

The Chinese University of Hong Kong - A Healthy University

Background of Health Universities

Universities can play a very important role to promote and protect the health of students and staff; to create health-conductive working, learning and living environments, to promote health promotion in teaching and research and to be a resource to promote the health of the university and the community. The development of healthy universities has the strong support of the WHO and a number of healthy universities have been created, including the Lancaster University, University of Central Lancashire, the University of Newcastle and the University of Portsmouth in England.

The idea of healthy universities originated from the Healthy Cities movement initiated by the WHO. This idea has now been extended to other settings such as Health Promoting Schools and Health Promoting Hospitals.

In recent years, Hong Kong has quite a number of outbreaks of infectious diseases including SARS, cholera, hepatitis, food poisoning and H5N1 avian "flu". Many health-related social and physical problems are on the increase, including smoking, substance abuse, obesity, chronic diseases and mental health problems.

Hong Kong has a good potential to develop a Healthy City and universities can play a leading role to promote health and well being of the students who will be the future pillars of our society.

Being situated in a strategic area commanding the scene view of the Tolo Channel, the Chinese University of Hong Kong has a particular advantage to promote health through institutional and sports activities, research, teaching and training. The involvement of the University in health will improve its public image, the profile of the University, the welfare of students and staff, and working and living conditions.

Concept of Healthy Universities

The concept of healthy universities is to integrate health into the culture, processes and policies of the university. It provides a whole setting approach to health promotion with goals for equity, sustainability and health-conductive living, working and learning environment.