



**UNIVERSITY OF
LIMERICK**
OLLSCOIL LUIMNIGH

Healthy UL

Healthy UL: Process to Practice

From Survey to Strategy, Shaping a Healthier Campus.

Tuesday November 11th, 2024, Trinity College Dublin

Aoife Noonan, Healthy UL PhD Student
Sarah Kennedy, Healthy UL Manager

Pre-tool Healthy UL Timeline



University of Limerick
'Healthy UL' Framework

2019-2022



Healthy Ireland launched with the vision that "everyone can enjoy physical and mental health and wellbeing to their full potential"

University responded by developing the Healthy UL Framework, with a campus wide approach.

Healthy UL adapted to provide online supports and initiatives during Covid 19.

2017

2019

2022

2013

2018

2020

Scoping exercise carried out university wide (gap analysis & questionnaire for students & staff)

Healthy UL Coordinator appointed, and 17 person Steering Group established

Sign up to HEA Charter, and selected to present as pioneering HEI at inaugural Healthy Campus Network Meeting



Healthy UL

Healthy UL Values



Participation

Where student, staff and the wider campus community are actively engaged in deciding on and implementing health and wellbeing promotion actions.



Partnership

Where trans-disciplinary collaborations and cross-sector partnerships are fostered to create connections between health, learning and the campus structure.



Evidence based

Where formulation of policies and practices are guided by evidence, and where knowledge is created through action and research.



Sustainability

Where health and wellbeing of the campus community is infused in the everyday policies, teaching and learning, and research and innovation.



We asked...



They answered...

1,759 Staff

3,289 Students

2019-2022

(Autumn/Winter)



Pre-tool: The Healthy UL Survey: Rationale

1. Determine the prevalence of health-related behaviours in higher education students and staff.



2. Identify factors associated with healthy lifestyles.



3. Establish preferences towards health-promoting initiatives.



Survey Design & Dissemination



5-year repeated-measures surveys for students and staff (2019-2023).



Electronic survey link distributed in- person in-classrooms & online.



Composed of

- (i) Demographics.
- (ii) Health-related behaviours.
- (iii) Preferences towards intervention solutions.

Staff Survey 2022: Results

Healthy Eating



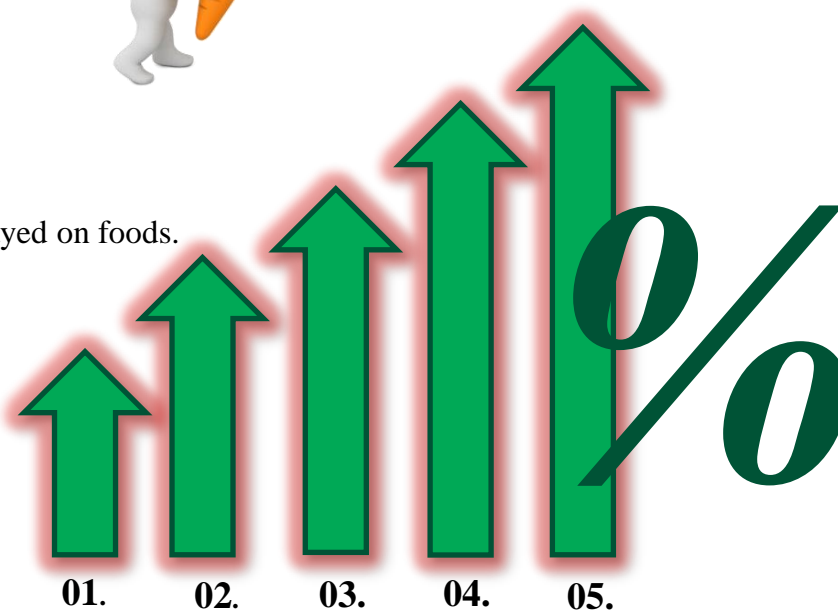
15% | **01. 5-a-day**
Consume at least 4 portions of fruit/veg daily.

28% | **02. Unhealthy snacks**
opt for “unhealthy” snacks between meals.

70% | **03. Nutritional information.**
Believe nutritional information should be displayed on foods.

72% | **04. Perceptions**
Believe healthy food is more expensive than unhealthy food on campus.

92% | **05. Breakfast consumption**
Eat breakfast daily of which 71% consume at home.

