

National 'Health Colleges' Conference Report

**Exploring the concept and the
Implementation of a 'Healthy College'
Approach to delivering
'Every Child Matters'.
Developing Partnerships to meet the
'Choosing Health' agenda**

Tuesday 27 February 2007

**Held at the
The Waterside Conference Centre
Wigan Investment Centre
Waterside Drive
Wigan WN3 5BA**

National Healthy College Conference 27. February 2007.

Background

The concept of Healthy Colleges has developed from the Healthy Settings approach which itself derived from the Ottawa Charter for Health Promotion (World Health Organisation 1986) This holistic approach to health improvement stated

‘Health is created and lived by people within the settings of their everyday life; where they learn work play and love.’

From this, the healthy settings approach has become a tool to address many health issues. The development of this approach and its application in Colleges and Universities has been explored by Doherty and Dooris (Doherty and Dooris 2006). Over the past five years, interest in the Healthy College Programme has led a number of College /PCT partnerships to work within colleges to improve the health and wellbeing of the whole college community. In some areas the local healthy school standards have been extended and adapted to work in the FE setting. One such partnership between Huddersfield New College and Huddersfield PCT lead to the production of the Kirklees Healthy College Standard. Interest in these standards by other colleges became a Healthy College Network co-ordinated by Huddersfield New College. The growth of this network and the interest from all part of the country led to the National Healthy Colleges Conference, which was held in Wigan in February 2007.

Aims

The aims of the conference were: -

To explore the concept and implementation of a ‘Healthy College ‘ approach to delivering ‘Every Child Matters’.

To explore the development of partnerships to meet the ‘Choosing Health ‘agenda.

Objectives

The objectives of the conference were:

To give the background to healthy college work in England, understand the current situation and have an opportunity to discuss future developments.

To explore how the role of healthy colleges can be an effective vehicle for delivering national and local strategies, e.g..’Every Child Matters’ and ‘Choosing Health’.

To share and develop learning from colleges and partners to deliver a ‘Healthy College ‘ approach

To develop networking and partnerships across FE and its partners.

Delegates

There were 70 delegates present at the Waterside Conference Centre in Wigan on Tuesday 27th February 2007. Of these 56 were from 43 colleges, and the other delegates were 6 PCT based Public Health or Health Promotion staff, 2 PCT employed School /College Nurses. 4 from Healthy Schools / PSHE Teams. One delegate was from NIACE and another from North West Public Health Teaching Network.

Conference Programme

The programme of the conference was a combination of formal presentations and workshops.

Presentations

The presentations covered the background to and offered an overview of Health Colleges, lifestyle issues of 16 to 19 year olds and the sexual health issues of young people. Geoff Dessent from the Department of Health outlined the department's view of the role of Healthy Colleges in broad health agenda. The final presentation by the vice Principle and students from Wigan and Leigh College showed ways of selling the Healthy College roll to the whole college community.

Workshops.

There were seven workshops available for the participants to select three. Five ran three times, and one twice, in the middle slot, it was replaced by a Theatre in Education production and workshop. The workshops were, Getting Started, replaced by 'RU Ready?' after lunch, using the SHEU survey. Working with 'Every Child Matters', Healthy Food in College, Smoking issues, and Mental Health and Wellbeing.

Participants' views on the Presentations

The responses of the participants are taken from the evaluation sheets completed after the conference. (See Appendix 1 for full analysis.)

Background and over view of Healthy College work was considered by 80% of those who completed the evaluation sheet to have been good, very good or excellent. none of them thought it poor, and the majority though it good or very good.

The second presentation was a Snapshot of the 16 to 18 lifestyle . This presentation was very well received, 87% of the respondents thought it was good, very good or excellent. There was a more polarised response to, this presentation, as one person (2.2%) considered it to be poor, but 9 (19.6%) considered it excellent.

The third presentation was concerned with young people and sexual health. It was very popular with the participants. No one thought it poor, 80% thought it good very good or excellent. It was considered as excellent by 11 people (23.9%).

