Healthy Eating and Active Living Weeks – real-life health promotion projects for healthcare professional students

Name of institution and initiative lead
UCD, Healthy UCD – healthy campus initiative

Date and timeframe
Academic year 2022 – 2023 and ongoing

What was the reach?
Approx 50 students involved in delivering the initiative, upwards of 1,000 members of the UCD community interacted with the initiative

Aims and Objectives
The main aims for this initiative are as follows:
Deliver a health and wellbeing project to raise awareness on healthy eating and physical activity in the UCD community
Work towards improving the campus environment to better support healthy eating and physical activity
Provide real-world experiential learning project for healthcare professional students in a healthy campus setting

Aligned frameworks, policies, or strategies
Healthy Campus Charter and Framework: this initiative aligns with all four principles of the Framework
Participation: actively involves students in health promotion on campus
Partnership: collaboration between healthy campus initiative and health-related courses in UCD
Evidence based: students conduct research to inform the activities they deliver
Sustainability: this initiative has been built into the curriculum of two UCD courses, making it an annual project.

Healthy UCD Strategy 2022-2026: aligns particularly with Goal 1 - Health and wellbeing is embedded in the University for all members of the UCD Community.

Project Collaborators
Staff and students of MSc in Physiotherapy and Clinical Nutrition & Dietetics
UCD Residences
UCD Estates
Variety of companies and organisations approached by the students for sponsorship including Leinster Rugby, UCD Cinema, UCD Sports & Fitness, Homestore & More

Key Learning Points
Healthy Campus initiatives are an excellent means to provide students with real-life experience of health promotion and public health education.
Building such projects into core modules and assessing student learning is important to aid the sustainability of such initiatives – students have an incentive to put time and effort into the project.
Taking on board student feedback is essential to adapt and improve the experience for future cohorts.

Healthy Campus Process | Whole Campus Approach | Topic | Population Group
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Create | Campus Environment (Facilities & Services) | Healthy Eating / Food | Students
Celebrate & Continue | Personal & Professional Development | Physical Activity / Active Transport | Staff
| | | Wellbeing on the Curriculum | |