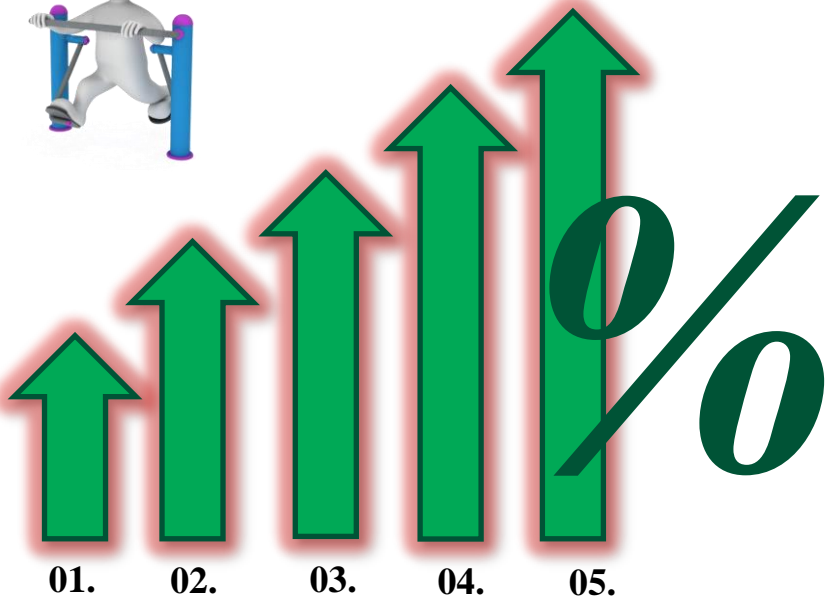


Staff Survey 2022: Results

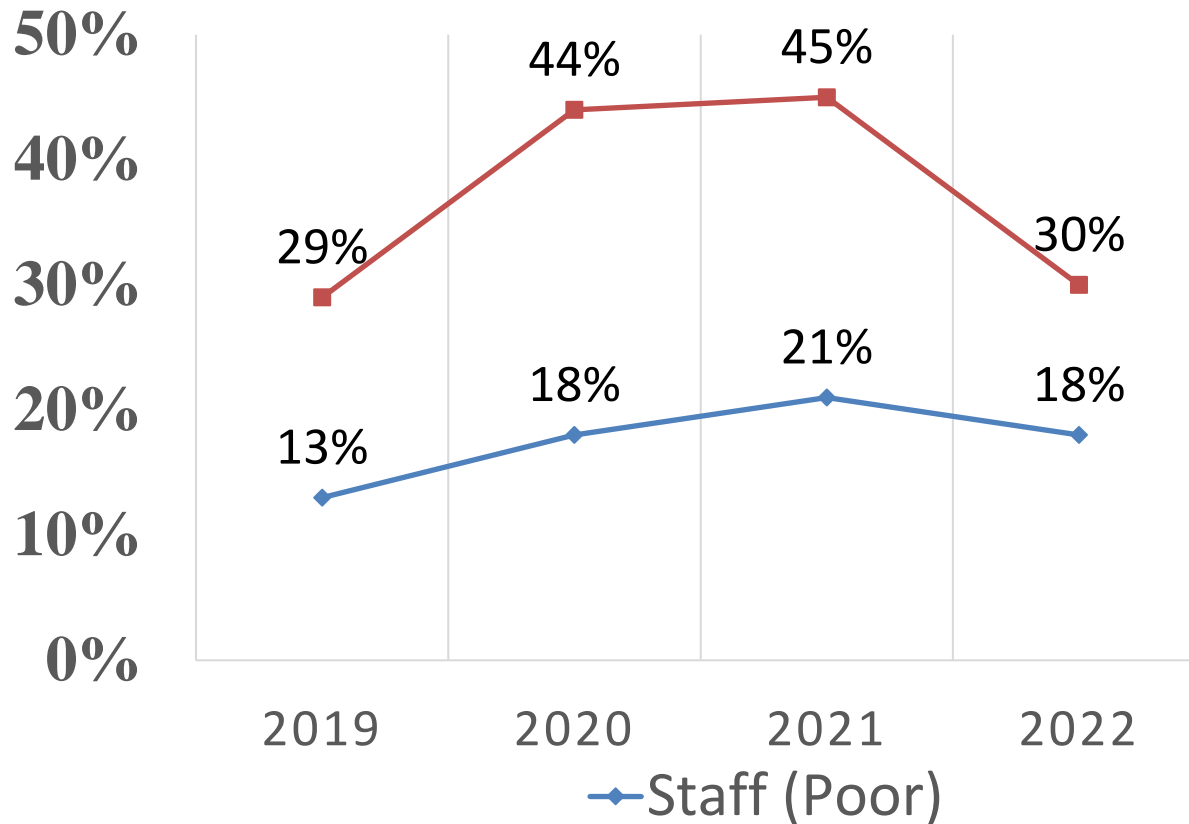


Physical activity

- 37%** | **01. Strength**
Meet weekly strength training guidelines
- 43%** | **02. Awareness**
Know how much PA they should be doing
- 50%** | **03. Aerobic**
Meeting weekly aerobic activity guidelines
- 71%** | **04. Motivation**
Feel motivated to do physical activity.
- 95%** | **05. Perceptions**
Thought more physical activity could change their life for the better.



Perceived Mental Health 2019-2022



Over the past 12 months, how would you say your MENTAL health has been?

