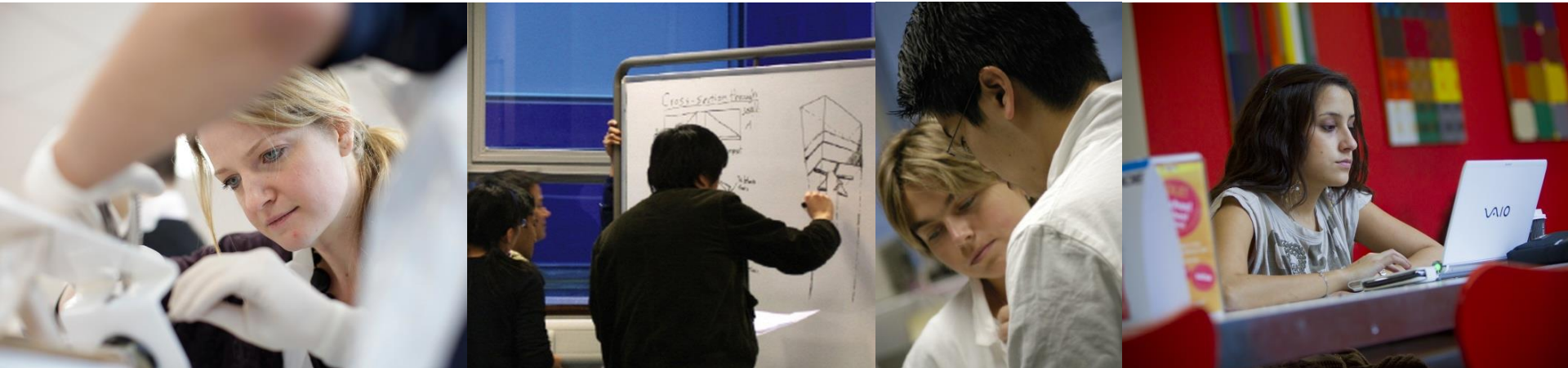


Health & well being in the workplace

Professor Debra Humphris, Vice Provost (Education)



Context

UK HE (2011/12)

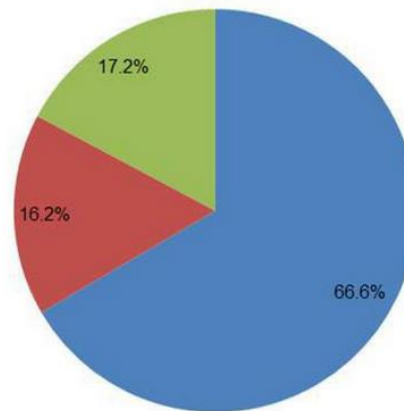
Over 2.5 million students
Over 380,000 staff
Global workforce

(HESA stats)

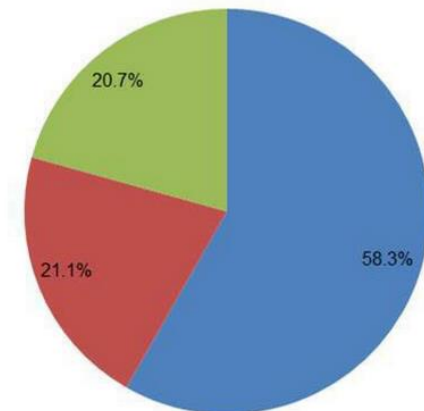
Imperial College London (2013/14)

14,500 students
7,000 staff.
125 different nationalities
Gender diversity 70/30 male/female

2003-04 Proportion of Student Type (FTE)



2013-14 Proportion of Student Type (FTE)



■ Undergraduate
■ Postgraduate Taught
■ Postgraduate Research

Health & Well being - Current

Assumption of wellness and fitness to work & study

- Traditional model of illness handling and management – we manage illness and distress
- Complex network of services in place
- Academic staff increasingly talk of concerns in dealing with issues related to MH

Students:

Cultural influences and consequences

Managing stress – or not

Mental health (NUS Study)

Activity and sport

Alcohol – group cultures – ‘hazardous drinking’

Health & well being services

Institutional recognition that we needed to better understand how we could promote well being and improve work life balance for all

Staff survey, events and changing external environment

2013 Student Health & Well Being Review

Question: Is HE like the NHS, at a point at which we need to change the paradigm ?

