HEA Wellbeing Conference
“Supporting Success through Wellbeing in Higher Education”

20th April 2023

ATU Sligo Case Study
What does a Healthy Campus Look Like?

An investigation into what the campus population at the Atlantic Technological University Sligo identify as the essential elements of a Healthy Campus
The Healthy Campus Process

**COMMIT**
Sign the Charter & commit to HC

**CO-ORDINATE**
Appoint HC Co-Ordinator
Establish Steering Group

**CONSULT**
Identify needs, prioritize

**CREATE**
Develop and Implement Action Plan

**CELEBRATE & CONTINUE**
Evaluate, share & celebrate achievements
The research has been guided by the principles of the Healthy Campus Charter and Framework

**Participation** – Where, student, staff and the wider campus community are actively engaged in deciding on and implementing health and wellbeing promotion actions

**Partnership** – Where trans-disciplinary collaborations and cross-sector partnerships are fostered to create connections between health, learning and the campus structure

**Evidence based** – Where formulation of polices and practices are guided by evidence, and where knowledge is created through action and research

**Sustainability** – Where health and wellbeing of the campus community is infused in the everyday polices, teaching and learning, and research and innovation
Objectives of the research

Consult
Consult with the campus population to identify what they feel are the essential elements of a Healthy Campus.

Design
Design an innovative qualitative data collection method to elicit the opinions of the campus population.

Create
Create a visual legacy installation (mural) that would represent what are the essential elements of a Healthy Campus, as determined in the research study.
“Consult” – Data collection
The data was analysed using reflexive thematic analysis (Braun and Clarke, 2022) and five themes were identified.

- Healthy Physical Environment
- Healthy Food
- Healthy Social Connections
- Healthy Lifestyle Supports
- Inclusive and Accessible

*Data collected in ATU Sligo April 2022 as part of Master’s research and to fulfil the requirements of the "Consult" stage of the Healthy Campus Framework and Charter
Celebrate - The Launch of The Healthy Campus Mural May 2022
Thank You For Listening