

The Limerick Framework for Action:

Advancing the Global Health Promoting Campuses Agenda

An outcome of the **2025 International Health
Promoting Campuses Conference**, hosted by the
University of Limerick



*Advancing Health - Promoting Campuses: Applying the
Limerick Framework for Action to Transform Planet,
Places and People*



Overview

Workshop Orientation

Today, we are aiming to translate the Limerick Framework for Action into a structured, practice-orientated learning experience for participants to support institutions in moving from vision to actionable implementation



Facilitators



**The International Health Promoting
Campuses Conference**
June 16th–19th 2025

Catherine Woods (Chair), Audrey Tierney (Deputy Co-Chair) Catherine Norton
(Deputy Co-Chairs), Sarah Kennedy (Healthy UL Manager), Aoife Noonan
(sPhD)



Workshop Aims

- To build understanding of the derivation, purpose, and structure of the Limerick Framework for Action, including its pillars, principles, and ten transformative actions.
- To strengthen capacity among participants to apply the Framework across diverse contexts, recognising local needs, while maintaining global alignment.
- To foster cross-institutional and cross-sector dialogue, encouraging collaborative leadership and a shared ethos of stewardship.
- To signpost actionable tools and methods that support systemic implementation, policy integration, and cultural transformation across campuses.

Intended Learning Outcomes

By the end of the workshop, you will gain an in-depth understanding of:

- The pillars and principles of the Limerick Framework for Action and how they influence whole-institutional transformation.
- The ten actions that operationalise the Framework's vision, covering areas such as ethos, leadership, policy integration, culture, partnerships, student engagement, research, and celebration.
- How global agendas, including the Sustainable Development Goals, planetary health, and health-promoting campus networks, connect to the Framework and offer opportunities for campus-based impact.
- The co-creation and evidence base underpinning the Framework, and why HEIs are uniquely positioned to drive societal wellbeing and sustainability.



Agenda for today

- Welcome and Workshop Orientation
- Global Context: Health and Sustainability
- Overview of the Limerick Framework for Action (LFfA)
 - LFfA Continuum activity
- Limerick Framework for Action: Purpose, Pillars and Principles
- The Ten Actions: Operationalising the Framework
 - Operationalising the Framework Activities
- Mini Co-Design Sprint
- Discussion and Close



Journey to Limerick

‘Where from, what next, where to?’



The International Health Promoting Campuses Conference

June 16th–19th 2025

Celebrating 10 Years: Reflecting on
the 2015 Okanagan Charter and the
2005 Edmonton Charter.

Lead & Embed

Anything else?

