

HEA



Trinity College Dublin  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin



MTU  
Ollscoil Teicneolaíochta na Mumhan  
Munster Technological University



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UCC  
Coláiste na hOllscoile Corcaigh, Éire  
University College Cork, Ireland

# *HEA Healthy Campus Self-Evaluation Tool*

## Resource Repository

**Healthy Campus Self-Evaluation Tool**

Launch Event

Trinity College Dublin, Nov 12<sup>th</sup> 2024

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Lecturer (Health & Wellbeing)

MTU Healthy Campus Academic Lead

[www.mtu.ie](http://www.mtu.ie)

# Context



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## HEA Healthy Campus Toolkit

**Key commitment:** collate set of resources to support local implementation of Healthy Campus Charter & Framework

### Resource Repository:

1. Development process
2. Macro-level structure and sections
3. Reflections & future directions

# Exemplars



[Newsletters](#) [News](#) [Links](#) [FAQs](#) [Contact Us](#) [Case Studies Template \[DOC\]](#)



[Twitter](#)

*Whole university approach*

<a href="#">About the Network</a>	<a href="#">About Healthy Universities</a>	<a href="#">Meetings &amp; Learning Events</a>	<a href="#">Structure &amp; Governance</a>	<a href="#">Network Membership</a>	<a href="#">International Activities</a>	<a href="#">Research &amp; Development</a>
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## Toolkit & Resources





## Self-Review Tool

The online Self-Review Tool allows universities to review and reflect on progress in embedding a whole system approach to health and wellbeing into their core business and culture.

[LEARN MORE](#)

## Making the Case & Getting Started

This section provides access to template presentations for adaptation and use by universities wanting to argue the case for a Healthy Universities approach and starting out on their journey.

[LEARN MORE](#)

## Guidance Packages

The Guidance Packages, produced in 2011-2012 as part of the HEFCE-funded project, are designed to support institutions at all stages in their journeys.

[LEARN MORE](#)

## Case Studies

The Case Studies offer 'real life' examples of 'Healthy Universities' activity implemented in universities across the country. You are also invited to submit a new case study.

[LEARN MORE](#)

## Journal Articles, Books & Chapters

Academic publications on Healthy Universities and on health and wellbeing in the higher education context.

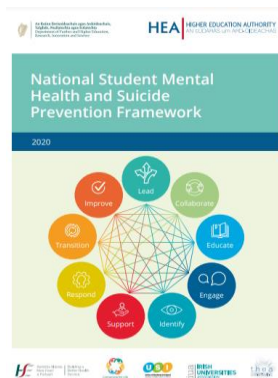
[LEARN MORE](#)

## Reports & Other Publications

Reports and publications on Healthy Universities and related themes.

[LEARN MORE](#)

# Irish Context: 'Whole Campus Approach'







# Initial Working Concept – Key Pillars

## Pillar 1: Knowledge Exchange

- Exemplar case studies
- Guidance models/frameworks (e.g., implementation science)

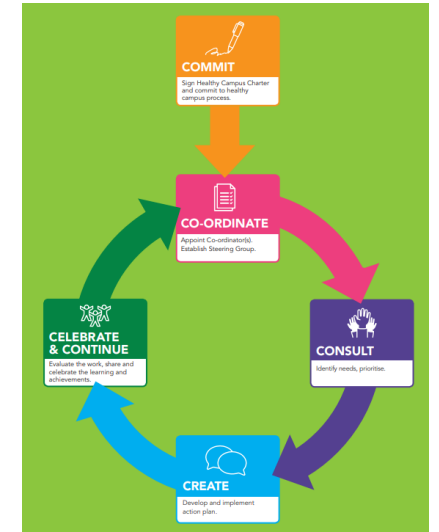


**Underpinned by HC Charter core principles:  
'Participation', 'Partnership', 'Evidence-Based'  
actions, and 'Sustainability'**

## Pillar 2: Resources/Templates

### 4 Sub-Sections:

- **Commit/Co-ordinate**
  - **Consult**
  - **Create**
  - **Celebrate and Continue**
- 
- **Aligned National Strategies & Supports**



