

# Healthy Trinity

Pictured right: Trinity acapela band Trinity Belles at a Smarter Travel event in March with the Provost and CEO of the NTA to highlight gender inequality in transport.



**Trinity College Dublin**  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin

## Annual Report 2021-2022

Pictured left:  
Students at a Healthy Library Roundnet session  
during Health & Sports Week, March 2022



# Vision

We believe that in Trinity, everyone should enjoy physical, mental and social health and wellbeing as a means of achieving their full potential.

Health and wellbeing should be valued and supported at every level in Trinity and all members of our community should be enabled to be healthy and to promote health.

## Table of contents

Page 1	Letter to Community
Page 2	Mission, values & approach
Page 5	Year in numbers
Page 7	Case study of our approach
Page 9	Events/Interventions
Page 13	Supportive environment
Page 19	Living Lab
Page 23	Co-/curricular
Page 27	Funding
Page 31	Communications
Page 37	Looking ahead to 2022/2023

## Dear Trinity Community

Healthy Trinity is proud to present our second Impact Report in response to Trinity's Strategic Plan 2020-2025 and to the HEA's Healthy Campus initiative. Healthy Trinity has again delivered a breadth of work to support students, staff, alumni and friends to be healthy.

Through greater collaboration this year, we have achieved FISU Healthy Campus accreditation of platinum, their highest award. We have also grown our activity under our events & interventions, communications and co-curricular action areas, as we pursue a whole-university approach to health.

The impetus for a whole-university approach has increased this year with the launch of Healthy Ireland's Healthy Campus Charter and Framework in July 2021 and the appointment of a national Healthy Campus co-ordinator in the Higher Education Authority.

Healthy Trinity belongs to the entire Trinity community, we are all part of it and we all shape its future. We invite anyone with an interest in promoting health to contribute to Healthy Trinity. We're open and interested in hearing how we can support you to make it easier to be healthy in Trinity.

With best wishes,

The Healthy Trinity Committee 2022



01

## Mission

Healthy Trinity is a cross-university collaboration driven by the belief that by embedding and enabling health in Trinity, our whole community can thrive.

We harness the skills of our community to create solutions to support health and wellbeing.

Our practice is informed by the best available evidence and we generate new evidence to contribute to society's understanding of how to enable health and wellbeing.

## Values

### Collaboration

Collaboration is our strength. Healthy Trinity is a growing network that facilitates cross-disciplinary practice and research and encourages collaboration across the University.

### Inclusivity

Healthy Trinity focuses on all members of the Trinity community: students, staff, alumni and friends. Any member of our community who wants to promote health can contribute.

### Engagement

We are an open forum. We listen and engage with the community and encourage debate, dissent and discussion at all levels of the University.

02



## Strategies we respond to

The **Healthy Trinity Implementation Framework 2020-2025** draws on:



New Healthy Campus related government initiatives in 2021/2022 that Healthy Trinity has responded to:



Some of the ongoing Healthy Campus related government initiatives that we responded to:



Trinity accreditation to which Healthy Trinity has contributed in 2020/2021:



## Approach

Healthy Trinity comprises nine working groups, each with an academic and operational lead in a co-chair model. Group leads and strategic partners constitute the overarching Healthy Trinity Committee. Working groups act in six ways

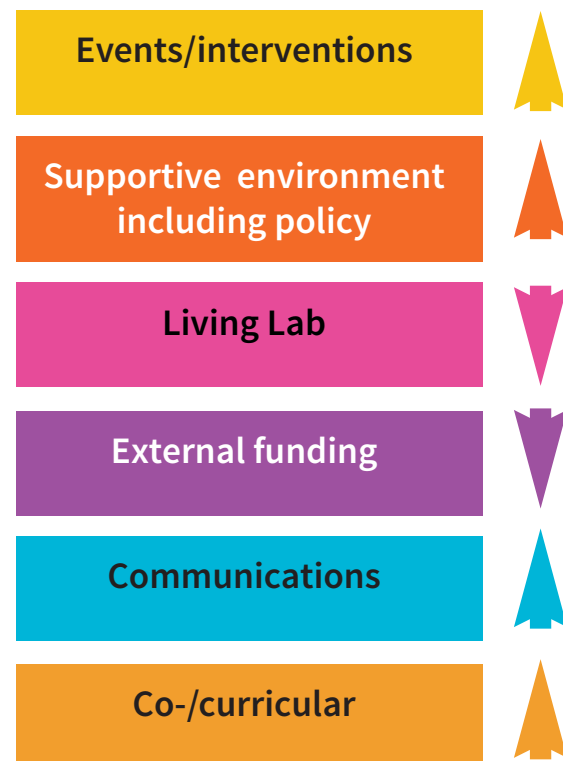
- 1** Events & interventions
- 2** Supportive environment including policy
- 3** Living lab
- 4** Co-curricular
- 5** Funding
- 6** Communications

A case study of our approach is on pages 7 and 8.





