



APPROVED BY
Order No. 113
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of Vytautas Magnus University Rector

PROGRAM OF ACTIVITIES
OF VYTAUTAS MAGNUS UNIVERSITY,
A MEMBER OF THE HEALTH PROMOTING UNIVERSITIES NETWORK, FOR
2022–2026

**SUSTAINABLE UNIVERSITY ENVIRONMENT FOR COMMUNITY
HEALTH AND COHESION**

GOAL: to foster a holistic health promotion system that forms positive attitudes and behavior of a person in relation to health.

TASKS

1. To improve the quality of the management of the health promoting university.
2. To build and foster good relationships between community members.
3. To improve and foster sustainable physical conditions and the environment.
4. To increase the need for community members to take care of their health and promote healthy lifestyle.
5. To develop health promotion processes at the University.
6. To disseminate the idea and practical experience of a health promoting university in the University and in society.

PREAMBLE

Documents of the World Health Organization (WHO) define health as physical, mental, and social well-being, the fostering of which is not limited to the efforts of doctors capable of solving health problems, but requires cooperation between specialists of various professions, bodies, and institutions. The WHO coordinates many different movements, such as Healthy Regions, Healthy Cities, Health Promoting Schools, Health Promoting Universities, etc., aimed at strengthening human health, preventing the most common chronic noncommunicable diseases. For a population to be healthy, it is first necessary to develop a personality that takes care of his/her own health, the health of his/her family, and the health of people around him/her. A higher education institution is the medium in which individuals mature; later, they influence the development of the country by applying the health knowledge acquired in the higher education institution and contribute to the formation of the country's health policy, its implementation and improvement of the health of the country's population. For this purpose, in 2005, the WHO established the Health Promoting Universities Network (hereinafter referred to as the HPU), which includes higher education institutions from 39 countries around the world.

On June 3, 2015, on the initiative of Prof. I. Misevičienė, Lithuanian Sports University, Aleksandras Stulginskis University, and Klaipėda University signed a Cooperation Agreement under which they undertook to foster the ideas of the WHO and the HPU movement in Lithuania and to

establish the Lithuanian HPU Network (hereinafter referred to as the LHPU), whose activities are based on the regulations governing the goal, lines of action, tasks of the activities of the Network as well as rights and obligations, composition and organisation of work of the Network. The main goal of the LHPU Network is to create a learning environment and organizational culture for its members that would strengthen the health, well-being, and sustainability of the university community and society and would provide individuals with opportunities to pursue full expression of personality and adhere to health promoting lifestyle principles. On June 22–25, 2015, the World HPU Congress was held in Canada. In this Congress, the LHPU Network was represented by Prof. I. Misevičienė, who signed the Okanagan Charter. In this way, the LHPU Network officially became a member of the international HPU Network.

On February 6, 2018, Vytautas Magnus University (hereinafter referred to as VMU) joined the LHPU Network. On January 1, 2019, after the merger of VMU, Aleksandras Stulginskis University, and the Lithuanian University of Educational Sciences into one Vytautas Magnus University, the previously prepared Program of Activities of VMU Health Promoting University (HPU) for 2017–2021 was continued.

Taking into account the regulations of the LHPU Network, the continuity of the Program of Activities of VMU Health Promoting University for 2017–2021, VMU Statute, VMU Strategic Plan for 2021–2027, the Great Charter of Universities (Lat. Magna Charta Universitatum), the Ottawa Charter (1986), the Edmonton Charter (2005), the Bangkok Charter (2005), the Helsinki Statement (2013), the WHO European region health policy documents and programs implemented in the field of health in Lithuania, VMU implements a long-term (2022–2026) Program of Activities of the Health Promoting University as well as pursues the set goal—fostering a holistic health promotion system that forms positive attitudes and behavior of a person in relation to health—and undertakes the following tasks in the lines of action specified in the regulations of the LHPU Network:

1. To improve the quality of the management of the Health Promoting University (LHPU action line: management structure, policy and quality assurance of the activities of the Health Promoting University)

Measures

- 1.1. To involve VMU HPU Coordinating Council in the implementation of VMU Strategic Plan for 2021–2027 and the objectives of the HPU Network (responsible persons: *Rector, Vice-Rector for Communication*). 2022–2026.
- 1.2. To form groups for the organization of health promotion activities as needed (responsible unit: *HPU Coordinating Council*). 2022.
- 1.3. To initiate project activities in line with the Health Promoting University Program (responsible unit: *Sports Center*). 2022–2026.
- 1.4. To evaluate health promotion processes, activities, and outcomes (responsible units: *HPU Coordinating Council, Strategy Implementation Monitoring and Analysis Unit*). Annually.
- 1.5. To conduct surveys of VMU community members on various aspects of health promotion (responsible unit: *HPU Coordinating Council*). Annually.

Expected outcomes: ensuring the continuous implementation, monitoring, and control of the Health Promoting University Program.

2. To build and foster good relationships between community members (LHPU action line: psychosocial environment)

Measures

- 2.1. To organize seminars for the University community on the topics of the improvement of psycho-emotional health, the improvement of communication skills, and the prevention of bad habits (responsible unit: *Psychology Clinic*). Regularly.

