



Healthy Campus Case Study



HEA | HIGHER EDUCATION AUTHORITY
AN tÚDARÁS um ARD-OIDEACHAS

What does a Healthy Campus look like?

| Name of institution and initiative lead | Aims and Objectives (contd.) | Key Learning Points |
|---|--|--|
| Atlantic Technological University Sligo Healthy Campus Coordinator and Creative Design Department | to work with 3rd Year Creative Design students as part of one of their final year projects to design a Healthy Campus mural based on those identified themes. | The data collection piece proved to be a very effective, efficient way to engage with the campus population to identify what they saw as being the key components of a healthy campus. |
| Date and timeframe | to install the Healthy Campus mural on a main wall on the ATU Sligo concourse, highlighting in a visual way the key components of a Healthy Campus to everyone who walked passes by it, not just staff and students but members of the public, prospective students etc. | The use of the 3rd year Creative Design students was key to the success of the initiative. The initiative was a final year design project for them for which they got marks for in one module of their course. It proves that Healthy Campus can be imbedded in all programmes and curriculum. |
| January 2022 to May 2022 (Though the HC Mural will be in place until Dec 2023) | Aligned frameworks, policies, or strategies | It shows a commitment by management to Healthy Campus by allowing a wall to be utilised for the mural but also their support for the HC Coordinator vision. |
| What was the reach? | National Student Mental Health and Suicide Prevention Framework 2020 Healthy Campus Charter and Framework 2021 Ending Sexual Violence & Harassment in HEI's 2022 REACT Athena Swan Neurodiversity Disability/Access Green Flag | The findings from the initiative are being utilised by ATU management in the development of the ATU Strategic Plan. |
| The Healthy Campus Mural is located on a wall on the main concourse so is seen daily by up to 4000 + staff & students. Also seen by visiting groups during open days and events. | Project Collaborators | The initiative was undertaken as part of the HC Coordinators MA Research Thesis, it is great to be able to do it on a topic that has a real impact on the organisation but also shows it is so important that these types of initiatives are under pinned by research. |
| Aims and Objectives | ATU Sligo management, estates office, Student Services, Students Union, Public Health and Health Promotion Course, Creative Design Course, TUS – Leadership in Workplace Health and Wellbeing MA course. | |
| A Key element of the Healthy Campus Process is to “Consult with staff and students and the wider campus community to identify one or two priorities.” | | |
| to develop an innovative way to carry out this consultation that would be engaging, inclusive and would give the campus population an opportunity to give their feedback on “What does a Healthy Campus look like?” | | |
| to take the feedback above, do a reflective thematic analysis and identify the key themes for a “What does a Healthy Campus Looks like?” | | |

| Healthy Campus Process | Whole Campus Approach | Topic | Population Group |
|------------------------|--|-------------------------------------|------------------|
| Commit | Leadership, Strategy & Governance | Healthy Eating / Food | Students |
| Coordinate | Campus Environment (Facilities & Services) | Mental Health & Wellbeing | Staff |
| Consult | Campus Culture & Communications | Tobacco Free Campus | Wider community |
| Create | Personal & Professional Development | Physical Activity /Active Transport | |
| Celebrate & Continue | | Wellbeing on the Curriculum | |
| | | Health & Sustainability | |

