Sydney Statement on Employee Health and Well-being

The Association of Pacific Rim Universities (APRU) Global Health Program annual workshop was held in Sydney, Australia from 28 September to 1 October, 2016. A key theme of the workshop was promotion of cross sectional partnerships to achieve Sustainable Development Goal 3 “Ensuring healthy lives and promoting well-being for all at all ages.” A half-day special session was held at the workshop focused specifically on the role of employers in treating and managing illness and promoting well-being among their employees. The workshop theme was motivated by the fact that most of the world’s population spends one-third of their adult life at work making it a key setting for reaching communities with health promotion messages and programs. The 2011 UN Political Declaration on Non-Communicable Diseases (NCD) identified workplace health as one of five areas for action towards NCD prevention and control. The APRU network is composed of 45 university members that together employ over 360,000 individuals throughout the Pacific Rim. As such, the network has a key role to play in the advancement of employee health programs.

We, the participants of this workshop

- Recognize the unique mission of universities in advancing human development and health.
- Recognize the role of APRU universities as employers and acknowledge the diverse role employers can play in preventing and managing diseases and promoting well-being among employees.
- Affirm that APRU members need to strengthen programs that promote the health and well-being of employees.
- Advocate the need for APRU leadership and investment in employee health.

We call on our universities

To fulfill their obligations to their employees' health and well-being by taking the following actions:

- **Value and promote** a culture of health within their institutions
- **Dedicate resources** towards comprehensive programs that promote overall well-being among employees as well as students
- **Share expertise** and best practices in employee health and well-being with other universities and employers in surrounding communities
- **Work towards 100% tobacco free campuses** among Members.

Call on the APRU Global Health Program to

- Generate data and report on activities that APRU members undertake in promoting employee health.
• Help disseminate case studies and best practices in university health promotion and wellness programs.
• Identify resources for technical assistance related to establishing programs and collecting Key Performance Indicators for program evaluation and return on investment.
• Provide a forum for sharing employee health program experiences between members.
• Urge members to develop and strengthen employee health and well-being programs.

We, the participants of the workshop
Commit ourselves to communicate the key messages of this Sydney Statement to our universities’ administration, faculty, and staff.

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