



Healthy Campus Case Study

HEA | AN tÚDARÁS um ARD-OIDEACHAS
HIGHER EDUCATION AUTHORITY



Quit Smoking & Vaping, Alcohol Awareness & Healthy Food Made Easy

Name of Institution and Initiative Lead

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Date, timeframe and reach

October/March
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.

Aims and Objectives

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.

Aims and Objectives

Quit Smoking and Vaping Programmes are offered to students and staff in TU Dublin 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.

Aligned Frameworks, Policies, or Strategies

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.

Project Collaborators

Stakeholders include students and staff at TU Dublin, the HSE and Empower.

Key Learning Points

Promotion is key to engagement.

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Commit; Consult; Coordinate; Create; Celebrate & Continue	Campus Environment (Facilities & Services); Campus Culture & Communications; Personal & Professional Development	Alcohol; Substance Misuse; Healthy Eating /Food; Mental Health & Wellbeing; Tobacco Free Campus; Wellbeing on the Curriculum; Health & Sustainability	Staff; Students