



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

# Healthy Trinity



Impact Report  
2020-21





# 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.

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## Dear Trinity Community

Healthy Trinity is proud to present our first Impact Report in response to Trinity's Strategic Plan 2020-2025. This Report demonstrates the commitment of Trinity's community to health and wellbeing for all.

COVID-19 has brought into focus how we rely on each other for health. Health is certainly determined by the individual behaviours in which we engage, but the determinants of those behaviours are broad. Our initiative therefore has acted at a variety of levels this year.

We work with academic staff to re-orientate teaching and research towards health & wellbeing, we collaborate with professional service staff to bring a focus on health & wellbeing to our campus environment, and we support students to focus their learning opportunities on Healthy Trinity through projects, assignments and data collection.

We invite anyone with an interest in promoting health to contribute to Healthy Trinity. Maybe you have a big idea you want to introduce or maybe you can adapt what you're doing to put a healthy slant on it. Either way, 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 2021



## 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

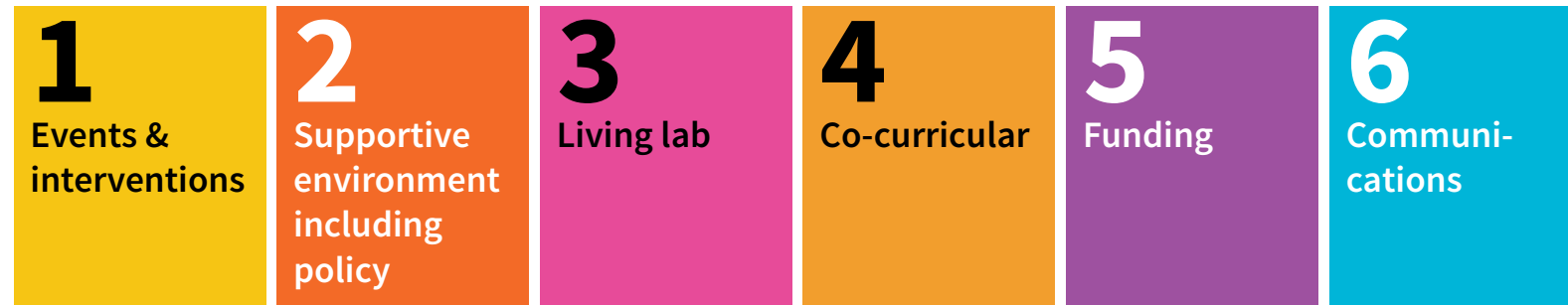
We are an open forum. We listen and engage with the community and encourage debate, dissent and discussion at all levels of the University.

