



## **Walk the talk and add life to your years!**

Guidelines for healthy living  
Endorsed by the Schools of Health Science, Nursing and Medicine  
The University of Notre Dame Australia, Fremantle Campus

The purpose of these guidelines is to encourage behaviour that achieves better health by making the healthy choice the easier choice.

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## **Reducing the harm associated with alcohol and other drugs**

### ***Background***

The University of Notre Dame Australia recognises that the inappropriate, irresponsible and unlawful use of alcohol or other drugs can adversely affect academic performance, health, safety and personal relationships and result in damage to property, and potentially affect the rights and enjoyment of others.

### ***Aim***

Notre Dame will encourage and support strategies to encourage a responsible attitude towards the use of, and to minimise the harm, from alcohol and other drug use to staff and students, property and the reputation of the University.

#### All drugs

- Students and staff should not attend the University if adversely affected by alcohol or other drugs.
- Students and staff members who are taking prescription or over-the-counter drugs that have specific warnings on use (ie. that impact on the workplace) should inform the appropriate college supervisor or Head of School to enable the university to fulfil its duty of care.
- Staff and students using University vehicles and machinery, handling hazardous substances or undertaking hazardous activities must not be under the influence of alcohol and/or other drugs.
- The use of illicit or performance enhancing drugs is prohibited on campus and at University functions and events.

#### Alcohol

- Alcohol will be served in accordance with the requirements set out in the Liquor Licensing Act 1988 and amendments 1998, and the Fremantle Accord.
- In accordance with the Notre Dame's Code of Conduct alcohol will not be sold at functions on campus.
- Where appropriate and possible, University events involving the sale of alcohol should occur in licensed venues as they should have alcohol management plans and necessary staff and equipment to deal with any issues.
- All functions at which alcohol is served should be conducted in a way that will minimise the harm to those attending the function. Any relevant guidelines issued from the Director of Liquor licensing must be strictly adhered to.
- At all functions at which alcohol is served, the consumption of alcohol should be a social adjunct to, and not the focus of the event.

#### ***Examples of strategies to minimise alcohol-related harm***

- A function should not include any activity, eg competitions involving alcohol, offering alcoholic drinks at reduced or no cost, that encourages the excessive consumption of alcohol.
- Pre-sold tickets for event on licensed premises may include the cost of food, mid-strength beer, wine and soft drinks in the price of the tickets. Patrons should pay for the cost of spirits and full strength beer.

- Attractive, high quality non-alcoholic drinks should be available and displayed as prominently as alcoholic drinks.
- Non-alcoholic drinks should be available at a price cheaper than the cheapest alcoholic drink.
- Low alcohol drinks should be promoted.
- Where possible a clear differential in price between low-alcohol and high-alcohol products should be provided.
- Tap water should be available free of charge.
- Substantial food consistent with nutrition guidelines, and not salty foods which encourage drinking, should be available.
- Security issues should be discussed with the relevant person prior to the function taking place.
- Safe transport options should be encouraged and promoted.
- Easy access to a telephone for calling taxis or alternative transport should be available.
- Where possible, drinks should be served in standard drink portions or in containers that provide standard drinks information about the alcohol contained.
- The use of plastic containers should be encouraged at events, particularly outdoor events.
- Alcohol should not be served on buses in the case of pub-crawls (the University could be held civilly liable for any damage or harm that occurs)
- Advertising for functions should not emphasize the availability of alcohol, the amount of alcohol available or encourage the excessive consumption of alcohol, either through the event naming or discounting.
- Staff team building social events which may involve alcohol should be held outside of business hours.
- The use of alcohol as prizes, awards or fundraising should be avoided.

***For more information***

- Drug and Alcohol Office, Western Australia  
<http://www.dao.health.wa.gov.au/>.

# Healthy Eating

## ***Background***

Notre Dame recognises that healthy eating and good nutrition are important components of health and well-being.

## ***Aim***

Notre Dame will encourage staff and students to eat foods that are consistent with the Australian Recommendations and Guidelines for Healthy Eating by providing a supportive environment.

Notre Dame will be a role model and community advocate for healthy eating by exercising its consumer demand for food choices consistent with the Australian Recommendations and Guidelines for Healthy Eating.

## ***Examples of strategies***

1. Have healthy food choices available at Notre Dame functions, fund-raising events and on-campus food outlets, including vending machines.
2. Healthy food choices means:
  - having fruit, vegetables and vegetarian options available
  - having a choice of wholegrain, wholemeal and/or high fibre breads and cereals
  - having a choice of low and full-fat milks and dairy products
  - having a choice of fish or shellfish and lean meats
  - using reduced fat spreads, eg hommos, avocado, low-fat mayonnaise, as alternatives to butter or margarine in sandwiches
  - using poly or mono-unsaturated fats for cooking
  - offering high fat spreads, eg cream, full-fat mayonnaise, should be as an option on the side, rather than pre-spread on foods
  - having tap water readily available free-of-charge
  - limiting the use of processed, high-fat, high-salt, high-sugar foods such as salami, sausages, potato crisps, sweet biscuits, pastries, deep-fried foods, soft drinks or using low-fat, low-salt, low-sugar alternatives
  - not using foods high in fat and/or sugar as prizes or awards

## ***For more information***

- Australian Recommendations and Guidelines for Healthy Eating, [www.health.gov.au/internet/wcms/publishing.nsf/Content/health-pubhlth-strateg-food-recommend.htm](http://www.health.gov.au/internet/wcms/publishing.nsf/Content/health-pubhlth-strateg-food-recommend.htm).