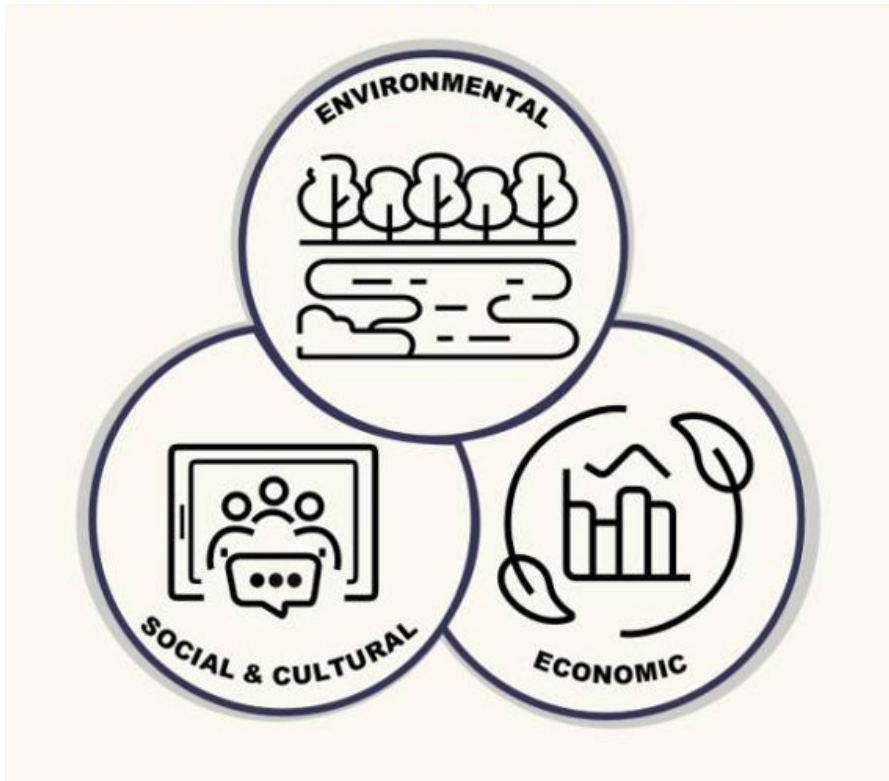


OKANAGAN CHARTER

AN INTERNATIONAL CHARTER
FOR HEALTH PROMOTING
UNIVERSITIES & COLLEGES

Context

Why now?