The presentation which linked Healthy Colleges to key government strategies was the least well received of the presentations, being considered good, very good or excellent by 67.3% of those participants who completed an evaluation sheet. The last presentation, which considered how to involve the whole college community, was considered to be good, very good of excellent by 87% of the respondents.

The Workshops

The conference offered seven workshops, and each delegate was able to choose three. Workshop A was offered twice, workshop G once, the other five three times. Details of the workshops can be found in Appendix 2.)

Workshop A - Getting Started.

This workshop was considered to have offered opportunities for discussion and networking and provided information, particularly concerning the Kirklees Standards, which offered a way forward. It also provided useful links, to other colleges.

Workshop B- Using the SHEU survey.

This workshop had offered information on data collection and the use of data.

Workshop C-Every child matters.

The participants found that this workshop provided networking opportunities to allow them to find out what other colleges were doing, make links and identify ways forward.

Workshop D – Healthy Food in College.

This workshop identified good practice and different ways of working. It allowed participants to share problems, resources and ideas.

Workshop E - Smoking Issues

Participants in this workshop were able to identify issues relating to post 16 education and to find out what other colleges were doing. They discovered different ways of working and different resources.

Workshop F – Mental Health and Wellbeing.

The major outcome of this workshop for many of the participants was networking and finding out what other colleges did, and identifying good practice.

Workshop G- Using theatre to explore sensitive issues.

The most frequent comment about this workshop was 'excellent use of theatre. It was seen as a different way of working. It provided some with information and an opportunity to share information.

Participant's expectations of, and gains from the conference

Those participants who completed the evaluation sheet identified eight expectations of the conference

- Information and support on standards. (11)
This was achieved by most of those who identified it, one person said that there was still a need for answers on national standards.
- Ideas to improve health. (1)
Only one person identified this, but felt that there were not enough opportunities for sharing ideas and experiences.
- Issues about accreditation and national support. (4)
Whilst two people felt that this had been achieved one person said that there was still a need for answers on national standards.
- Information on other colleges good practice, (16)
Most of those who identified this thought that they had achieved it (10). One person wanted more ideas and networking and another complained that colleagues had not been able to book places.
- Moving college in right direction. (3)
All three people who gave this as an expectation said that it had been achieved.

- Better understanding (2)
This was achieved by both of the respondents.
- Role of PCTs. (1)
The person who identified this need said that they were satisfied about this issue.
- Information, inspiration and enthusiasm. (1)
The answer to this was 'yes'.
- Expectations not given. (7)
Although they did not state their expectations, five people said that they had been achieved, one mostly achieved and one person said that there was a need for a national standard.

Other comments

These consisted of comments on the form and pace of the conference. There were a number of themes, which emerged from the comments;

- A need for national standards
- A need for government funding as the Healthy Schools received.
- A recognition of enthusiasm inspiration. and knowledge which exists around the Healthy College ideal
- The importance of sharing good practice.

Did the conference achieve its objectives?

To give the background to healthy college work in England, understand the current situation and discuss future developments

Many of the participants said that they had found the conference a useful source of information and identified a need for national standards to be developed.

The role of Healthy Colleges in the delivery of national and local strategies

Delegates found that the conference provided them with ideas to develop and ways forward. For some it gave the assurance that their college was moving in the right direction

Networking and sharing of ideas

Many of those who completed the evaluation sheet found that the conference had provided them with useful opportunities for networking and for sharing ideas.

Recommendations

The feedback from the conference supports the following recommendations: -

- There is a need for nationally recognised standards to be developed.
- The Government should support a nationally and regional Healthy College Network.
- PCTs should be encouraged to support local development of Healthy College programmes.

References

World Health Organisation (1986) *Ottawa Charter for Health Promotion*. WHO.
Doherty S.H. Dooris M, (2006) *The healthy settings approach: the growing interest within colleges and universities*. Education and Health Vol.24. No.3 2006 p42-43.

Appendix 1.

