

HEA Wellbeing Conference

“Supporting Success through Wellbeing in Higher Education”

20th April 2023



ATU Sligo Case Study

What does a Healthy Campus Look Like?

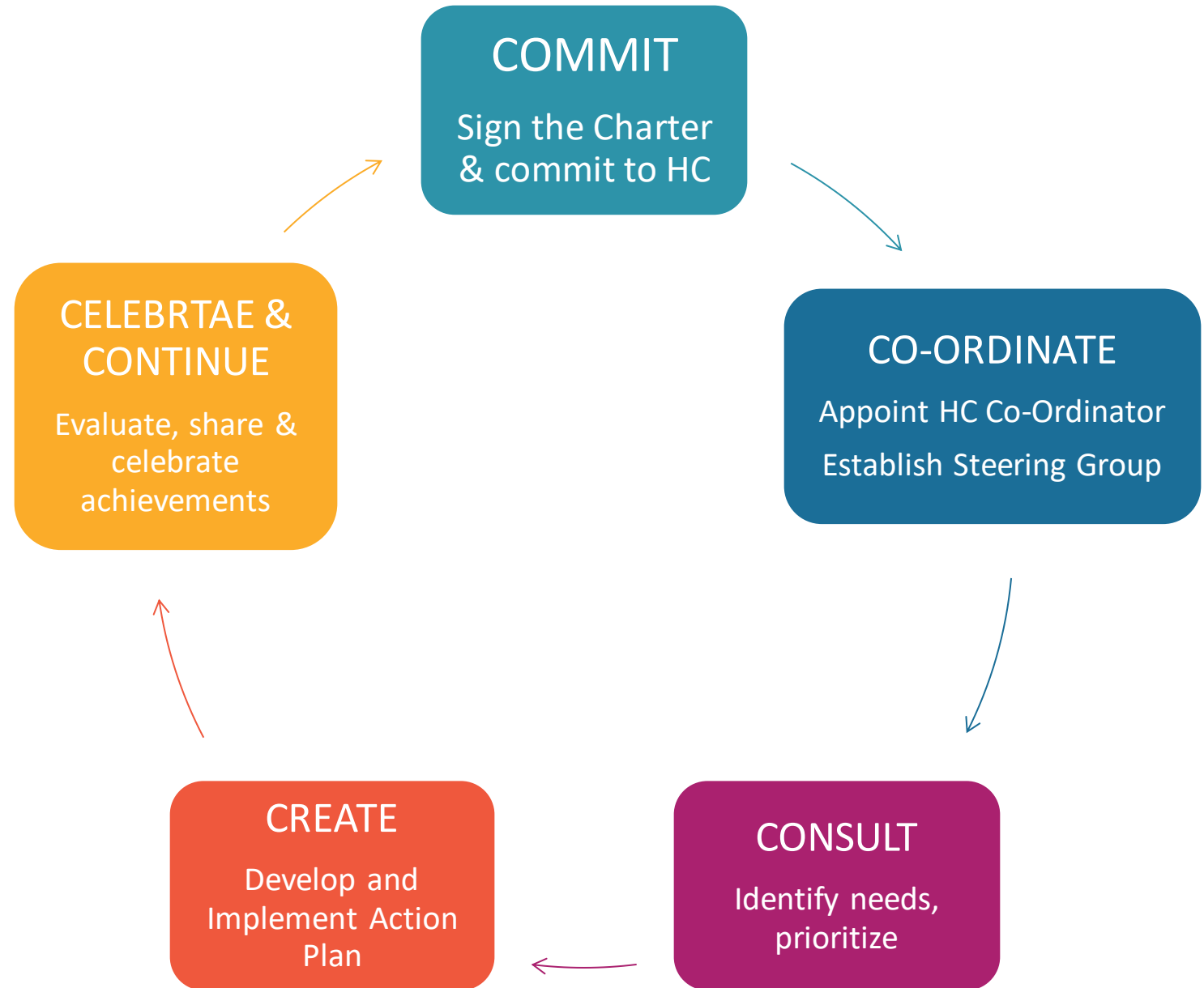
An investigation into what the campus population at the Atlantic Technological University Sligo identify as the essential elements of a Healthy Campus



