



MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University



HEA
HIGHER
EDUCATION
AUTHORITY

‘A Healthy MTU’

A Mixed Methods Baseline Needs Analysis to Empirically Inform a Campus Health Promotion Initiative within an Irish Higher Education Setting

Presenter

Dr. Andrea Bickerdike MB BAO BCh PhD

Co-Authors

Dr. Cian O’Neill & Ms. Joan Dinneen

HEA National Wellbeing Conference
20th April 2023

HEX-SPO
Health, Exercise & Sport

Context

Case HEI (former Cork Institute of Technology)

- Central campus
- 4 satellite campuses: Cork city and county
- CIT and ITT merger: MTU (Jan 1st 2021)

2014-2016

- Preliminary HP Operating Model: PG research student
- No designated HP role in case HEI

2016-Present (Dept. of Sport, Leisure & Childhood Studies)

- Designated programme of research
- International dissemination, expansion
- 3 x PhD, 1 x MSc, 18 UG
- **>€305k external funding**
- Regional UCC-MTU Healthy Campus Research Collaboration



High-Visibility Initiatives



Higher Education
Healthy Campus
 Charter and Framework
 Ireland



**Equality, Diversity & Inclusion
 Awareness Programme 2021**

Oisín McConville: 'I had no self-awareness, no maturity, no emotions, no feeling'

Former Armagh football star Oisín McConville detailed the impact his gambling addiction had on his playing days for an audience of students last week in Cork, saying he "was there but wasn't really there" when Armagh won their historic All-Ireland title in 2002.

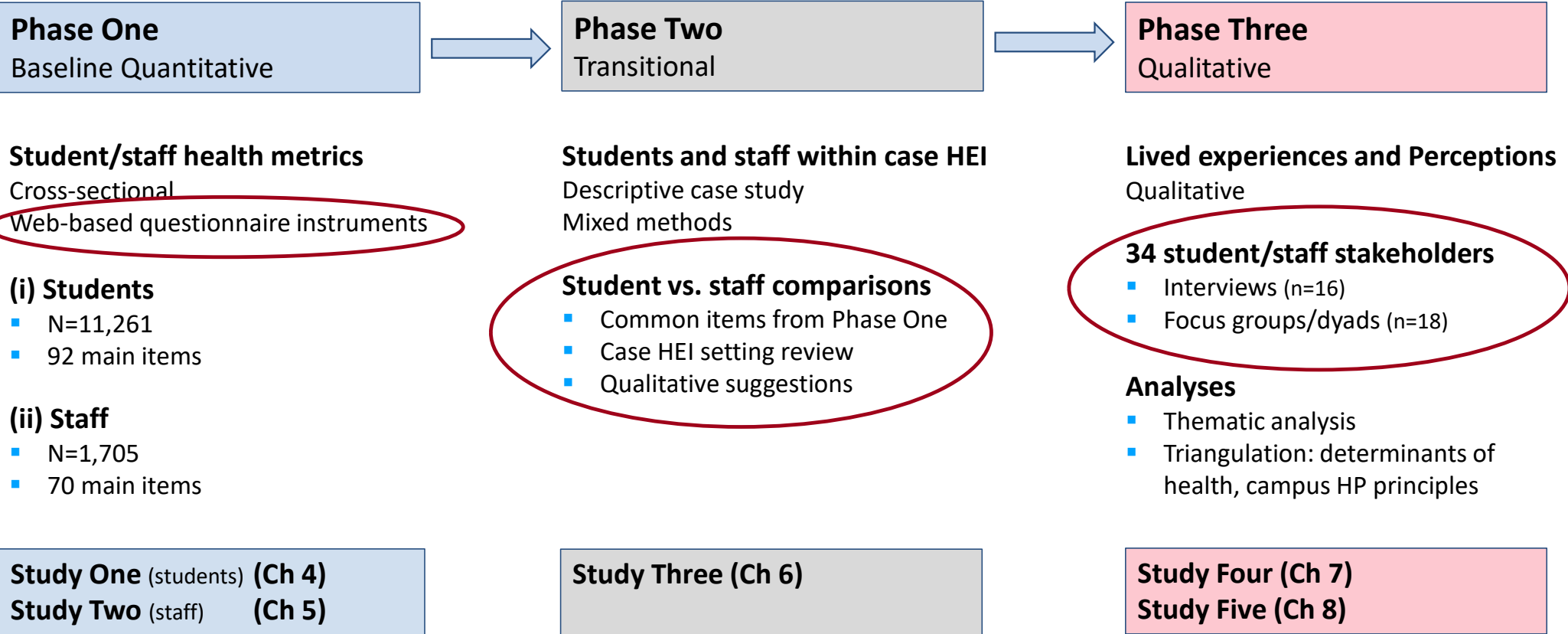


 **Irish Examiner**

Baseline Programme of Research: Breadth and Scope



Aim: Empirically inform a multi-campus HP initiative (*'A Healthy MTU'*)



