



Healthy Campus Case Study



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AN tÚDARÁS um ARD-OIDEACHAS

Care & Connect

Name of institution and initiative lead

Dublin City University. DCU Student Support & Development

Date and timeframe

Project conception began pre-COVID; however, it took off in 2022 when travel and in-person restrictions were lifted.

What was the reach?

The initiative is aimed at the Health & Wellbeing of the entire student body, which is approximately 20,000 students.

Aims and Objectives

To be 'Best in Class' in providing a student experience which is informed by a whole university approach to health and wellbeing. To this end, DCU engaged the collaboration of the Jed Foundation.

Aligned frameworks, policies, or strategies

Internally: JED Foundation site visit recommendations.

Care & Connect aims to respond to all national HEI Frameworks addressing Consent and Sexual Health; Smoking; Healthy Eating; Physical Activity and Substance Use. There is a strong focus on supporting mental health and the initiative aims to respond strongly to the national Suicide Prevention Framework.

Healthy Campus Charter and Framework

Project Collaborators

Jed Foundation
DCU Students' Union
HEA
DCU Academic and Support Staff

Key Learning Points

A lot of work has already been done and is ongoing outside of DCU Care & Connect and there is a lot of passion within DCU for the welfare of students.

An objective view of operations from an outside body provides a reliable appraisal of strengths and opportunities for growth.

Positive health and wellbeing outcomes rely on improving overall wellbeing on campus as well as having excellent acute responses to crisis when it presents.

Clearly defined structures and goals allow for optimal results and effective progress monitoring.

National frameworks provide guidance and evidence-based information on key areas for health and wellbeing focus.

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Commit	Leadership, Strategy & Governance	Alcohol	Students
Coordinate	Campus Environment (Facilities & Services)	Substance Misuse	
Consult	Campus Culture & Communications	Healthy Eating / Food	
Create	Personal & Professional Development	Mental Health & Wellbeing	
Celebrate & Continue		Sexual Health & Wellbeing	
		Tobacco Free Campus	
		Physical Activity / Active Transport	
		Wellbeing on the Curriculum	
		Health & Sustainability	



Ollscoil Chathair
Bhaile Átha Cliath
Dublin City University