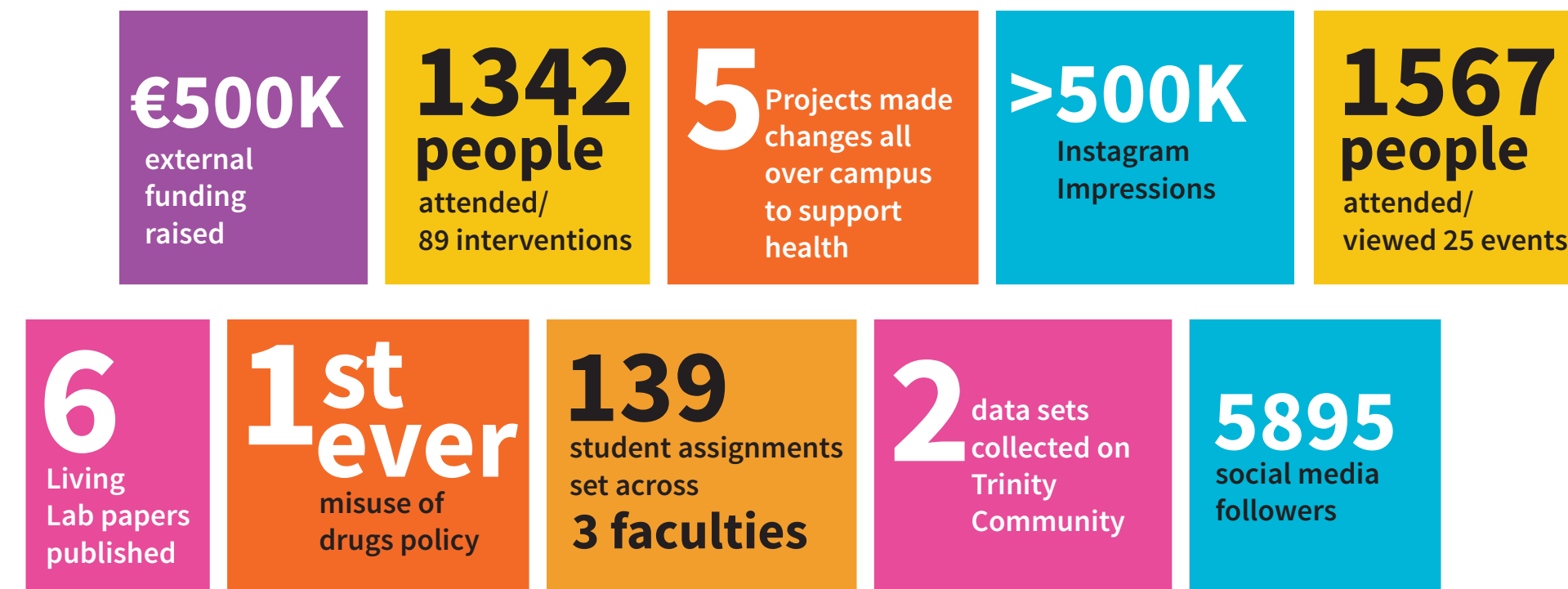
## Six action areas



Delivery

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## Year in numbers - compared across six action areas



**2020 - 2021**

06

## Case study of our approach

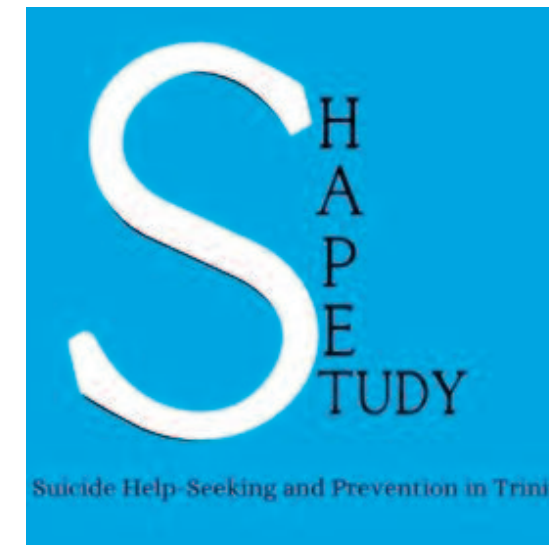
The [Mental Health](#) Group was established in 2014. Led by Student Counselling and the School of Nursing & Midwifery, it works with partners across Trinity to promote health.

### 1. Events & Interventions

[Student Counselling](#) delivers S-2-S with up to 6,000 engagements each year and over 1,100 open preventative trainings including [Together Consent](#). They also offer over [10-15 support groups](#) per year including an addictive behaviours group with the Drugs & Alcohol Group which has approx. 150 engagements per year. The Ohana Suicide Prevention programme has trained 30 tutors.

### 2. Supportive Environment including policy

There are many Mental Health related policies in Trinity but the [Mental Health](#) and [Misuse of Drugs Policies](#) are important. Supportive environments are created by [the Tutors](#) and [Wardens](#) as well as [Chaplaincy](#), all services with whom Healthy Trinity partners.



### 3. Living Lab

The Mental Health Group has captured data on the SHAPE study which explores suicidality, self-harm and help-seeking behaviours in Trinity students. Results will inform service provision and outreach support. In 2018, the group completed a staff wellbeing survey.

