**HEA Healthy Campus**  **Case Study**

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| **HEALTHY CAMPUS CASE STUDY** | |
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| **Name of institution** | University College Dublin |
| **Who led the initiative?** | UCDSU supported by Healthy UCD |
| **Date and timeframe of the initiative** | Second semester of the academic year 2023/2024 (with the aim of repeating) |
| **What was the reach of the initiative?** | The initiative focused on students, particularly those with long commutes to UCD and reached almost 2,000 students over the duration (n=1,919). |
| **Initiative title** | “UCD Free Commuter Breakfasts” |
| **Aims / objectives** | The aim of the initiative was to target students with long commutes to UCD to help set them up for the day by providing free breakfasts. The Café Brava area was used for this which also provided a space for students to come and chat with each other and the SU officers. |
| **The rationale for the action, including any identified health needs** | The UCDSU identified a need for supports for students with long commutes as part of a student survey. Students felt that long drives and lack of time/resources to eat properly were impacting their academic success and general wellbeing. |
| **Identify all frameworks, policies, or strategies this initiative aligns to**  **(internal, local or national)** | * Okanagan Charter for Health Promoting Universities * Healthy Ireland Strategic Plan * Healthy Campus Framework * HEA’s National Student Mental Health and Suicide Prevention Framework * UCD Strategy * Healthy UCD Strategy |
| **Summary** | The “UCD Free Commuter Breakfast” initiative was launched in January 2024 by the UCDSU supported by Healthy UCD. It was a 12-week pilot which ran every Tuesday morning in Café Brava in UCD, in the student centre.  Breakfast was provided each Tuesday morning consisting of tea/coffee, fresh fruit, yoghurt pots, Kellogg’s cereal with a variety of milks and Kelkin rice cakes (as a gluten-free option). Healthy UCD provided branded keep cups from a sustainability perspective and also helped to partially fund the initiative.  Almost 2,000 students took part in the initiative over the 12-week period, with an average turnout of 160 students every Tuesday.  The breakfasts provided an opportunity for students with long commutes to take a much-needed break before starting their day and ensure that they had eaten before commencing lectures. A communal space was provided where students could chat to others in the same situation and also seek advice and further support from the sabbatical officers on hand.  Students are facing additional challenges from long commutes and the cost-of-living crisis that affect their ability to fully engage in their studies and that also impacts their overall wellbeing.  Providing this regular service throughout the term, supplying both food and supports, has been very well received to date and the feedback from students has been positive. This pilot programme is something to be further explored and refined for future academic terms. |
| **Did you collaborate with internal and/or external stakeholders to deliver?** | Internal stakeholders:   * UCDSU * Student participants * UCD Catering * UCD Estates |
| **How was the initiative organised?** | The initiative was initiated as a result of the findings from a student survey that was conducted by the UCDSU which identified a need for supports for students travelling with long commutes.  It was agreed to pilot the programme over a 12-week term and to have one free commuter breakfast per week – Tuesday was identified as potentially the busiest day.  All key stakeholders engaged in the planning process, to ensure that all logistics were in place for the initiative – e.g. Café Brava space availability, supply of food for each week, Healthy UCD keep cups etc. |
| **What resources did you need?** | All UCDSU sabbatical officers were on hand each week along with UCDSU events and operations manager to oversee the breakfasts.  A venue was required, and we are lucky to have the Café Brava space in UCD to use for these events.  Capital CU provided funding for the initiative, with further support from Healthy UCD. |
| **Has it been evaluated? How successful has it been?** | The pilot was evaluated based on feedback/word of mouth from participants at the event each week. Going forward it would be beneficial to formalise this process in order to measure true impact.  Overall, the pilot was successful and very well received. |
| **Any future plans, including the sustainability of the initiative?** | Going forward, this is an initiative that we would like to continue on campus. Further research needs to be done to assess the needs of students on campus and to determine the required scale of the supports needed. |
| **Key Learning Points** | What started off as an initiative to provide breakfast became much more than that and students really appreciated the other supports on hand and to have a listening ear, along with the ability to meet people in similar situations.  The pilot provided an opportunity to assess the scale of what was required in terms of numbers of students showing up each week – this information will be used to plan for future initiatives and to help determine budget and resourcing requirements. |

**Healthy Campus Framework Categories (please tick all that apply)**

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| **Healthy Campus Process** | **Whole Campus Approach** | **Topic** | **Population Group** |
| Commit ☐ | Leadership, Strategy & Governance ☐ | Alcohol ☐ | Students ☒ |
| Coordinate ☐ | Campus Environment (Facilities & Services) ☒ | Substance Misuse ☐ | Staff ☐ |
| Consult ☒ | Campus Culture & Communications ☒ | Healthy Eating / Food  ☒ | Wider community ☐ |
| Create ☒ | Personal & Professional Development ☐ | Mental Health & Wellbeing  ☒ | Other ☐ |
| Celebrate & Continue ☐ |  | Sexual Health & Wellbeing  ☐ |  |
|  |  | Tobacco Free Campus  ☐ |  |
|  |  | Physical Activity / Active Transport  ☐ |  |
|  |  | Wellbeing on the Curriculum (can also fall under ‘Personal & Professional Development)  ☐ |  |
|  |  | Health & Sustainability  ☒ |  |
|  |  | Other  ☐ |  |

**Contact Details**

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| **Links** | Please add links to any relevant pages/ documents. Please attach any items not in a link format with your submission. |