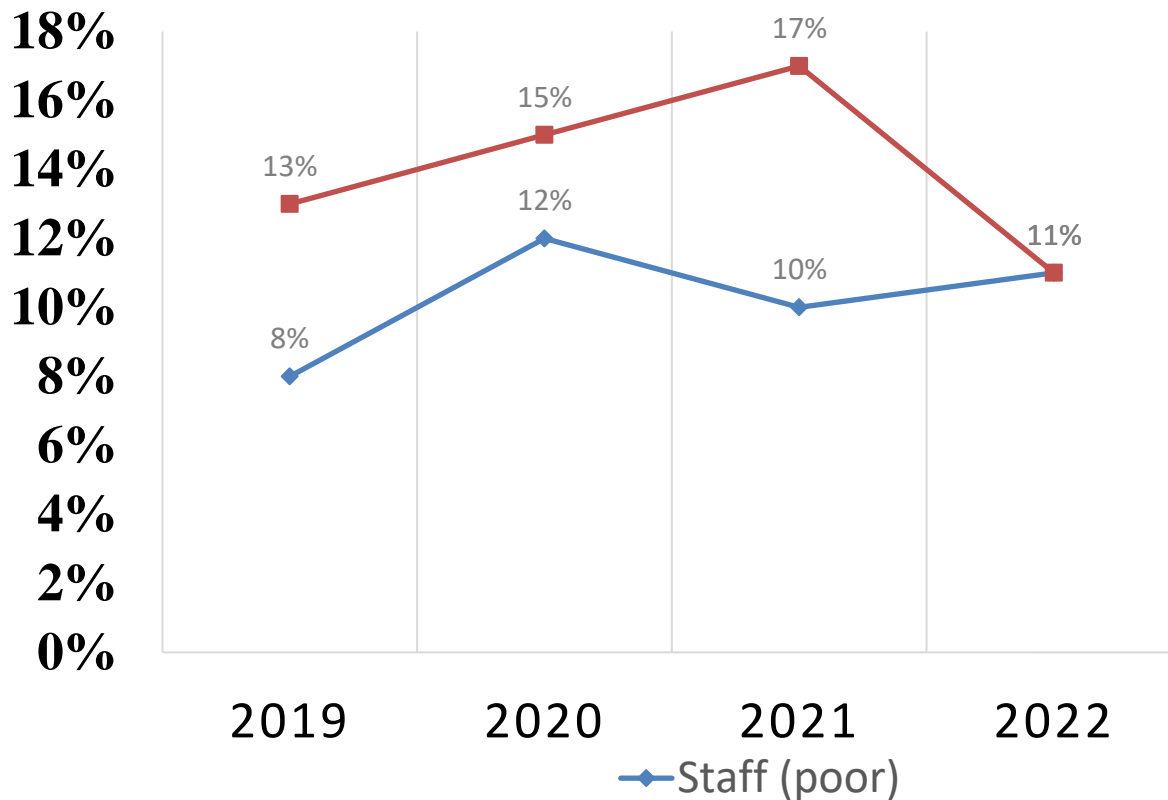
Total Staff

N=1759

Total Students

N=3289

Perceived Physical Health 2019-2022

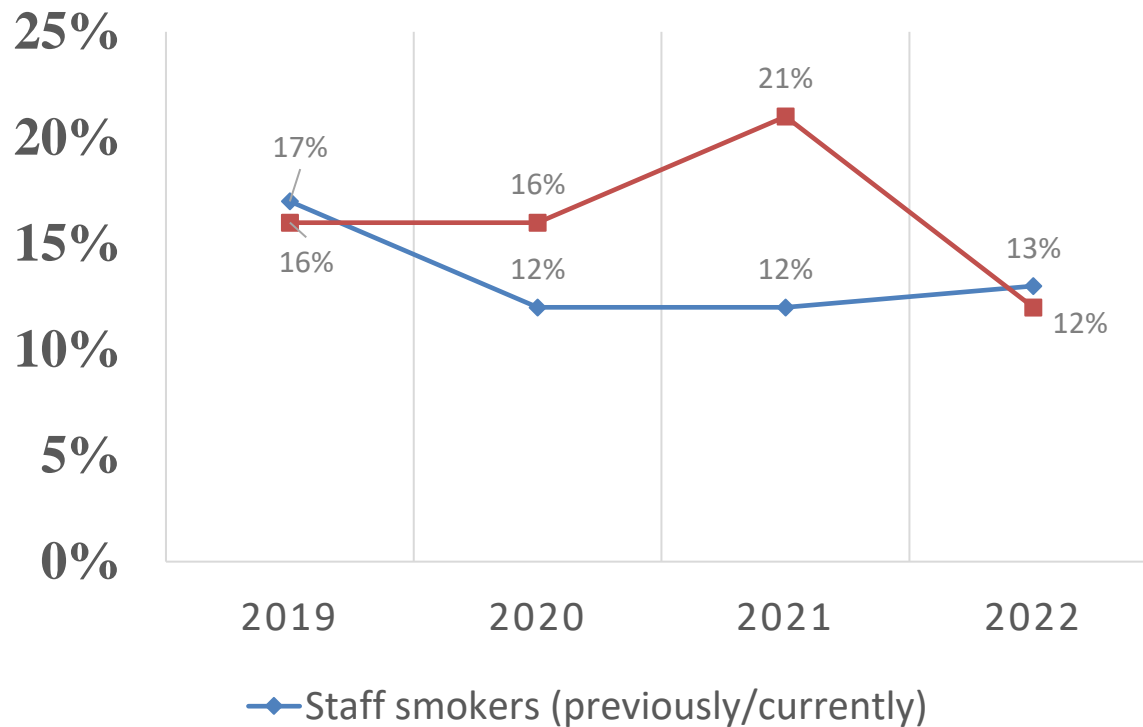


Over the past 12 months, how would you say your PHYSICAL health has been?

Total Staff N= 1759
Total Students N= 3289



Changes in smoking 2019-2022



Current Vaping rates (2022)

18% students
3% staff

Total Staff N = 1759
Total Students N = 3289



2022

74%

Of **STAFF** reported they would have preferences towards **off campus sexual health interventions** as opposed to on campus

57%

Of **STUDENTS** reported they have preferences towards **on campus sexual health interventions** as opposed to off campus.

Drug Use & Gambling (2022)



Students

10%

(experiment with/use drugs currently)

4%

(gamble weekly or more)

Staff

2%

(experiment with/use drugs currently)

4%

(gamble weekly or more)

(Total: Students N=941; Staff N=287)



Making the
Healthy Choice
the Easy Choice,
from process to
practice.....

We actioned.....

Framework	Actions in Framework	In place	In progress	Not Commenced	
Healthy Systems	4	4	0	0	
Healthy UL	3	2	1	0	
Healthy Environment *	5	3	2	0	
Substance Use and Gambling*	5	4	1	0	
Sexual Health and Wellbeing *	4	3	1	0	
Mental Health and Wellbeing *	5	3	2	2	
Healthy Eating *	5	3	2	0	
Physical Activity *	5	3	2	0	
	36	25	11	0	
* incorporates Awareness Campaign, Intelligence and Evaluation and Governance/Policies Actions as outlined in Framework Appendices		In place	In progress	Not Commenced	
Total		20	16	4	40

Health Promotion Initiatives and Education Campaigns

Initiatives and campaigns aligned to the agenda of framework and survey findings:

Physical Inactivity

Substance Use Supports online and on campus

Mental health Supports online and on campus

Healthy Eating options on campus

Sexual health & wellbeing supports

Environmental & Sustainability Challenges

Changes in health behaviours post Covid 19



Multi-stakeholder complex system at UL

CycUL launched in November 2023, with expansion of the scheme in January 2024.