## Our approach

### Strategies we respond to

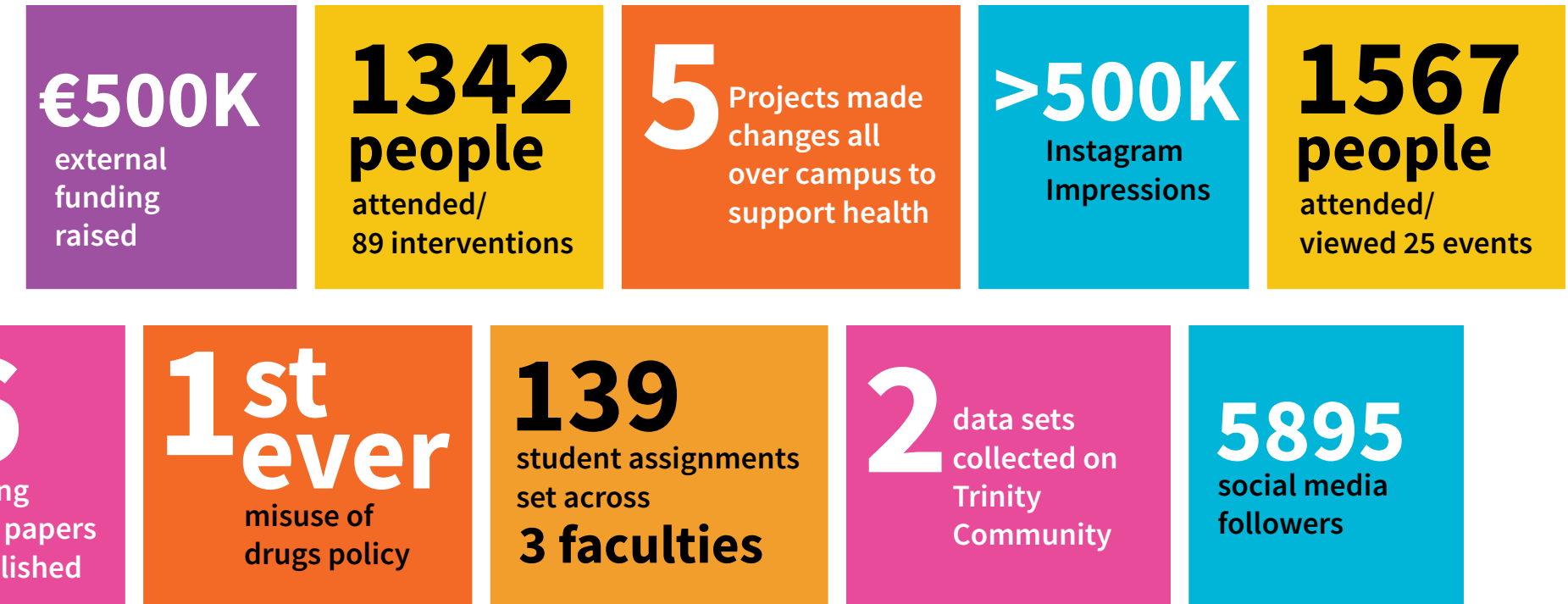


Healthy Trinity comprises nine working groups, each with an academic and operational lead in a co-chair model. Group leads and strategic partners constitute the overarching Healthy Trinity Committee. Working groups act in six ways:



A case study of our approach is on pages 5 and 6.

## Year in numbers







## Case study of our approach

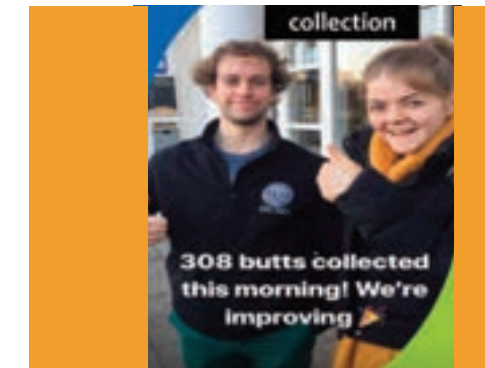
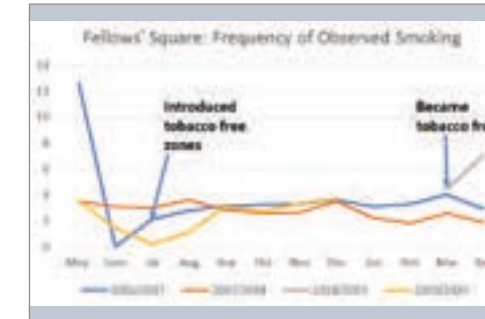
The **Tobacco** Working Group was established in 2013. It uses our six action areas and has achieved an **80% reduction** in frequency of observed smoking since 2016.

### 1. Events & Interventions

Free stop smoking courses have been run twice p.a. since 2004 as well as multiple events to promote tobacco- free living. Pictured is Ultimate Frisbee, one of seven clubs who as part of our Healthy Library initiative offer “come and try” sessions encouraging active breaks not cigarette breaks.

### 2. Supportive Environment including policy

After six years which included a **1 year consultation**, **3 interim proposals** and a **2 year pilot**, in March 2019, Trinity became a **tobacco free campus**.



### 3. Living Lab

Frequency of observed smoking is measured each week. As pictured, smoking is ~80% lower since 2016. We have published papers on **smoking prevalence** and **social smoking**.

### 4. Co-/Curricular

Each year students complete assignments on tobacco. Pictured are 4th year BESS students who **highlighted a need** to focus on cigarettes and the environment.

### 5. Funding

The Tobacco group's work is funded by Trinity.


### 6. Communications

Student ambassadors create online communications and campaigns throughout the year. 2019 ambassadors pictured.





# 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, particularly this year while COVID-19 restrictions were in place.

## Events

### International Recovery Day

Trinity turned purple for [International Recovery Day](#), 30th September 2020



### Walking Lecture

Prof. Shane O'Mara talked about the benefits of walking while 59 attendees [walked and listened](#). It has been viewed 150 times since.