### 4. Co-/Curricular

Student Learning Development, delivers support for learning through one-to-one, workshop, accredited and online services up to 6,000 students per year. The Mental Health group co-ordinates a workplace wellbeing module to 70 Business students per year.

### 5. Funding

External funding received from HEA for suicide prevention, and funding for SHAPE study obtained.

### 6. Communications

Communications are via Instagram, Twitter, student and staff email, websites, Blackboard, and YouTube.





# Events and Interventions



as part of a broader health promotion strategy can have lasting effects





## Events & Interventions

Events and Interventions included in this report are those which involve collaboration across services, schools and/or the students unions.

University is a key time of transition for many students. Events and Interventions at the right time and in the right format can have lasting effects. They also offer a social aspect for both students and staff and a means of meeting colleagues and peers



## Events

### Student-2-Student

546 students attended 69 training sessions. This included 350 who took part in boundaries training and 29 who completed anti-bias training. 4,740 first years received S2S mentoring delivered by 546 volunteer mentors.



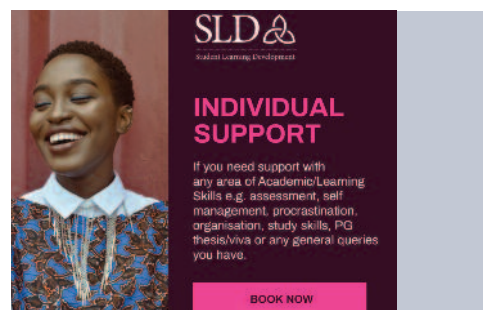
### Health & Sports Week

Over 100 attended the launch, over 600 attended 39 events. Pictured, Trinity Belles sang “I want to ride my bicycle” at the launch. Details [here](#).



### Student Learning Development

5970 students attended student learning development sessions including one to one appointments, drop-ins, writing centre appointments, writing groups and workshopse.



### Together Consent

997 students attended Together Consent training, 90 class reps, societies and ents organisers attended Consent+ and 40 attended First Responder training. Pictured left are Together Consent workshop facilitators receiving their certificate of recognition.

## Human Resources Wellbeing

HR hosted 19 health related events covering topics like stress, gut health, menopause, sleep and more. 417 participated.



### Visiting Professors

Lisa Meeks hosted 4 events about supporting students with disabilities. Brendan Dunlop hosted 3 about mental health and LGBTQ+. 181 attended.



### Impact Report Launch

The Provost launched Trinity’s first impact report in December 2020 while campus access was restricted.



### Age Proof Lecture

Prof. Rose Anne Kenny’s “How to live a long and healthy life” lecture was attended by 140 and viewed online by 75.



### Mind Body Boost

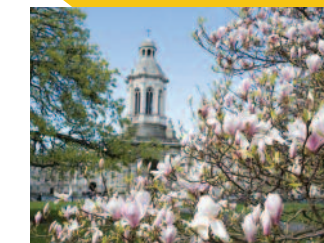
6 physical activity and 6 mental health sessions were hosted on campus with 176 participating.



## Interventions

### Staff Mindfulness

380 staff attended courses run in September and January for eight each weeks each. Approx. 15 attended 3 drop in sessions.



### Healthy Habits Courses

101 staff and students attended 4 healthy habits workshops with motivational interviewing and 4 exercise classes.



### Addictive Behaviours Group

156 attendances by 22 students at 46 addictive behaviour and support groups.



### Breastfeeding group

80 Trinity mothers and their children attended 9 online breastfeeding meetings run by La Leche League Trinity.



### Stop Smoking Courses

2 stop smoking courses over 4 wks were attended by 37 participants.

### Walking Challenges

194 participated in Marchathon and 252 in Walktober.





# Supportive environment including policy



# Building Supportive Environments

Improving the layout of our environment and supporting health through policy makes it easier for our community to be healthy.

By making it easier for healthy choices to be the norm, we are supporting our community while on campus, and changing their expectations for what's normal when they are in other settings.

## Healthy Eating Mural

Irina Garcia, a JS Chemistry student created a mural in the Buttery that asks what food people consider local. Will they only eat food from Ireland? Is The Netherlands local? Maybe they love raspberries, but will they eat them from Morocco in December or wait for the Irish ones in summer? The mural focuses on fruit and vegetables and encourages people to know their seasons for health and sustainability.



15

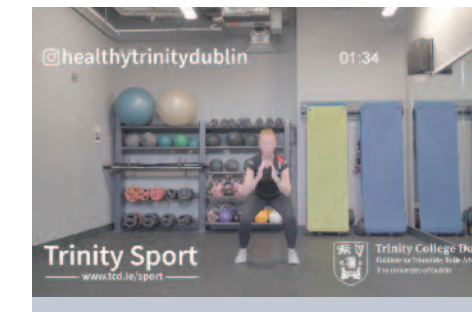
## Sexual Health

Via the National Condom Distribution Service, Trinity distributed approximately 24,800 free condoms via seven on-campus distribution locations. [Details here.](#)



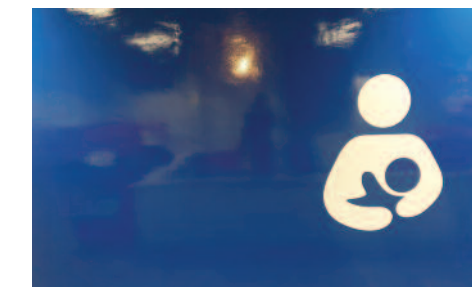
## The Movement Movement

3 new active breaks were created for download during lectures/meetings to encourage movement. [Details here.](#)



## Breastfeeding Room

A new breastfeeding room was installed in the Arts Building through a partnership of Equality, Diversity and Inclusion, Estates & Facilities and Healthy Trinity.



