

HEALTHY CAMPUS CASE STUDY	
Name of Institution	University College Dublin
Who led the initiative?	Healthy UCD – Healthy Campus initiative
Date and timeframe of the initiative	Academic year 2022 – 2023 and ongoing.
What was the reach of the initiative?	Approximately 50 students were involved in delivering the initiative. Upwards of 1,000 members of the UCD community interacted with the initiative.
Initiative Title	Healthy Eating and Active Living Weeks – real-life health promotion projects for healthcare professional students
Aims/ Objectives	<p>The main aims for this initiative are as follows:</p> <ul style="list-style-type: none"> • Deliver a health and wellbeing project to raise awareness on healthy eating and physical activity in the UCD community. • Work towards improving the campus environment to better support healthy eating and physical activity. • Provide real-world experiential learning project for healthcare professional students in a healthy campus setting.
The rationale for the action, including any identified health needs	<p>The project broadly addresses two needs:</p> <ol style="list-style-type: none"> 1. Healthy eating and physical activity are two of the critical lifestyle factors that determine physical and mental wellbeing. The 2022 UCD Student Survey revealed that just over half of students responded that they took part in exercise or physical activity often or very often, indicating that there is a large cohort of students who do not regularly partake in physical activity. Dietetics students conducted a survey on-campus before planning Healthy Eating Week and found that lack of time, costs, convenience of unhealthy options and availability of healthy foods were barriers faced by respondents in achieving a balanced healthy diet, rather than a lack of knowledge. They also observed that it was difficult to identify healthy food options on-campus. 2. Graduates of MSc Clinical Nutrition and Dietetics and MSc in Physiotherapy programmes are required to fulfil core competencies in Health Promotion as part of their professional registration.

	<p>However, clinical and community placements may not be able to provide students with hands-on experience of assessing target population needs, designing, delivering and evaluating a health promoting programme. Therefore, Healthy UCD’s Healthy Eating Week and Active Living Week have been identified as a key learning opportunity for these students to provide them with real-life experience of health promotion and enable them to meet public health competencies. Healthy UCD works with teaching staff on these programmes to support students through the process of planning, delivering and evaluating their week of activities. Students are encouraged to consider the needs of the community on campus and develop activities based on these.</p>
<p>Identify all frameworks, policies, or strategies this initiative aligns to</p> <p>(Internal, local or national)</p>	<ul style="list-style-type: none"> • Healthy Campus Charter and Framework: this initiative aligns with all four principles of the Framework <ul style="list-style-type: none"> ○ Participation: actively involves students in health promotion on campus ○ Partnership: collaboration between healthy campus initiative and health-related courses in UCD ○ Evidence based: students conduct research to inform the activities they deliver ○ Sustainability: this initiative has been built into the curriculum of two UCD courses, making it an annual project. • Healthy UCD Strategy 2022-2026: aligns particularly with Goal 1 – Health and wellbeing is embedded in the University for all members of the UCD Community. • UCD “Rising to the Future” Strategy 2020-2024: aligns with Theme 3 – Building a Healthy World.
<p>Summary</p>	<p>Working together with university academic staff, Healthy UCD provides opportunities for assessed experiential learning in dietetics and physiotherapy curricula. We describe these activities in the autumn trimester 2022.</p> <p>As part of assessed practice placement activity, MSc in Clinical Nutrition and Dietetics students designed, delivered and evaluated a university-wide Healthy Eating Week (HEW). Required competencies for dietitian practice placement were addressed, including planning, delivery and evaluation of a health-promoting project. Similarly, Professional Masters in Physiotherapy students designed, delivered and evaluated Active Living Week (ALW), for their Prevention and Management of Non-communicable Diseases module. For HEW, students addressed the themes of balanced healthy diet through a healthy breakfast event and “Food for Mood” talk, alcohol and hydration through an interactive game held in the student centre, and developed healthy eating resources which were distributed in on-campus accommodation. Only half of those who booked attended the healthy breakfast event, and 20% the “Food for Mood talk” despite all places being booked. The alcohol and hydration game attracted over 200 participants,</p>

