

HEALTH PROMOTION

The general aims of the Health Promotion policy are to promote health and prevent disease among all students and staff of the College, to encourage policies and practices that enhance the safety and health of the environment and to promote healthy life-styles and behaviour.

The policy concerning health promotion should be regarded as an integral part of the College Health and Safety policy.

It is the policy of Canterbury College:

- 1 To increase awareness of the relationship between diet and health and to promote the adoption of eating patterns which are both enjoyable and conducive to health
- 2 To raise awareness of the dangers of alcohol, drug and substance abuse and provide advice and help for those experiencing problems
- 3 To encourage improvement in the general fitness in students and staff by the provision of opportunities and facilities for exercise
- 4 To raise awareness of the dangers of smoking and to provide an environment where it is possible for smokers and non-smokers to choose good health by providing a No Smoking environment
- 5 To provide information and support to enable individuals to make appropriate choices about their Sexual Health and Sexuality
- 6 To identify and address areas that cause stress to individuals and ensure this policy will be implemented in accordance with the College's Stress Policy
- 7 To provide information on a range of health screening initiatives to staff and students
- 8 The Health Promotion Policy will be consistent and complementary to all other College policies and in particular to the Equal Opportunities, Race Equality, Disability and Health & Safety policies
- 9 **The Health Policy and its implementation will be the responsibility of the Vice Principal in relation to standard provision across-college and the responsibility of Personnel in relation to staff**

The policy as stated will be implemented in the following way:

1 To increase awareness of the relationship between diet and health and to promote the adoption of eating patterns which are both enjoyable and conducive to health

- 1.1 Outline healthy eating practices by providing information indicating nutritional content of food through the College Enrichment curriculum and at points of food service eg a colour coding system of food, specifically information about fats, fibre, sugar, salt and additives.
- 1.2 Encourage provision of healthy food choices by encouraging preparation of food according to NACNE (National Advisory Committee for Nutrition Education) guidelines.
- 1.3 All menus in the College refectory and restaurants to include 'healthy choices'.
- 1.4 Provide environments conducive to healthy eating.

2 To raise awareness of the dangers of alcohol, drug and substance abuse and provide advice and help for those experiencing problems

- 2.1 Provide information about sensible drinking via the Enrichment Programme and displays in the LRC, Student Information Centre and the Students' Union.
- 2.2 Promote alternatives to alcohol on all appropriate occasions.
- 2.3 Give help and confidential counselling to any person who has an alcohol related problem.
- 2.4 Develop a programme to raise awareness of the harmful consequence of misuse of drugs and other substances via the Enrichment Programme and displays in the LRC, Student Information Centre and the Students' Union.
- 2.5 Encourage people to avoid illicit drugs in conjunction with the College drugs policy.
- 2.6 Provide a short course in Drug Awareness and encourage participation of students and provide training for staff.

3 To encourage improvement in the general fitness in students and staff by the provision of opportunities and facilities for exercise

- 3.1 College facilities for fitness and sporting activities will be widely promoted within the College to students and staff.
- 3.2 Local external facilities for sport and brochures detailing local sporting events will be encouraged within the College.
- 3.3 Provide a range of exercise possibilities particularly via outdoor sports.
- 3.4 Provide short courses and encourage participation of students and staff.
- 3.5 Give consideration to timetabling in order to avoid barriers to access to sports facilities.

3.6 The benefits of regular exercise will be promoted via the Enrichment Programme and displays in the LRC, Student Information Centre and the Students' Union.

4 To provide an environment where it is possible for smokers and non-smokers to choose good health by providing a No Smoking environment

4.1 Designate all areas of the College including classrooms, staff common room, refectory, corridors and toilets No Smoking areas.

4.2 Provide a designated smoking area.

4.3 Offer counselling by the College for smokers wishing to stop.

4.4 Provide information regarding the dangers of smoking via the Enrichment Programme and displays in the LRC, Student Information Centre and the Students' Union.

5 To provide information and support to enable individuals to make appropriate choices about their Sexual Health and Sexuality

5.1 Provide a Sexual Health Advice Service for students and staff.

5.2 Provide easily accessible information regarding STD, HIV/AIDS via the Enrichment Programme and displays in the LRC, Student Information Centre, the Students' Union and the Sexual Health Advice Service.

5.3 Provide information regarding contraception and pregnancy via the Enrichment Programme and displays in the LRC, Student Information Centre, the Students' Union and the Sexual Health Advice Service.

5.4 Support the development of personal and social education to individuals in making personal choices regarding their own sexuality.

5.5 Provision of confidential counselling services.

5.6 Provide free condoms in the toilets and Students Union.

5.7 Provide Sexual and Relationship Education Training for staff.

6 To identify and address areas that cause stress to individuals and ensure this policy will be implemented in accordance with the College's Stress Policy

6.1 Provide an Advice and Guidance Service for students and refer to external agencies as appropriate.

6.2 Provide an external counselling service for staff.

6.3 Recognise that change is a normal process in any organisation; raise awareness amongst managers of the stress it can induce and develop mechanisms to alleviate the problems it causes.

- 7 To provide information on a range of health screening initiatives to staff and students.**
 - 7.1 Encourage staff and students to undertake routine health screening via the Enrichment Programme, displays in the LRC, Student Information Centre, The Students Union, The Staff Bulletin and the Sexual Health Advice Service.
 - 7.2 Provide 10% staff discount for screening services at the Chaucer Hospital.
 - 7.3 Provide VDU screening for staff.
- 8 The Health Promotion Policy will be consistent and complementary to all other College policies and in particular to the Equal Opportunities, Race Equality, Disability and Health & Safety policies**
- 9 The Health Promotion Policy and its implementation will be the responsibility of the Vice Principal in relation to standard provision across-college and the responsibility of Personnel in relation to staff**