Backdrop of change

Landscape evolving

New challenges

Emerging threats

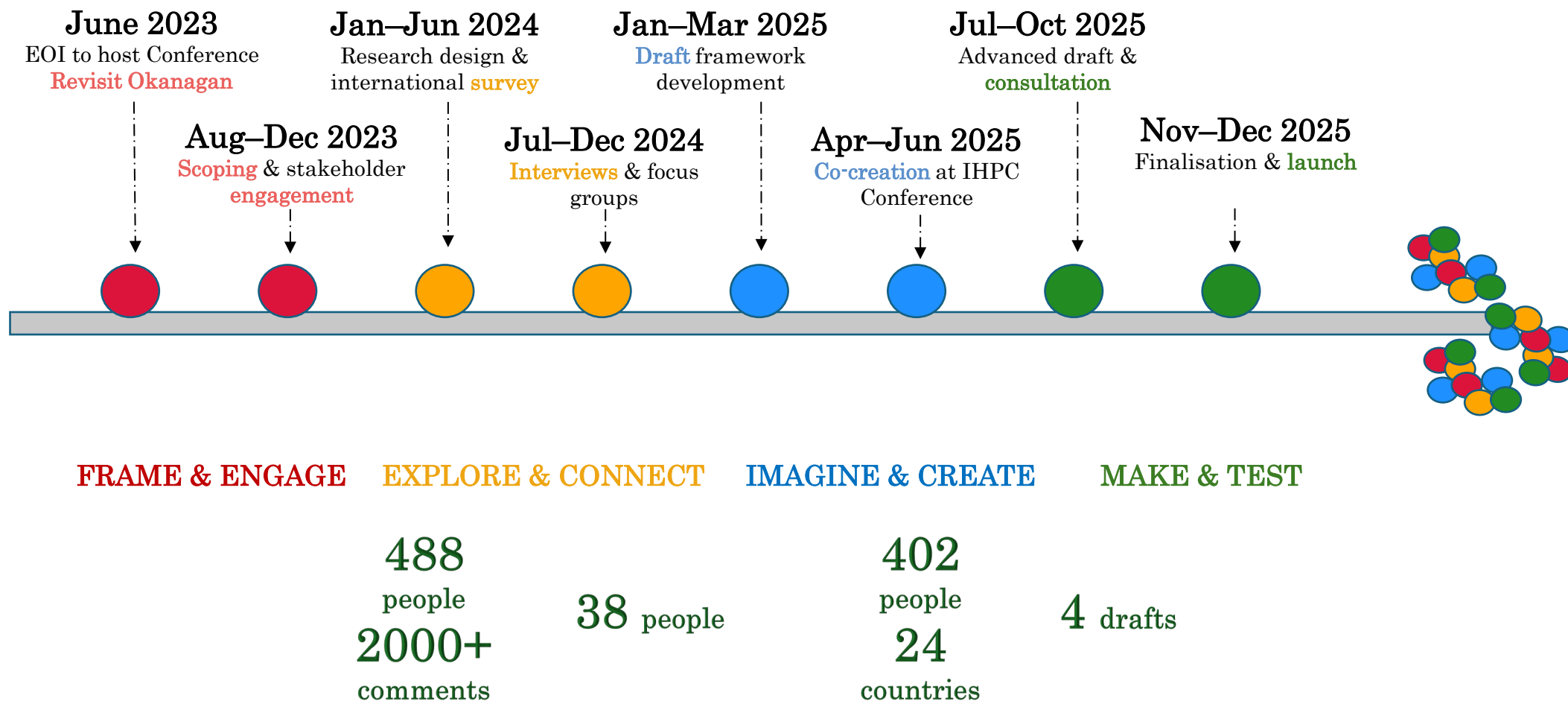


Process
How we did it

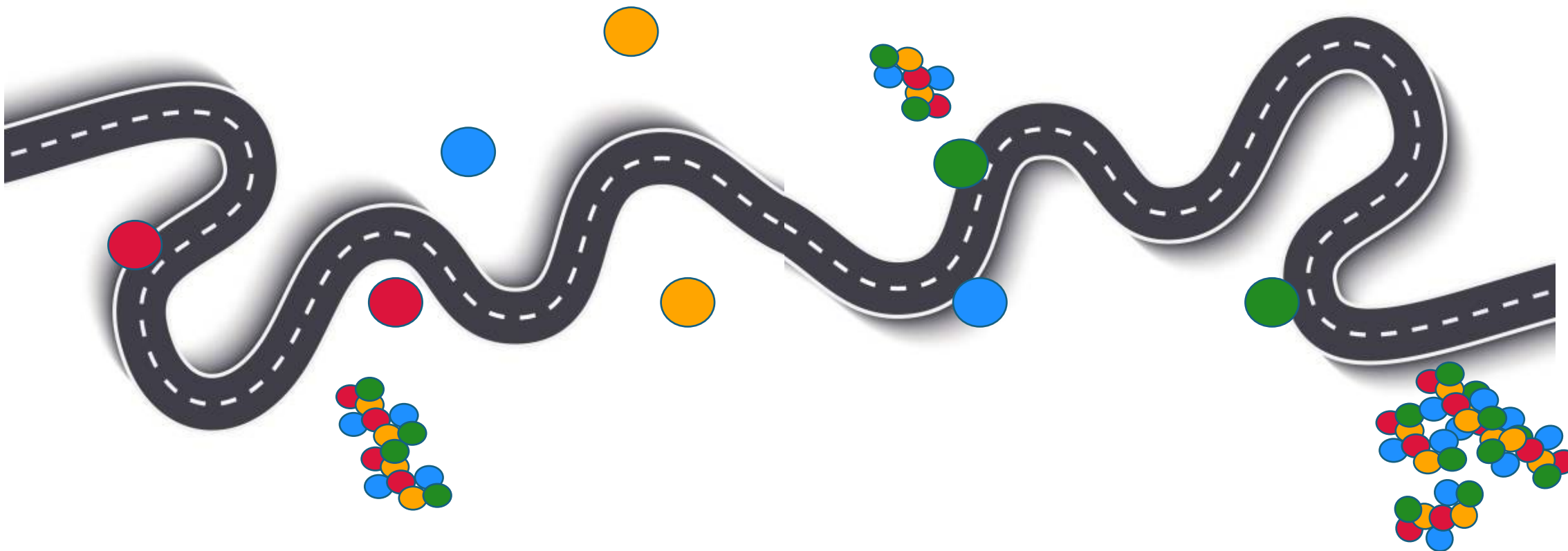
Process as important as product

Limerick Framework for Action

21-Month Co-Creation Journey



Never as straightforward as you hope



Míle Buíochas : Thank you

Global, participatory, dialogical, co-creation



Framework development team

Name	Role and Affiliation
Ms. Kathleen McNally	Working group and core writing team member University of Limerick
Ms. Aoife Noonan	Working group and core writing team member University of Limerick
Dr. Catherine Norton	Working group, core writing team member and Chair of 2025 International Health Promoting Campuses Conference University of Limerick
Prof. Audrey Tierney	Working group and core writing team member University of Limerick
Prof. Catherine Woods	Chair of the working group and core writing team member University of Limerick
Ms. Sarah Kennedy	Core writing team member University of Limerick
Ms. Caroline Mahon	Core writing team member Higher Education Authority, Ireland
Ms. Biddy O' Neill	Core writing team member Department of Health, Ireland
Ms. Kristen Venianakis	Core writing team member Higher Education Authority, Ireland
Dr. Faten Ben Abdelaziz	Working group member World Health Organisation World Health Organization (WHO) is Health Promotion Technical Lead, WHO-HQ
Prof. Catherine Darker	Working group member Trinity College Dublin
Ms. Melissa Feddersen	Working group member University of British Columbia's Okanagan Campus
Dr. Xavier Hospital	Working group member United Nations Educational, Scientific, and Cultural Organisation
Ms. Trinette Lee	Working group member World Health Organization
Dr. Vicki Squires	Working group member University of Saskatchewan
Dr. Patricia Taylor	Working group member Deakin University, Institute for Health Transformation
Dr. Hazel Wright	Working group member Teesside University
Dr. Matt Dolf	Working group member and developmental oversight Co-chair of the International Health Promoting Campuses Network University of British Columbia
Prof. Mark Dooris	Developmental oversight Expert Adviser to and Former Chair of the International Health Promoting Campuses Network University of Lancashire