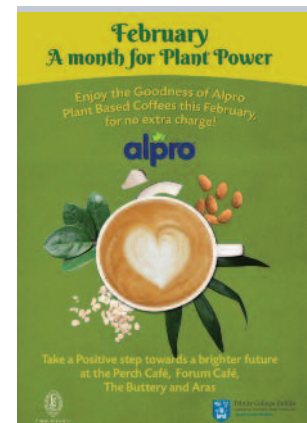
## Liveable Dublin

Submissions made on behalf of Trinity on the Dublin Area Draft Transport Strategy and Dublin City Council Dublin Development plan. Submissions called for walking, cycling, public transport and biodiversity, in particular on the four key routes that connect Trinity campuses. [Details here.](#)



## Plant based coffees

For February, a student from the Psychology of Climate Change module worked with Catering, Prof. Clare Kelly and Healthy Trinity to trial subsidised plant based coffees on campus.



16



## Supportive Environment including Policy

- Plant based coffees and eat local mural
- Condoms dispensed
- Submissions on public realm changes to DCC, NTA
- Bike parking on campus
- Active breaks online for use during lectures or meetings



# Living Lab

Healthy Trinity uses our campus and community as a living lab – a small world to test new ideas in a real-life setting





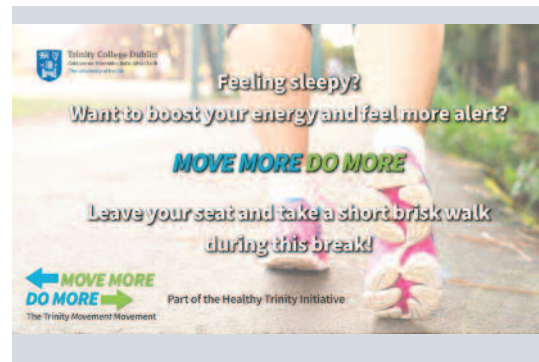
## Living Lab

Healthy Trinity contributes to the Living Lab ambitions set out by [Trinity's Sustainability Policy](#). In a [living lab](#) real world challenges are formally addressed in stakeholder partnerships. We work in academic / operational partnership to use our campus and community as a place to learn.

Data are collected in collaboration with students as a means of responding to the Living Research Strategy's goal of increasing opportunities for undergraduates to engage in research (p.19, Action 2.7).

Data are used to inform practice and future research. Where they are novel, data are published.

## Publications/Conferences



### Healthy Trinity paper

The process of establishing Healthy Trinity was documented and published in Health Promotion International by a partnership from across the University.

### Embedding healthy campus

Health by Stealth: Embedding the Healthy Campus agenda in the curriculum was presented at INHED Conference detailing how students led social media campaigns, active breaks and conference presentations to address sedentary behaviour.

### Healthy Ireland Network

Healthy Trinity's impact report was presented at Healthy Ireland's Healthy Campus network.

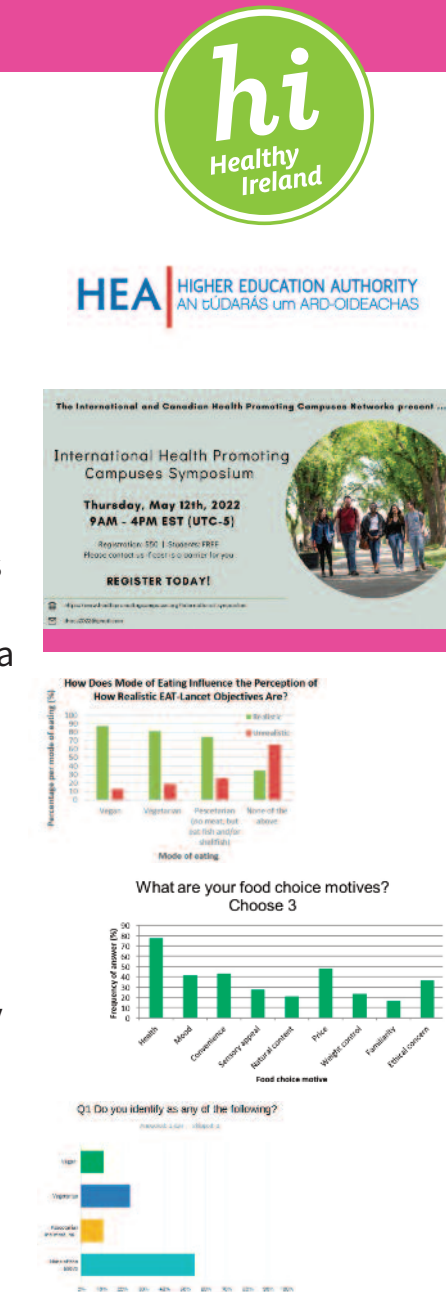
### International Symposium

Health by Stealth: Embedding the Healthy Campus agenda in the curriculum was presented at INHED Conference detailing how students led social media campaigns, active breaks and conference presentations to address sedentary behaviour.

