**Healthy Campus Initiative (HCI)**

**Aim**

To promote a healthy lifestyle for the entire NUS community through changing of dining habits, encouragement to take up physical activities and any other relevant means.

**Framework of Approach**

HCI utilizes a joint **framework** of the [Wellness model](https://psycnet.apa.org/record/2000-05997-001) and the Socioecological model to design and develop interventions that are in agreement with the general aim of HCI.

The Wellness model has been used to craft an effective framework for the pursuit of wellness through 8 dimensions: **Physical, Spiritual, Social, Intellectual, Emotional, Occupational, Environmental, Financial**. The model prominently features adjacent dimensions overlapping to convey the idea that all dimensions are connected and reliant on one another. it is **strength focused** building on people daily habits and routines, to build and strengthen new habits[[1]](#footnote-2).

Since HCI focuses on interventions to shape University environment to help students and staff to pursue a healthier lifestyle, we have extended the wellness concept and merged it with the Socioecological model. Interventions can be made effective by understanding the complex interplay between individual, relationship, community, and societal factors[[2]](#footnote-3).

The socioecological model views the range of factors that influence human development as a complex system of relationships affected by multiple levels of the surrounding environment, including the broad cultural values, laws, and customs[[3]](#footnote-4).

We have identified 4 dimensions of Wellness that are most appropriate to NUS:

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| **Physical** | **Social** | **Emotional** | **Environment** |
| Diet, sleep, physical activity | Sense of connection, support system | Resilience and meaningful relationships | Healthy relationship with your personal surroundings |

As for the Socioecological model, we use a 4-level approach to design our interventions:

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| **Level** | **Objective** |
| **Individual** | Improve knowledge/skills, conducts education campaigns. |
| **Interpersonal relationships** | Create and promote ways for social interaction that translates into a healthy activity. The outreach is for social circle-peers, partners and/or family members. |
| **Community** | Re-shape environment, stakeholder engagement. Explores the settings in which people have social relationships. |
| **Society** | Policy implementation, structural change in the Organization. Include cultural and social norms and the health, economic, educational, and social policies |

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| **APPLICATION FORM (Healthy Campus Initiative - HCI)** | | | | | |
| Instructions | | | | | |
| 1. Complete the application form. All sections are compulsory unless otherwise stated. | | | | | |
| 1. Submit the grant application form with all necessary supporting documents to Health and Wellbeing Office [l.tirado@nus.edu.sg](mailto:l.tirado@nus.edu.sg) at least **8 weeks** before the programme/project commencement date for the fund schemes mentioned below. | | | | | |
| 1. Timeline for applications:    * **For sem1**: Application open Aug, close: early October.    * **For sem2:** Application open January, close early March. | | | | | |
| **APPLICANT DETAILS** | | | | | |
| Are you a full-time undergraduate student? Yes / No | | | | | |
| Name of Applicant: | | | Are you representing any student group / club for this funding application? If yes, pls state. | | |
| Matric Number: | | | Faculty / Year of Study: | | |
| Email Address: | | | Handphone Number: | | |
| Do you have a staff advisor?  Yes / No | | | | | |
| **Staff Advisor Details** | | | | | |
| Are you a full-time staff?  Yes / No | | | | | |
| Name: | | Staff Number: | | Faculty / Office Department: | |
| Email Address: | | | Office Number: | | |
| **PROGRAMME/PROJECT** | | | | | |
| **Please tick on the third column the most relevant category for your project (all that apply but pick a main one by adding Main next to the tick). Refer to first page for an explanation of the categories below.** | | | | | |
| **Wellness approach** | | | | | |
| Physical |  | | Emotional | |  |
| Social |  | | Environment | |  |
| **Socioecological model approach** | | | | | |
| Individual |  | | Community | |  |
| Interpersonal relationships |  | | Society | |  |
| Name of project: | | | | | |
| Duration: | | | Place of implementation: | | |
| Target audience: | | | Projected Outreach Numbers *(if applicable)* | | |
| Identified gap to be addressed: | | | | | |
| **Team details:** | | | | | |
| Number of NUS Students (Organising Team): | | |  | | |
| Is this the first time the event is being organised? Yes / No  If **No**, please answer below | | | | | |
| The event has been organised for the past: | | | | | |
| 1-2 years | | |  | | |
| 3-4 years | | |  | | |
| 5 years and more | | |  | | |
| **Grant Amount Requested for Programme/Project: SGD$** (Please provide budget breakdown) | | |  | | |
| **PROJECT PROPOSAL** | | | | | |
| **Overview description of Event**  **\* Please provide supporting documents and project details including detailed timeline (planning, implementation and evaluation should be included), the importance of this project and its impact** | | | | | |
| **TARGETS** | | | | | |
| **Details of your objective and its measurable outcomes:** | | | | | |
| **Objective** | | | **Target Outcome (Measurable)** | | |
| *EXAMPLE: Student population is more aware of health impact of lack of sleep after attending the workshop* | | | *EXAMPLE:20% of students increased their knowledge* | | |
| **EVALUATION PLAN** | | | | | |
| **Please provide supporting documents detailing the evaluation plan for your project. Refer to this document for guidance.** | | | | | |
| Specify data collection method (e.g. survey, feedback form, interviews, app data, etc) | | |  | | |
| Has the data collection method described above been already developed. | | | Yes / No | | |
| Is pre and post evaluation plan included? | | | Yes / No | | |
| Do you require license for special software for data analysis (.e.g SPSS, NVivo,etc?  Please include license cost and duration in the budget. | | | Yes / No | | |
| Prepared by: name and signature | | | Endorsed by Staff Advisor (if applicable): | | |
| **Date:** | | |  | | |

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| **Funding details** | |
| WBS account: |  |
| Name of WBS: |  |
| Total amount requested: |  |
| Timeline to utilize the funds: |  |
| Start date: |  |
| End date: |  |
| Budget justification: |  |

1. https://alcoholstudies.rutgers.edu/mapping-mental-health-dr-swarbrick-the-eight-wellness-dimensions/#:~:text=Swarbrick's%20'8%20Dimensions'%20model%20has,%2C%20Occupational%2C%20Environmental%2C%20Financial. [↑](#footnote-ref-2)
2. https://www.cdc.gov/violenceprevention/about/social-ecologicalmodel.html [↑](#footnote-ref-3)
3. https://www.simplypsychology.org/Bronfenbrenner.html [↑](#footnote-ref-4)