



Healthy Campus Case Study



HEA | HIGHER EDUCATION AUTHORITY
AN tÚDARÁS um ARD-OIDEACHAS

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

5-year duration spanning across the academic years: 2019/2020, 2020/2021, 2021/2022, 2022/2023, 2023/2024.

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 my 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.

Summary

The Healthy UL framework was launched in 2019 in response to the governments Healthy Ireland framework (2019-2025). As part of the Healthy UL launch, the team developed the Healthy UL student and staff surveys. Spanning across five years the Healthy UL survey was an annual repeated measures cross-sectional study focused on identifying engagement in HRBs among students. The purpose of this study was to identify students and staff engage in health-related behaviours. Health-related domains included aligned to the Healthy UL Framework and included physical activity, healthy eating, mental health, sexual health, healthy environment, and addictive behaviours (alcohol consumption, smoking, vaping, gambling, and drug use).

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Consult	Campus Environment (Facilities & Services)	Alcohol	Students
	Campus Culture & Communications	Substance Misuse	Staff
	Personal & Professional Development	Healthy Eating / Food	
		Mental Health & Wellbeing	
		Healthy Eating / Food	
		Sexual Health & Wellbeing	
		Tobacco Free Campus	
		Physical Activity / Active Transport	
		Health & Sustainability	