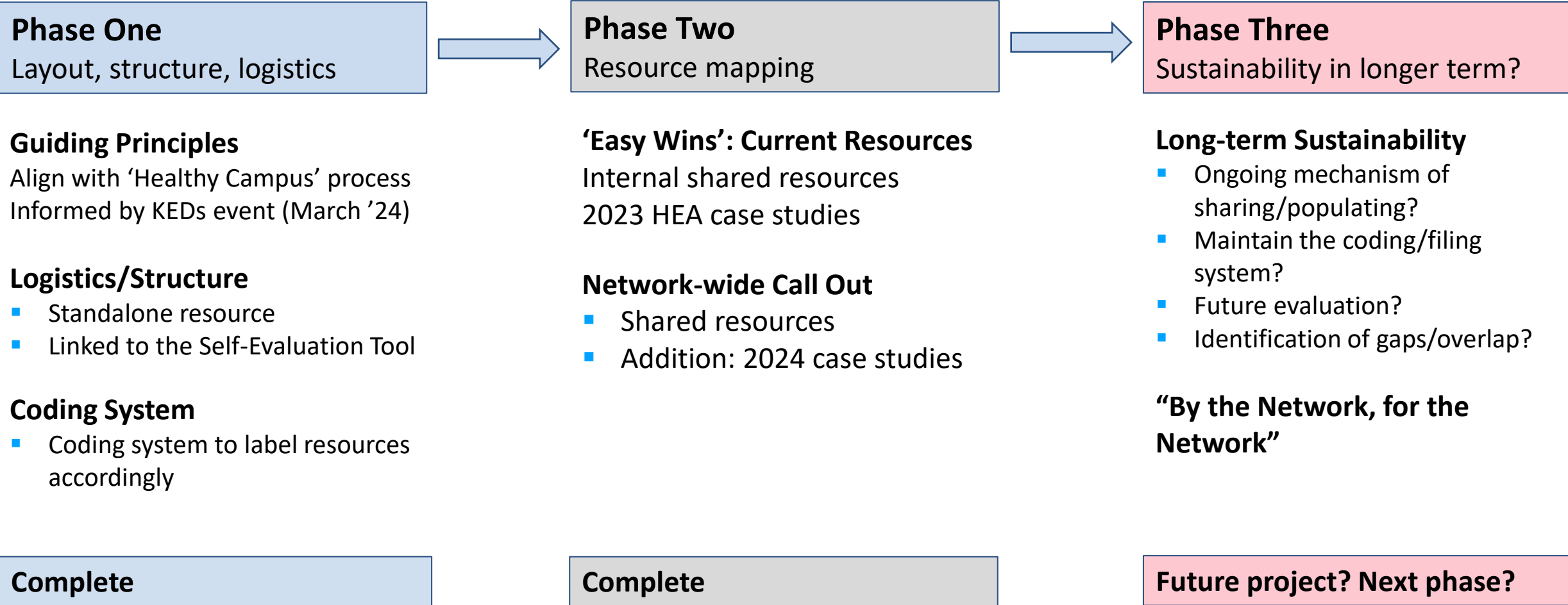
**Encompass core tenet(s) of 'whole-campus' approach,  
i.e.:**

- **Leadership, Strategy Governance**
- **Facilities & Services**
- **Culture & Communications**
- **Personal & Prof Development** (*specific health domains*)



# Design and Development Approach

**Aim: Devise a structure for a valid and sustainable repository**



# Design and Development Approach

**Aim: Devise a structure for a valid and sustainable repository**

**Phase One**  
Layout, structure, logistics

**Guiding Principles**  
Align with 'Healthy Campus' process  
Informed by KEDs event (March '24)

**Logistics/Structure**

- Standalone resource
- Linked to the Self-Evaluation Tool

**Coding System**

- Coding system to label resources accordingly

**Complete**



**Phase Two**  
Resource mapping & 'Call Out'

**'Easy Wins': Current Resources**  
Internal shared resources  
2023 HEA case studies

**Network-wide Call Out**

- Shared resources
- Addition: 2024 Case Studies

**Complete**



**Phase Three**  
Sustainability in longer term?

**Long-term Sustainability**

- Ongoing mechanism of sharing/populating?
- Maintain the coding/filing system?
- Future evaluation?
- Identification of gaps/overlap?

**"By the Network, for the Network"**

**Future project? Next phase?**

## HEA Healthy Campus Evaluation Toolkit: Shared Repository

Main Section	Description and Sub-Section(s)	Destination Label/Code
<b>Main Repository Landing Page [LP]</b>	<b>Standalone Landing Page for the Repository</b>	<b>LP_0</b>
	Landing page should visually depict the circular 'Healthy Campus' process diagram (as depicted in the Framework - then participant can navigate manually to their required section: Commit/Co-Ordinate, Consult, etc.).	
<b>Knowledge Exchange [KE]</b>	<b>Knowledge Exchange Section Landing Page</b>	<b>KE_0</b>
	Evaluation: the 'what' and the 'how'	<b>KE_1</b>
	Sample case studies involving evaluations (each one can be labelled KE_2_a, KE_2_b etc.). See specific 'KE' Tab.	<b>KE_2</b>
<b>Commit/Co-Ordinate [C]</b>	<b>Commit &amp; Co-Ordinate Section Landing Page</b>	<b>C_0</b>
	Sample Strategic Documents/Healthy Campus Operational Models (labelled C_1_a...C_1_b...C_1_c etc.). See specific 'C' Tab.	<b>C_1</b>
	Sample Senior Management Comms/Sample Strategies to Secure Senior Management	<b>C_2</b>
	Sample EDI Alignments/initiatives	<b>C_3</b>
<b>Consult [CON]</b>	<b>Consult Section Landing Page</b>	<b>CON_0</b>
	Aligned Research Activities/Needs Assessment	<b>CON_1</b>
	Communications: Fostering Engagement and Strategic Alignments, and Culture of Belonging	<b>CON_2</b>
<b>Create [CR]</b>	<b>Create Section Landing Page</b>	<b>CR_0</b>
	Focus Area: Sustainability	<b>CR_1</b>
	Focus Area: Facilities and Services	<b>CR_2</b>
	Focus Area: Healthy, Sustainable and Ethical Campus Food Environments	<b>CR_3</b>
	Focus Area: Curriculum	<b>CR_4</b>
	Focus Area: Staff Development	<b>CR_5</b>
	Focus Area: Mental Health and Wellbeing (students & staff)	<b>CR_6</b>
	Focus Area: Positive Sexual Health & Consent	<b>CR_7</b>