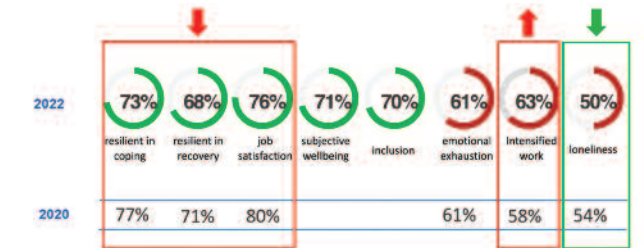
## Data Collection

### Food Choice Motives

A survey on food choice motives was completed by 1,620 students. It aimed to assess what motivates students to choose the food they choose and examined attitudes to the EAT Lancet recommendations on food, the planet and health.



### Staff Wellbeing



A staff wellbeing survey was completed by 1311 staff (33%) from all 55 departments. Staff have an average level of wellbeing, high levels of job satisfaction, were relatively positive about supports from College and are interested in hybrid working.

### Breastfeeding

Ethical approval obtained from School of Nursing and Midwifery for survey on staff and students' experience of breastfeeding facilities on campus. In partnership with EDI for Athena Swan.



# Co-/curricular

Healthy Trinity supports  
our community to engage  
daily in healthy  
behaviours...

... and to question where  
and why systems fail to  
do the same





## Co-/curricular

To support and enable health at every level in Trinity we aim to embed health in the curriculum. But with the determinants of health being so broad and curricula being so full, how do we do so?

We define questions our initiative need answered and work with academics to set those questions as student assignments, we meet students where they're at by automatically registering them on our online health tool on Blackboard, we co-developed and co-deliver a module and workshops relevant to our work.

### Workplace CPD course

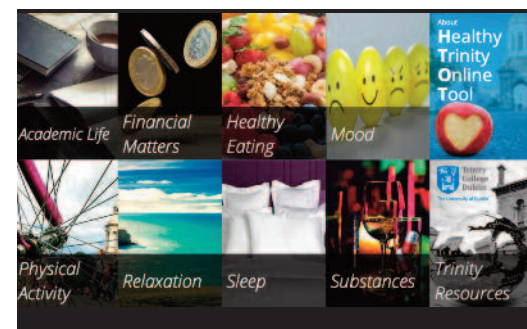
Healthy Trinity allocated two places on the CPD workplace wellbeing course gifted to us by the School of Psychology.



### Climate Change and Health

Five 2nd medicine students completed a project which found social media is an effective means of delivering messages related to climate change and health. Pictured is the tobacco campaign which highlight tobacco's effect on the environment.

### Healthy Trinity Online Tool: H-ToT



17% of JF students, (n=383) accessed HTOT on Blackboard.  
[Read more here.](#)

### Assignments for Healthy Trinity



Healthy Trinity set assignments across all three faculties. 47 students produced social marketing assignments for Healthy Trinity.

One group's project pictured, focused on a campaign to lobby senior decision makers to tackle the gender imbalance in cycling.

29 3rd year and 73 4th year universal design students created solutions to Smarter Travel problems. Three 2nd Medicine students distributed a survey on food choice motives discussed in the Living Lab section of this document.

10 MSc Human Resources Management students assessed Healthy Trinity and compared it to



national, international (pictured above) and private sector equivalents.

### Workplace Wellbeing Module

79 junior fresh students completed the workplace wellbeing module delivered through a partnership of Trinity Business School, Student Learning Development, the Disability Service, Trinity Sport and Healthy Trinity

### Upstream Workshops & Guest Lectures

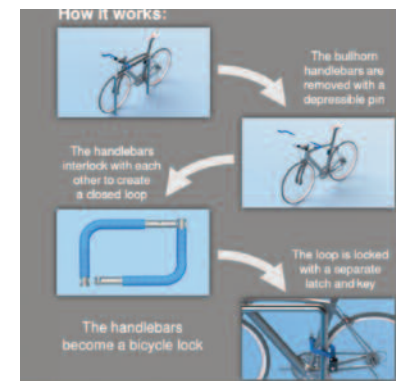
Healthy Trinity completed a workshop with 120 Psychology of Climate Change and 47 social marketing students on upstream climate action. Two students completed work related to Healthy Trinity.

