

## DCU Healthy Model



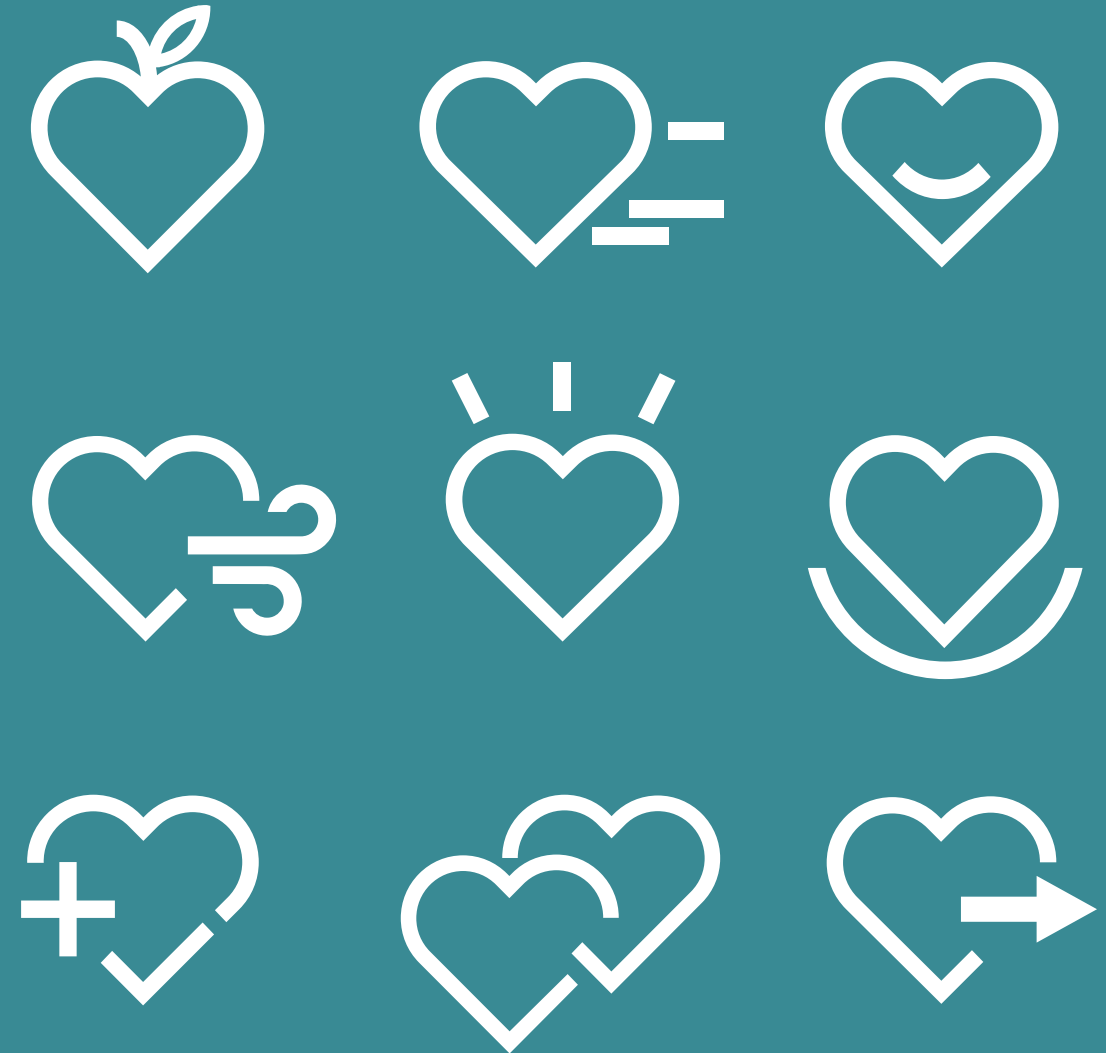
Health promoting universities and colleges transform the health and sustainability of our current and future societies, strengthen communities and contribute to the wellbeing of people, places and the planet.

Okanagan Charter, 2015

[www.dcu.ie/dcuhealthy](http://www.dcu.ie/dcuhealthy)  
Dublin City University  
Glasnevin Campus, Dublin 9



## DCU Healthy



Coordinate  
Create  
Celebrate



The DCU Healthy initiative is a whole university approach to health and wellbeing, directed under Sports and Wellbeing. We aim to develop a healthy setting that promotes physical, mental and social wellbeing where communities thrive, a 'Health Promoting University'. An important message, through DCU Healthy, is to make the healthier choice the easier choice, where health and wellbeing is everybody's responsibility.

DCU Healthy is based on best practice through the World Health Organisation's health promoting schools model, healthy settings approach as well as the Okanagan Charter for Health Promoting Universities. We will also align to important national priorities such as the Healthy Ireland agenda.