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The Healthy Campus Process



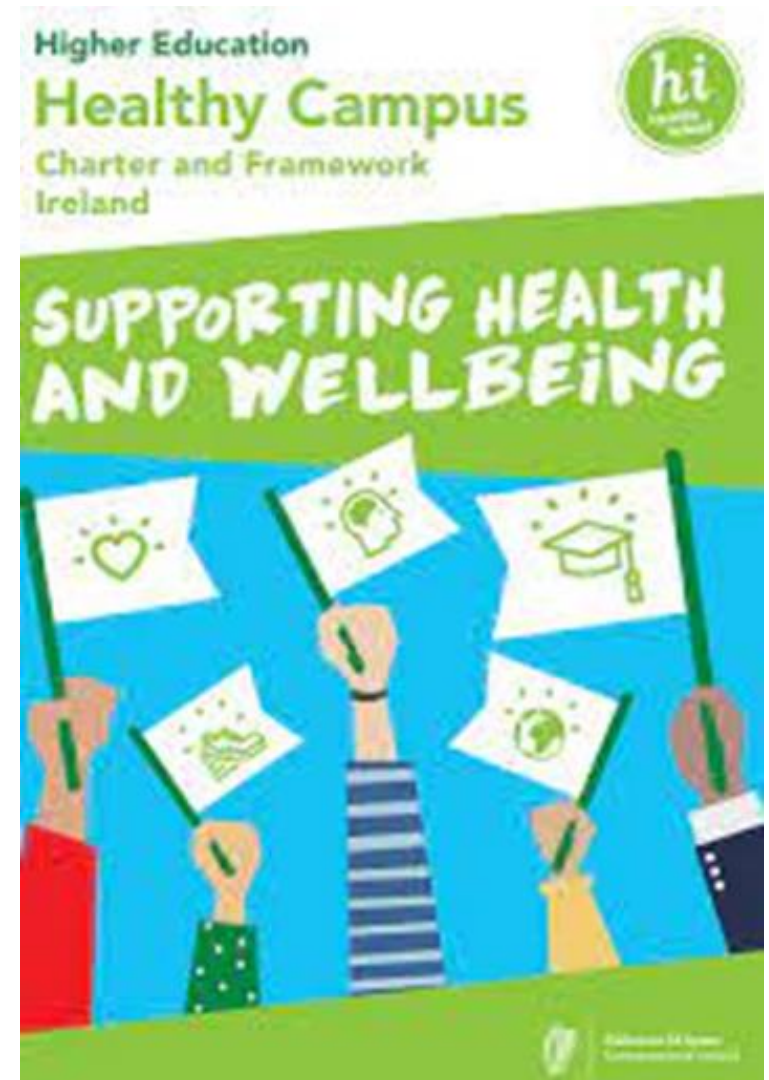
The research has been guided by the principles of the Healthy Campus Charter and Framework

