**Healthy Campus Case Study**

**5 Week Couch to 5K Walk/Jog Series & Celebratory Fun Run**

**Name of institution and initiative lead**
Technological University Dublin
Healthy Campus and TU Dublin Sport
Sarah Healy & Laura Kestell, Healthy Campus Intern
Dr Teresa Hurley, Healthy Campus Lead
Richard Kelly, Dr Aileen Kennedy, academic supervisors
John Matthews, TU Dublin Sport

**Date and timeframe**
January 29th – March 22nd 2024

**What was the reach?**
5 Week Couch to 5K Series - 53 sign ups (students & staff)
Celebratory Fun Run - 48 sign ups (students & staff)

**Aims and Objectives**
The aim of this 5 Week Couch to 5K Series and Fun Run was to promote physical activity and good nutrition for students and staff at TU Dublin.

**Aligned frameworks, policies, or strategies**
HEA Healthy Campus Charter and Framework
SDG 3 Good Health and Well-Being

**Project Collaborators**
Healthy Campus at TU Dublin, N-TUTORR, TU Dublin Sport, Sustainability at TU Dublin, TU Dublin DJ Society, TU Dublin Public Health Nutrition Programme, HEA Healthy Campus, HSE, TFI.

**Key Learning Points**
It was found that social media was the most successful method of sharing information to students in particular, instead of TU Dublin update emails as many go unnoticed.

<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>Create</td>
<td>Campus Environment (Facilities &amp; Services)</td>
<td>Healthy Eating / Food</td>
<td>Students</td>
</tr>
<tr>
<td></td>
<td>Campus Culture &amp; Communications</td>
<td>Physical Activity / Active Transport</td>
<td>Staff</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wider community</td>
<td></td>
</tr>
</tbody>
</table>