

Examples of Health Promoting Practices in Higher Education

Below is a list of health, well-being, environmental sustainability, and equity impacts that may be affected by adopting or not adopting a proposed change. This list was modified to consider issues in higher education and to support a health-promoting university.

- Equity in practices that eliminates **all forms of discrimination** in University activities to provide for all employees, students, community partners, contractors, and others.
- **Job training, professional development, and jobs** that provide all employees with the knowledge and skills to compete in a diverse workforce and with the ability to make sufficient income for the purchase of basic necessities to support them and their families.
- An ecosystem that supports **basic needs**, including financial stability; safe, secure, and adequate; accessible and equitable health/medical care; sustaining emotional/mental well-being; resources for personal hygiene; and, emergency needs for students and employees with dependents.
- **Housing** for students that is safe, affordable, high quality, and healthy.
- **Education** that is high quality and culturally appropriate and allows each student to reach his or her full learning and career potential.
- Healthy **built and natural environments** for all people.
- A set of **fair and just community standards** that are upheld by restorative justice, social services, and accountability (e.g. Student Conduct, UCPD, Restorative Justice Center).
- **Transportation** that provides everyone with safe, efficient, affordable, convenient, and reliable mobility options including public transit, walking, carpooling, and biking.
- **Food systems** that support local food production and provide access to affordable, healthy, and culturally appropriate foods for all people.