

## Healthy Trinity: Terms of Reference

### Aim

Healthy Trinity is a cross-Trinity partnership that aims to make the healthy choice the easy choice in Trinity College Dublin.

### Background:

Trinity College Dublin, the University of Dublin states in its Strategic Plan<sup>1</sup> that Trinity will promote student health as part of its “Promote Student Life” theme (A2.3). Whilst Trinity has had a part-time health promotion officer in place since 2004 with a focus on smoking cessation, in 2014 the Tobacco Policy Committee recommended the following after the Tobacco Free Trinity consultation which obtained >10,000 engagements :

To emphasise a focus on promoting health, consider including Tobacco Free Trinity in a broader Health Promotion initiative that incorporates healthy eating, physical activity, mental health, sexual health etc<sup>2</sup>.

This recommendation was accepted by Board<sup>3</sup> in 2016. Healthy Trinity reports to Board via the Student Life Committee.

Healthy Trinity draws on the guiding principles of the Ottawa Charter<sup>4</sup> whilst implementing national health promotion strategies relevant to Trinity, in particular the Healthy Ireland Framework<sup>5</sup> and related policies and strategies. It also draws on the Okanagan Charter which states “higher education has a unique opportunity and responsibility to provide transformative education, engage the student voice, develop new knowledge and understanding, lead by example and advocate to decision-makers for the benefit of society.”<sup>6</sup>

In January 2014, Johnston<sup>7</sup> published a case study of Ireland’s mental health policy which acknowledged that many acclaimed policies in Ireland have failed to deliver on their aspirations, leading some commentators to talk of a problem of implementation. Healthy Trinity aims to address

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<sup>1</sup> Trinity College Dublin (2014) Strategic Plan 2014-2019. Downloaded on 12<sup>th</sup> January 2015 from <https://www.tcd.ie/strategy/strategic-plan-201419.pdf>

<sup>2</sup> Trinity College Dublin (2014) *Tobacco Free Trinity Consultation Document 2013-2014*. Downloaded on 3<sup>rd</sup> September 2014 from

<https://www.tcd.ie/collegehealth/assets/documents/Smoking/TFT%20Consultation%20Report%20Final.pdf>

<sup>3</sup> Trinity College Dublin (2016) Minutes of Board Meeting 23 March 2016. Downloaded on 12<sup>th</sup> September 2016 from [https://www.tcd.ie/committeepapers/board/download/UniversityBoard\\_minutes\\_20160323.pdf](https://www.tcd.ie/committeepapers/board/download/UniversityBoard_minutes_20160323.pdf)

<sup>4</sup> World Health Organization (1986). *The Ottawa Charter for Health Promotion*. Geneva, Switzerland: WHO.

<sup>5</sup> Department of Health. (2013) *Healthy Ireland - a framework for improved health and wellbeing 2013 - 2025*. Downloaded on 12<sup>th</sup> January 2015 from <https://health.gov.ie/wp-content/uploads/2014/03/HealthyIrelandBrochureWA2.pdf>

<sup>6</sup> International Conference on Health Promoting Universities and Colleges (2015) Okanagan Charter: An international charter for health promoting universities

<sup>7</sup> Johnston, H. (2014) *All Vision but No Change? Determinants of Implementation: The Case of Ireland and Mental Health Policy*. Institute for Public Administration, Dublin.

that problem by making Trinity a site of best practice for national health promotion strategy implementation.

## Vision

### Vision

A Healthy Trinity, where everyone can enjoy physical, mental and social health and wellbeing to their full potential, where wellbeing is valued and supported throughout Trinity and is everyone's responsibility

Trinity's vision almost exactly matches the vision of Healthy Ireland. Trinity however added social health and wellbeing to reflect the World Health Organisation definition of health<sup>8</sup>.

## Goals:

1. Trinity will be a site of best practice for the implementation of the Healthy Ireland Framework and relevant related strategies.
2. Trinity will work towards the Healthy Ireland goals of:
  - a. Increasing the proportion of the Trinity community who are healthy at all stages of life
  - b. Reducing health inequality
  - c. Protecting the Trinity Community from threats to health and wellbeing
  - d. Creating an environment where every individual and sector of society can play their part in achieving a healthy Trinity.
3. Healthy Trinity will unify the university community to work towards health using the Healthy Ireland ethical principles of equity, fairness, proportionality, openness and accountability, solidarity, sustainability.

## Actions

Healthy Trinity's will draw on the Healthy Ireland (HI) Framework of Actions and the Okanagan Charter (OC) for Health Promotion to:

Action	Recommended by:
1. Obtain high level support for Healthy Trinity	HI Theme 1: Governance and Policy
2. Establish a network of cross-sectoral working groups who will partner to achieve Healthy Trinity's vision and goals	HI Theme 2: Partnership and Cross-Sectoral Work
3. Facilitate and nurture contributions to and participation in the Healthy Trinity initiative from the entire Trinity community i.e. students, staff, alumni, retired staff	HI Theme 3: Empowering People and Communities
4. Ensure each of the campus services is oriented towards health	HI Theme 4: Health and Health Reform, Okanagan Charter Action 1.5
5. Undertake actions and initiatives based on the best available evidence and contribute to the health promotion literature	HI Theme 5: Research and Evidence
6. Develop an outcomes framework for Trinity and deliver annual reports on Healthy Trinity	HI Theme 6: Monitoring, Reporting and Evaluation

<sup>8</sup> World Health Organisation (1946) Constitution of WHO. Geneva, Switzerland.