter: An International Charter for Health Promoting Universities and Colleges (2015).

Russell M. et al., *The change in mental health across the COVID-19 pandemic for local and international university students in Australia: a cohort study*. Melbourne: The University of Melbourne, 2022.

Sanci L. et al., *Towards a Health Promoting University: Enhancing the Student Experience and Academic Outcomes*. Melbourne: The University of Melbourne, 2020.

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World Health Organization. The Ottawa Charter for Health Promotion. Geneva, Switzerland: WHO; 1986 Nov 21