# Practicalities: Layout and Structure

## Dual, synergistic function:

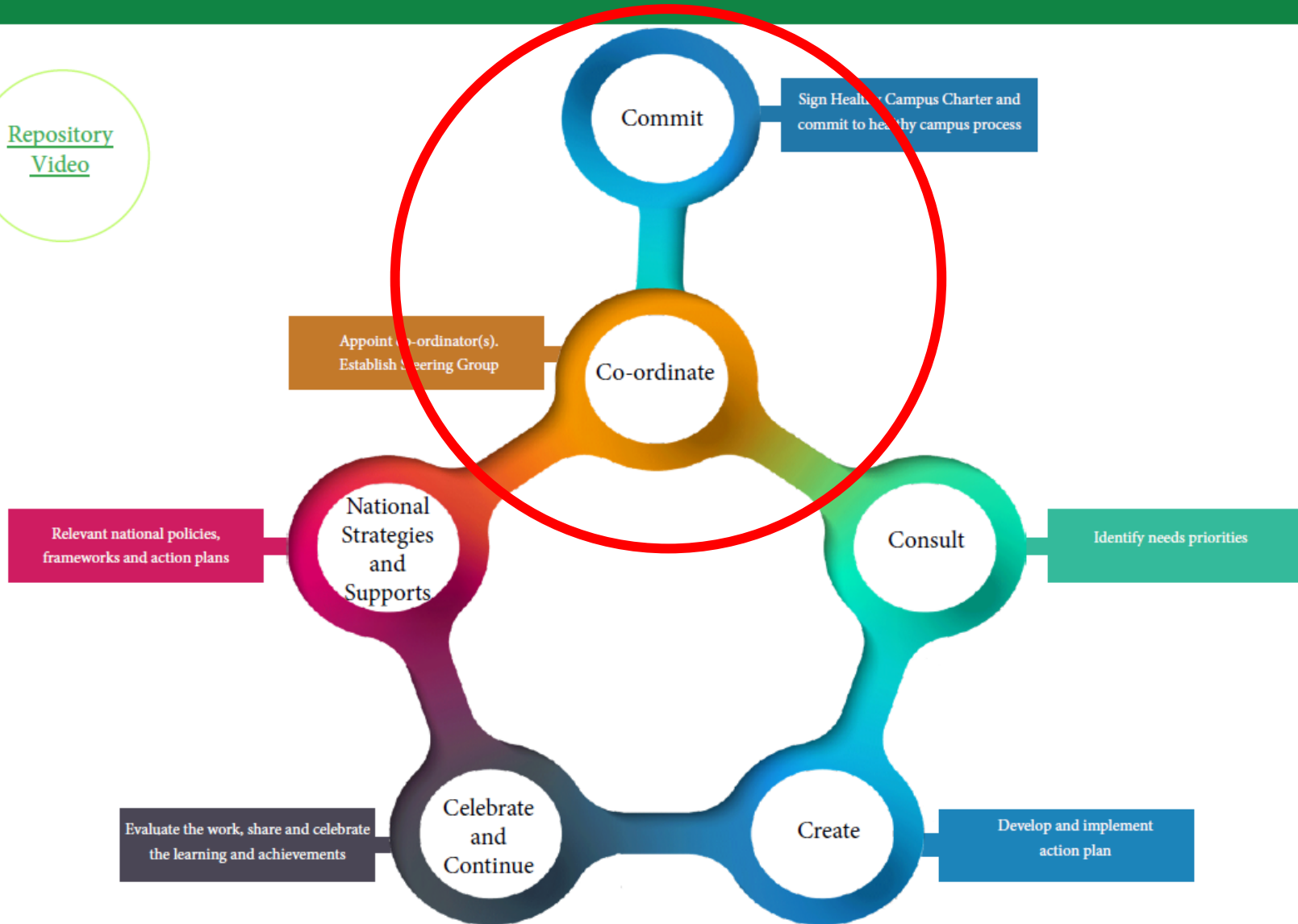
1. Standalone resource
2. Linked\* to specific sections of the Self-Evaluation Tool

*\*(i.e., complete a particular sub-domain >> score >> directed to relevant section of the repository)*



# Repository Index

[Repository](#)  
[Video](#)





# Commit

## Sample Senior Management Comms/Strategies

[C1 Case Study \(RCSI\)](#)