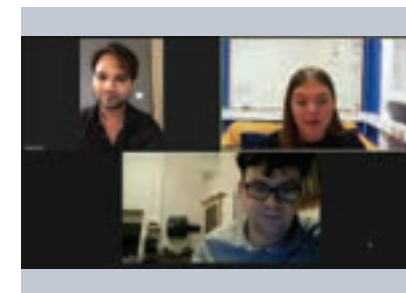
### Pop up choir

Trinitones, Trinity's all male acappella ensemble led a virtual pop-up choir workshop attended by 26 people.



### Chem Sex Panel

TCD SU led a [ChemSex panel discussion](#) which has been viewed 273 times.



### Comedy Food Debate

[The House would have its steak and eat it.](#) comedy debate with TCD SU and The Phil has been viewed 336 times.



### Walking Challenges

720 students/staff took part in the Smarter Travel Campus walking challenges. Pictured are [Trinity's walkaholics](#).



### Gardening workshop

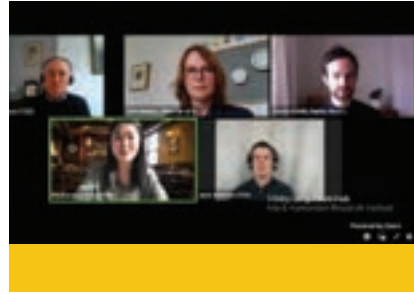
77 people attended a workshop on gardening and growing your own food.

### Free exercise classes

67 students/staff attended free exercise classes during Health & Sports Week.

### Future of Dublin Seminar

130/301 attended/viewed our [seminar](#) chaired by the Lord Mayor of Dublin encouraging attendees to make a submission to the Dublin Development plan.



### History of the Irish Pub

12K people have viewed [this Long Room Hub event](#) hosted with input from Healthy Trinity.



### And there's more..

51 attended “Why you’re confused about food” lecture, 59 attended “Good night’s sleep” lecture, 20 attended a Liveable Dublin - Connect over Coffee and 4,700 viewed our Health & Sports Week [campus tour](#).

## Events

### Drop in mindfulness

200 students/staff attended drop in mindfulness sessions during 25 sessions this year.



### Healthy Habits Courses

188 staff and students attended 12 healthy habits workshops with motivational interviewing and 8 exercise classes.



### Addictive Behaviours Group

120 students attended 24 addictive behaviour support and recovery groups.



### Breastfeeding group

90 mothers and their children attended 10 online breastfeeding meetings run by La Leche League Trinity.



### Stop Smoking Courses

24 people attended two stop smoking courses.



# Supportive environment including policy

Creating supportive  
environments for health and  
wellbeing makes it easy to  
be healthy



## 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.

### Misuse of Drugs policy

Trinity's first [Misuse of Drugs Policy](#) was introduced this year. It is to be used to respond to and manage concerns regarding a student's misuse of drugs.



### Supportive Food Environment

[Trinity research](#) published this year found that young Irish people are Vitamin D deficient. Responding to this research, College Catering changed to Vitamin D supplemented milk throughout campus.

Other healthy interventions during the year included increased vegetarian and vegan offers, more vegetables with each meal, no chip Monday, healthier vending options, reduced hyper-processed food options, nude salads, free apples and chocolate bars removed from the counter during Health & Sports Week.





## Sexual Health

We installed [18 condom/lubricant dispensers](#) all over campus and in student accommodation as part of the National Condom Distribution Service. 10,400 condoms were distributed in 2021. We also supported the HSE's rollout of home STI testing. [Details here.](#)

## The Movement Movement

The Active Breaks resources are downloadable exercise videos and slide decks that any academic or student can incorporate into breaks during lectures. Released in April 2021 for promotion next year. [Details here.](#)



## Liveable Dublin

Trinity supports actions to make Dublin more liveable. A cycle lane we (and others) requested was installed on [Nassau Street](#). Since 2018 we have supported a bus gate in Rathmines as part of our Bus Connects submissions, a controversial idea incorporated into current Bus Connects plans. This year, we made 3 submissions to support liveability in Dublin including on College Green. [Details here.](#)

## Bike Parking & Repair

1135 bike parking spaces on campus were upgraded from toast racks to secure racks. Three bike repair stations, like the one pictured, were installed.





