



LA TROBE UNIVERSITY - MELBOURNE (BUNDOORA)

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Name of the project

Moving for Mental Health Challenge & Team La Trobe Work and Run Event



Domain

Healthy Campus management



Criteria

#24 The university organises for the campus community, at least one annual event, to bring together different areas of the Healthy Campus. The event shall involve experts and professionals from different fields, offer educational and informative content, and propose specific activities.



Keywords

Healthy Campus, Active Campus, Mental Health



Target & Stakeholders

Students, Staff, Community



Time & Frame

Annual Event



Team & Staff

La Trobe Sport, Safer Communities, Sustainability



Description

The Moving for Mental Health Challenge is a health based initiative focused on raising awareness for mental health issues as well as fostering a sense of community and support within our student, staff and wider community.



Main Goals

The event and 'Move for Mental Health' campaign focused on the overarching health benefits that results from a balanced lifestyle.



Motivation & Vision

The Team La Trobe Walk & Run plays a key role in reinvigorating campus life post-covid and providing students and staff with a reason to get active and connect via an all-inclusive active recreation event.



Evaluation

Over 250 members of the university community participated in the walk/run with many more attending the main event sites and engaging with the various wellbeing services.



Lessons Learned

Incorporating regional campuses both virtually and in person ensured engagement across the entire La Trobe community. Similarly, widening the invitation to contractors, partners and community members as well as students led to greater outcomes.



Recommendations

The communications plan in the lead up ensured better engagement and long term behavioral change, as opposed to a stand alone event.