[C1 Case Study \(UCC\)](#)

[C1 Case Study \(UL\)](#)



## Co-Ordinate

### Sample Senior Management Comms/Strategies

[C 2 TCD Integrating Health and Sustainability at a whole-university level](#)

[C 2 Case Study\(UCC\)](#)

### Sample EDI initiatives

[C 3 Ethnic Minor Support Group Case Study](#)

[C 3 Pilot Peered Wellness Cafe](#)

[C 3 Human Rights EDI Strategy](#)

[C 3 Student Success](#)



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University of Limerick  
'Healthy UL' Framework

2019-2022







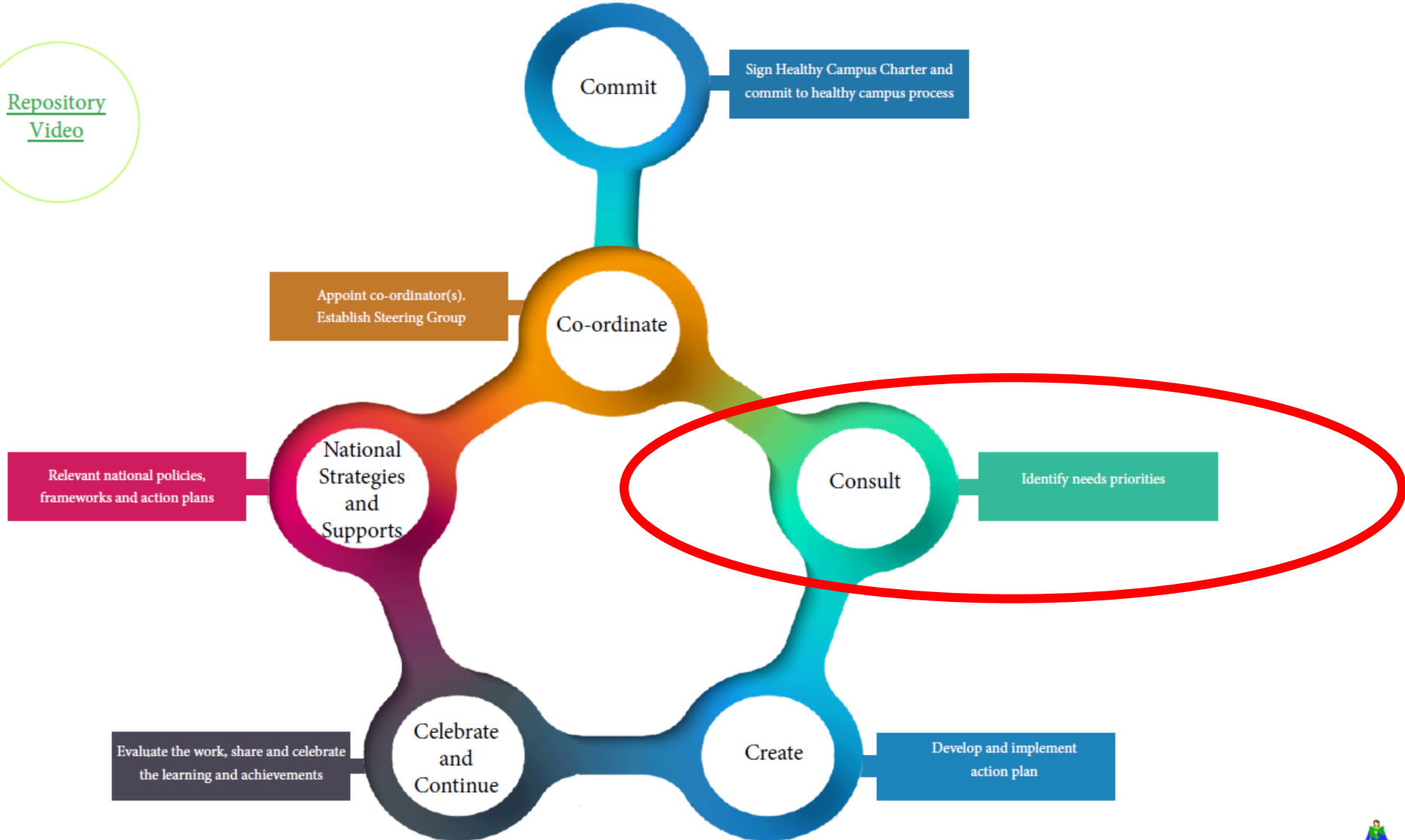
## Healthy Campus Case Study

**HEA** | HIGHER EDUCATION AUTHORITY  
AN tÚDARÁS um ARD-OIDEACHAS



# Integrating Health and Sustainability at a whole-university level

[Repository Video](#)





**Healthy  
Campus  
Case  
Study**



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health  
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**Healthy  
Campus  
Case  
Study**



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**‘A Healthy MTU’ A Mix  
to Empirically Inform  
Initiative within an Iri**

**Use of a Living Lab approach to implement  
a smoke-free campus policy**

Martina Mullin, Co-Lead of the Healthy Trinity initiative

Prof. Shane Allwright, Fellow Emerita, Trinity College Dublin and ASH Ireland



## Healthy Campus Case Study

**HEA** | HIGHER EDUCATION AUTHORITY  
AN tÚDARÁS um ARD-OIDEACHAS



**‘A Healthy MTU’ A Mixed Methods Baseline Needs Analysis  
to Empirically Inform a Campus Health Promotion  
Initiative within an Irish Higher Education Setting**



## ^ Healthy Campus Case Studies

Share



The HEA encourages Irish higher education institutions to submit case studies of good practice, in relation to their implementation of the *Healthy Campus Charter and Framework* (and other initiatives as they relate to their health campus policy) on their respective campuses.