Evaluation Sheet Analysis

There were 46 questionnaires returned by delegates, this represents 57.5% of those attending the conference

Organisation and Venue

- ❖ Pre-conference administration.
This was considered to be good by 17.4%, very good by 41.3% and excellent by 15.2% of the respondents. Only 4.3% thought it poor and a further 19% satisfactory.
- ❖ Conference Venue
The venue was seen by most of the delegates as being 13%, very good 54.3%, and excellent 23.9%. It was considered satisfactory by 4.3% and none thought it poor.
- ❖ Catering.
The catering was rated as good by 26.1% of the delegated, as very good by 37% and as excellent by 13%. A rating of satisfactory was recorded by 15.2% and of poor by 2.2% of delegates.
- ❖ Accessibility
Most of the delegates found the venue to be easily accessible. It was rated as good by 19.5%, as very good by 41.3% and excellent by 26.1%, only 2.2% said it was poor and 6.5% satisfactory.

Presentations

There were five presentations, four before and one after the first workshop

- ❖ **Background and Overview of Healthy College Work.**

	Number	%
Satisfactory	7	15.25
Good	16	34.8%
Very good	16	34.8
Excellent	5	10.9%
No response	2	4.3%
Total	46	

This presentation was considered to be good, very good or excellent by 80% (37) of the respondents.

❖ **Snapshot of the 16 – 18 lifestyle.**

	Number	%
Poor	1	2.2%
Satisfactory	3	6.5%
Good	9	19.6%
Very good	22	47.8%
Excellent	9	19.6%
No response	2	4.3%
Total	46	

The presentation was considered by 87% (40) of those who completed a questionnaire to be good, very good or excellent.

❖ **Young People and Sexual Health.**

	Number	%
Satisfactory	6	13%
Good	8	17.4%
Very good	18	39.1%
Excellent	11	23.9%
No response	3	6.5%
Total	46	

This presentation was considered to be good, very good or excellent by 80% of those who completed an evaluation form.

❖ **Delivering key strategies through Healthy Colleges.**

	Number	%
Poor	1	2.2%
Satisfactory	9	19.6%
Good	14	30.4%
Very good	12	26.1%
Excellent	5	10.9%
No response	5	10.9%
Total	46	

The presentation ‘Delivering key strategies through Healthy Colleges ‘ was considered to be good, very good, or excellent by 67.3% of the respondents.

❖ **Selling the idea.**

	Number	%
Poor	1	2.2%
Satisfactory	1	2.2%
Good	14	30.4%
Very good	17	37%
Excellent	9	19.6%
No response	4	8.7%
Total	46	

This presentation was considered by 87% of the respondents to be good, very good or excellent.

Presentations: % good, very good and excellent responses.

Title of presentation	% good, very good, or excellent.
Background and overview of Healthy Colleges	80%
Snapshot of the 16-18 lifestyle	87%
Young people and sexual health	80%
Delivering key strategies through Healthy Colleges.	67%
Selling the idea.	87%

Workshops

There were seven workshops offered during the day, each delegate was able to attend three of these workshops. Workshop A was offered twice, Workshop G once. The other five workshops were offered three times.

Workshop A: Getting started

Networking/discussion 1+ 2
 Kirklees criteria –wonderful 1
 Information and links 5
 Need national standard 1
 Understanding 2
 What other colleges are doing 1
 Ideas of ways forward 1
 No response 2 +2

Workshop B: Using the SHEU survey

Data collection 3
 Information and links 1
 Using data 1
 Understanding issues 1
 Useful information focused. 1

Workshop C: Every Child Matters

Networking/discussion 1 + 1
 Good practice/ positive prevention 1
 Data collection 1
 Information and links 4
 Using criteria 1
 Shared problems 1
 Understanding 1
 What other colleges are doing 1
 Resources and ideas 1
 Ideas of ways forward 1
 No response 1 + 3

Workshop D: Healthy Food in College

Networking 2
 Good practice /positive prevention 3 + 1
 What others do 1+ 1
 Nothing new 1 +1
 Information and links 2 +1
 Ideas/different ways of working 3
 Shared problems 1
 Resources and ideas 2
 No response 1 + 2

Workshop E: Smoking Issues

Networking 1
 Good practice/positive prevention 1+1
 Information and links 1 + 2
 Issues round post 16 educations 1
 Ideas/different ways of working 1
 What other colleges are doing 2
 Resources and ideas 1
 Revisited campaigns 1
 No response 1 +1

