



# Healthy Campus Case Study



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

<b>Name of institution and initiative lead</b>	<b>Aligned frameworks, policies, or strategies</b>	<b>Project Collaborators</b>
UCD, Healthy UCD – healthy campus initiative	Healthy Campus Charter and Framework: this initiative aligns with all four principles of the Framework	Staff and students of MSc in Physiotherapy and Clinical Nutrition & Dietetics
<b>Date and timeframe</b>	Participation: actively involves students in health promotion on campus	UCD Residences UCD Estates
Academic year 2022 – 2023 and ongoing	Partnership: collaboration between healthy campus initiative and health-related courses in UCD	Variety of companies and organisations approached by the students for sponsorship including Leinster Rugby, UCD Cinema, UCD Sports & Fitness, Homestore & More
<b>What was the reach?</b>	Evidence based: students conduct research to inform the activities they deliver	<b>Key Learning Points</b>
Approx 50 students involved in delivering the initiative, upwards of 1,000 members of the UCD community interacted with the initiative	Sustainability: this initiative has been built into the curriculum of two UCD courses, making it an annual project.	Healthy Campus initiatives are an excellent means to provide students with real-life experience of health promotion and public health education.
<b>Aims and Objectives</b>	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.	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.
The main aims for this initiative as follows:	UCD “Rising to the Future” Strategy 2020-2024: aligns with Theme 3 – Building a Healthy World.	Taking on board student feedback is essential to adapt and improve the experience for future cohorts.
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		

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