Dr. Rebecca Kennedy	Developmental oversight Co-chair of the International Health Promoting Campuses Network University of Alabama at Birmingham

Icebreaker Activity LFfA Continuum

Implementation Journey

Action Agenda



Use the sticky notes and pens provided to:

1. Write down **your institution's name** and **your own name**.
2. Place your note on the map where you feel your institution currently sits in its journey of implementing a health promotion campus.

Note: There is no right or wrong position, just go with what feels most suitable based on your experience. How you perceive the journey may evolve throughout today's workshop.





The Limerick Framework for Action Pillars and Principles

Vision

Our vision is for everyone in higher education to promote health, well-being, and sustainability to tackle the challenges of a changing world.





Purpose

Through this Framework, we aim to empower Health Promoting Campuses to translate strategies into action, creating healthier environments for the planet, places, and people.

Pillars



The Framework Pillars are:

1. **Healthy Planet** Taking practical action to protect the environment
2. **Healthy Places** Creating safe and inclusive campuses for everyone, both in our physical places and in our digital spaces.
3. **Healthy People** Ensuring everyone can learn, work, and thrive with systems that promote well-being for all.

For healthy people, we need a healthy planet and well-cared-for places

Principles

Partnership – Participation - Progress

Also, the Framework is based on the three principles of:

1. **Partnership** Working together on local, regional, national and global levels
2. **Participation** Involving everyone especially in decisions that affect them
3. **Progress** Taking action that can be measured and celebrated



You can use these pillars and principles to guide you to:

- Assess how ready you are to advance the goals of being a Health Promoting Campus
- Build partnerships across departments, surrounding communities, and public and private sectors
- Enable health-promoting environments
- Track progress and celebrate achievements

The pillars and principles **ensure the Framework is a flexible guide** for change that can transform higher education institutions into healthier, more inclusive, and sustainable communities.



