



# Healthy Campus Case Study



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AN tÚDARÁS um ARD-OIDEACHAS

## ‘A Healthy MTU’: An Investigation into the Dietary Behaviours and Alcohol Consumption Patterns of First Year Undergraduate Students During the Transition to Higher Education

### Name of institution and initiative lead

Munster Technological University. Healthy Campus Research Team within the ‘HEX-SPO’ Research Group (Health, Exercise & Sport Sciences). The current case study was implemented by HEX-SPO PhD Candidate Ms Karrie-Marie Mc Carthy.

### Date and timeframe

September 2023-April 2024

### What was the reach?

All registered Year 1 undergraduate students across six campuses of the multi-campus University were contacted to participate in a bespoke ‘health and wellbeing’ survey. The aim of the survey was to examine dietary behaviours, health parameters, and alcohol consumption patterns of students during the critical transition to higher education. The survey was disseminated during two successive academic years, as follows:  
2022/2023: (Wave 1) Target: 5,077 Reach: 330 (6.5%)  
2023/2024: (Wave 2) Target: 4,969 Reach: 1,580 (31.8%)

### Aims and Objectives

Aligned with a broader ‘Healthy Campus’ entity, the current case study aimed to examine self-reported dietary behaviours and alcohol consumption patterns amongst Year 1 undergraduate students in a multi-campus University in Ireland.

### Aligned frameworks, policies, or strategies

HEA Healthy Campus Charter and Framework  
Healthy Ireland Framework (2019-2025)  
The Okanagan Charter for Health Promoting Universities and Colleges

### Project Collaborators

Cross-university collaboration with Academic and PMSS staff (as applicable) to enable and facilitate in-class participation during the second iteration of the survey.

### Key Learning Points

Sub-optimal dietary behaviours, and hazardous alcohol consumption patterns, similar to international research were prevalence across this multi-campus university setting.

A high prevalence of overweight and obesity was observed.

Utilising in-person recruitment methods not only boosts absolute participation rates compared to online email dissemination but also increases representativeness.

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Create	Campus Environment (Facilities & Services)	Alcohol	Students
	Campus Culture & Communications	Healthy Eating / Food	
		Health & Sustainability	