Pictured are the Oireachtas structures students were encouraged to engage with for systemic change. Healthy Trinity guest lectured 114 physiotherapy students on health promotion



### Student Awards

Two groups won NTA Smarter Travel Campus [Awards](#) for projects they did for Healthy Trinity. Nine were shortlisted. The project pictured is a bike lock made of handlebars and ROTATE is a seat design to make more space on trains





# Funding

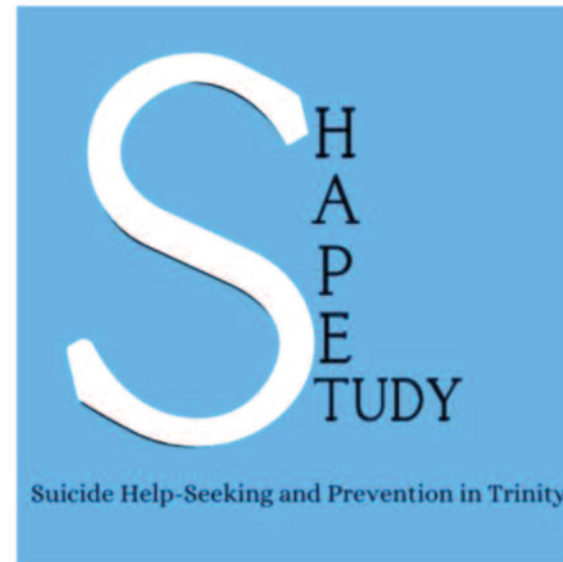
Investment in education  
is investment in health





## Funding

Funding continued to be a challenge for Healthy Trinity in 2021/2022. Our goal is to build support to scale the approaches we have developed to date. To do so, we require human as well as capital resources. We were grateful to receive €20,000 funding in December 2021 from the Higher Education Authority. In this section we describe external sources of funding.



### Healthy Campus

In December 2021, Healthy Trinity received €20,000 seed funding to be used over three years in support of work with the national Healthy Campus coordinator.

### Shape Study

The Suicide Help Seeking and Prevention in Trinity project received €14,066 in Research Boost funding.

### Mind. Body. Boost

€400,000 Erasmus plus funding received last year for Mind Body Boost. Trinity initiative commenced. EU initiative launched.



### Bicycle Heroes

Bicycle heroes received €28,000 EIT funding. Two workshops held in Trinity this year. Pictured are children from Scoil Eoin, Kilbarrack designing a cycle route from their school to Trinity.



### Smarter Travel

€150,000 in bike parking funded awarded, not yet spent. Intended spending includes bike shelters in Trinity Hall (pictured), parking upgrades in St. James's, pedestrian and bike counters on campus and stair ramps on the perimeter of College Green.





# Communications

A community  
connected  
through health



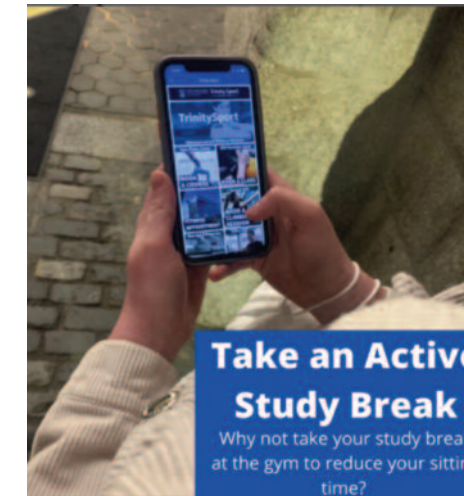


# Communications

Our communications offer a healthy view of life on campus. Conversational rather than didactic messaging is delivered through student/staff partnership.

Our messages align to the academic calendar e.g. healthy eating and smarter travel during orientation, mental health at end of term and alcohol & drugs after exams.

We strengthen our community's voice by facilitating student-led campaigns as well as highlighting work Trinity staff are doing to promote health.



The Human Resource's Kindness Challenge in November (pictured) achieved 1525 impressions on Twitter.



## Instagram & Facebook

Our Instagram following grew by 12% to 2989 with impressions remaining at approx. 100k at peak engagement. We have 1,756 followers on Facebook.

Our twitter following grew by 20% to 1814 though impressions reduced from 457k in 2021 2022 to 274k this year.

## Campaigns

On Instagram, Healthy Trinity Ambassadors posted throughout the year. Physiotherapy students created a sedentary behaviours campaign (1 of 6 posts pictured left). Second medicine students highlighted the opportunities for health that sustainability brings through campaigns on the environment and alcohol (pictured bottom left), tobacco, physical activity, food and green spaces. Campaigns included posts, reels and stories. Details [here](#).