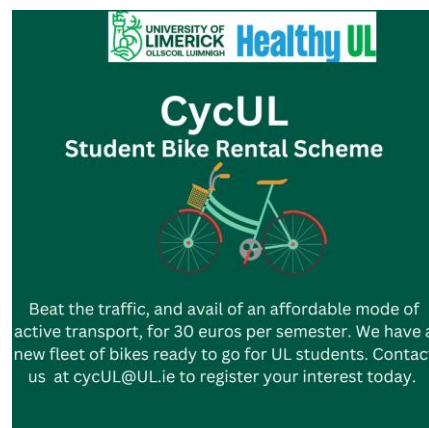
The scheme is fully subscribed, with 78 bikes allocated to students.

There have been over 250 expressions of interest this semester.

Currently collating student feedback

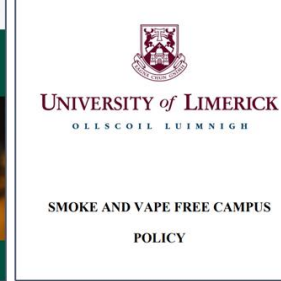
140 UL staff members have signed up ISCycle. To date, 76 people have completed their e-bike trial with 46 per cent saying that they were planning to purchase an e-bike and a further 36 per cent reported to be still thinking about buying one.

UL received the Gold Smarter Travel Mark from the NTA in 2024.



Smoke and Vape Free Campus 2018 to date

- Policy has been reviewed and updated accordingly
- UL Working Group has been established in line with HSE Recommendations for Tobacco Free Campus Implementation
- 2 phased approach is being rolled out with emphasis on supporting smokers in UL Community
- Windtalker portable signage have been placed in locations known to be popular for smoking across campus, with signposting to local support Quit Midwest. This is a targeted approach to support students and staff, in terms of health promotion.
- Weekly appointments are now available for UL Staff and Students at Quit Mid-West and students and staff engaging on weekly basis





Peer support for UL students, by students, launched January '24

- UL volunteer site launched September 24, first site outside Dublin for Niteline
- Aligning with implementation of National Mental Health and Suicide Prevention Framework
- Volunteering Opportunities for UL Students, offering new skills for personal and professional growth



Employee Support Service
text about it
50808



Sexual Health and Wellbeing



- Speak out Tool
- Designated Contact Persons Panel
- Active Bystander Training
- Active Consent Workshops
- Sexual Health and Wellbeing Policy-**APPROVED**
- Sexual Violence and Harassment Policy and Procedure-**APPROVED**
- Sexual Violence and Harassment Prevention and Response Manager-**APPOINTED**
- Outpatient SATU on campus for wider community-**IN PROCESS**



Substance Use & Gambling

- Dr Eva Devaney appointed as Substance Use and Gambling Support Officer.
- Policy developed and approved
- A confidential health promotion & harm reduction service, in person and online for smoking, vaping, alcohol and other drugs & gambling has been rolled out.
- Information, screening, early intervention, referral pathways
- Awareness campaigns
- Training for student facing staff concerned about students and crisis management information

UNIVERSITY OF LIMERICK OLLSCOIL LUIMNIGH **Healthy UL**

SUBSTANCE USE & GAMBLING SUPPORT SERVICE

A FREE, CONFIDENTIAL & NON-JUDGEMENTAL HEALTH PROMOTION SERVICE FOR STAFF & STUDENTS

DROP-IN

TUESDAYS 10.30-11.30
THURSDAYS 3.30-4.30

Student Engagement & Support Hub (Courtyard)
Other times - contact sugs@ul.ie 9-5

Dr. Eva Devaney
Substance Use & Gambling Support Officer



UNIVERSITY OF LIMERICK
OLLSCOIL LUIMNIGH

University of Limerick

STUDENT SUBSTANCE USE AND MISUSE POLICY

HEALTHY_UL Posts

healthy_ul

Drug and Alcohol Harm Reduction with Ana Liffey

https://www.youtube.com/watch?time_continue=6&v=A5JYYL95EA&feature=emb_title

UNIVERSITY OF LIMERICK OLLSCOIL LUIMNIGH **Healthy UL**

LIFE SKILLS WORKSHOP 2
Tuesday 15th November @ 1pm

This workshop will focus on mental & physical wellbeing at university, lunch provided so sign up below and join us!