Workshop F: Mental Health and Wellbeing

Networking 4 +2
 Already do it 1
 Good practice 2 + 2
 What other colleges do 3 +3
 Shared problems 1
 Information 1
 Need national standard 1
 No response 1+2 +2

Workshop G: Using theatre to explore sensitive issues

Excellent use of theatre 3
 Ideas/different ways of working 6
 Explored teen behaviour 1
 Will do similar 1
 Shared problems 2
 Other area's good practice 1
 Lots of information 3
 Nothing new 1
 Relationship / delay messages 1
 No response 1

Expectation of the conference and gains for day

Information and support on standards.

Yes 8
 Still need answers on National standards 1
 Don't know 1
 Generally 1

Ideas to improve health

Not enough sharing of ideas and experiences 1

Accreditation /National support

Yes 2
 Still need answers on National standards 1
 No response 1

Information on others practice, what other colleges are doing.

Yes 10 +4
 Colleagues did not get places 1
 More ideas and network 1

Moving college in the right direction.

Yes 3

Better understanding

Yes 2

Role of PCTs

Yes 1

Information, inspiration and enthusiasm.

Yes 1

Not stated

Yes 5
 Need national standard 1
 Mostly 1.

Other Comments

Comments were added by 16 people. These included comments on the form of the conference. There was a suggestion that there had been too many presentations and that the morning session was too long. One person thought that the workshops were not sufficient 'led'. However another participant commented that they would have liked more time for networking. The conference was considered to be well paced by one respondent.

The conference had produced 'very good ideas' for one participant, and others would like copies of presentations and other information.

Enthusiasm, knowledge and commitment were noted and the good progress which had been made which needed to be followed up. Some delegates were looking forward to the next conference. There was a request for the same level of support as has been given to Healthy Schools.

Two delegates had made comments, which appear to sum up many of the comments and are therefore quoted in full.

1st Comment.

- ❖ Needs to be nationally standardised.
- ❖ Need to get senior management on board
- ❖ Needs same funding as Healthy Schools Scheme
- ❖ Funding support from Government.

2nd Comment.

All were characterised by their enthusiasm, knowledge and commitment to promote Healthy Colleges

The sharing of best practise and the linking of services is an essential step forward. National funding and recognition require

Appendix 2

Workshop Feedback.

Workshop A

At the end of the day colleges are education establishments and they need national support/standard to tell them what is required or acceptable regarding health

Funding

- for staff training in colleges to deliver healthy college/health issues to colleges
- healthy college co-ordinators
- delivery of specialist tutorial sessions
- for accreditation

Communication re Healthy College Network: External information about healthy college concept in order to *influence* colleges into adopting the approach because of the benefits and opportunities it provides

Provision of resources appropriate to colleges not duplicating what has already been done in school

Clarity on link between healthy colleges and Ofsted and CSCI (relevant to colleges with residences)

Accreditation mechanism of Healthy College standard if colleges go down this route

Information on what colleges should expect from their PCT. This situation currently leads to marked inequalities based on the local response. Some colleges are well supported by their Healthy Schools Team/PCT while others do not appear to have the time/interest despite inclusion in Local Area Agreements and Children & Young People's Plan

National recognition/credibility of the healthy college approach, thus encouraging colleges on board

Workshop C Every Child Matters.

Every Child Matters.

- Being Healthy
- Staying Safe
- Enjoying and achieving
- Making a positive contribution
- Achieving economic wellbeing.

Challenges in Implementing Every Child Matters.

- Tutorials v curriculum,
Limit to time for health issues.
- Measuring the impact
- Ownership of staff/students over, Every Child Matters.
- Strengthen the links between PCTs and Colleges.
- Cross-over of 14-16 Students (schools link)
- Training for ECM (Cert Ed., PGCE)
- Students with severe disabilities and “support staff” not LD Nurses.
- National support for Healthy Colleges to sustain Standards from NHSS.
- When 14-16 year olds come into college.

Workshop D: Healthy Food in College.

Group 1.

Key Issues

- ❖ Fear of change Culture /budgets
- ❖ Price (Subsidise)
- ❖ Don't eat meals – snacks

Link up food with physical activity.

