**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, Dr Aileen Kennedy, Rebecca Flanagan and Paul Duffy |
| **Date and timeframe of the initiative** | October/March |
| **What was the reach of the initiative?** | Quit Smoking and Vaping, Alcohol Awareness & Healthy Food Made Easy initiatives for students and staff at TU Dublin |
| **Initiative Title** | Quit Smoking & Vaping, Alcohol Awareness & Healthy Food Made Easy |
| **Aims/ Objectives** | Quit Smoking and Vaping Programmes are offered to students and staff in TU Dubin in October and March to encourage students and staff to quit smoking and vaping. The programmes are offered in collaboration with the HSE who provide one to one, group, in person or online support for participants with free nicotine replacement therapy.  Alcohol Awareness Week runs in December to create awareness of over consumption and to help students and staff reduce intake and is supported by the HSE.  Healthy Food Made Easy is a learn to cook 6 week online programme for students and staff at TU Dublin offered in February provided by Empower. |
| **The rationale for the action, including any identified health needs** | The rationale for these projects is to create awareness of the health benefits of reducing or quitting smoking/vaping, alcohol intake and making healthier food choices.  Promotion of the quit smoking and vaping programmes occurs across all campuses for the month of October and March. The health benefits of quitting or reducing are outlined along with programme information at healthy campus stands across campuses. The HSE also provide promotional support for the programmes.  Alcohol Awareness Week occurs in December in the lead up to Christmas with support from the HSE at Healthy Campus information stands across campuses.  Healthy Food Made Easy is offered in February and is supported by Empower. |
| **Identify all frameworks, policies, or strategies this initiative aligns to**  **(internal, local or national)** | These health initiatives align with SDG3 Good Health & Well and reinforces Sustainability for TU Dublin and its Strategic Intent 2030 “People, Planet & Partnership”.  The initiatives align with the Department of Health Strategies and Policies encouraging healthier lifestyles and food choices, reduction of alcohol intake and smoking and vaping habits. |
| **Summary** | Quit Smoking and Vaping Programmes are offered to students and staff in TU Dubin in October and March to encourage students and staff to quit smoking and vaping. The programmes are offered in collaboration with the HSE who provide one to one, group, in person or online support for participants with free nicotine replacement therapy.  Alcohol Awareness Week runs in December to create awareness of over consumption and to help students and staff reduce intake, it is supported by the HSE.  The Healthy Food Made Easy Programme is offered in February and is supported by Empower. |
| **Did you collaborate with internal and/or external stakeholders to deliver?** | Stakeholders include students and staff at TU Dublin, the HSE and Empower. |
| **How was the initiative organised?** | All initiatives are approved through the Healthy Campus Committee and Sustainability Council at TU Dublin and are managed by Dr Teresa Hurley with support from Healthy Campus Interns and Sustainability team member Paul Duffy.  Promotion of the initiatives occurs 2/3 weeks prior on screens across all campuses, on TU Dublin website, social media and via email. Healthy Campus promotional stands are provided with health information and advice. HSE facilitators also provide on campus promotional support. |
| **What resources did you need?** | Promotional resources are key with interns and sustainability colleagues playing a key role. Student ambassadors have also contributed.  Marketing/promotional material is developed inhouse. HSE and Empower support is free. |
| **Has it been evaluated? How successful has it been?** | Healthy Food Made Easy programmes generally have between 8 – 18 sign- ups per programme with Quit Smoking and Vaping Programmes varying from 12 to 54 sign-ups. |
| **Any future plans, including the sustainability of the initiative?** | Projects now run as annual events. Further roll out of smoke/vape free campus is required along with healthy food provision in canteens and vending machines. Quit smoking/Vaping, Alcohol and Healthy Food Policies to be developed further. |
| **Key Learning Points** | Promotion is key to engagement. |

**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** |  |