UNIVERSITY OF LIMERICK OLLSCOIL LUIMNIGH **Healthy UL**

OLIVIA BANE

OLIVIA BANE IS A FULLY TRAINED COUNSELLOR AND PSYCHOTHERAPIST. SHE HOLDS A BSC IN FORENSIC PSYCHOBIOLOGY, A MASTERS IN INTEGRATIVE PSYCHOTHERAPY FROM UL AND A MASTERS IN ADDICTION RECOVERY.



15,000+
Students reached in
active consent
workshops



1 new communication
campaign in situ, with
website and social media
channels

1,100

followers on
Instagram, 410 on X
(Twitter)



COMMUNICATION HIGHLIGHTS 2019-2024



3 NEW MENTAL HEALTH PLATFORMS

2 new online mental health platforms,
silvercloud & Togetherforall, for
student & staff, and peer support
service Niteline

Over **5,000**
respondents to Healthy UL Staff
and Student Surveys 2019 - 2022



International
Conference awarded



One Nominated as 'exemplar'
to present at HEA's national
healthy campus network
launch



Policies and Governance 2019-24



17

Steering Group members including 13 females and 5 males, staff and students



two health promoting policies adopted

1. Student Substance Use and Misuse Policy.
2. Smoke and Vape Free Policy



17

UG and PG student projects using Healthy UL data



Six conference presentations



Substance use and gambling support officer



30

PVA students enrolled



Two policy drafts: Sexual harassment, sexual violence and sexual misconduct policy, and sexual health and Wellbeing Policy



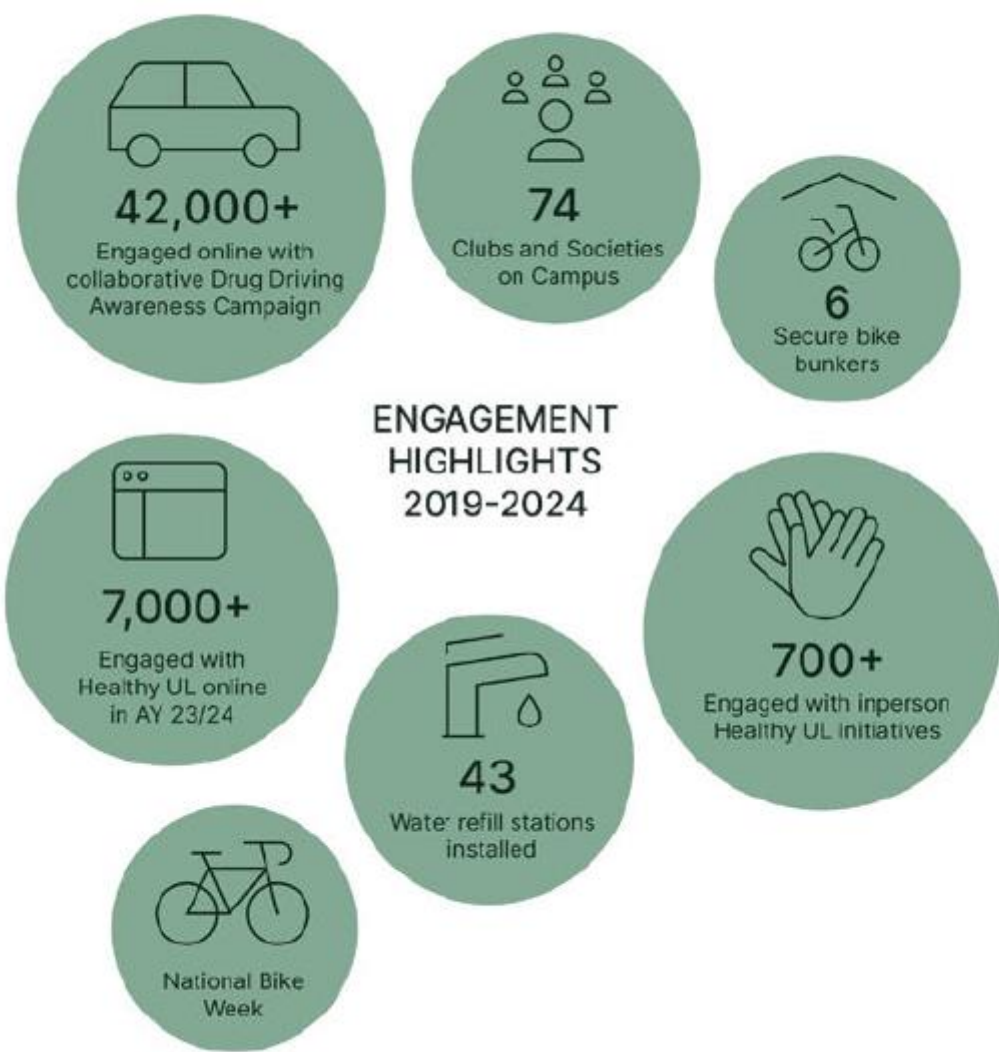
One PhD studentship awarded on behalf of Healthy UL



