**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:

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

**We will be focusing on physical health as primary domain from the Wellness model, being the other 4 considered as secondary.**

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. |
| **Community** | Re-shape environment, stakeholder engagement. |
| **Society** | Policy implementation, structural change in the Organization. |

**Criteria to apply for the funding:**

* Full-time staff/ students
* Initiatives need to be developed and implemented in NUS by and for staff/students
* Primary lead to be NUS staff/students
* Initiative must improve an aspect of physical health: physical activity, healthy eating, sleep.

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| **APPLICATION FORM(Healthy Campus Initiative - HCI)** |
| Instructions |
| 1. Complete the application form. All sections are compulsory unless otherwise stated.
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| 1. Submit the grant application form with all necessary supporting documents to the NUS Office of Student Affairs at least **8 weeks** before the programme/project commencement date for the grant schemes mentioned below.
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| **APPLICANT DETAILS** |
| Are you a full-time staff or student?Staff / Student  |
| 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 (only applicable if you are a student)** |
| 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)** |
| Physical | Diet, sleep, physical activity |  |
| Social  | Sense of connection, support system |  |
| Emotional | Resilience and meaningful relationships |  |
| Environment | Healthy relationship with your personal surroundings |  |
| **Please tick on the third column the most relevant for your project.** |
| Individual | Improve knowledge/skills, conducts education campaigns. |  |
| Interpersonal relationships | Create and promote ways for social interaction that translates into a healthy activity. |  |
| Community | Re-shape environment, stakeholder engagement. |  |
| Society | Policy implementation, structural change in the Organization. |  |
| Name of project: |
| Duration: | Place of implementation: |
| Target audience: | Projected Outreach Numbers *(if applicable)* |
| Identified gap to be addressed: |
| **Team details:** |
| Number of NUS Staff/Students (Organising Team): |  |
| Is this the first time the event is being organised? Yes / No If Yes, 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** |
| Specify data collection method (e.g. survey, feedback form, interviews, app data, etc) |  |
| Has the instrument been already developed. | Yes / No |
| Is pre and post evaluation plan included? | Yes / No |
| Do you require special software for data collection/ analysis? | 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)