

HEALTHY CAMPUS CASE STUDY	
Name of Institution	RCSI
Who led the initiative?	Department of Health Psychology
Date and timeframe of the initiative	Academic year 2020, 2021, 2022 and ongoing and annually.
What was the reach of the initiative?	Initially the programme was offered to first year students in medicine, physiotherapy, and pharmacy. Now offered to students in all years of undergraduate medicine, physiotherapy and pharmacy, and the graduate entry medicine class.
Initiative Title	Certificate in Lifestyle Medicine
Aims/ Objectives	The aim of the RCSI Certificate in Lifestyle Medicine is to give students evidence-based knowledge and practical strategies (1) to instill healthy lifestyle behaviors in themselves; and (2) to support implementation of healthy lifestyle behaviors in their future patients.
The rationale for the action, including any identified health needs	The specific objectives of the programme are; <ul style="list-style-type: none"> (1) To outline lifestyle behaviour change techniques and how they can be used to change personal health behaviours and that of patients; (2) To outline the role of physical activity in health, its health benefits and how to implement brief physical activity advice and guidelines; (3) To outline the role of nutrition in health and how to implement healthy nutrition advice and guidelines; (4) To outline the role of stress in health and to outline strategies for the management of daily stressors; (5) To outline the role of sleep and circadian rhythms in health and to outline strategies for optimum sleep; (6) To discuss the impact of smoking tobacco and cannabis on health and outline strategies for smoking cessation; (7) To discuss the impact of alcohol intake and drug use on health and outline strategies for moderation of alcohol and cessation of “recreational” drug use.

<p>Identify all frameworks, policies, or strategies this initiative aligns to</p> <p>(Internal, local or national)</p>	<p>American College of Lifestyle Medicine (ACLM)</p>
<p>Summary</p>	<p>Lifestyle medicine is the science and application of healthy lifestyles as interventions for the promotion of health and well-being, and for the prevention and treatment of lifestyle-related diseases such as heart disease, diabetes, stroke, obesity and some cancers. This is an evidence-based speciality comprised of 6 pillars of healthy lifestyles:</p> <ol style="list-style-type: none"> (1) Stress Management (2) Nutrition (3) Physical Activity (4) Sleep (5) Smoking Cessation (6) Alcohol and Drug Use <p>Each of these pillars of health has been strongly linked with common chronic diseases and each are key modifiable risk factors for these diseases. This RCSI Certificate in Lifestyle Medicine provides students with insights into how to develop, both in themselves and in their future patients, strategies to support a healthy lifestyle and health behaviour change.</p>
<p>Did you collaborate with internal and/or external stakeholders to deliver?</p>	<p>Collaboration with RCSI colleagues from different departments/schools in the areas of nutrition, smoking, sleep and physical activity. International collaboration with current President of the ACLM (Dr. Beth Frates).</p>
<p>How was the initiative organised?</p>	<p>Programme information is sent to all students via the relevant department co-ordinators. Course registration and enrolment is then managed by the department co-ordinator in health psychology.</p>
<p>What resources did you need?</p>	<p>Staffing resources were utilised for the production of course material for each pillar and management of the course. Technological resources were used for the development and dissemination of course materials.</p>

Has it been evaluated? How successful has it been?	The third iteration of this Certificate is currently underway, with retention rates to completion of 77% retention rate in the first programme and 67% in the second programme. An evaluation was completed with the first cohort, research ethics approval has been granted to analyse and publish these results.
Any future plans, including the sustainability of the initiative?	It is planned to offer this course annually as an optional Certificate in Lifestyle Medicine; the course has also been embedded in the undergraduate medicine curriculum as a Student Choice element.
Key Learning Points	There is a considerable demand for input on Lifestyle Medicine in undergraduate and graduate students in healthcare professions. A number of students in our medical school aspire to specialize in this area post-graduation.

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 type="checkbox"/>	Alcohol <input checked="" type="checkbox"/>	Students <input checked="" type="checkbox"/>
Coordinate <input type="checkbox"/>	Campus Environment (Facilities & Services) <input type="checkbox"/>	Substance Misuse <input checked="" type="checkbox"/>	Staff <input type="checkbox"/>
Consult <input type="checkbox"/>	Campus Culture & Communications <input type="checkbox"/>	Healthy Eating / Food <input checked="" type="checkbox"/>	Wider community <input type="checkbox"/>
Create <input type="checkbox"/>	Personal & Professional Development <input type="checkbox"/>	Mental Health & Wellbeing <input checked="" type="checkbox"/>	Other <input type="checkbox"/>

Celebrate & Continue <input type="checkbox"/>		Sexual Health & Wellbeing <input type="checkbox"/>	
		Tobacco Free Campus <input type="checkbox"/>	
		Physical Activity / Active Transport <input checked="" type="checkbox"/>	
		Wellbeing on the Curriculum <input checked="" type="checkbox"/>	
		Health & Sustainability <input type="checkbox"/>	
		Other <input type="checkbox"/>	

Contact Details

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