

What Does a Healthy Campus Look Like



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VISION **130**
*Renew and Reimagine
for 2034*

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The Meaning of Healthy in a University Context

- **What Does Healthy Mean?**

“Health is more than the absence of illness- it’s a foundation for total well-being.”

Healthy = A State of Well-being Physical, mental, and social balance Capacity to cope, grow, and thrive Supports personal, academic, and social success

- **Well being includes:**

Emotional stability
Positive relationships
Purpose & meaning
Financial security
Sense of belonging

- **A Healthy Campus looks at these Factors**

Physical Activity & Sport
Nutrition
Mental & Social Health
Disease Prevention
Risk Behaviour Prevention
Environment



Why Is a Healthy Campus Important?

Why It Matters ?

A healthy campus supports student success by addressing physical, mental, and emotional well-being-factors often neglected during the transition to university life.

Factors Leading to Negative Lifestyle Choices:

- Lack of support from family/friends
- Uncertainty about future & identity
- No structured daily routine
- Poor time management
- Misused sense of independence

Challenges in Promoting Well-being

- Cultural norms: Some students come from backgrounds where mental health support was not norm
- Freedom vs. Structure: Students resist “forced” socializing or activities
- Preference for natural connections over institutional programs
- Misunderstanding of available support services



"A healthy campus empowers students to thrive, connect, and take ownership of their well-being."

6 Dimensions of a Healthy Campus and Their Ideal States

Physical Activity & Sport

Ideal State: Regular participation in inclusive physical activities that enhance physical, mental, and social health.

Nutrition

Ideal State: Accessible, affordable, and nutritious food options that support learning and health.

Mental Health

Ideal State: A community that is mentally resilient, informed, and supported through proactive mental health services.



6 Dimensions of a Healthy Campus and Their Ideal States

Social Health

Ideal State: Opportunities for meaningful connection, sense of belonging, and social integration.

Disease Prevention

Ideal State: Early detection, education, and support for managing health risks.

Risk Behaviour Prevention

Ideal State: Awareness and reduction of harmful behaviours (e.g., substance abuse, unsafe sex)

Environment

Ideal State: A clean, sustainable, and inclusive campus that supports environmental and social well-being



Global Frameworks Supporting a Healthy Campus

FISU Healthy Campus Programme

An international initiative by the International University Sports Federation (FISU) that promotes holistic well-being on university campuses.

Aligns with the **UN** Sustainable Development Goals, including:

SDG 3: Good Health and Well-being

SDG 4: Quality Education

SDG 5: Gender Equality

SDG 10: Reduced Inequalities

SDG 11: Sustainable Cities and Communities



Okanagan Charter

An International Charter for Health Promoting Universities and Colleges

A globally recognized framework that guides institutions in embedding well-being into all aspects of campus life.

Acts as a guiding document, not a certification

Encourages a whole-system, whole-campus approach

Supported by **UNESCO** and the **World Health Organization (WHO)** Calls on institutions to: Embed health into campus policies and culture

Lead health promotion action and collaboration locally and globally



END