Study One: Student Health and Wellbeing Dataset (Bickerdike et al., 2019)



International Journal of
*Environmental Research
and Public Health*



Article

'A Healthy CIT': An Investigation into Student Health Metrics, Lifestyle Behaviours and the Predictors of Positive Mental Health in an Irish Higher Education Setting

Andrea Bickerdike *, Joan Dinneen and Cian O'Neill 

Department of Sport, Leisure & Childhood Studies, Cork Institute of Technology, Cork T12 P928, Ireland;
joan.dinneen@cit.ie (J.D.); cian.oneill@cit.ie (C.O.)

* Correspondence: andrea.bickerdike@cit.ie

Received: 28 September 2019; Accepted: 4 November 2019; Published: 6 November 2019



Multi-domain quantitative dataset: n=2,267

- Student health and lifestyle parameters – establish the contemporary 'state of play'
- Statistical modelling: identify predictors of positive mental health

Study Two: Novel Staff Dataset (Bickerdike et al., 2022)

Thriving or surviving: staff health metrics and lifestyle behaviours within an Irish higher education setting

Staff health metrics in an Irish HEI

Andrea Bickerdike, Joan Dinneen and Cian O' Neill
*Department of Sport, Leisure and Childhood Studies,
Munster Technological University, Cork, Ireland*

Received 14 February 2021
Revised 16 December 2021
Accepted 3 January 2022

Response demographics (n=279)

Academic	53.8%
Clerical/Support/Other	38.5%
Management	12.8%

Impact & applications

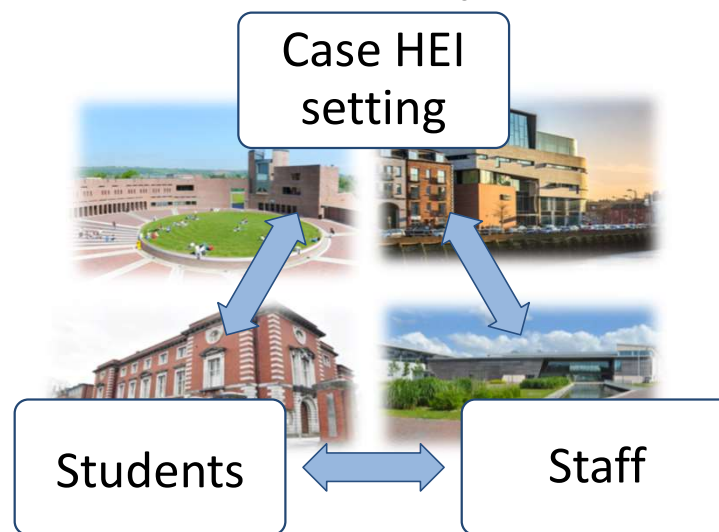
Alignment between health, wellbeing & 'core-business' metrics (perceived stress, absenteeism)



Study Three: Student/Staff Interactions with and within Setting

Not So Different After All! A Comparative Investigation into Student and Staff Health Metrics in an Irish Higher Education Setting