Points to take forward.

- Training (external trainers)
- Vouchers
- Action Plan
- Food taster sessions (Tutorials)

Group 2.

- Food and Behaviour
- Cost and budgets.
- Still providing choice
- Promotion
- Bring caterers in from the start.
- Time available to eat (too short)
- Offer cooking courses to students.

Workshop E Smoking Issues

Brief information about current work from colleges attending the workshop.

Stoke on Trent

Have a smoke free campus
Have staff smoking cessation service

Myerscough

Close links with smoking cessation
Nicotine QC and nicorette reps provide resources
Have health promotion notice boards/leaflets
Working towards being able to do brief interventions
Will be a big change students can smoke on campus but not in accommodation

South Cheshire

Staff trained in smoking cessation
Have designated smoking shelter for anyone
Aiming to be smoke free campus
Issues/worries over students moving elsewhere
Want to look at high school links and continue smoking education from there
Link smoking to sexual health

York College

Currently debating whether to be smoke free campus

Winstanley

Have 2 smoking shelters
May go smoke free
How to police it?
Possible staff resistance

North Trafford

Smoke free buildings
Have smoking shelters
Stop smoking services

Willforce

Smoking areas for staff and students
Thinking about making it a no smoking campus
Have smoking policy

St John Rigby

Have a smoking area
If went for a no smoking campus concerns about selling ices, and policing it

Knowsley

Strong anti-smoking ethos
Have policy
Have a designated smoking area
Smoking cessation links into tutorials
Principle is seen to enforce no smoking outside buildings, also security

Accrington and Rossendale

Have worked on smoking issue with students
Want to work with staff

Pontefract

Have a smoking area
Smoking survey has been done and possibly considering a no smoking campus
Support from principle
Have done video diaries of people quitting smoking

Cheadle and Marple

Brought in a total no smoking ban 18 months ago
Had positive experience of it
There are 6 members of staff that 'police' this, linking with existing disciplinary systems if caught
In the first week had a handful but since then, word got round and very little problems

Stafford College

Looking at how to get staff/students signed-up for becoming no smoking campus

Burnley

Has smoking shelters
Security guards police it
Not a consensus amongst staff
Smoking cessation is advertised
Will be training staff to be able to do level 2 smoking cessation

Caerphilly Public Health Team

Go into college and run smoking cessation work

Bedford

No smoking in buildings, possibly thinking of going whole campus
Conducted a staff poll and will be doing a student one
Offer stop smoking 6-week courses to students

South Trafford

Have a smoking shelter
Will go no smoking campus
Doing a countdown to the new legislation
Information going out through college channels

Huddersfield

Smoking cessation team contacted and have run events
Have done carbon monoxide testing with students
Staff going to be trained to offer support in-house

Milton Keynes

Have a no smoking-working group, vice principle, smoking cessation service, students, HSE
Have smoking shelters, may poll to ask whether to keep them
Trying to decide whether to go smoke free campus

Activities in no smoking week
 Have trained advisor for smoking cessation in college
 Developed campaign materials (poster/t-shirt) with students

Issues Raised

- Safety of students being moved on, to outside campus, congregating at entrances
- Complaints from local community against students 'hanging around' and smoking
- No plan in place for implementation, no policy
- How can we go smoke free – need examples
- Who 'police's' the new rules if brought it?
- Resistance to policing rules
- Staff resistance
- Staff smoking
- Cessation issues, services, info. Provided
- Changes in law an opportunity for buy in to

Actions Suggested

TIP

Look to any college contact in Scotland and Ireland for their experience

1 Gaining Support

- Identify champion at a high level to lead on this
- This should be seen as a priority for the college
- Work with Trade Unions, they are in full support of the changes
- Bring in smoking cessation services to help with support
- Look at awareness raising of new legislation
- Involve students, consider consultation, but time is an issue now

2 Smoking services

- Need to get smoking cessation support in place
- Different levels, e.g. college has good info available for staff and students and referrals into smoking services, to having smoking cessation staff coming into the college
- Putting up posters to advertise smoking cessation groups is not likely to work
- Offering drop in sessions for students unlikely to work
- Make it easy for smoking cessation to come into the college, e.g.

