

Summary of Healthy Trinity Implementation Framework 2020-2025

The Healthy Trinity Vision

Trinity is recognised as a 'health enhancing' university where everyone can enjoy physical, mental, and social health and wellbeing to their full potential, where health and wellbeing is valued and supported at every level of Trinity and is everyone's responsibility.

Working with over 100 partners across campus, Healthy Trinity aims to engage the entire Trinity community in promoting health. It has a co-ordinating committee with nine working groups and is Trinity's implementation of the National Healthy Ireland Framework.

What Healthy Trinity will deliver at an operational level:

1. **Campaigns:** Throughout the year, campaigns will be delivered via campus information screens, social media and staff communication channels e.g. alcohol and drugs before Trinity Ball, safe sex at orientation, healthy eating and where to shop in early term, mental health as exams approach, physical activity and moving all day, tobacco production and its effect on environment during Green Week, active travel, how to incorporate physical activity into your work day etc.
2. **Events/interventions:** Events will be hosted on campus and online e.g. Sexual health education at orientation in partnership with Q Soc, stop smoking courses, cooking demonstrations, drugs education at Trinity Ball queue, social walk/jog/run groups, addictive behaviour groups, workplace social cafes, guest speakers, cycle buddy schemes for new cyclists etc.
3. **Supportive Environment:** A campus that supports health through policy and/or the alteration of the Trinity environment e.g. free condom machines installed throughout campus, tobacco free campus policy, student microwaves and spaces to eat home-cooked food, stair prompts to encourage physical activity, bike parking and shower facilities, break-out spaces for students to mix, social spaces for staff to eat, drugs policy aligned to national university drugs policies
4. **Data collection:** Healthy Trinity studies the health attitudes and behaviours of the Trinity community and compares finding with national and international data. Our aim is to disseminate



Healthy Trinity has nine working groups each with an academic and operational lead. We have over 100 partners in Trinity working across disciplines



Event run with TCD SU: Mairead struck the winning blow to a cigarette shaped piñata to celebrate Trinity's 83% reduction in smoking in tobacco free zones.

an annual monitor with assessing different health behaviours each year. Through this approach we already know: Trinity students drink less than the general population but when they consume alcohol the quantities are damaging; 50% of those who smoke in Trinity, start over the age of 18, Trinity is a global leader in the use of sustainable transport, the Trinity community sits for an average of >8 hours per day, students perceive lack of time to be the biggest barrier to eating healthy. Data under analysis include a staff mental health survey with a response rate of >50% and a student healthy eating survey focused on how the Trinity environment supports healthy eating.

5. **Publications.** To date, Healthy Trinity has published data on the Trinity environment under [tobacco](#), [smarter travel](#) and [physical activity](#). Papers are under development for alcohol, mental health in the workplace, healthy eating amongst students, establishing a university health promotion initiative and developing an online health promotion tool. Healthy Trinity aims to publish two papers per annum.
6. **Funding:** Healthy Trinity will obtain funding to support our activities.

What Healthy Trinity will deliver at a strategic level:

1. **Living Laboratory:** We will use our campus as a living laboratory by assessing health knowledge, attitudes and behaviours in our population, making changes to our environment, policies, facilities and communications and studying their effects e.g. through our Tobacco Free Trinity work we have identified 25% social smoking amongst our population, a behaviour not being captured in national data.
2. **Respond to Trinity Strategies:** We will align our actions to those articulated in Trinity’s Strategic Plan 2020-2025 and the Research Excellence Strategy 2019, particularly Goal 8.7 of the Strategic Plan: “Encourage the physical, mental and social health of the whole College community through implementation of the Healthy Trinity initiative” and pg. 26 of the Research strategy “harness much more effectively the skills of our community.”



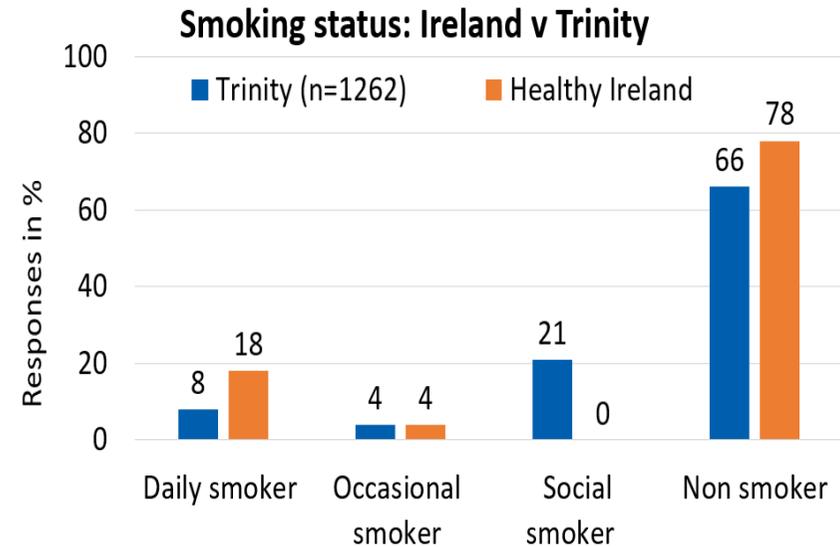
A Healthy Eating campaign run in January on Instagram. Campaigns for different health behaviours throughout the year will be run e.g. stress at exam time, drugs before Trinity Ball



Facilities: Free condoms throughout campus being maintained by non-health professionals means student counsellors, bar staff, housekeepers etc. are promoting sexual health.

3. **One Trinity:** We will contribute to the One Trinity goal set out in Trinity's strategic plan. Our working groups will be led by academic/operational partners and will be open to the entire Trinity community.
4. **A Voice for Education as a Determinant of Health:** We will be a voice for evidence-informed health promotion that emphasises third level education as a critical determinant of health.
5. **Strategic Partnerships:** Healthy Trinity will build partnerships with national and international organisations and European universities, in particular LERU and CHARM-EU universities.

The Healthy Trinity Implementation Framework 2020-2025 sets out our principles for practice, details implementation plan for each working groups and includes an assessment of how Healthy Trinity responds to Trinity's Strategic Plan 2020-2025 and Research Excellence Strategy (2019).



Data collection: Through Trinity's living lab data collection, a pattern of social smoking amongst our students has been identified that isn't being captured in national data.



Healthy Trinity responds to Trinity's Strategic and Research Plans where they relate to health promotion