

HEALTHY CAMPUS CASE STUDY	
Name of Institution	Atlantic Technological University - Sligo
Who led the initiative?	Healthy Campus Coordinator and Creative Design Department
Date and timeframe of the initiative	January 2022 to May 2022 (Though the HC Mural will be in place until Dec 2023)
What was the reach of the initiative?	The Healthy Campus Mural is located on a wall on the main concourse so is seen daily by up to 4000 + staff & students. Also seen by visiting groups during open days and events.
Initiative Title	<p><i>An investigation into what the campus population at the Atlantic Technological University Sligo identify as the essential elements of a Healthy Campus.</i></p> <p>The Themes identified were interpreted by 3rd year creative design students, who designed a Healthy Campus Mural that was installed on the main concourse at ATU Sligo.</p>
Aims/ Objectives	<p>A Key element of the Healthy Campus Process is to “Consult with staff and students and the wider campus community to identify one or two priorities.”</p> <ul style="list-style-type: none"> to develop an innovative way to carry out this consultation that would be engaging, inclusive and would give the campus population an opportunity to give their feedback on “What does a Healthy Campus look like?” to take the feedback above, do a reflective thematic analysis and identify the key themes for a ‘What does a Healthy Campus Looks like?’ to work with 3rd Year Creative Design students as part of one of their final year projects to design a Healthy Campus mural based on those identified themes. to install the Healthy Campus mural on a main wall on the ATU Sligo concourse, highlighting in a visual way the key components of a Healthy Campus to everyone who walked passes by it, not just staff and students but members of the public, prospective students etc.
The rationale for the action, including any identified health needs	A key component of the Healthy Campus Process is to consult with the campus population. However, participation in email surveys is generally quite poor so a key aim of this initiative was to design a different and innovative method to gather the views of the campus population.

<p>Identify all frameworks, policies, or strategies this initiative aligns to</p> <p>(Internal, local or national)</p>	<ul style="list-style-type: none"> • National Student Mental Health and Suicide Prevention Framework 2020 • Healthy Campus Charter and Framework 2021 • Ending Sexual Violence & Harassment in HEI's 2022 • REACT • Athena Swan • Neurodiversity • Disability/Access • Green Flag • Smarter Travel Charter
<p>Summary</p>	<p>The primary aim of this initiative was to find out from the campus population at ATU Sligo “What a healthy campus looks like to them”.</p> <p>A key element of the Healthy Campus Process is to “Consult with staff and students and the wider campus community to identify one or two priorities.”</p> <p>A primary aim of the initiative was to develop an innovative way to carry out this consultation that would be engaging, inclusive and would give the campus population an opportunity to give their feedback on “What does a Healthy Campus look like?”</p> <p>The study did identify five essential elements of a Healthy Campus which included.</p> <ol style="list-style-type: none"> 1. Healthy food 2. Healthy Physical Environment 3. Healthy Social Connections 4. Healthy Lifestyle supports 5. Inclusive and accessible <p>Each theme is interconnected, with no one theme taking a priority over the other one. They must all exist within a healthy campus setting. The themes identified do support settings-based health promotion as a method for increasing healthy environments and an organisational culture that supports health. They reflect a whole campus approach as outlined in the Healthy Campus Framework with many areas overlapping including the need to focus on the campus environment and services, developing a healthy campus culture and having good leadership and governance.</p> <p>A key strength of the initiative was the participatory nature of the research work. In the Healthy Campus Framework, two of the four guiding principles are participation and partnership. Within these principles, students and staff are actively engaged in deciding on and implementing health and wellbeing promotion actions. In addition, trans-disciplinary collaborations are fostered to create connections between health learning and the campus structure. This initiative was guided by these principles.</p> <p>The data collection piece was designed in collaboration with a team of creative design students. During our early discussions, they noted that their peers tended to not respond to emails other than those to do with course work. Our aim was to design a data collection piece that would engage the students and staff alike. The engagement with the data collection piece was</p>

	<p>very positive from the student population, in addition good rich qualitative data was collected on the Microsoft form. The key themes from the study have been represented in a Healthy Campus mural on campus which is a quick and hopefully effective way of sharing the findings with the campus population. Historically information collected from surveys is communicated through reports and usually months after the survey has been done. The mural was in place one month after the data was collected. Not only does this help with the communication of the Healthy Campus Framework ideology, but it also shows a commitment to a healthy campus from the management of the college to the process. The mural is a legacy installation and will act as engagement tool with the campus population and hopefully in time will bring a sense of ownership for Healthy Campus to the campus population. The presentation of the findings in this way will also benefit those who are neurodivergent, enabling us to disseminate key messages about a healthy campus in a visually appealing way.</p>
<p>Did you collaborate with internal and/or external stakeholders to deliver?</p>	<p>ATU Sligo management, Estates office, Student Services, Students Union, Public Health and Health Promotion Course, Creative Design Course, TUS – Leadership in Workplace Health and Wellbeing MA course.</p>
<p>How was the initiative organised?</p>	<ul style="list-style-type: none"> • In October 2021 approval was sought for access to use a wall on the main concourse ATU Sligo, for the Healthy Campus Mural. This was given by senior management in Jan 2022. • In Dec 2021 the Health Campus coordinator contacted the programme lead for Creative Design with a detailed project proposal for the design of a Healthy Campus Mural for the final Year Creative Design course, which was accepted and proposed to students in Jan 2022. In February 2022, six students were selected to work on the project. • As the initiative was also being undertaken as part of the Healthy Campus Coordinators MA Research Thesis for their course in Leadership in Workplace Health and Wellbeing in TUS Limerick, supervisor approval was sought in Jan 2022 which was given along with ethics approval by TUS and ATU in February 2022. • In Feb and March 2022, the Healthy Campus Coordinator held weekly meetings with the creative design students to brainstorm creative ways to collect data and to look at potential mediums for the final mural. • In March 2022 a pilot was run on the main concourse using a rudimentary paper collection piece which was placed on the wall. With lessons learned from the pilot the creative design students developed a data collection piece, which included a QR code and the new ATU logos which went live on April 1st, 2022. • The board was printed and installed the first week of April 2022. The data was collected by the Healthy Campus Coordinator and a final year Public Health and Health Promotion student over a period of three days. An all staff/student email was sent with QR code to the survey form on the same week.