Submit your own case study using the template below:



Case Study Template - HEA Healthy Campus



## HEA Healthy Campus

## Case Study

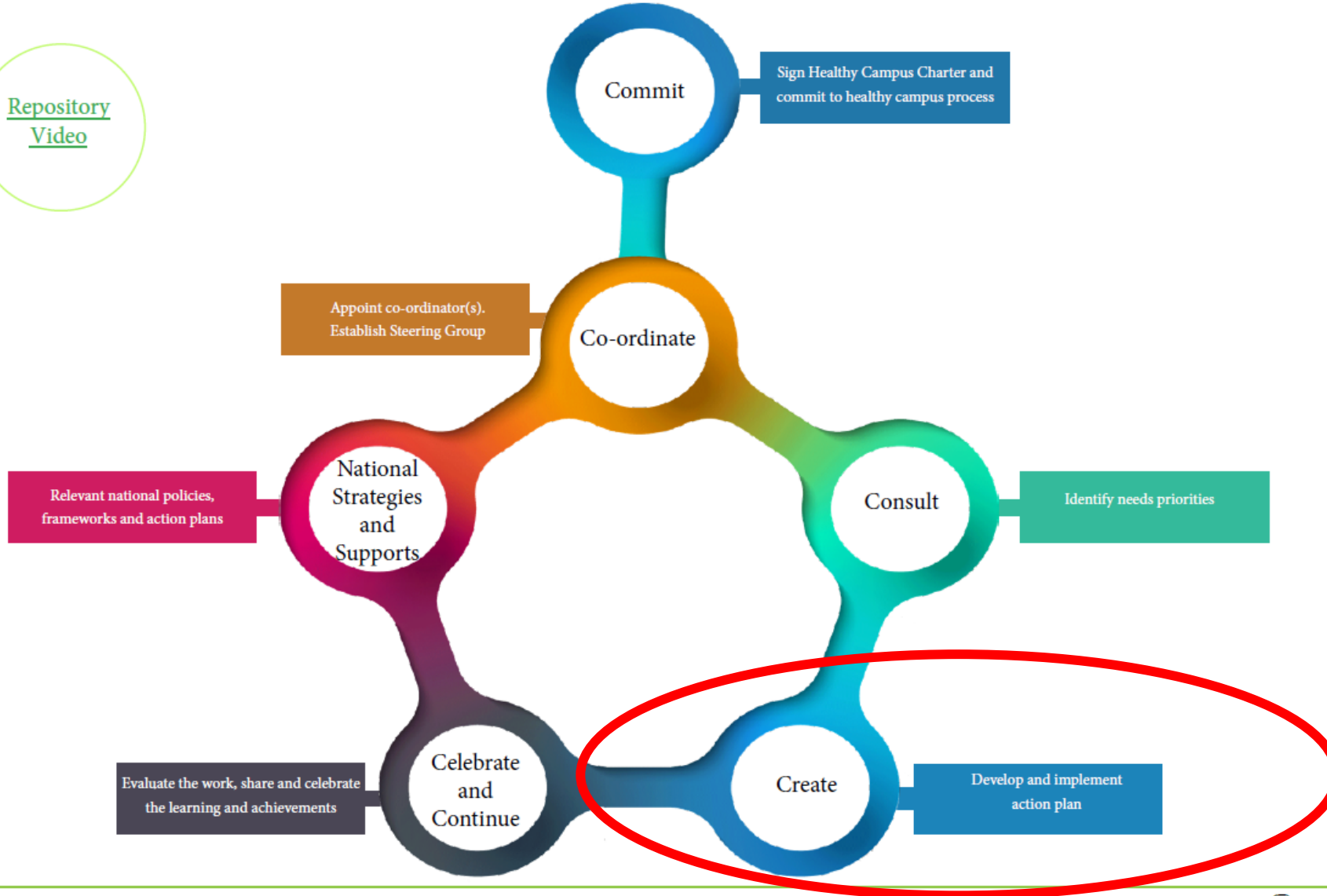
HEALTHY CAMPUS CASE STUDY	
<b>Name of Institution</b>	Munster Technological University (Cork Campuses)
<b>Who led the initiative?</b>	<p>This case* study will describe the design, implementation, and impact of a baseline programme of research aligned with a 'Healthy Campus' initiative at MTU (*case setting refers to the Cork Campuses of MTU, which collectively constitute the former Cork Institute of Technology).</p> <p>This research was led by an Academic Team (one PhD candidate and two Academic Supervisors) within the Dept. of Sport, Leisure &amp; Childhood Studies at Munster Technological University (Bishopstown Campus). The proposed case study presentation will comprise pertinent excerpts from this research, in addition to a discussion of the key recommendations for practice and policy arising from same.</p>
<b>Date and timeframe of the initiative</b>	<p>2016 to 2022</p> <p>Note that this baseline research has served as the foundation for a series of externally funded projects and collaborations (as outlined further below).</p>
<b>What was the reach of the initiative?</b>	<p>The baseline phase of research engaged with the following participants:</p> <ul style="list-style-type: none"><li>• Quantitative Phase: comprehensive student (n=2,267) and staff (n=279) datasets.</li><li>• Qualitative Phase: in-depth qualitative sessions (i.e., either semi-structured interviews, dyadic interviews, or focus groups) with 34 cross-campus stakeholders (including Senior Management, Professional Management &amp; Support Staff [PMSS], Post-graduate Students, Undergraduate Students, Alumni) .</li></ul>