The 10 Actions: Operationalising the Framework



Ethos



Act



Localise

The Actions: Operationalising the Framework





Leadership



Policy



Culture

The Actions: Operationalising the Framework

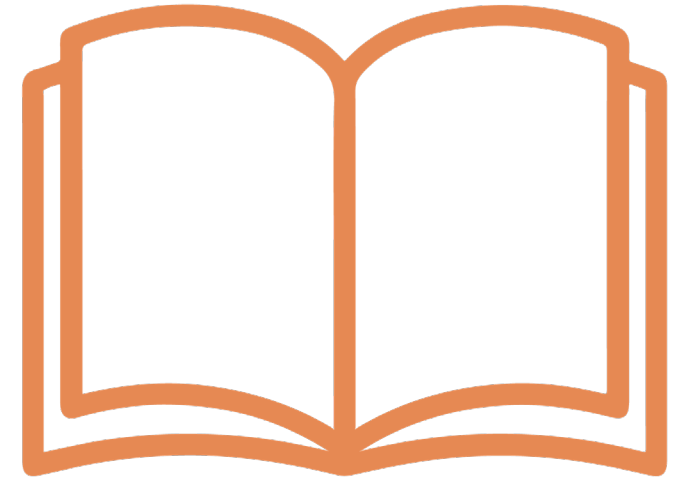




Partnership



Students



Research

The Actions: Operationalising the Framework





Celebrate



The Actions: Operationalising the Framework





Operationalising the Framework



Reflecting on the actions

Select any action that resonate with you for advancing the health promoting campuses agenda in your current role within your institution.

Think about why it is a priority for you or your institution.

Choose one of your selected actions to share with the group and briefly explain your rationale.

Ethos **Act** **Partnership**

Leadership **Celebrate**

Localise **Policies**

Culture **Students**

Research



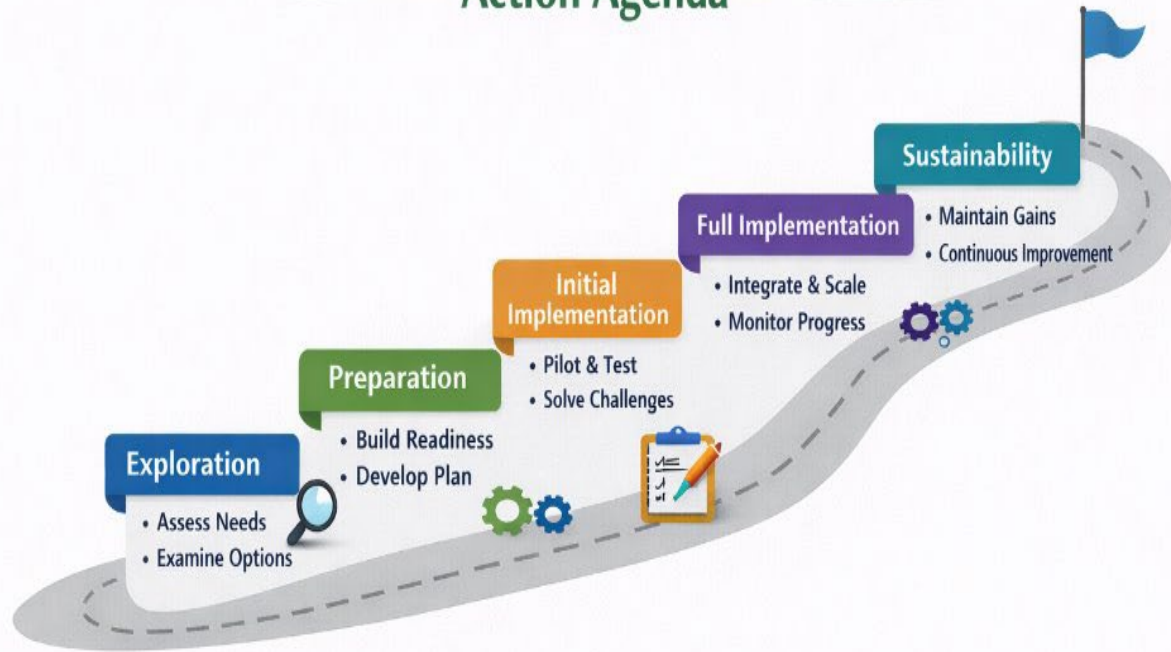
Co-Design Mini Sprint

From Action to Implementation

Instructions

Implementation Journey

Action Agenda



Add Yourself to the Journey!

