



Healthy Campus Case Study



HEA | HIGHER EDUCATION AUTHORITY
AN tÚDARÁS um ARD-OIDEACHAS

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.

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Create	Campus Environment (Facilities & Services)	Healthy Eating / Food	Students
	Campus Culture & Communications	Physical Activity / Active Transport	Staff
			Wider community