### Contact Details

<b>Contact Name/s</b>	Dr Andrea Bickerdike
<b>Date</b>	29/03/2023
<b>Email Address</b>	<a href="mailto:Andrea.bickerdike@mtu.ie">Andrea.bickerdike@mtu.ie</a>
<b>Links</b>	

Bickerdike, A. (2023). 'A Healthy MTU' A Mixed Methods Baseline Needs Assessment to Empirically Inform a Campus Health Promotion Initiative within an Irish Higher Education Setting. [PhD Thesis, Munster Technological University]. Available at: <https://sword.cit.ie/allthe/535>

[Repository Video](#)

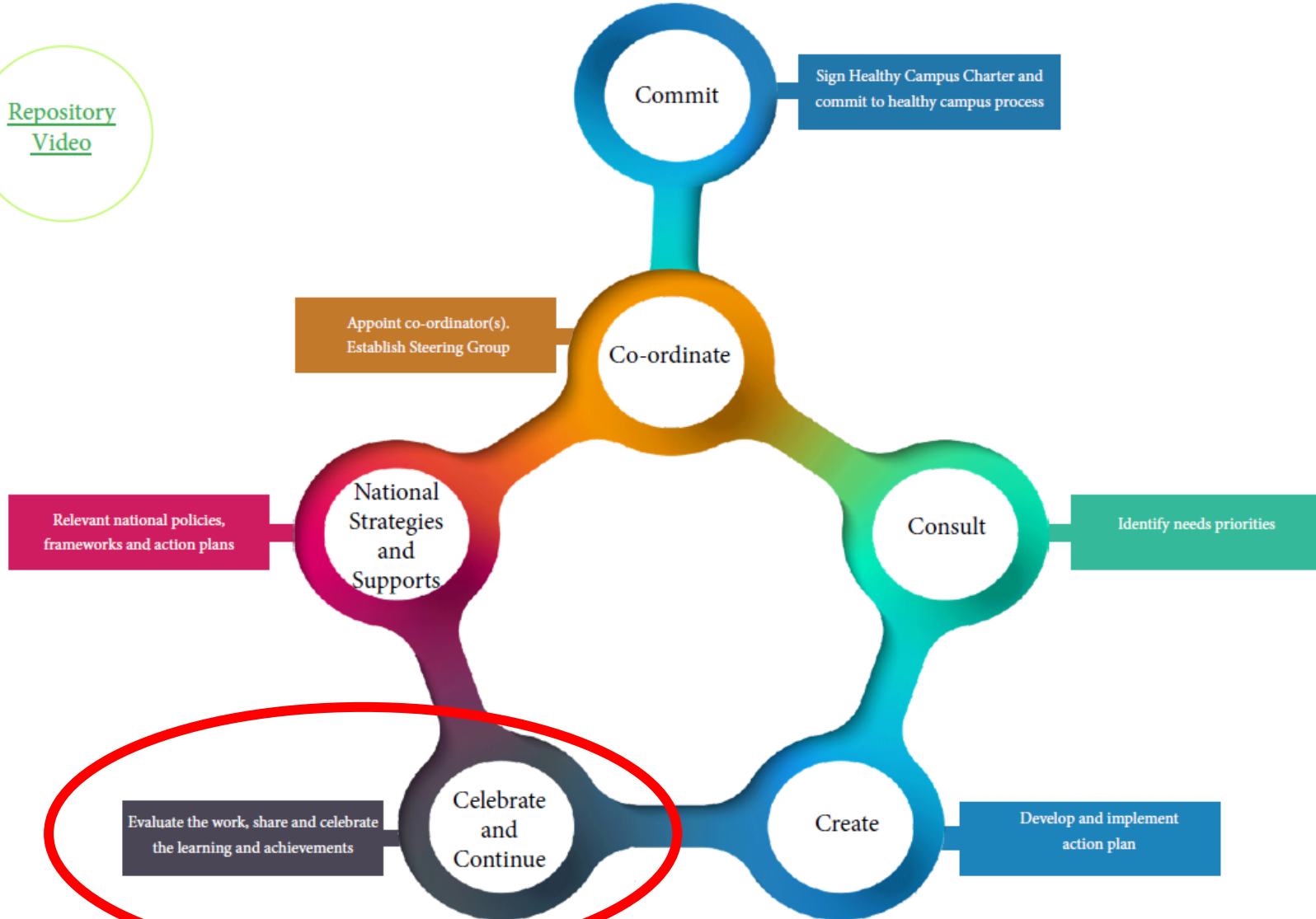




# The Maynooth University Trails Project



[Repository Video](#)



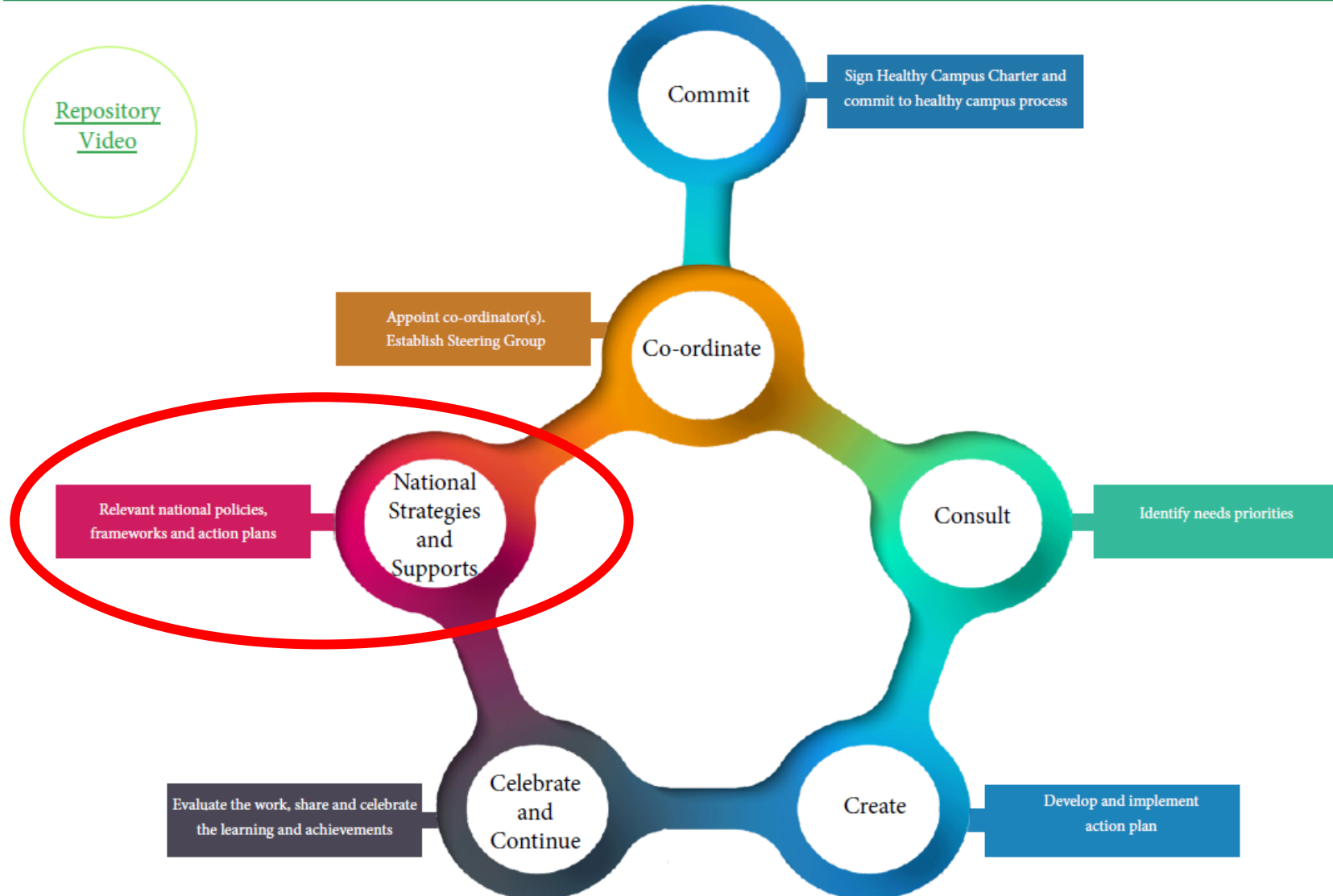
HEA Healthy Campus Self-Evaluation Tool				
Pillar 1	Pillar 2	Pillar 3	Pillar 4	Pillar 5
Health Initiatives in Campus Strategy	Environmental Sustainability in Infrastructure and Practices	Campus Culture and EDI	Health Topics in Academic Integration	Health and Wellbeing Services
Management Commitment to Healthy Campus	Sustainable Practices in Campus Operations	Collective Responsibility in Health Campus	Professional Development for Healthy Campus Support	Mental Health
Environmental Sustainability and EDI	Recreational and Social Health Facilities	Communication Strategies for Health and Wellbeing		Sexual Health and Relationships
Research on Healthy Campus	Healthy Food and Water Accessibility	Supporting Health Literacy		Alcohol
	Inclusive Facilities and Opportunities			Tobacco and Vaping
				Illicit Drug Use
				Physical Activity
				Healthy Eating