## Small Daily Actions Make a Big Difference Take the November Kindness Challenge



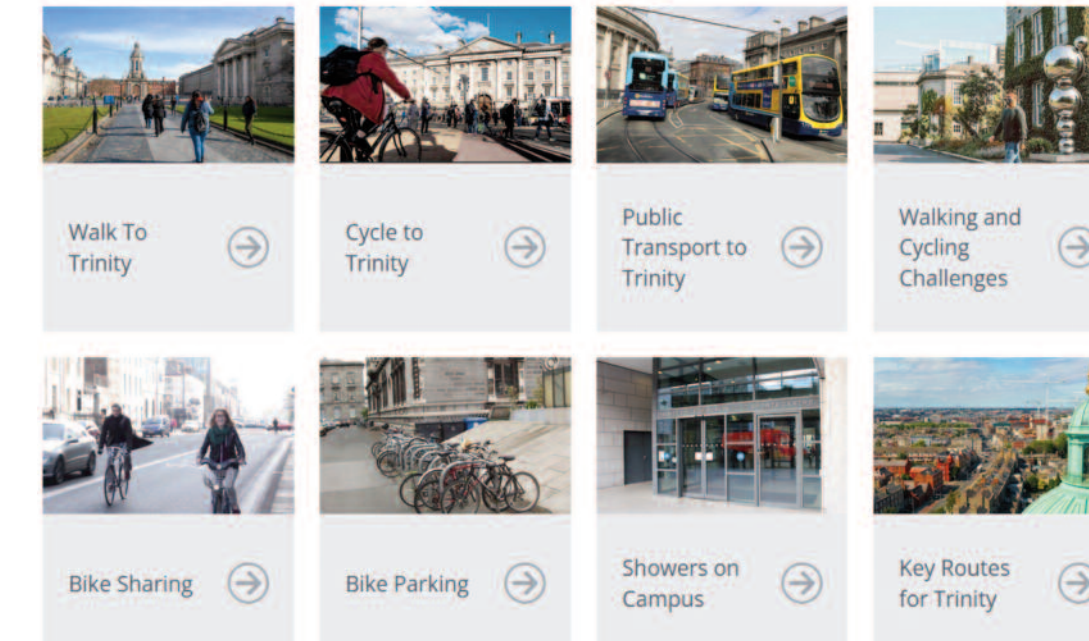
MON	TUE	WED	THUR	FRI	SAT	SUN
<b>1st</b> Write down 3 things to look forward to this week	<b>2nd</b> Make time today to do something kind for yourself	<b>3rd</b> Do a kind act for someone and make their day	<b>4th</b> Write a list of things you feel grateful for and why	<b>5th</b> Take 5 minutes & just breathe	<b>6th</b> Learn something new and share it with others	<b>7th</b> Switch off your tech 2 hours before bedtime
<b>8th</b> Say positive things to the people you meet today	<b>9th</b> Get moving. Do something active (ideally outdoors)	<b>10th</b> Thank someone you are grateful for and tell them why	<b>11th</b> Connect with someone near you. Share a smile or a chat	<b>12th</b> Look for the good in people & notice their strengths	<b>13th</b> Be gentle with yourself when you make mistakes	<b>14th</b> Take a different route today and see what you notice
<b>15th</b> Eat healthy food that really nourishes you today	<b>16th</b> Go outside and notice 5 things that are beautiful today	<b>17th</b> Contribute positively to a good cause or your community	<b>18th</b> Focus on what's good today even if it feels tough	<b>19th</b> Go to bed in good time & give yourself time to recharge	<b>20th</b> Get back in contact with an old friend you miss	<b>21st</b> Try something new to take you out of your comfort zone
<b>22nd</b> Take a small step towards an important goal	<b>23rd</b> Decide to lift people up rather than put them down	<b>24th</b> Challenge your negative thoughts & look for an upside	<b>25th</b> Ask people about things they have enjoyed recently	<b>26th</b> Count how many people you smile at today	<b>27th</b> Use one of your personal strengths in a new way	<b>28th</b> Put away all digital devices and enjoy being in the moment
<b>29th</b> Plan something fun & invite others to join you	<b>30th</b> Write down your hopes and plans for the month ahead	 <b>Healthy Trinity</b>  <b>Trinity College Dublin</b> Colláiste na Tríonóide, Baile Átha Cliath The University of Dublin				

Source: Action for Happiness

Happiness is not something ready made.  
It comes from your own actions.  
DALAI LAMA

## www.tcd.ie/healthytrinity

Our website is a one-stop overview of support to be healthy in Trinity. It is particularly aimed at first years transitioning to Trinity and people looking for Trinity supports. Three areas of the site were updated: Smarter Travel (pictured below), Healthy Eating and Sexual Health.



Physiotherapy students created a sit stand desk infographic (pictured right) and webpage. [Details here.](#)



The Human Resource's Kindness Challenge in November (pictured) achieved 1525 impressions on Twitter.

## Email

A signature for Healthy Trinity partners and friends was developed and disseminated.

Five all-College emails were sent : Tobacco Free Trinity, New Year behaviour change workshops, Health & Sports Week, Workplace wellbeing survey and Healthy Eating survey.





## Looking ahead to 2022-23

The governance of Healthy Trinity is changing in light of our move into Trinity Sustainability, which provides Trinity with the opportunity and mechanisms to adequately resource Healthy Trinity to meet growing demands.