Set up tutorial group for smoking cessation to give a talk, tutor hears it to
 Same day, ask anyone who want to give up to see advisor at lunch time

3 Managing change, new legislation

- Focus on HSE issues its not about making people stop smoking but keeping workforce, students, visitors safe from second hand smoke
- Smoking Policy may need changing
- Practical steps for signage that is required on all building entrances
- Put any changes college is making into student handbooks/calendars for next academic year

4 Smoke free or partially smoke free campus?

- Managing students outside?
- Some methods shared with group
All staff/students made responsible
Key staff, e.g. 6 will have responsibility to check entrances

5 Health Events

- No smoking day 14 March
- Also look at links to key health topics very appropriate to smoking, exercise, healthy eating and mental health

Workshop F: Mental Health and Wellbeing

Group 1.

Issues.

- Information about students with problems.
- Services in the community

CAMHS- transition issues.

- Eating disorders
- Counselling or mental health services
- Stigma – students need support to disclose issues.

Tutorial Groups.

Self esteem

Anger management

Stress management.

Disability awareness- stigma

Students need this and there are staff development needs.

Good Practice.

- Universal- support services ‘no big deal’.
- Managing relationships workshop
- Mental Health Awareness week
- Staff awareness of student stress.
- Disciplinary policy
- Target males specifically.

Develop whole college approach

- Tutors need to see value to them
- Enrichment for students and staff
- Students need time and space
- Curriculum development
- Accreditation for PSHE
- Student voice well developed and heard

Messages.

Health and Education to talk- take 16 – 19 seriously

Better transition between services, continuity between children and adult services.

Lack of services for 16 – 19

Appendix C

Future of the Healthy College Network

The Healthy College Network has developed without any funding. It has now reached the point at which it can no longer continue purely on the goodwill of one person. It would help with future planning if there were some indication of the level of support that a fee based membership network could support. The survey was completed by delegates to the Healthy College National Conference. Completion of the survey did not commit to payment of a membership fee. A fee-supported network would aim to provide:

- ❖ Up to three network meetings per year
- ❖ Networking across colleges
- ❖ Sharing of good practice.

There were 35 completed questionnaires returned. This represents a response from 44% of the delegates present.

Do you think that a network would be useful?

The response to this question was positive, 33 (88.6%) said that they thought a network would be useful, one said that it was a very positive approach, one was not sure of the value of a network.

	Number (%)
Yes	31(88.6%)
Not sure	1 (2.9%)
Very positive approach	1 (2.9%)
No response	2 (5.7%)
Total	35

Would you/your organisation be prepared to consider the payment of an annual membership fee of £100?

The responses to this question were less positive but the majority 20 (57.1%) thought that their organisation would consider the payment of £100 per annum. However 12 (34.3%) thoughts it possible that the funding would be available, 2 (5.7%) said that it would not be available, and 1 (2.9%) did not know what the response would be.

	Number (%)
Yes	20(57.1%)
Possibly	12(34.3)
No	2(5.7%)
Don't know	1(2.9%)
Total	35

Other comments.

Many of the added other comments, but 15 (42.9%) made no comment. The comments have been grouped into themes.

More information is required before a decision can be made, showing value to the college (2)

A number of the respondents were very enthusiastic and expressed a wish to be involved at operational and strategic levels (4)

The structure and activities of a network were suggested, these included regular meetings, use of email links, Regional Co-ordinators, workshops. One said that an identifiable central focus would encourage colleges. (5)

Sharing of information was identified as a valuable aspect of a network. (3)

Accreditation was identified as an important issue with a desire for a national accreditation scheme supported by consultants. (2)

The support needs of colleges were identified and the production of promotional material suggested. (2)

One commented on the work so far, 'Fantastic work'.

Summary.

The evidence from this short consultation exercise suggests that there is an interest in a possible fee based network and that it could be viable.

The network could be expected to link colleges and promote sharing of good practice. A formal national network which would oversee accreditation standards was envisaged by some respondents, but a desire for support was underlying most comments. Some of them were keen to become involved in any network.