An exploration into the health-related behaviours of UL students and staff

Name of institution and initiative lead
University of Limerick
Healthy UL research team

Date and timeframe

What was the reach?
This was a campus wide initiative. All students and staff at the university of Limerick were invited to participate in a repeated cross-sectional survey. Final survey responses were > 5000 for the student survey and > 2000 for the staff survey.

Aims and Objectives
1. Identify the prevalence of health-related behaviours engaged in by students and staff.
2. Explore trends in these health-related behaviours over-time.

Aligned frameworks, policies, or strategies
1. Healthy UL initiative.
2. Healthy campus charter and framework.
3. Healthy Ireland Framework.

Project Collaborators
Healthy UL steering group.
UL Heads of Departments.
UL lecturers.
UL Student life.
UL postgraduate union.

Key Learning Points
Almost all students and staff could improve on at least one health-related behaviour.
Negative patterns in many health-behaviours since the onset of the COVID-19 pandemic and its associated restricted movement.
Students and staff keen to learn more about how they can enhance their health and wellbeing.
Availability for staff is limited during the semester and they can be challenging to recruit.

<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>Consult</td>
<td>Campus Environment (Facilities &amp; Services)</td>
<td>Alcohol</td>
<td>Students</td>
</tr>
<tr>
<td></td>
<td>Campus Culture &amp; Communications</td>
<td>Substance Misuse</td>
<td>Staff</td>
</tr>
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<td>Personal &amp; Professional Development</td>
<td>Healthy Eating / Food</td>
<td>Mental Health &amp; Wellbeing</td>
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<td>Sexual Health &amp; Wellbeing</td>
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<td>Tobacco Free Campus</td>
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<td></td>
<td></td>
<td>Physical Activity / Active Transport</td>
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<td>Health &amp; Sustainability</td>
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