Food Philosophy in situ and policy being drafted





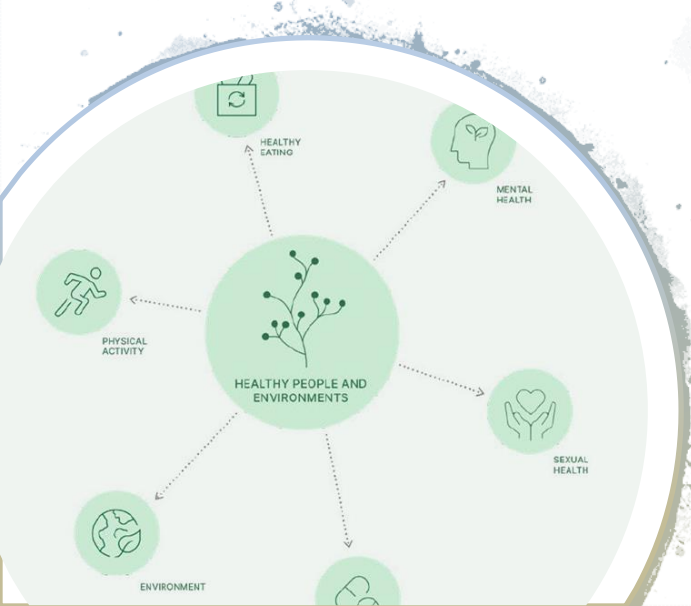
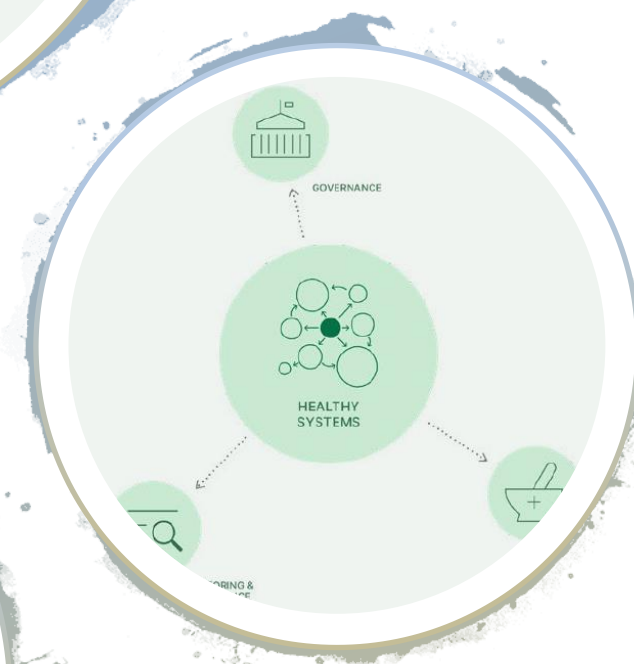


Healthy UL 2.0

Healthy UL Framework 2024



Pillars of Healthy UL 2.0



HEA Healthy Campus Self-Evaluation Tool

- Toolkit will support the implementation of Healthy UL 2.0 revised 30 point action plan
- Implementation of Healthy Campus Framework will be accelerated by the toolkit
- Cycle of process to practice will benefit from bench-marking and a whole systems approach



2025 International Health Promoting Campuses Conference

Call for Abstracts & Registration Open

Advance Registration is now open.
General registration opens Nov. 5, 2024.

Help shape the future of health promoting campuses

 June 16-19, 2025

 University of Limerick, Ireland

Learn more at 2025ihpc.com

- Abstract Submission and Early Registration now open
- Post Graduate Student Hub now recruiting, please contact Aoife @PGRHub_IHPC@ul.ie
- Survey Launching on





Healthy UL

Healthy UL: A Lot Done, **More to do**....Thanks for listening!

Contact us:

- sarah.kennedy@ul.ie / HealthyUL@ul.ie
- www.ul.ie/about-ul/healthy-ul/welcome-healthy-ul