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

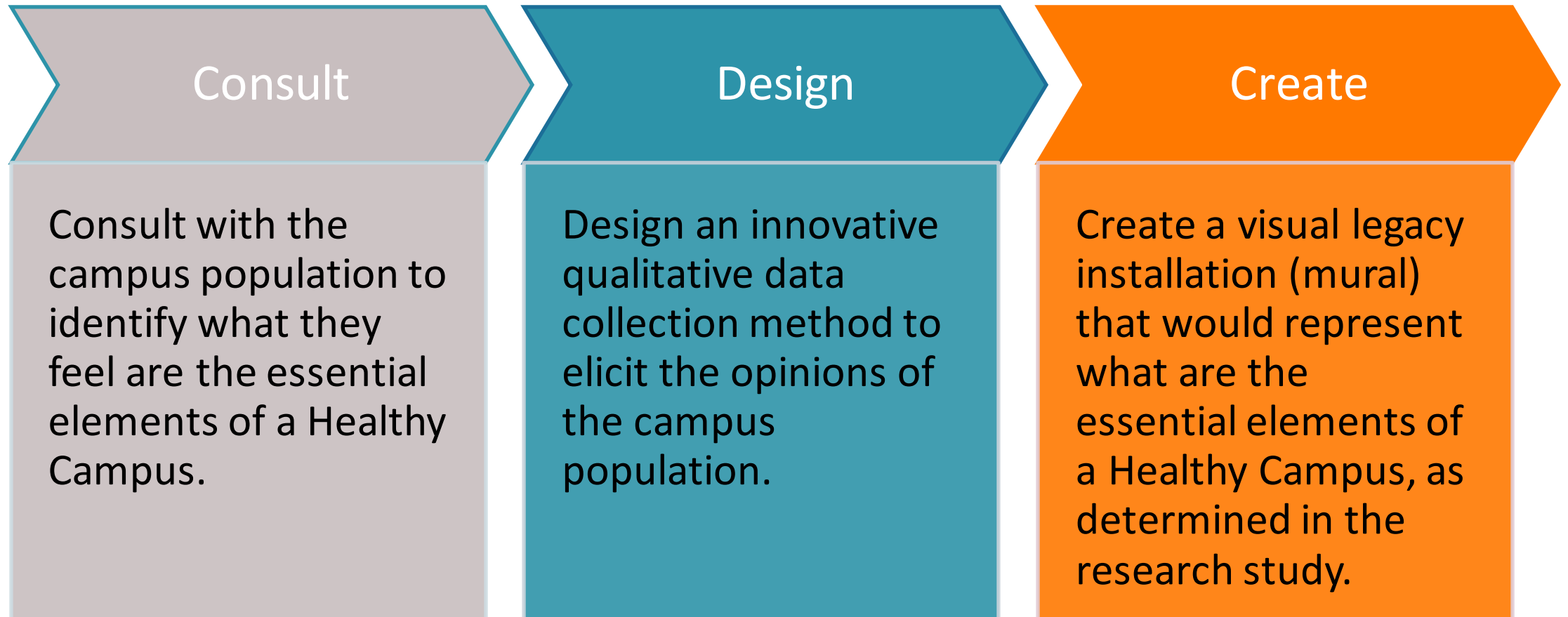
Partnership – Where trans-disciplinary collaborations and cross-sector partnerships are fostered to create connections between health, learning and the campus structure

Evidence based – Where formulation of policies 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 policies, teaching and learning, and research and innovation



Objectives of the research



The data was analysed using reflexive thematic analysis (Braun and Clarke, 2022) and five themes were identified.



*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

A graphic illustration of a sun, waves, and a tree. The sun is a large green circle in the top right. Below it are three wavy lines in shades of blue and teal, representing water. To the left of the waves is a vertical orange bar with two green teardrop shapes hanging from it, representing a tree. The background is a light blue gradient.

Hello Healthy ATU
Scan here for further
information on Healthy
Campus!




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Celebrate - The Launch of The Healthy Campus Mural May 2022

Thank You For Listening



HEALTHY CAMPUS

The story of the Healthy Campus Mural
A visual representation of the five Themes Identified of "What a Healthy Campus looks like?" for the campus population at ATU Sligo

The "Brain Icon" represents the opening of the mind to the concept of "What a Healthy Campus looks like?". It takes you on a journey of possibilities and opportunities for learning about how we can all make the campus healthier, sustainable and inclusive for the whole campus population.

- 1** **THEME 1: HEALTHY FOOD**
Mural Icon: Food
- 2** **THEME 2: HEALTHY PHYSICAL ENVIRONMENT**
Mural Icon: Waves & Sun
- 3** **THEME 3: HEALTHY SOCIAL CONNENCTIONS**
Mural Icon: Smiley Face & Comment Bubble
- 4** **THEME 4: HEALTHY LIFESTYLE SUPPORTS**
Mural Icon: Heart
- 5** **THEME 5: INCLUSIVE & ACCESSABLE**
Mural Icon: People