	<p>while a myth busting competition held online had 136 entries. The students concluded that commencing promotion of events earlier may have been helpful, and that holding more interactive events in a high-footfall area such as the alcohol and hydration activity may have been more effective in engaging people. Incentives to participate such as the chance to win prizes were also effective.</p> <p>ALW included an information desk with interactive games which served as a focal point for attracting attention to other initiatives. Between 500-700 people participated. The other initiatives included a campaign to increase standing desks on campus, piloting movement breaks during lectures and developing proposal for a physical activity elective module. The standing desks petition received 224 signatures while 320 signed the physical activity elective module petition. Three gym workshops for women were held to build confidence and skills in using gym equipment. Booking was required and the workshops had an 80% attendance rate.</p> <p>Nineteen of 24 dietetics students and 16 of 24 physiotherapy students completed a feedback survey. While students in both groups stated changes could be made to project structure, particularly around the timings of timetabled planning time, >75% in both groups reported that their communication skills, collaborative working, creative thinking, and health promotion knowledge improved.</p> <p>The university campus can provide opportunities for meaningful student learning and assessments within a healthy campus environment. Healthcare professional training competencies were addressed while contributing to the healthy campus programme.</p>
<p>Did you collaborate with internal and/or external stakeholders to deliver?</p>	<ul style="list-style-type: none"> • Staff and students of MSc in Physiotherapy and Clinical Nutrition & Dietetics • UCD Residences • UCD Estates • Variety of companies and organisations approached by the students for sponsorship including Leinster Rugby, UCD Cinema, UCD Sports & Fitness, Homestore & More
<p>How was the initiative organised?</p>	<p>Healthy Eating Week has been running as an assessed project for Dietetics students since 2020, while Active Living Week was a new project introduced for the 2022/2023 academic year. Planning meetings began in February 2022 with staff from Healthy UCD, MSc in Clinical Nutrition and Dietetics and MSc in Physiotherapy in attendance to determine the timetable and project structure for both groups of students. Both groups had a planning week in September where, using a Design Thinking Framework, they conducted research, developed ideas and presented their event pitch to Healthy UCD staff and their lecturers. Over the next number of weeks, the students had two hours of timetabled planning time each Friday to work on the initiative until delivery of their activities. Healthy Eating Week took place from 7th-11th November while Active Living Week ran from 14th-18th November. All</p>

	students were required to be on-site during their week of activities to work on event delivery and evaluation.
What resources did you need?	<ul style="list-style-type: none"> • Small budget for printing, prizes etc. • Support from staff in Healthy UCD and UCD School of Public Health, Physiotherapy and Sports Science.
Has it been evaluated? How successful has it been?	<ul style="list-style-type: none"> • Dietetics students prepared an evaluation report and concluded that events requiring pre-booking of a place may not have been the most effective method of reaching people – the majority of those who booked did not attend. • Online activities, and events at a stand in a busy area were more successful. • The impact of Healthy Eating Week may become greater in future, as through the distribution of healthy eating resources to UCD Residences, this year’s students have initiated an activity which can be continued and expanded in next year’s project. • Activities held during Active Living Week have already led to moves to implement longer-term changes in UCD to increase physical activity levels. • Based on the success of the women-only gym class pilot conducted during Active Living Week, Healthy UCD is liaising with UCD Sport & Fitness and the Culture & Engagement unit in UCD HR with the aim of rolling out similar classes on a bigger scale in the university. • Discussions have taken place with UCD Library regarding the provision of standing desks, a campaign that received significant support during Active Living Week. • All students involved were asked to complete a feedback survey on their experience, which included tick box and free text questions. A common theme of the feedback was that many students felt two-hour blocks of planning time each Friday were not effective and that scheduling a few full days for planning during the term would work better.
Any future plans, including the sustainability of the initiative?	Planning is underway among staff for next year’s initiative, with a greater focus on developing the interdisciplinary aspect of the event. Both the Dietetics and Physiotherapy students will work together to deliver one Healthy Eating and Active Living Week in autumn 2023. Feedback from students is being taken on board with regards to scheduling the planning week and additional planning time during the term, and in preparing materials and information to be provided to students at the beginning of the planning process. The team are also discussing ways to encourage students to focus more on initiatives which can make positive changes to health and

	wellbeing on the university campus over a sustained period, rather than delivering once-off events.
Key Learning Points	<ul style="list-style-type: none">• Healthy Campus initiatives are an excellent means to provide students with real-life experience of health promotion and public health education.• Building such projects into core modules and assessing student learning is important to aid the sustainability of such initiatives – students have an incentive to put time and effort into the project.• Taking on board student feedback is essential to adapt and improve the experience for future cohorts.

Healthy Campus Framework Categories (please tick all that apply)

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Commit <input type="checkbox"/>	Leadership, Strategy & Governance <input type="checkbox"/>	Alcohol <input type="checkbox"/>	Students <input checked="" type="checkbox"/>
Coordinate <input type="checkbox"/>	Campus Environment (Facilities & Services) <input checked="" type="checkbox"/>	Substance Misuse <input type="checkbox"/>	Staff <input checked="" 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 checked="" type="checkbox"/>	Personal & Professional Development <input checked="" type="checkbox"/>	Mental Health & Wellbeing <input type="checkbox"/>	Other <input type="checkbox"/>
Celebrate & Continue <input checked="" 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

Contact Name/s	Celine Murrin
Date	22/03/2023
Email Address	Celine.murrin@ucd.ie
Links	https://www.ucd.ie/healthyucd/newsandevents/events/healthyeatingweek2022/ https://www.ucd.ie/healthyucd/newsandevents/events/activelivingweek2022/