Healthy Campus Case Study

Care & Connect

Name of institution and initiative lead
Dublin City University. DCU Student Support & Development

Date and timeframe
Project conception began pre-COVID; however, it took off in 2022 when travel and in-person restrictions were lifted.

What was the reach?
The initiative is aimed at the Health & Wellbeing of the entire student body, which is approximately 20,000 students.

Aims and Objectives
To be ‘Best in Class’ in providing a student experience which is informed by a whole university approach to health and wellbeing.
To this end, DCU engaged the collaboration of the Jed Foundation.

Aligned frameworks, policies, or strategies
Internally: JED Foundation site visit recommendations.
Care & Connect aims to respond to all national HEI Frameworks addressing Consent and Sexual Health; Smoking; Healthy Eating; Physical Activity and Substance Use. There is a strong focus on supporting mental health and the initiative aims to respond strongly to the national Suicide Prevention Framework.

Healthy Campus Charter and Framework

Project Collaborators
Jed Foundation
DCU Students’ Union
HEA
DCU Academic and Support Staff

Key Learning Points
A lot of work has already been done and is ongoing outside of DCU Care & Connect and there is a lot of passion within DCU for the welfare of students.

An objective view of operations from an outside body provides a reliable appraisal of strengths and opportunities for growth.

Positive health and wellbeing outcomes rely on improving overall wellbeing on campus as well as having excellent acute responses to crisis when it presents.

Clearly defined structures and goals allow for optimal results and effective progress monitoring.

National frameworks provide guidance and evidence-based information on key areas for health and wellbeing focus.

<table>
<thead>
<tr>
<th>Healthy Campus Process</th>
<th>Whole Campus Approach</th>
<th>Topic</th>
<th>Population Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Commit</td>
<td>Leadership, Strategy &amp; Governance</td>
<td>Alcohol</td>
<td>Students</td>
</tr>
<tr>
<td>Coordinate</td>
<td>Campus Environment (Facilities &amp; Services)</td>
<td>Substance Misuse</td>
<td></td>
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<tr>
<td>Consult</td>
<td>Campus Culture &amp; Communications</td>
<td>Healthy Eating / Food</td>
<td></td>
</tr>
<tr>
<td>Create</td>
<td>Personal &amp; Professional Development</td>
<td>Mental Health &amp; Wellbeing</td>
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<tr>
<td>Celebrate &amp; Continue</td>
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<td>Sexual Health &amp; Wellbeing</td>
<td></td>
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<td></td>
<td>Tobacco Free Campus</td>
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<td>Physical Activity / Active Transport</td>
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<td>Wellbeing on the Curriculum</td>
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<td>Health &amp; Sustainability</td>
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