## Supportive Environment including Policy

- Healthy food offerings throughout the year
- Free condom dispensers installed in November
- Submissions on public realm changes to DCC, NTA, RSA in December, January, February
- Misuse of Drugs Policy in October
- New bike parking installed throughout the year
- Active breaks online for use during lectures or meetings launched in April



# 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

### Active Breaks

An active break delivered during lectures is an acceptable and feasible intervention to disrupt sitting in students. [Details here.](#)

### Travel preferences post COVID-19

As the University reopens after COVID-19, students want to walk to campus, staff want to cycle. [Details here.](#)

### Healthy Trinity Online Tool

A paper describing the process of developing a health tool on Blackboard that was written by a collaboration of 19 staff. [Details here.](#)



## Alcohol consumption

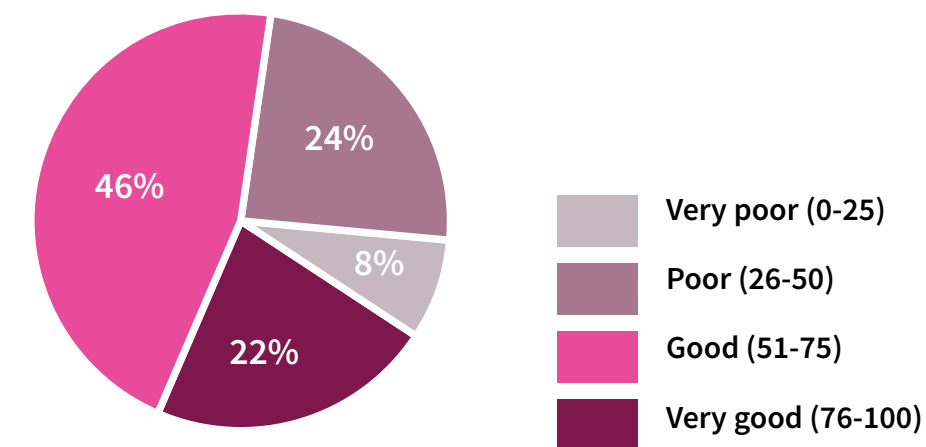
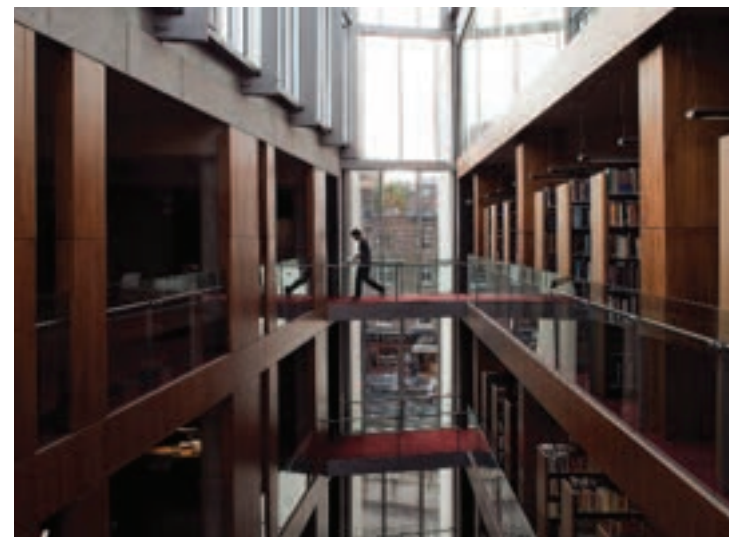
Almost 75% of Trinity students who drink alcohol, binge drink - men more than women. 69% of drinkers have experienced problems. Reasons for drinking are social and enhancement. [Details here.](#)

## Not really a smoker?

25% of Trinity students are social smokers with over half of those who smoke starting over the age of 18. We're asking the government to measure social smoking in national health data. [Details here.](#)

## Study Habits Pre & Post COVID-19

Caffeine, library study, sleep adjustment and exercise are students' main study aids. COVID-19 restrictions increased difficulty studying in particular through loss of structure/routine. [Details here.](#)



## Data Collection

### Staff Wellbeing during COVID-19

Though staff were resilient and completed their work during COVID's first lockdown, wellbeing was low. [Details here.](#) Results are consistent with wellbeing data taken on staff by Healthy Trinity in 2018.