- 2.2. To advise and provide assistance to the University community on social issues (responsible units: *Student Affairs Department, Student Representative Council, Human Resources Department*). Regularly.
- 2.3. To organize a wellness week (responsible unit: *Sports Center*). Once a year.
- 2.4. To develop psychological support services for the community (responsible unit: *Psychology Clinic*). Regularly.
- 2.5. To organize wellness, sports, art events, and other activities (responsible units: *Sports Center, Arts Center, Music Academy, Faculty of Arts, Education Academy, Agriculture Academy, other academic and non-academic units, Marketing and Communication Department, Human Resources Department, Student Representative Council*). Regularly.
- 2.6. To promote initiatives to observe World No Tobacco Day, International Car-Free Day, World Water Day, World Earth Day, International Day for Tolerance, World Health Day, World Mental Health Day, and other days related to health and its strengthening (responsible units: *academic and non-academic units*). Annually.
- 2.7. To prepare and implement a plan for the assessment of psychosocial risks in the working environment (responsible unit: *Human Resources Department*). To prepare in 2022, to implement in 2022–2026.

Expected outcomes: a stronger sense of community, more active involvement and participation in the University health promotion process.

3. To improve and foster sustainable physical conditions and the environment (LHPU action line: physical environment)

Measures

- 3.1. To develop recreation and leisure areas in VMU indoor and outdoor spaces (responsible unit: *Maintenance and Investment Department*). 2022–2026.
- 3.2. To develop sustainable and environmentally friendly infrastructure (to ensure waste sorting possibilities, access to quality drinking water, etc.) (responsible unit: *Maintenance and Investment Department*). 2022–2026.
- 3.3. To develop sports and health infrastructure in the territory of VMU (responsible unit: *Maintenance and Investment Department*). 2022–2026.
- 3.4. To ensure that suppliers providing catering services in VMU premises offer products and dishes that comply with the principles of healthy eating (responsible unit: *Maintenance and Investment Department*). 2022–2026.
- 3.5. To create and maintain green spaces of the University, to undertake other activities of the Green Deal (responsible units: *Botanical Garden, Maintenance and Investment Department*). 2022–2026.

Expected outcomes: the satisfaction of VMU community members with the surrounding environment.

4. To increase the need for community members to take care of their health and promote healthy lifestyle (LHPU action line: human and material resources)

Measures

- 4.1. To organize and participate in refresher courses related to health promotion, other events (responsible units: *Sports Center, Education Academy, Psychology Clinic, Professional Competence Development Center*). Regularly.
- 4.2. To prepare didactic materials related to health promotion (responsible units: *Faculty of Social Sciences, Education Academy*). Regularly.

Expected outcomes: the improvement of physical activity, efficiency and health status of VMU community members.

5. To develop health promotion processes at VMU (LHPU action line: health promotion)

Measures

- 5.1. To participate in activities and projects that promote physical activity (responsible units: *Sports Center, Education Academy*). Regularly.
- 5.2. To organize and provide wellness classes (responsible unit: *Sports Center*). Regularly.
- 5.3. To develop knowledge of and skills in health promotion by including topics related to health promotion in studies (responsible units: *Education Academy, other academic units*). Regularly.
- 5.4. To encourage students to take an interest in health research by engaging them in scientific, practical activities; to publish research on wellness topics (responsible units: *academic units*). Annually.
- 5.5. To prepare educational programs on healthy lifestyle issues (responsible units: *Sports Center, Education Academy, other academic units*). Regularly.
- 5.6. To prepare and carry out scientific projects on health promotion and wellness issues (responsible units: *Education Academy, other academic units*). Annually.

Expected outcomes: the creation of an inclusive and sustainable health promotion system.

6. To disseminate the idea and practical experience of a health promoting university in the University and in society (LHPU action line: disseminating and ensuring the continuity of health promoting university activities)

Measures

- 6.1. To provide the public with expert opinion and to publicize the ongoing research and its results (responsible units: *Sports Center, Marketing and Communication Department, Education Academy, other academic units*). Regularly.
- 6.2. To create a section “Healthy University” on the website *vdu.lt*, to develop the section “Wellness” on the website *sportocentras.vdu.lt* in Lithuanian and English (responsible unit: *Marketing and Communication Department, Sports Center*). 2022–2023.
- 6.3. To regularly publish thematic publications promoting the idea of a healthy university and the activities of the University in this area (responsible units: *HPU Coordinating Council, Marketing and Communication Department, Sports Center*). Regularly.
- 6.4. To organize joint events and/or projects promoting health and healthy lifestyle with other institutions (responsible units: *HPU Coordinating Council, Sports Center*). Regularly.
- 6.5. To cooperate with the National Network of Health Promoting Schools, to share good practices, to participate in the Network events in Lithuania and abroad (responsible units: *HPU Coordinating Council, Sports Center, Education Academy*). Regularly.

Expected outcomes: the dissemination of good practices and cooperation in the areas of health promotion.