



# Healthy Campus Case Study

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



## ‘A Healthy MTU’ Roadshow Week

### Name of Institution and Initiative Lead

‘A Healthy MTU’ (AHMTU) Co-Leads: Dr Andrea Bickerdike and Dr Cian O’Neill, supported by the AHMTU Team of Ms Lauren Muttucomaroe, Ms Siobhán Griffin, Mr Luke Hanna, and Ms Lisa Harold.

### Date, timeframe and reach

February 4th – 7th 2025. The ‘A Healthy MTU’ 2025 Roadshow was a whole-university themed health and wellbeing week, which encompassed a programme of initiatives (both in-person and hybrid) for students and staff alike.

### Aligned Frameworks, Policies, or Strategies

Okanagan Charter; HEA Healthy Campus Charter and Framework; HEA National Student Mental Health and Suicide Prevention Framework; Healthy Ireland @ Work

### Aims and Objectives

- Design and implement a series of health-related initiatives for students and staff to renew awareness of ‘A Healthy MTU’ as a whole-university entity that aims to support students and staff to reach their full potential.
- Inspire discourse and action surrounding key health and wellbeing challenges identified in the UCC-MTU Healthy Campus Research Collaboration (a novel inter-institutional collaboration that was conducted to inform the implementation of the HEA Healthy Campus Framework at both UCC and MTU). The AHMTU Roadshow also served as a unique opportunity to gather ‘real-time’ feedback and co-creative insights from students and staff regarding future initiatives, approaches, and events.
- Highlight and showcase unique constructs within the (i) campus environment/infrastructure, and (ii) aligned curricula that could be further leveraged to embed a consideration for health and wellbeing within MTU’s culture and core business.

### Project Collaborators

- Key internal collaborators included: Dept. of Sport, Leisure & Childhood Studies, Student Engagement Office, Students’ Unions (Cork and Kerry Campuses), the Dept. of Tourism & Hospitality (Cork Campus), Dept. of Hotel, Culinary Arts and Tourism (Kerry Campus), Student Services, MTU Student Counselling Service, MTU Sexual Violence and Harassment Prevention Officer, and more.
- Key external collaborators included: HSE Health Promotion Unit, Mná Women’s Health Clinic, Tralee Physiotherapy Clinic, Sober Social Ireland, Healthy Ireland, Kerry Local Sports Partnership, Orienteering Ireland, Cork Sexual Health Centre, and more.

### Key Learning Points

- Strategic impact appeared to be maximised by implementing initiatives during a key ‘themed’ week at the beginning of the calendar year.
- Due to the inherently ‘busy’ nature of the semesterised model and academic calendar, advance planning of any such ‘themed’ weeks is critical to avoid duplication and/or relatively siloed initiatives, and to ensure that all relevant stakeholders can be enabled to participate.
- Process evaluation indicators should be integrated into the project implementation plan by design, to enable continuous monitoring of reach and impact.

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Consult; Create	Campus Environment (Facilities & Services); Campus Culture & Communications; Personal & Professional Development	Alcohol; Substance Misuse; Healthy Eating /Food; Mental Health & Wellbeing; Physical Activity/ Active Transport; Wellbeing on the Curriculum	Students; Staff