### Eating habits of students & staff

Most undergraduates rated their own cooking skills as good or very good. Barriers to eating healthily on campus were resources e.g. space to prepare food, and cost. [Details here.](#)



# 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

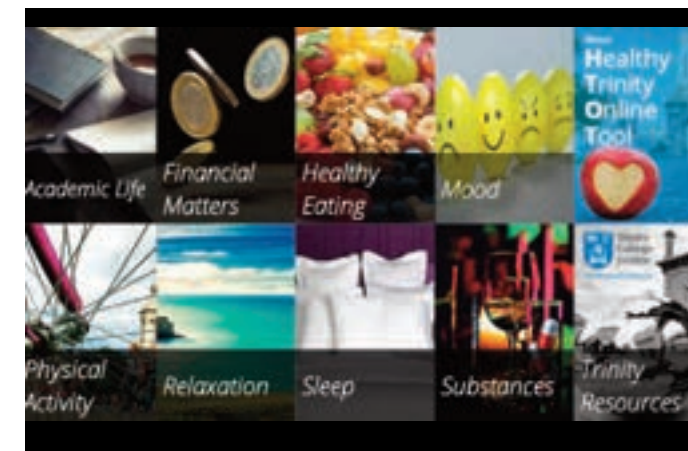




## Co-/curricular

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 Workplace Wellbeing module, we guest lecture on courses where our work is relevant and we facilitate entry to national student awards.

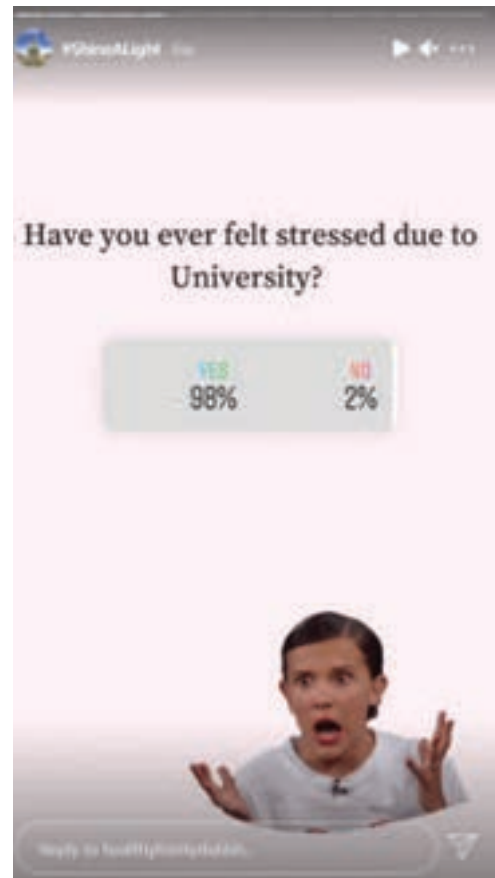


## Climate Change and Health Project

Four 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](#) they created to highlight tobacco's detrimental effect on the environment.

## Healthy Trinity Online Tool: H-ToT

For the first time, all junior fresh students (~4k) were automatically registered on the Healthy Trinity Online Tool on Blackboard. Use of the tool grew from 855 students last year to 1013 this year. [Read more here.](#)

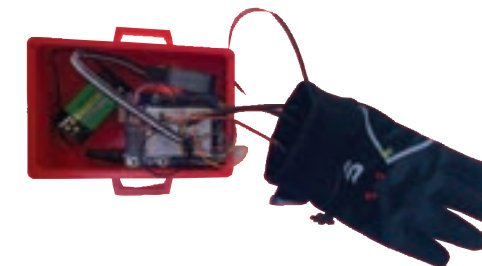
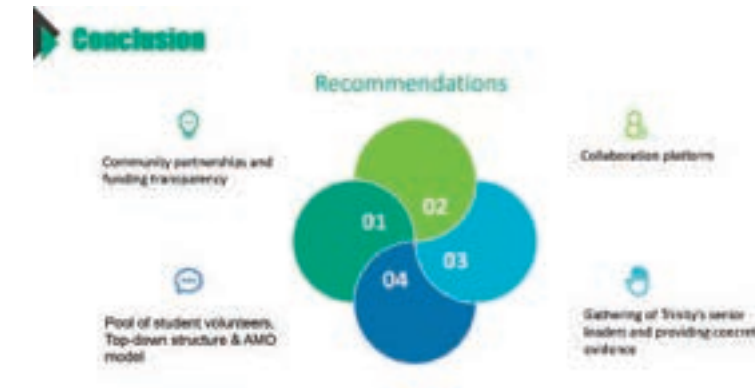


## Assignments for Healthy Trinity

Healthy Trinity set assignments across all three faculties. 57 students produced social marketing assignments for Healthy Trinity. The [mental health Shine a Light campaign](#) pictured was derived from one group's work; it achieved 12,461 Instagram impressions.