	<ul style="list-style-type: none"> The data was analysed by the Healthy Campus coordinator using a reflexive thematic analysis. Reflexive thematic analysis is an easily accessible and theoretically flexible interpretative approach to qualitative data analysis that facilitates the identification and analysis of patterns or themes in a given data set (Braun and Clarke, 2022). The timelines were very tight but once the key themes were identified they were shared with the Creative design students. The themes underwent several visual interpretations by the design team to explore how best to disseminate each theme and represent them visually. After this process the final Healthy Campus mural design was selected by the design team, and they used the new ATU brand colours. In mid-May 2022 the mural was installed just in time for it to be launched by Simon Harris Minister for Higher Education, Research, Innovation and Science and Frank Feighan Minister of State at Department of Health
What resources did you need?	<ul style="list-style-type: none"> There was a cost for the wipe clean board that was used to collect data and the Healthy Campus Mural printing and installation was € 700. The Healthy Campus Coordinator and one Health Promotion student gathered the data. Two 3rd Year Creative design students designed the data collection piece and two other students designed the final Healthy Campus Mural.
Has it been evaluated? How successful has it been?	<p>Five Healthy Campus Themes were identified.</p> <ol style="list-style-type: none"> 1. Healthy food 2. Healthy Physical Environment 3. Healthy Social Connections 4. Healthy Lifestyle supports 5. Inclusive and accessible <p>The Healthy Campus mural has become a focal point on the main concourse of the campus. The mural has a QR code linking the mural to the ATU Sligo Healthy Campus website. This will bring another dimension to the mural that transcended it just being a visual representation but something that would lead people to up-to-date Healthy Campus information. The Healthy Campus mural is very inclusive and the presentation of the findings in this way will also benefit those who are neurodivergent, enabling us to disseminate key messages about a healthy campus in a visually appealing way.</p>
Any future plans, including the sustainability of the initiative?	<ul style="list-style-type: none"> The Healthy Campus Mural will remain in place from May 2022 until December 2023. The plan is run other similar type consultations with the campus population and work again with the Creative Design students to produce further Healthy Campus type Murals bases on the various themes across all our campuses. It is also hoped that we will undertake the study “What does a Healthy Campus look like?” in the remaining 8 ATU Campuses to ensure we capture the views of all our population across our very diverse campus community.
Key Learning Points	<ul style="list-style-type: none"> The data collection piece proved to be a very effective, efficient way to engage with the campus population to identify what they saw as being the key components of a healthy campus.

	<ul style="list-style-type: none"> • The use of the 3rd year Creative Design students was key to the success of the initiative. The initiative was a final year design project for them for which they got marks for in one module of their course. It proves that Healthy Campus can be imbedded in all programmes and curriculum. • It shows a commitment by management to Healthy Campus by allowing a wall to be utilised for the mural but also their support for the HC Coordinator vision. • The findings from the initiative are being utilised by ATU management in the development of the ATU Strategic Plan. • The initiative was undertaken as part of the HC Coordinators MA Research Thesis, it is great to be able to do it on a topic that has a real impact on the organisation but also shows it is so important that these types of initiatives are under pinned by research.
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Healthy Campus Framework Categories (please tick all that apply)

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Commit <input checked="" type="checkbox"/>	Leadership, Strategy & Governance <input checked="" type="checkbox"/>	Alcohol <input type="checkbox"/>	Students <input checked="" type="checkbox"/>
Coordinate <input checked="" type="checkbox"/>	Campus Environment (Facilities & Services) <input checked="" type="checkbox"/>	Substance Misuse <input type="checkbox"/>	Staff <input checked="" type="checkbox"/>
Consult <input checked="" type="checkbox"/>	Campus Culture & Communications <input checked="" type="checkbox"/>	Healthy Eating / Food <input checked="" type="checkbox"/>	Wider community <input checked="" type="checkbox"/>
Create <input checked="" type="checkbox"/>	Personal & Professional Development <input checked="" type="checkbox"/>	Mental Health & Wellbeing <input checked="" type="checkbox"/>	Other <input type="checkbox"/>
Celebrate & Continue <input checked="" type="checkbox"/>		Sexual Health & Wellbeing <input type="checkbox"/>	
		Tobacco Free Campus <input checked="" type="checkbox"/>	

		Physical Activity / Active Transport <input checked="" type="checkbox"/>	
		Wellbeing on the Curriculum <input checked="" type="checkbox"/>	
		Health & Sustainability <input checked="" type="checkbox"/>	
		Other <input type="checkbox"/>	

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