



# Healthy Campus Case Study

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



## 12 Week Stop Smoking Programme

### Name of Institution and Initiative Lead

University College Dublin  
Healthy UCD, in partnership with the HSE, UCD  
Student Health and UCD Estates

### Date, timeframe and reach

February-May 2025  
This initiative was for the whole UCD community  
including staff, students and other workers on  
campus (e.g. BAM builders, Noonan cleaning staff  
etc.)

### Aims and Objectives

The aim of the initiative was to provide an on-campus  
12-week Stop Smoking Programme, delivered by the  
HSE QUIT team, for anyone within the UCD  
community looking for help to stop smoking or  
vaping.

### Aligned Frameworks, Policies, or Strategies

Okanagan Charter for Health Promoting Universities  
Healthy Ireland Strategic Plan  
HSE Healthy Workplace Framework  
Tobacco Free Ireland Programme  
Healthy Campus Framework  
UCD Strategy  
Healthy UCD Strategy

### Project Collaborators

Internally - UCD Student Health and UCD Estates  
  
Externally – HSE (QUIT team)

### Key Learning Points

Building partnerships, both internally and externally,  
is a powerful way to collaborate to deliver much-  
needed services in a university setting and have an  
impact on the health and lives of the community that  
work, study and live here.

### Healthy Campus Process

Coordinate; Consult; Create

### Whole Campus Approach

Campus Environment (Facilities &  
Services; Campus Culture &  
Communications

### Topic

Substance Misuse, Tobacco Free  
Campus; Health and Sustainability

### Population Group

Students; Staff; Wider community

