



Healthy Campus Case Study



Student Engagement Partnership Project (StEP): The Healthy Campus Initiative

Name of institution and initiative lead

RCSI University of Medicine and Health Sciences. Professor Suzanne McDonough (Professor and Head of School of Physiotherapy), Dhruv Jivan (Medical Student), Sophia Khan (Pharmacy Student) and Ciara Melody (Pharmacy Student)

Date and timeframe

Academic year 2022 – 2023 and ongoing

What was the reach?

The entire RCSI community involving both staff and students

Aims and Objectives

The aim of the RCSI Healthy Campus project is to implement an inclusive and coordinated framework which promotes health and well-being on campus. This project aims to: adopt a holistic understanding of health, create a learning environment, and form an organizational culture that enhances health and wellbeing of the RCSI community in order to achieve their full potential.

Aligned frameworks, policies, or strategies

This project is in line with 'The Healthy Campus Framework and Charter' that includes The Okanagan Charter which include Health Promoting Universities and Colleges.

The UK Healthy Universities framework-self review tool is a questionnaire which participating organizations use to review and reflect their progress in embedding health and wellbeing initiatives into their core business and culture models.

'Student Success' is now formally embedded within the RCSI Student Engagement and Partnership (StEP) programme and, more specifically, within the annual RCSI StEP agreements; formal agreements between RCSI and the Students' Union and Postgraduates Students' Union.

Project Collaborators

Staff feedback collected through project presentations were crucial to the progression of the project.

Key Learning Points

RCSI currently embeds several aspects of health and wellbeing. However, there are still several gaps that need to be filled, specifically in the curriculum. RCSI aims to improve the health and wellbeing with its community through a single accessible platform that contains all resources for health and wellbeing in and outside the campus.

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Commit	Leadership, Strategy & Governance	Healthy Eating / Food	Students
Coordinate	Campus Environment (Facilities & Services)	Mental Health & Wellbeing	Staff
Consult	Campus Culture & Communications	Sexual Health & Wellbeing	
Create	Personal & Professional Development	Tobacco Free Campus	
		Physical Activity / Active Transport	
		Wellbeing on the Curriculum	
		Health & Sustainability	

