

## **HEALTH AND WELLBEING BOARD**

**30 JANUARY 2019**

<b>Report for Information</b>	
<b>Title:</b>	University of Nottingham Student Health and Wellbeing Strategy
<b>Lead Board Member(s):</b>	Andy Winter (Campus Life Director) – University of Nottingham, Representative of Nottingham Universities
<b>Author and contact details for further information:</b>	Andy Winter (Campus Life Director) – University of Nottingham <a href="mailto:andrew.winter@nottingham.ac.uk">andrew.winter@nottingham.ac.uk</a>
<b>Brief summary:</b>	The University of Nottingham has recently (23 <sup>rd</sup> October 2018) approved its Student Health and Wellbeing Strategy which outlines its aspirations for the health of students at the institution as well as creating a mechanism through which existing initiatives and services can be monitored. This will provide a framework for identifying strengths and areas to be addressed.

### **Recommendation to the Health and Wellbeing Board:**

The Health and Wellbeing Board is asked to:

- a) note the University's strategy; and
- b) suggest where there are opportunities for collaboration or contribution.

### **Contribution to Joint Health and Wellbeing Strategy:**

<b>Health and Wellbeing Strategy aims and outcomes</b>	<b>Summary of contribution to the Strategy</b>
Outcome 1: Children and adults in Nottingham adopt and maintain healthy lifestyles	The University's strategy outlines a range of initiatives and services that support the health and wellbeing of students at the institution. They assist students to adopt and maintain healthy lifestyles and to have positive mental wellbeing.
Outcome 2: Children and adults in Nottingham will have positive mental wellbeing and those with long-term mental health problems will have good physical health	

### **How mental health and wellbeing is being championed in line with the Board's aspiration to give equal value to mental and physical health**

Mental Health is seen as a key theme of the strategy and its link with other factors of wellbeing is clearly identified through interconnections between the different themes within the document. Many initiatives, whilst allocated against one theme, are seen as providing positive outcomes across thematic areas – highlighting the connection between physical and

mental health, etc

**Background papers:**

*Documents which disclose important facts or matters on which the decision has been based and have been relied on to a material extent in preparing the decision. This does not include any published works e.g. previous Board reports or any exempt documents.*

n/a