



Healthy Campus Case Study



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

Name of institution and initiative lead	Aims and Objectives	Aligned frameworks, policies, or strategies
<p>Munster Technological University (Cork Campuses). This research was led by an Academic Team (one PhD candidate and two Academic Supervisors) within the Dept. of Sport, Leisure & Childhood Studies at Munster Technological University (Bishopstown Campus). The proposed case study presentation will comprise pertinent excerpts from this research, in addition to a discussion of the key recommendations for practice and policy arising from same.</p>	<p>2. Study Two (Bickerdike et al., 2022) Explore the health and lifestyle parameters of staff Determine whether significant differences in key organizational (self-reported absenteeism, length of service, weekly working hours) and public-health metrics of interest (BMI, perceived stress) exist between staff who exhibit the ‘healthiest’ clustered lifestyle patterns, relative to staff exhibiting less optimal lifestyles</p> <p>3. Study Three Comparatively analyze the cumulative health risk, and self-perceived metrics, reported by students and staff of the case HEI</p> <p>4. Study Four Qualitatively examine the lived experiences of students and staff to identify extant barriers to, and/or facilitators of, health and wellbeing under the remit of the case HEI</p> <p>Triangulate these qualitative data with previous quantitative findings from the research to derive a comprehensive ecological model of both overt and latent determinants of health and wellbeing, tailored to the case HEI setting</p> <p>5. Study Five Elicit and explore student and staff perceptions regarding optimal operational structures, resourcing model(s) and the feasible scope of a campus HP initiative within the case HEI</p> <p>Similarly, to previous work (Dooris et al., 2010; Dooris et al., 2020), identify any latent ‘drivers’ and/or internal synergies that could serve to progress the implementation of a Healthy University-aligned campus health promotion initiative, within the operational ecosystem of the case HEI</p>	<p>HEA System Performance Framework Healthy Ireland Strategic Action Plan 2021-2025 Healthy Ireland at Work (National Framework for Healthy Workplaces in Ireland) National Forum for the Enhancement of Teaching and Learning in Higher Education (e.g., DELTA Awards, enabling success through student transitions, embedding wellbeing within the curriculum) Athena Swan EDI policies at institutional, sectoral and national level HR policies (institutional, sectoral, national)</p>
Date and timeframe	Aligned frameworks, policies, or strategies	Project Collaborators
<p>2016 to 2022</p>	<p>Okanagan Charter for Health Promoting Universities and Colleges Irish Healthy Campus Charter and Framework Aligned national, sectoral, and/or intra-institutional policies and agendas, including: Ottawa Charter for Health Promotion HEA National Student Mental Health and Suicide Prevention Framework Student Sport Ireland</p>	<p>Internal stakeholders: Student participants Staff participants</p> <p>Note that a myriad of cross-campus stakeholders participated in the qualitative data collection (Senior Management, Faculty, Professional Management and Support Staff [PMSS], Post-Graduate Students, Alumni and Undergraduate Students).</p> <p>This research was continuously endorsed and supported by (i) the Registrar’s Office of the case HEI (Cork Campuses of MTU), (ii) ‘AnSEO’ (MTU Cork Office of Student Engagement), and (iii) Dept. of Sport, Leisure & Childhood Studies.</p>
What was the reach?	Key Learning Points	
<p>The baseline phase of research engaged with the following participants: Quantitative Phase: comprehensive student (n=2,267) and staff (n=279) datasets. Qualitative Phase: in-depth qualitative sessions (i.e., either semi-structured interviews, dyadic interviews, or focus groups) with 34 cross-campus stakeholders (including Senior Management, Professional Management & Support Staff [PMSS], Post-graduate Students, Undergraduate Students, Alumni) .</p>	<p>As a key learning point, it emerged that greater structural empowerment of health and wellbeing is required within contemporary HEIs in Ireland. It was notable that both students and staff qualitatively described universal ideological support for the promotion of health and wellbeing, and wholly appreciated the intricate associations between health, happiness, academic achievement, social belonging, and quality of life. However, fundamental socio-ecological and indeed sectoral barriers appeared to impact upon the campus population’s collective capacity and agency to habitually engage in health promoting behaviors.</p>	
Aims and Objectives		
<p>The overarching aims were to (i) investigate student and staff health metrics, and (ii) identify the cultural and environmental determinants of health and wellbeing within the case* HEI setting (*Cork campuses of Munster Technological University).</p> <p>In its entirety, the programme of research was comprised of five sequential studies, each of which was conceptualized to achieve distinct research objectives as follows:</p> <p>1. Study One (Bickerdike et al., 2019) Investigate students’ health and lifestyle parameters Identify significant predictors of students’ positive mental health</p>		

Healthy Campus Process	Topic	Population Group
Consult	Alcohol	Physical Activity / Active Transport
Whole Campus Approach	Substance Misuse	Wellbeing on the Curriculum
	Campus Environment (Facilities & Services)	Healthy Eating / Food
Campus Culture & Communications	Mental Health & Wellbeing	Other (Designated research programme/strategy)
Personal & Professional Development	Sexual Health & Wellbeing	