## Healthy Fund Raising

### ***Background***

Notre Dame recognises that fund raising is an important part of University life.

### ***Aim***

Notre Dame will encourage staff and students to raise funds using activities that promote health or do not have negative health effects.

### ***Examples of strategies***

1. Sell healthy foods or non-food items such as unsalted nuts, dried fruits, pens, hats, sunscreen, vouchers instead of foods high in fat and/or sugar, for fundraising purposes.
2. Have activity-based fund raisers, eg fun run, quiz night or car wash.
3. Make sausage sizzles healthier by using wholemeal bread and reduced-fat sausages, letting people add their own sauces/butter, having vegetarian options such as egg, grilled tomato or mushrooms.

### ***For more information***

- School fundraising the healthy way,  
<http://www.cpublichealth.co.nz/files/NUT0007k.pdf>

## **Physical Activity**

### ***Background***

Notre Dame recognises that daily physical activity is an important component of a healthy lifestyle.

Current Australian guidelines recommend at least 30 minutes of moderate and vigorous activity daily to maintain health.

### ***Aim***

Notre Dame will encourage staff and students to be physically active by providing a supportive environment.

### ***Examples of strategies***

- Include a physical activity break of at least five minutes during lectures of 90 minutes or more. This could involve simply standing and stretching.
- Provide information provided to staff and students to promote alternative modes of transport, such as public transport, cycling, and walking.
- Offer formal and informal physical activities (such as guided walks, soccer games ...) during lunchtime.
- Encourage staff and students to take an active break from computer work every hour.
- Encourage staff and students to talk face to face to others rather than use email or telephone

### ***For more information***

- Premier's Physical Activity Taskforce, <http://www.patf.dpc.wa.gov.au/>
- Find thirty: it's not a big exercise <http://www.findthirty.com.au/>

## **Safe Transport**

### ***Background***

Notre Dame recognises that in Western Australia, motor vehicle, pedestrian and cycle injuries are important preventable causes of injury and death.

### ***Aim***

To promote, encourage and support strategies that establish lifelong behaviours that are conducive to safer driving.

### ***Examples of strategies***

- Avoid driving while impaired by alcohol, medications or illegal drugs.
- When driving around campus, drive slowly and take extra caution in view of the large numbers of pedestrians crossing streets and walking on footpaths.
- When walking around campus, take extra care when crossing.
- Encourage more active modes of transport such as bike riding and walking.
- Employees and students should be aware of the “Access & Facilities Guide” published by the University of Notre Dame in conjunction with the City of Fremantle. This guide for walking, cycling and using public transport in the City of Fremantle and to the University of Notre Dame Australia, provides information on alternative forms of transport which will decrease the traffic flow around campus, promote healthy lifestyles and help the environment.

### ***For more information***

- Office of Road Safety [www.officeofroadsafety.wa.gov.au](http://www.officeofroadsafety.wa.gov.au)

## **Smoking**

### ***Background***

Notre Dame recognises that smoking and passive smoking is hazardous to health and that non-smokers should be protected from the involuntary inhalation of tobacco smoke. Accordingly Notre Dame is a smoke free campus.

### ***Aim***

Notre Dame will encourage the health of its employees and students by minimising harm associated with smoking and supporting those wanting to quit.

### ***Examples of Strategies***

- Staff, students and university guests are encouraged not to smoke on campus and within five metres of entrances to any Notre Dame buildings and courtyards
- Provide visible non- smoking signage in all university courtyards.
- Provide literature relating to smoking cessation available for students and staff.
- Provide smoking cessation resources to staff and students wishing to quit smoking.
- Provide information about the student association and student services, including the counselling service as point of reference for students and staff who are concerned about their own or others smoking.
- Provide links on the university web site to other sites that provide information and help for those who are concerned about their own or others smoking.

### ***For more information***

- Quit WA <http://www.quitwa.com/>

## **Social and Emotional Well-Being**

### ***Background***

Notre Dame recognises that health is, “A state of complete physical, mental and emotional well-being, and not merely the absence of disease or infirmity.” (WHO, 1978)

### ***Aim***

To promote social and emotional well-being through out the Notre Dame community by providing supportive environments.

### ***Examples of Strategies***

- Offer a range of social and sporting events, through the student association and student services, to enhance student and staff capacity to create connections with others.
- Promote the student association and student services, including the counselling service as point of reference for both students and staff who are concerned about their own or others state of social and emotional well being.
- Promote the University Chaplain as a confidante for those who are concerned about their own or others state of social and emotional well being.
- Promote the student services as point of reference for those who are concerned about their own their academic progress.

### ***For more information***

- University of Notre Dame Support Service  
<http://www.nd.edu.au/current-students/supportServices/index.shtml>

## **Sun Safety**

### ***Background***

Notre Dame recognises that excessive exposure to ultraviolet radiation has negative health effects.

### ***Aim***

Notre Dame will encourage staff and students to be sun safe.

### ***Examples of strategies***

- Encourage staff and students to use sunscreen (SPF 30+, broad spectrum, water-resistant), and wear hats, sun glasses and long sleeved shirts when participating in outdoor activities.
- Where possible, schedule outdoor activities outside the hours of 10.00am and 3.00pm when ultra violet radiation is at its peak

### ***For more information***

- SunSmart, Cancer Council of WA,  
<http://www.cancerwa.asn.au/servicesprograms/sunsmart/>