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

**NOTES FOR COMPLETION**

* Case studies should relate to your institution's healthy campus initiative.
* Where possible send a photograph or illustration, links, or resources to accompany your case study.
* It is recognised that not all sections will be relevant to all case studies – the proforma is designed to offer consistency across a range of case studies.
* Case studies will be used as part of HEA communications including email, website, and social media.
* Case studies should be written in the third person and anonymous when it comes to participants’ names.
* Please be as **concise and clear** as possible and consider the use of bullet points to summarise information.
* Please submit your case study to [healthycampus@hea.ie](mailto:healthycampus@hea.ie).

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| **HEALTHY CAMPUS CASE STUDY** | |
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| **Name of Institution/ Organisation** | Technological University Dublin |
| **Who lead the initiative?** | Dr Teresa Hurley, Healthy Campus Project Manager |
| **Date and timeframe of the initiative** | 2023 - 2025 |
| **What was the reach of the initiative?** | This was a University wide initiative with collaboration across all 5 campuses including Healthy Campus, Sustainability, Sport, Chaplains, Campus Planning & Estates, Employee Engagement, Student Success & Engagement, Students Union, Staff Unions, Clubs & Societies, People Development, Student Health Centres, Counsellors, Green Campus, Volunteering, People Organisation & Culture. |
| **Initiative Title** | FISU (International University Sports Federation) Healthy Campus Platinum Accreditation |
| **Aims/ Objectives** | The aim of this project was to achieve FISU Healthy Campus Platinum Accreditation for TU Dublin across all 5 campuses. |
| **The rationale for the action, including any identified health needs** | * Learn best practices from major universities around the world * Encourage cohesion and coordination among all departments and services across 5 campuses * Improve the image and credibility of the University with a certified international label * Work towards UN SDGs in an organised manner   The project included developing a more collaborative approach to the provision of the health and wellbeing needs of students and staff at TU Dublin. |
| **Identify all frameworks, policies, or strategies this initiative aligns to**  **(internal, local or national)** | This project required evidence of meeting 7 criterion to be submitted including   1. Physical Activity & Sport 2. Nutrition 3. Disease Prevention 4. Mental & Social Health 5. Risk Behaviour 6. Environment Sustainability & Social Responsibility 7. Healthy Campus Management   As an international accreditation process it provided a good fit with the HEA Healthy Campus Charter and Framework, other national policies and University policy development and practices. |
| **Summary** | The FISU Healthy Campus Platinum Accreditation provided an internationally recognised label of recognition for TU Dublin across 5 campuses.    The groundwork for the project commenced in 2022 under the leadership of Dr Teresa Hurley (Healthy Campus Project Manager) with submission made in December 2024. The project required submitting evidence of meeting 7 criterion including   1. Physical Activity & Sport 2. Nutrition 3. Disease Prevention 4. Mental & Social Health 5. Risk Behaviour 6. Environment Sustainability & Social Responsibility 7. Healthy Campus Management   In total 100 submissions were submitted across the 7 criterion necessitating collaboration across multiple disciplines and service providers across 5 campuses including Healthy Campus, Sustainability, Sport, Chaplains, Campus Planning & Estates, Employee Engagement, Student Success & Engagement, Students Union, Staff Unions, Professional Services Staff and Faculty Members, Clubs & Societies, People Development, Student Health Centres, Counsellors, Green Campus, Volunteering & People Organisation & Culture.  This was a significant collaborative project, managed by a subgroup with oversight by a steering committee which led to the development of a collaborative calendar group to further encourage collaboration of health and wellbeing initiatives across campuses, to inform policy development and best practice and enhance engagement of students and staff in their own health and wellbeing.  As an international accreditation process it provided a good fit with the HEA Healthy Campus Charter and Framework, other national policies and University policy development and practices. |
| **Did you collaborate with internal and/or external stakeholders to deliver?** | Internal stakeholders included Healthy Campus, Sustainability, Sport, Chaplains, Campus Planning & Estates, Employee Engagement, Student Success & Engagement, Students Union, Staff Unions, Professional Services Staff and Faculty Members, Clubs & Societies, People Development, Student Health Centres, Counsellors, Green Campus, Volunteering & People Organisation & Culture.  External stakeholders included the HSE, Slaintecare, Empower, Tallaght and Clondalkin Anti-Drugs & Alcohol Taskforce, Tobacco Free Ireland, Irish Heart Foundation, Sport Ireland, Healthy Ireland, HEA Healthy Campus, Department of Health. |
| **How was the initiative organised?** | Please include elements such as action planning, piloting, approval for the initiative, committee meetings, timeframes etc.  The groundwork for the project commenced in 2022 under the leadership of Dr Teresa Hurley (Healthy Campus Project Manager). Approval was sought from the Sustainability Council and Healthy Campus Committee to proceed with the project and this committee provided oversight of the project throughout meeting twice per semester. A subgroup of this Healthy Campus committee was formed to assist with data collection across 7 criterion including   1. Physical Activity & Sport 2. Nutrition 3. Disease Prevention 4. Mental & Social Health 5. Risk Behaviour 6. Environment Sustainability & Social Responsibility 7. Healthy Campus Management   The subgroup met on 6 occasions from April to October 2024 to monitor and approve the 100 submissions across the 7 criterion necessitating collaboration across multiple disciplines and service providers across 5 campuses including Healthy Campus, Sustainability, Sport, Chaplains, Campus Planning & Estates, Employee Engagement, Student Success & Engagement, Students Union, Staff Unions, Professional Services Staff and Faculty Members, Clubs & Societies, People Development, Student Health Centres, Counsellors, Green Campus, Volunteering & People Organisation & Culture.  The data collection was approved for submission by the Sustainability Council in the University in December 2024. Healthy Campus Internship students from Public Health & Nutrition and Marketing assisted with collection and inputting of data for the accreditation.  The project included developing a more sustainable and collaborative approach to the provision of the health and wellbeing needs of students and staff at TU Dublin. A collaborative calendar of events pertaining to health and wellbeing was developed as part of the project which will help inform best practice and promote engagement going forward. |
| **What resources did you need?** | The registration fee for FISU Healthy Campus was € 1,000 first year, and self evaluation and certification € 3,000 in the 2nd year. Budget spending on health and wellbeing initiatives across the 5 campuses from 2022 – 2024 amounted to €14,000. This included the healthy campus Internship Programme whereby students were paid as part of their work experience to assist with the FISU Healthy Campus Project. This internship programme provided staff resources for the project in addition to work-based learning opportunities for students. Special thanks to internal and external partners outlined above who also assisted significantly with the project. |
| **Has it been evaluated? How successful has it been?** | Although no formal evaluation of the process has taken place, it is clear that the project has greatly enhanced the engagement of internal and external stakeholders across all 5 campuses in the University leading to the development of an annual collaborative calendar of health and wellbeing events and initiatives. It has also enhanced collaboration for the development of health-related policies in the University and has promoted student and staff engagement in their own health and wellbeing. |
| **Any future plans, including the sustainability of the initiative?** | We plan to celebrate the FISU Platinum Healthy Campus Accreditation at the Sports Awards for the University on 1st May 2025. Preparation for the FISU onsite visit will take place in 2025/26.  TU Dublin will apply for HEA Healthy Campus Accreditation in 2025/26. |
| **Key Learning Points** | Financial and staff resources are critical to making projects like this happen,  along with planning and collaboration, which take time, but are key to engagement and success. |

**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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| **Contact Name/s** | Dr Teresa Hurley |
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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. |