



Healthy Campus Case Study

HEA | AN tÚDARÁS um ARD-OIDEACHAS
HIGHER EDUCATION AUTHORITY



UCC & MTU Healthy Campus Research Collaboration to Inform the Implementation of the HEA Healthy Campus Framework

Name of Institution and Initiative Lead

Co-Leads: Dr Michael Byrne (UCC) & Dr Andrea Bickerdike (MTU)
Supported by a collaborative inter-institutional team (Dr Susan Calnan, Dr Cian O'Neill, Dr Seán Millar, Ms Lauren Muttucomaroe, and Ms Viviane Oliveira)

Date, timeframe and reach

January 2023 – December 2024.
1,246 student and 862 staff participants

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 Framework

Aims and Objectives

1. Present a descriptive analysis (stratified by gender) of quantitative health and wellbeing indicators reported by students and staff.
2. Examine the association(s) between demographic characteristics, self-reported health and lifestyle indicators, and subjective mental wellbeing amongst both students and staff.
3. Qualitatively explore the perspectives and lived experiences of key campus stakeholders at UCC and MTU regarding campus services/facilities, and the implementation of the HEA Healthy Campus Framework.
4. Map and examine the potential ecological reach of a subset of health-related services and supports at both UCC and MTU.

Project Collaborators

This research was a novel inter-institutional collaboration, and its delivery was endorsed and supported by Senior Management stakeholders at both UCC and MTU.

Key Learning Points

- This research collaboration substantiated the need for a designated 'Healthy Campus' research strategy, and the development of an aligned complement of evaluation indicators.
- The quantitative instruments should be disseminated every new 4-year academic cycle.
- Healthy Campus strategies and actions should encompass an equitable consideration for students and staff.
- Healthy Campus activities should be embedded within academic curricula (students) and the 'core' working day (staff).

Healthy Campus Process

Commit; Consult; Celebrate & Continue

Whole Campus Approach

Leadership, Strategy & Governance; Campus Environment (Facilities & Services); Campus Culture & Communications; Personal & Professional Development

Topic

Alcohol; Substance Misuse; Healthy Eating/Food; Mental Health & Wellbeing; Sexual Health & Wellbeing; Tobacco Free Campus; Physical Activity

Population Group

Students; Staff

