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

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| **HEALTHY CAMPUS CASE STUDY** |
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| **Name of Institution/ Organisation** | Healthy UL, University of Limerick |
| **Who led the initiative?** | Healthy UL research team |
| **Date and timeframe of the initiative.** | 5-year duration spanning across the academic years: 2019/2020, 2020/2021, 2021/2022, 2022/2023, 2023/2024. |
| **What was the reach of the initiative?**  | 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.  |
| **Initiative title**  | An exploration into the health-related behaviours of UL students and staff.  |
| **Aims / 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.
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| **The rationale for the action, including any identified health needs.** | This research was conducted to identify the needs of students and staff in terms of health and engaging in healthy lifestyle behaviours. This was to help us to identify key areas for interventions and initiatives at the University of Limerick (e.g., smoke and vape free campus initiative).  |
| **Identify all frameworks, policies, or strategies this initiative aligns to****(internal, local or national)** | 1. Healthy UL initiative.
2. Healthy campus charter and framework.
3. Healthy Ireland Framework.
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| **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 in the survey aligned with the healthy UL framework which encompassed the following: physical activity, healthy eating, mental health, sexual health, healthy environment, and addictive behaviours (alcohol consumption, smoking, vaping, gambling, and drug use). An extensive list of demographic questions was also asked. The survey took approximately 20 minutes to complete. This questionnaire was created using Qualtrics survey software.All registered students and staff 18 or over were eligible to participate in the corresponding surveys. The staff survey was conducted using online recruitment only using electronic mail and media platforms associated with the university to promote reach. The primary data collection method for the student survey involved administering an electronically developed questionnaire to students in their classrooms. This was followed by online recruitment in the same format as staff. However, contrary to the COVID-19 restricted movement, the second and third survey iterations were recruited exclusively virtually. Both surveys were fully anonymized and ethical approval was received by the associated research ethics committee (2019\_06\_23\_EHS). Both surveys were incentivised with a raffle once completed.  |
| **Did you collaborate with internal and/or external stakeholders to deliver?**  | * Healthy UL steering group.
* UL Heads of Departments.
* UL lecturers.
* UL Student life.
* UL postgraduate union.
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| **How was the initiative organised?** | The healthy UL team developed two separate questionnaires which they, upon ethical approval, piloted amongst a small group of students and staff. After finalising the surveys, the team contacted course directors and identified the largest cohorts of students. When large cohorts were identified, module leaders were contacted to request permission to access their class group either before or after a lecture. Data collectors were part of the wider Healthy UL community and were all trained in advance of data collection. Following in-person data collection, the survey was distributed to students via email and was advertised on the social media platforms associated with the university. Students and staff could either click the link or scan the provided QR code to bring them to the survey landing pages. They were presented with information sheets and consent forms before commencing.  |
| **What resources did you need?** | * Qualtrics survey software.
* Classroom spaces.
* Email addresses.
* Class timetables.
* Raffle incentives.
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| **Has it been evaluated? How successful has it been?**  | Final survey responses were > 5000 for the student survey and > 2000 for the staff survey. The survey output is monitored each year making modifications and adjustments to enhance the response data.  |
| **Any future plans, including the sustainability of the initiative?**  | The health-related behaviours of students and staff are being continually monitored. Further, the team continue developing and launching initiatives aligning with the continually evolving needs of the university community. |
| **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.
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**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 [x]  | Students [x]  |
| Coordinate [ ]  | Campus Environment (Facilities & Services) [x]  | Substance Misuse [x]  | Staff [x]  |
| Consult [x]  | Campus Culture & Communications [x]  | Healthy Eating / Food [x]  | Wider community [ ]  |
| Create [ ]  | Personal & Professional Development [x]  | Mental Health & Wellbeing[x]  | Other [ ]  |
| Celebrate & Continue [ ]  |  | Sexual Health & Wellbeing[x]  |  |
|  |  | Tobacco Free Campus[x]  |  |
|  |  | Physical Activity / Active Transport[x]  |  |
|  |  | Wellbeing on the Curriculum (can also fall under ‘Personal & Professional Development)[ ]  |  |
|  |  | Health & Sustainability [x]  |  |
|  |  | Other [ ]  |  |

**Contact Details**

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| **Links** | **Healthy UL Framework:** <https://www.ul.ie/media/36466/download?inline=true> **Healthy UL website:**<https://www.ul.ie/healthy-ul>  |