### LOGIC MODEL

Name the Pillar (Pillar 1/2/3/4/5) that you want to progress further:

Contextual Factors	Inputs/Resources	Activities/Strategies	Outputs	Short Term Outcomes	Intermediate Outcomes	Long-Term Outcomes	Indicators/Measures	Assumptions and Risks
Identify and describe the relevant contextual factors that may influence the implementation process. This could include organisational culture, leadership support, resources, policies, and other environmental factors.	Outline the resources, both tangible and intangible, required for successful implementation. This may include funding, personnel, training materials, technology, partnerships, and other support structures.	Define the specific activities or strategies that will be employed to facilitate implementation. These could include training sessions, stakeholder engagement events, policy changes, infrastructure development, communication plans, and more.	Describe the immediate outcomes of the implementation activities. This might include the number of trainings conducted, the level of stakeholder engagement achieved, the development of new policies or procedures, and other tangible outputs.	Identify the expected changes or outcomes in the short term resulting from the implementation efforts. This could include changes in knowledge, attitudes, behaviours, or practices among stakeholders, improvements in organisational processes, or other early indicators of success.	Define the intermediate outcomes that are expected to occur as a result of the short-term changes. These may include improvements in service delivery, increased adoption of evidence-based practices, enhanced collaboration among stakeholders, or other mid-range outcomes.	Articulate the ultimate goals or impacts of the implementation efforts in the long term. These could include improvements in health outcomes, reductions in disparities, sustainability of new practices or policies, or other broader societal impacts.	Specify the indicators or measures that will be used to assess progress and evaluate the success of the implementation efforts at each stage. These could include quantitative metrics, qualitative assessments, process measures, and outcome measures aligned with each level of outcome.	Identify any assumptions underlying the logic model and potential risks or challenges that may impact the implementation process or outcomes. This helps to surface potential barriers and uncertainties that need to be addressed proactively.

[Repository Video](#)



# Ending Sexual Violence and Harassment in Higher Education Institutions

IMPLEMENTATION PLAN  
2022-2024

Addressing the recommendations emerging from the National Surveys of Staff and Student Experiences of Sexual Violence and Harassment in Irish HEIs, January 2022

October 2022

# National Student Mental Health and Suicide Prevention Framework

2020



# Healthy Ireland at Work National Framework for Healthy Workplaces in Ireland 2018-2025





# Summary Score Text



## Pillar 1

Leadership,  
Strategy and Governance

Governance  
and  
Leadership

Research and  
Knowledge  
Transfer

1.1.1 How well is Healthy Campus incorporated into your institution's strategy, policies, and governance?

1.1.2. What is the level of management commitment and 'buy in' within your institution to Healthy Campus?

1.1.3. How does your institution include environmental sustainability in its plans, policies, and governance for a Healthy Campus?

Respository

Celebrate 1, 2

Commit

Coordinate 1, 2

National Strategies and Supports 2, 4

Commit

Coordinate 1, 2

National Strategies and Supports 2, 3

Commit

Coordinate 2, 3

Create 3

National Strategies and Supports 1, 2, 3

1.1.4. How does your institution include equality, diversity, and accessibility in its plans, policies, and governance for a Healthy Campus?

1.2.1. What research is being conducted in your institution related to fostering a Healthy Campus?

Respository

Commit 1

Co-Ordinate 3

Create 3

National Strategies and Supports 1, 2, 3, 4

Consult 1

Celebrate 1, 2

Create 4



You are here: [Home](#) / [Policy](#) / [Health and Wellbeing](#) / [Healthy Campus](#) / [Healthy Campus Self-Evaluation Tool](#) / [HEA Self Evaluation Toolkit Resources](#) ▾

## How to use the HEA Healthy Campus Resource Repository

[Find out more](#)

### Commit & Coordinate



## COMMIT & COORDINATE

[Find out more](#)

### Consult



## CONSULT

[Find out more](#)

### Create



### Celebrate & Continue



### Knowledge Exchanges





# Reflections & Future Directions



## Reflections & Recommendations

1. Limited time, scope, personnel
2. Imperfect system, but a substantial start
3. Challenging and complex to structure and 'categorise' a repository
4. Inter-relatedness of themes and resources
5. Infrastructural challenges
6. Long term sustainability and migration of the repository?
7. Process to better code, verify, and evaluate submitted resources?
8. Future evaluation of the repository?



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# Thank you

*HEA Healthy Campus Self-Evaluation Tool Team*

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