Mixed methods descriptive case study



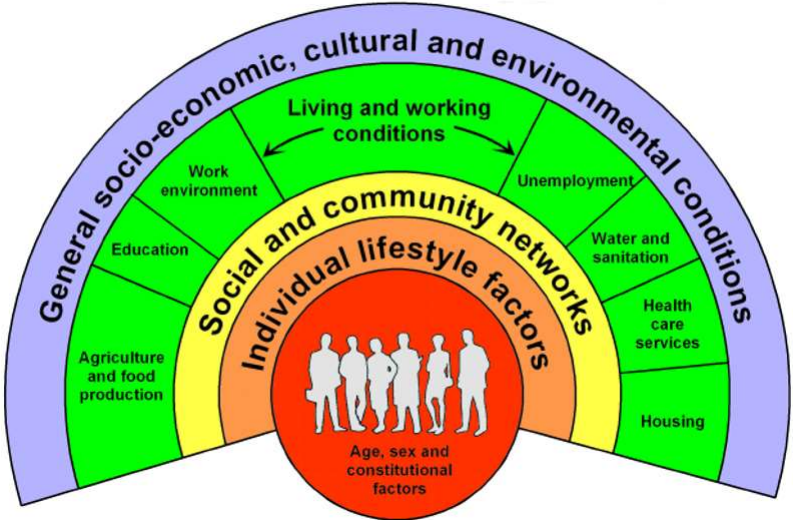
Student vs. Staff comparisons

Study Four: Qualitative Exploration

A Qualitative Investigation into the Lived Experiences of Students and Staff within an Irish HEI, to Inform a Triangulated Model of the Determinants of Health

Key paradigm

- Whole-system perspective



Dahlgren & Whitehead, 1991

Study Four: Student and Staff Insights

Personal paradigms and perspectives: Holism, challenges, inherent value on health

People and relationships:

Vocation, connection, role-modelling

"...good relationships with people you're in class with and then with lecturers as well, it gets you to stay on campus longer because you enjoy your environment"
FG11, PG student

Built environment:

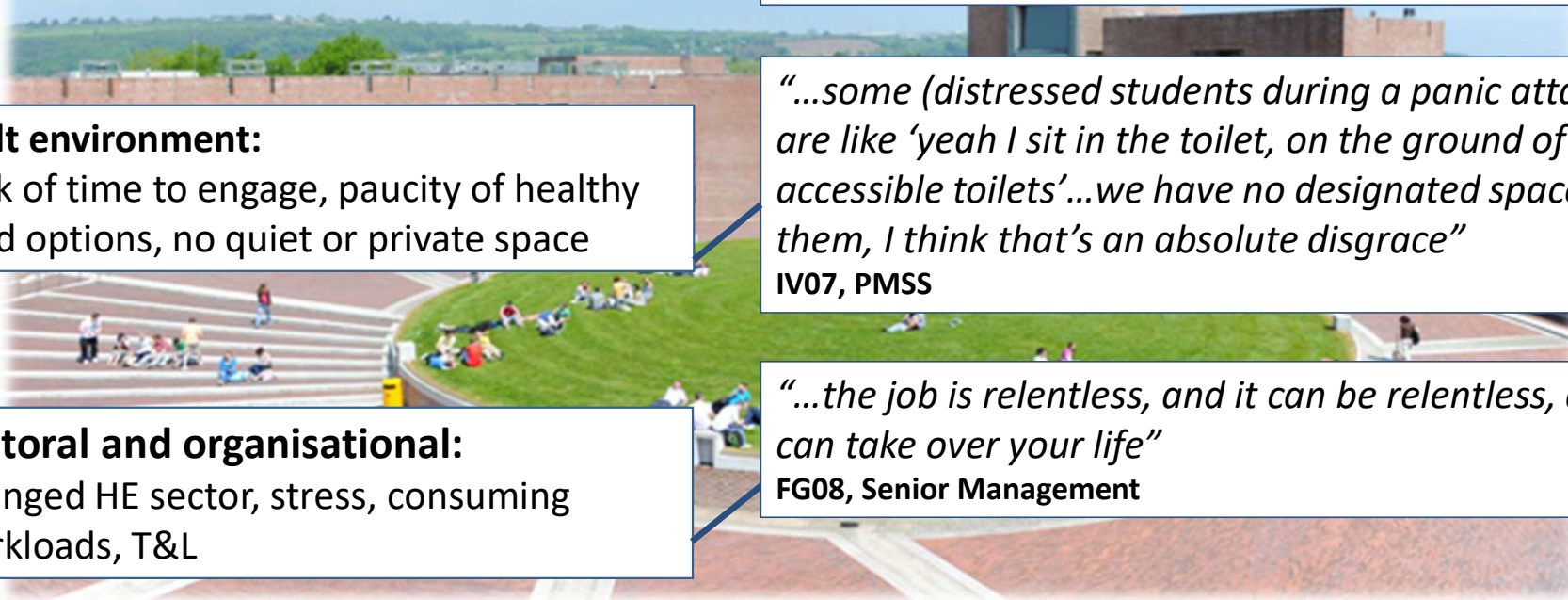
Lack of time to engage, paucity of healthy food options, no quiet or private space