### Trinity Sustainability

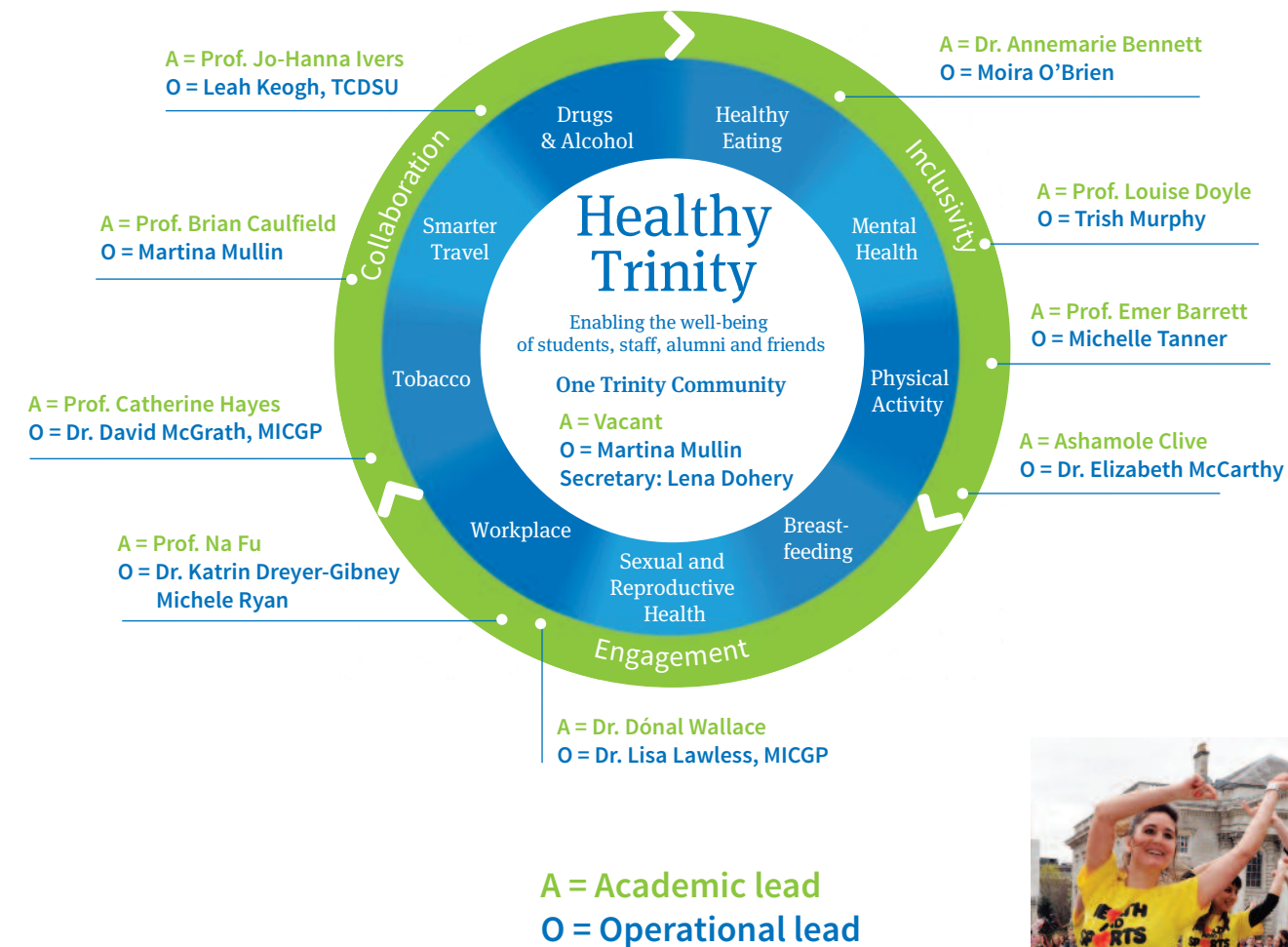
Healthy Trinity welcomes our move into Trinity Sustainability and the opportunity to put health at the centre of Trinity's response to the climate crisis. The primary risk to Healthy Trinity during this change is the dilution of resourcing and messaging. However, all stakeholders are firmly committed to mitigating this risk together.

### Strategic Partnerships

We will continue to work with partners like the Higher Education Authority, Department of Further and Higher Education, Research, Innovation and Science, Department of Health, Health Service Executive and other national and international partners to enable and promote health.

### Scaling Healthy Trinity

Through greater collaboration, Healthy Trinity has grown in 2021/2022. In 2022/2023, Healthy Trinity could grow further. A new drugs strategy is expected in response to the publication of the government's Drug Use in Higher Education survey which Trinity collaborated on to deliver. Higher demand for contraception is expected with the availability of free contraception for 17–25 year-olds, which is available since September 2022. This is all further to the work already ongoing.



## Who we are

Leads for each working group sit on our central Committee as well as strategic partners: Dr. Eilish Burke, Prof. Catherine Darker, Prof. David Hevey, Michele Ryan, Gisele Scanlon – GSU. Thank you to Prof. Emer Barret, Prof. Na Fu, Dr. Katrin Dreyer-Gibney and Dr. Michael McKillen who stepped down in June 2021. We are grateful to staff and student contributors to the working groups who are amongst >100 partners across Trinity and at a national and international level.



### Healthy Trinity Needs You

Students, staff, alumni and friends are welcome to join any of our working groups. Email [health.promotion@tcd.ie](mailto:health.promotion@tcd.ie) to get involved





Trinity College Dublin  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin

# Healthy Trinity

One Trinity Community



[www.tcd.ie/healthytrinity](http://www.tcd.ie/healthytrinity)  
[health.promotion@tcd.ie](mailto:health.promotion@tcd.ie)