70 Mechanical Engineering undergraduates identified and addressed obstacles to walking, cycling and public transport. [Details here.](#)

22 MSc Human Resources Management students assessed our initiative to advise how we can increase our impact with limited resources (pictured below), how to position ourselves strategically in the University and how we compare with international peers.



## Workplace Wellbeing Module

60 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.

## Guest Lectures

Healthy Trinity presented to 330 Operations Management students about Tobacco Free Trinity as a case study of change in organisations and 55 Psychology students about Climate Action to avert the risks described in [the CDC model pictured.](#)

## Student Awards

Three groups (22 students) won NTA Smarter Travel Campus [Awards](#) for projects they did for Healthy Trinity. Mechanical engineers won for their [HandyNav Haptic Smart Glove](#) (pictured) and the [Oculus Real Time transport occupancy data device](#). MSc. Social Marketing Students won for their [Active Travel to City Centre](#) initiative.



# Funding

Investment in education  
is investment in health





## Funding

Healthy Trinity receives €4k p.a. in project funding via the Tobacco Group and is staffed by one 0.6 FTE Health Promotion Officer. Contributions from partners are voluntary.

Our goal is to continue to build support to scale the approaches we have developed to date. To do so, we require human as well as capital resources.



**MIND**  
*Body*  
**BOOST**



### Mind. Body. Boost.

The Trinity Sport-led project [Mind. Body. Boost.](#) was awarded €391,675 in Erasmus+ funding this year. It will be a European collaboration of partners, delivered in five phases over thirty-six months from September 2021.

### Bike Parking

€100,000 in funding was secured from the National Transport Authority to add/upgrade 1,135 bike parking spaces. Pictured is new parking outside the Berkley and upgraded parking in the courtyard of the Trinity Centre for Health Sciences in St. James's Hospital.





# 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.



## Instagram & Facebook

Our Instagram followers grew by 22% from 2,130 to 2,590 from 23rd October to 1st June. Impressions per month went from ~30k in October to ~100k in March. We have 1,776 followers on Facebook.

We ran 8 campaigns this year. The post pictured was part of the Sober October Campaign with TCD SU. Additionally, circa 4 non-campaign posts per week were delivered.

Reels emerged as a format favoured by Instagram. Our launch reel for the “[Tap, tap for Mental Health](#)” campaign during summer exams was viewed >27k times across two channels, Trinity's highest ever viewed post.

Pictured is one of many student recipe reels. [This one received >9k views.](#)