"...some (distressed students during a panic attack) are like 'yeah I sit in the toilet, on the ground of the accessible toilets'...we have no designated space for them, I think that's an absolute disgrace"
IV07, PMSS

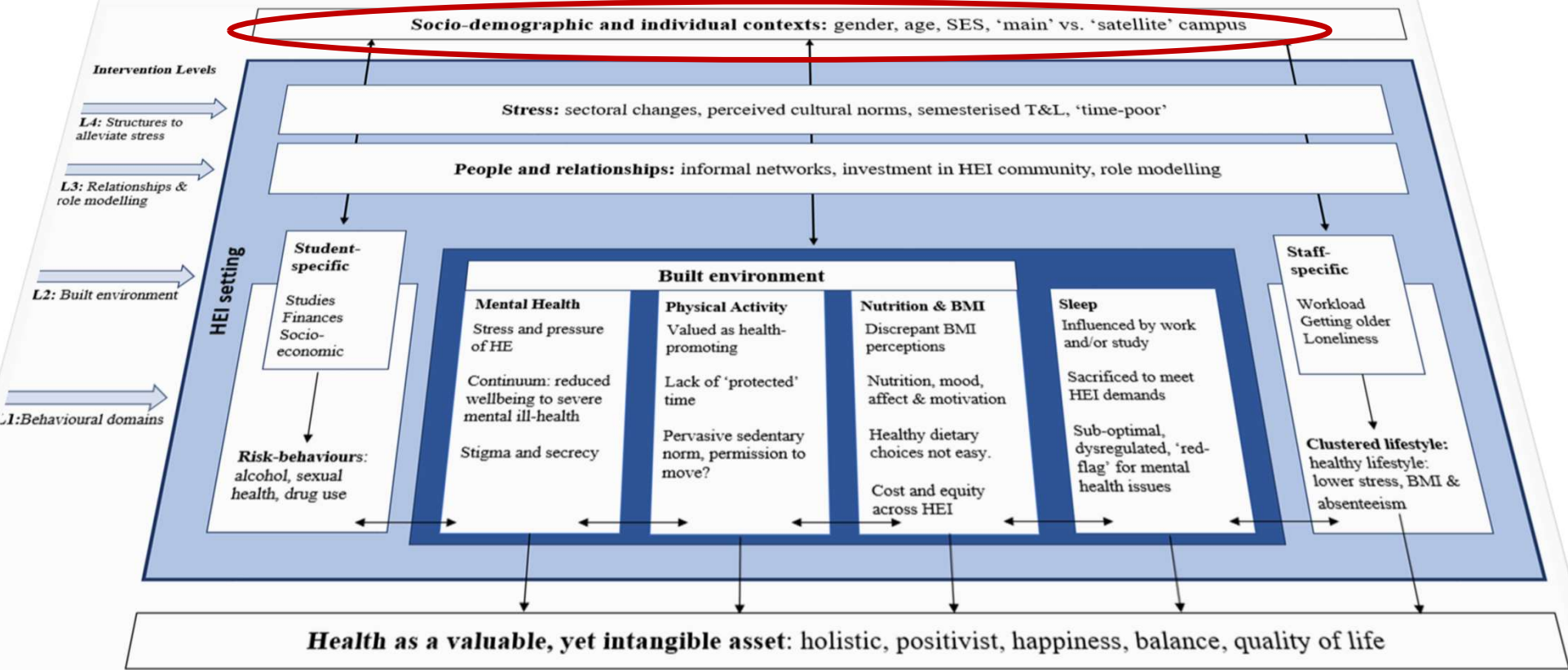
Sectoral and organisational:

Changed HE sector, stress, consuming workloads, T&L

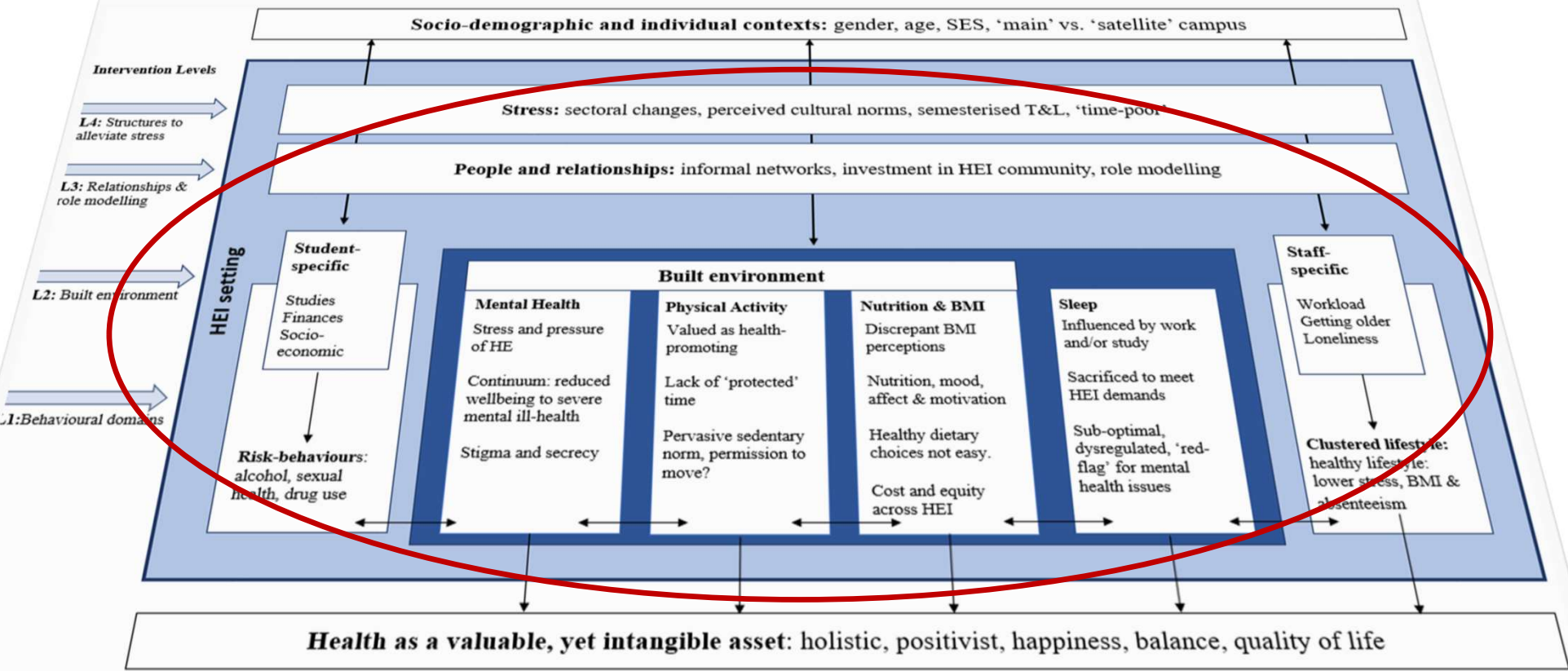
"...the job is relentless, and it can be relentless, and it can take over your life"
FG08, Senior Management