The initiative is positive, proactive and moves beyond a focus on individual behaviour to include a range of social and environmental actions that create and enhance health. Infusing health into DCU's everyday operations, business practices and academic mandates.

- The following health topic areas will be addressed through DCU Healthy:
- Think Healthy - Mental Health and Wellbeing
  - Eat Healthy - Healthy Eating
  - Move Healthy - Physical Activity
  - Live Healthy - Alcohol and Other Drugs
  - Feel Healthy - Sexual Health
  - Breathe Healthy - Smoking

Health and wellbeing is important in the here and now, but equally important that we enable students to become 'change agents' for health in the future, where graduates can influence health positively through their professional and personal life, to create a healthier Ireland.

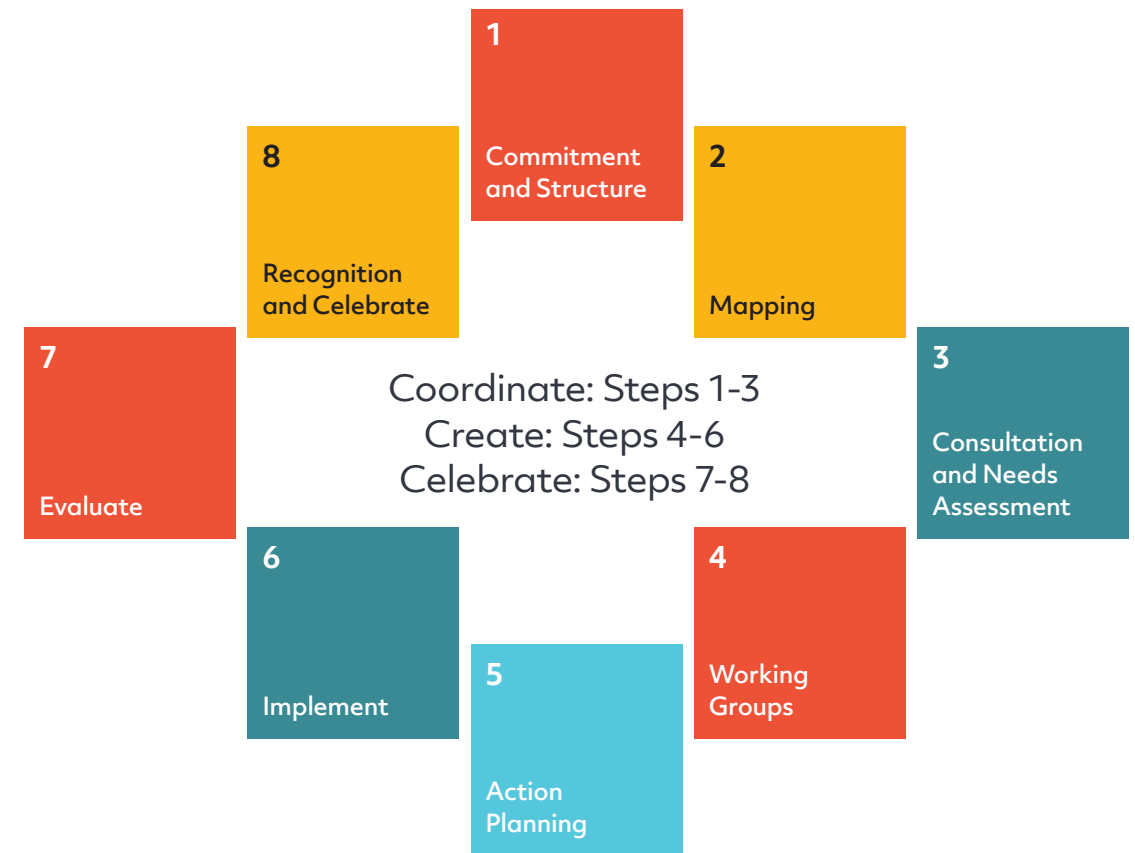
**DCU Healthy Charter**  
DCU Healthy has developed a charter to outline our vision, mission, core values and principles to which our work will align.

**Our Vision**  
By 2022, DCU will be recognised as a university that champions and promotes the health and wellbeing of its shared community.

**Partnerships**  
DCU Healthy is committed to fostering strong, positive and respectful partnerships, to ensure a whole university approach. We encourage all members of the DCU community to actively support and take responsibility for health and wellbeing.

**DCU Healthy Process**  
A three phased cycle, 'Coordinate', 'Create' and 'Celebrate' containing eight steps will be implemented to achieve DCU as a 'Health Promoting University'.

## DCU Healthy Process



Based on the World Health Organisation's Health Promoting Schools Model.

## DCU Healthy Structure