In your group:

Choose ONE action

Select an action with potential impact in your HEI in the next 12 months.

Define the challenge

- What problem are you trying to address?
- Who is affected?

Map your action using the Implementation Journey

Use the roadmap to guide your thinking:

- **Exploration** – What do we know? Who needs to be involved?
- **Preparation** – What needs to be in place?
- **Implementation** – What are the first steps? What can we pilot? How do we scale?
- **Sustainment** – How will this be embedded and maintained?

Consider what will help or hinder

- Institutional priorities and alignment
- Culture, leadership, and capacity
- Stakeholder engagement
- Equity and inclusion

Output

By the end, your group should have:

- A clear **action and rationale**
- A simple **implementation pathway**
- **2–3 immediate next steps**
- Key **people to involve**



Example Work Through

Action: Improve Access to Healthy, Affordable Food on Campus

1. Define the Challenge

Students and staff report **limited availability of healthy, affordable options**

Current provision is **inconsistent across campus**

Who is affected?

Students, staff, campus services, catering providers

2. Map Using the Implementation Journey

Exploration

What do we know?

Student surveys show demand for healthier options

Audit shows variability across outlets

Who needs to be involved?

Students' Union

Catering services

Procurement / estates

Healthy Campus Team

Preparation

What needs to be in place?

Agreement on **nutrition standards / guidelines**

Engagement with **vendors and suppliers**

Leadership support (e.g. estates / senior management)

Resources:

Staff time

Small budget for pilot/menu redesign

Implementation (Early & Full)

Early (Pilot):

Introduce **healthy meal options in 1–2 outlets**

Use **nudging strategies** (placement, pricing, labelling)

Gather **feedback from users**

Full:

Scale across campus outlets

Embed standards into **procurement contracts**

Align with sustainability goals (e.g. plant-forward options)

Sustainment

Embed into:

Campus food policy

Vendor contracts

Monitor:

Sales data

Student/staff feedback

Continue **iterative improvements**



Example Work Through

Action: Improve Access to Healthy, Affordable Food on Campus

Implementation Journey

Action Agenda

3. Enablers & Barriers

Enablers:

- Alignment with sustainability and wellbeing strategies
- Student demand
- Visible, tangible change

Barriers:

- Vendor resistance (cost/profit concerns)
- Perception that “healthy = expensive”
- Operational constraints

4. Output (What the group would produce)

- **Action:** Improve healthy food access
- **Pathway:** From audit → pilot → scale → policy embed
- **Next steps:**
 - Conduct rapid food environment audit
 - Meet with catering provider
 - Identify pilot site
- **Key people:**
 - Catering manager
 - SU representative
 - Estates / procurement

