



THE AUSTRIAN NETWORK OF HEALTH-PROMOTING UNIVERSITIES

The Austrian Network of Health-Promoting Universities was established in 2009. It was initiated and is coordinated by the Health Management team at the Alpen-Adria-Universität Klagenfurt (with financial support from the Austrian Health Promotion Foundation). Interested universities sharing an interest joined forces in this network in order to support each other with the development and implementation of effective long-term health management through joint collaboration, mutual support and collegial exchange.

Why is there a need for health promotion in the university setting?

Austria's universities aim to achieve the highest quality in teaching and research. In order to produce excellent performances, people must be physically, psychologically and socially well, and have the opportunity to apply and develop their skills. This, however, is only possible, if the conditions at the universities are conducive to working and studying, and if all university employees and students receive the best possible support.

It is the duty of the universities to educate potential future leaders, and therefore they have to act as role models: they have the potential to encourage health-related awareness, which can be carried forward into other sectors of society by the graduates.

The aims of the Austrian Network of Health-Promoting Universities

In accordance with the 1986 Ottawa Charter, network members are committed to pursuing the objective of developing the university setting as a health-promoting environment, in which employees and students can live, study and work. Embracing sustainability and following the salutogenetic approach (Antonovsky, 1987), the aim is to establish and maintain an environment that promotes physical and psychosocial health. This is considered to include both the (further) development of health-promoting conditions (structures), and the (further) development of health skills and the relevant behaviour (individual skills/needs) within the university setting.

Our understanding of health

Health means the ability to cope with the manifold challenges of the university as work and study location, drawing on a combination of physical, psychological and social resources. Health describes the perpetual effort to establish a balance, an interactive process conducted by each individual, in which she/he faces and contributes to her/his situation – in the university setting these are the prevailing conditions of the place of work/study – in accordance with the her/his opportunities, competencies, objectives, and values. The universities' structures can be regarded as all the more health-promoting, if they allow employees and students to recognise the aims of their work/their learning process, and to achieve these with as much freedom of action as possible.

Quality attributes of health-promoting universities in Austria

- Health promotion and health management follow a holistic understanding and encompass the physical, psychological and social perspective in the university setting
- Health management is desired and actively supported by the university management, and ideally it will be firmly anchored in the university's mission statement
- Health management comprises both the development of people's awareness and behaviour, as well as the conditions, in which they perform their work
- Health-promoting universities introduce the process (systematically), by establishing a steering committee, which includes representatives from every group working, studying, researching, and teaching at the university
- Health-promoting universities create opportunities for everyone in the setting to participate and regularly communicate their aims and measures, as well as evaluating their processes.



Working in the Network

Regular network meetings are convened, providing members with the necessary space for conceptual work, mutual support and collegial exchange, and leading to the development of ideas and strategies geared towards the implementation of effective and sustained health management. In addition, the network organises workshops and conferences on specific topics.

Network Members

The following universities and universities of applied sciences are currently members of the network:

- Vienna University of Economics and Business
- University of Natural Resources and Life Sciences, Vienna
- Technische Universität Wien
- Paris Lodron University of Salzburg
- University of Graz
- Medical University of Graz
- University of Music and Performing Arts Graz
- Graz University of Technology
- Johannes Kepler University Linz
- Montanuniversität Leoben
- University of Innsbruck
- Danube University Krems
- UMIT The Health and Life Sciences University
- Alpen-Adria-Universität Klagenfurt
- University of Applied Sciences, Vienna
- University of Applied Sciences, Salzburg
- University of Applied Sciences, Tyrol
- University of Applied Sciences, Upper Austria
- University of Applied Sciences for Health Professions, Upper Austria
- Carinthia University of Applied Sciences
- University of Applied Sciences Joanneum Graz
- Fachhochschule Burgenland, University of Applied Sciences
- IMC University of Applied Sciences Krems
- Medical University of Vienna
- CAMPUS 02 Fachhochschule der Wirtschaft
- Representatives of Vienna University

Membership

If you would like to join the network, please contact the network coordinator by e-mail or by telephone.

Contact details and chairperson

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