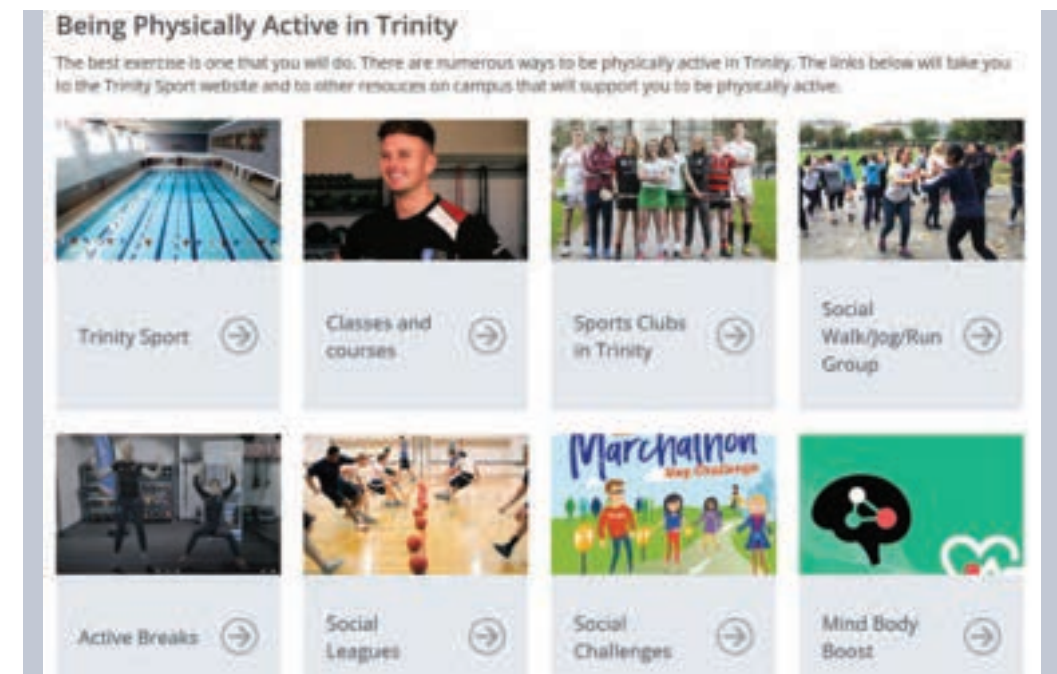


## Twitter

On Twitter we connect with colleagues and departments in Trinity, support work by colleagues that is relevant to or promotes health and communicate with partner organisations outside Trinity on our priorities. It is an important tool for community and connection as well as for civic engagement.

Our followers this year increased by 25% to 1,500 with the account making >457k impressions.

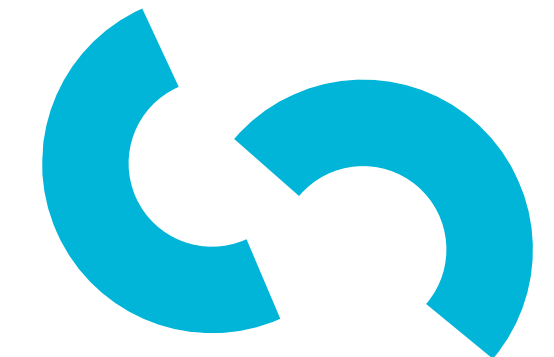
Our [#ChoiceInTransport campaign](#) (2 of 5 posts pictured), is an example of our Twitter advocacy. During Green Week it highlighted to partner organisations like the NTA, RSA etc and Dublin City Councillors that Trinity supports allocation of public space to walking, cycling and public transport. It achieved 87k impressions and >4300 engagements.



## [www.tcd.ie/healthytrinity](http://www.tcd.ie/healthytrinity)

Our website is a one-stop overview of support to be healthy in Trinity. It is of particular use for first years transitioning to Trinity.

Where departments or schools collaborate, work is shown on our website. Two website areas were redesigned this year. The physical activity area of the site, pictured, incorporates work from Sport, the Discipline of Physiotherapy, Counselling and College Health.





## COVID-19

Healthy Trinity has contributed to Trinity's response to COVID-19. Healthy Trinity's communications tools served as aggregators for the multitude of supports available to the Trinity community; all events/interventions, meetings and our co-/curricular work moved online; and the Healthy Trinity Online Tool (H-ToT) was updated with COVID-19 information and pushed-out to all first years via Blackboard.

In this section, Healthy Trinity wishes to draw attention to a number of our partners who worked on the front-line of Trinity's management of COVID-19.



## On-Campus Vaccinations

College Health registered, prioritised and delivered vaccines on-campus to the members of our community with the highest medical need.

## Adapted teaching

Teaching staff adapted their methods and their physical environments to deliver essential face to face classes safely.

## On-Campus COVID-19 Testing

College Health and the Faculty of Health Science established and led Trinity's on campus COVID-19 testing programme. Trini-Screen research study was rolled out in student residences and later to staff cohorts.



## Looking ahead to 2021-22

COVID-19 has confirmed that our vision is essential - health and wellbeing must be valued and supported at every level in Trinity. Through engagement, collaboration and by being inclusive, we will continue to work towards members of our community being enabled to be healthy and to promote health.

### Biodiversity & Climate Action

The biodiversity and climate crisis is the greatest challenge to public health in the 21st century. Healthy Trinity will be at the heart of Trinity's response. Healthy people must be at the centre of a healthy planet. We will use our experience of change for health to work towards change for sustainability.

### Mental Health

We acknowledge that COVID-19 has affected the mental health of the whole Trinity community and we are committed to meeting these needs in a collaborative, unified manner.



### Scaling Healthy Trinity

Our work to date has harnessed the experience and enthusiasm of volunteers. We have developed six action areas specific to the university setting. We aim to obtain human and financial resources to scale our work across these six action areas.

### Strategic Partnerships

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



# 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. 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.



A = Academic lead  
O = Operational lead



Collaboration Inclusivity Engagement





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)