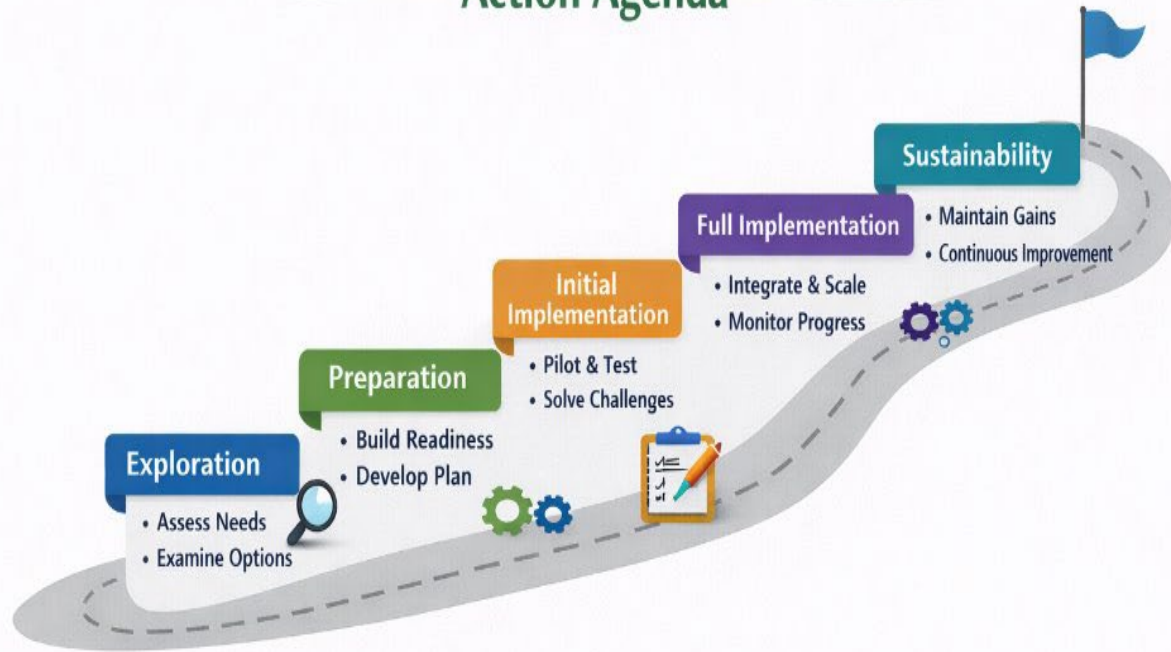
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Resources and Supports

What do we have



Conference Legacy Site

[International Health Promoting Campuses Conference 2025 | Policy | Higher Education Authority](#)

Limerick Framework for Action Technical Document

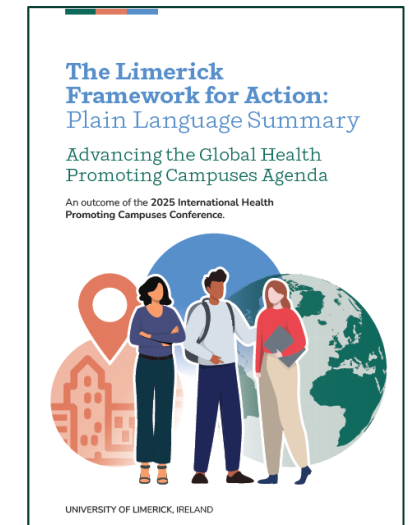
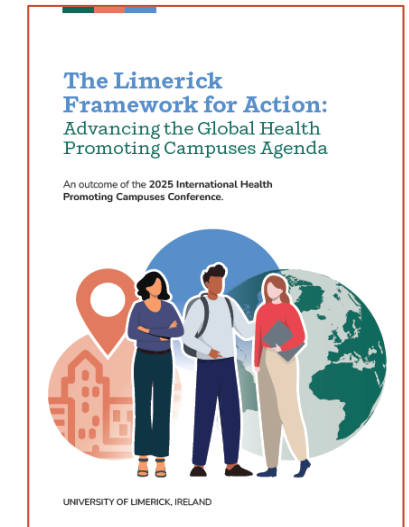
<https://hdl.handle.net/10344/31428>

<https://doi.org/10.34961/18941>

Limerick Framework for Action Plain Language Summary

<https://hdl.handle.net/10344/31428>

<https://doi.org/10.34961/18941>



What do we have



Evaluation Toolkit

<https://hea.ie/policy/health-and-wellbeing-landing-page/healthy-campus-landing-page/healthy-campus-self-evaluation-tool/>



Supporting a Whole Campus Approach to a Healthy Campus Open Course CPD

[Supporting a Whole Campus Approach to a Healthy Campus – Open Courses](#)



Q&A

Thinking Global. Acting Local.

HEA

An tÚdarás um Ard-Oideachas
The Higher Education Authority

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INTERNATIONAL
HEALTH PROMOTING
CAMPUSES NETWORK



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Thank you
Limerick Framework