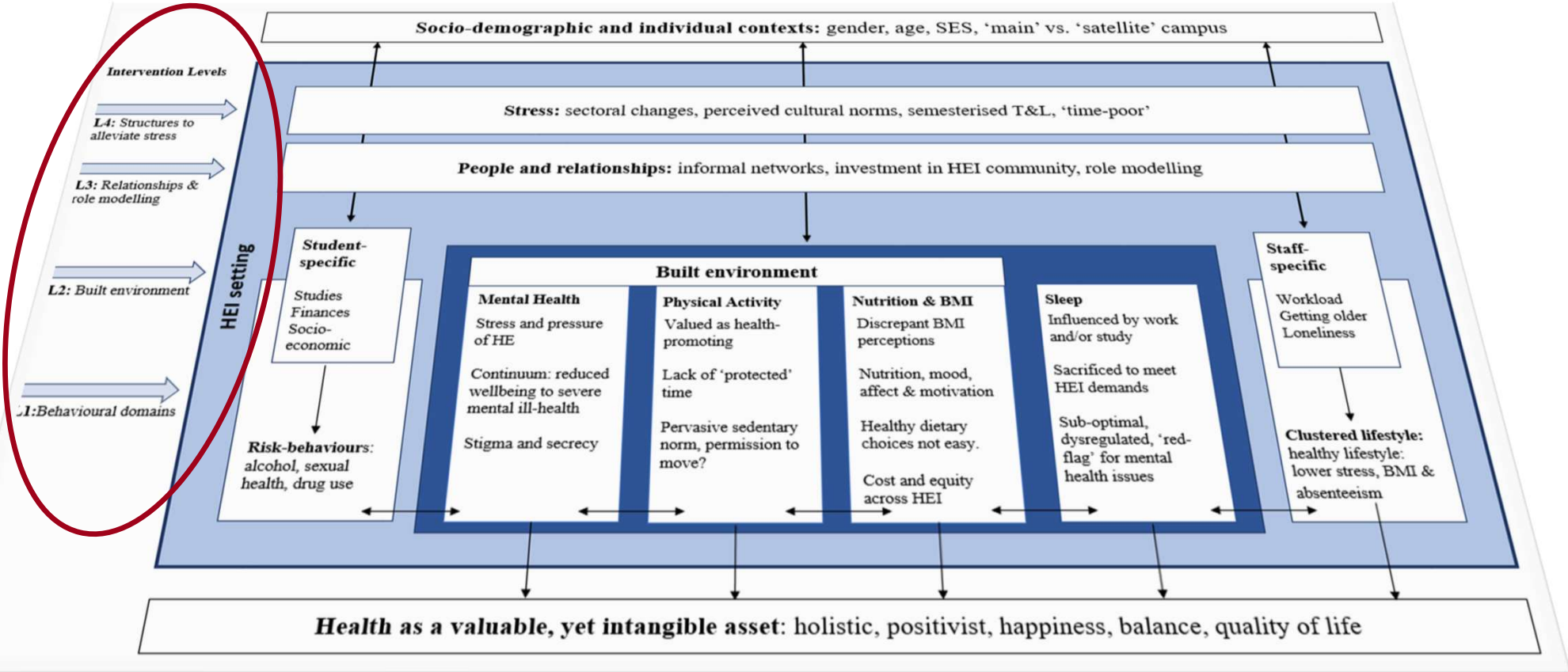
Novel Contribution: Data-Driven Map and Model (Bickerdike, 2023)



Novel Contribution: Data-Driven Map and Model (Bickerdike, 2023)



Novel Contribution: Data-Driven Map and Model (Bickerdike, 2023)



Study Five: Operational Structures



“...these are people issues, they’re not student and staff issues, they’re society issues, they are everybody”

Qualitative Perspectives of Students and Staff to Inform the Operational Structure of a Health Promotion Initiative within a Multi-Campus HEI in Ireland

Key Contributions to Literature

- Practice piece: campus HP rationale, drivers, and structures
- Operational road map to implement Healthy Campus Framework



Impact and Contributions



- Empirical evidence base, replicable methods
- Data-driven models to support health and wellbeing within HEIs
- Align with HEI 'core-business' and thematic research priorities
- **Organisational and fiscal rationale for national longitudinal 'Healthy Campus' research strategy**

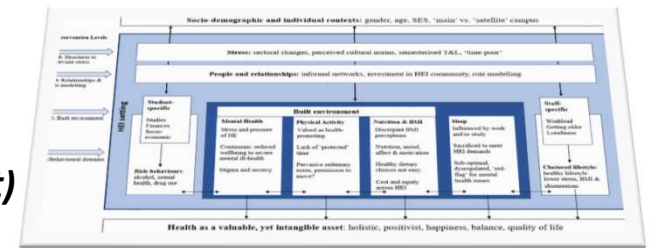


Impact and Contributions

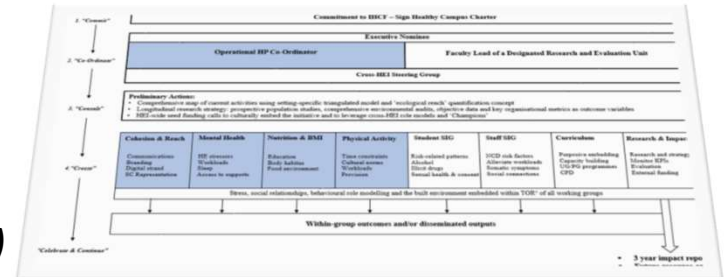


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Priorities (the what)



Structures (the how)





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Thank You

Presenter:

Dr. Andrea Bickerdike MB BAO BCH PhD

Email:

andrea.bickerdike@mtu.ie

Twitter:



@ABickerdike_MTU

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