



Healthy UCD Annual Report Year 3

August 2019

## HEALTHY UCD HIGHLIGHTS 2018/2019

### AWARDS

1. The Irish Heart Foundation (IHF) awarded Healthy UCD the Gold Award during the Active@Work Awards in November 2018. The IHF seeks to recognise outstanding efforts to promote and increase work-place physical activity levels. Healthy UCD was nationally recognised as a successful promoter of health and wellbeing at work.



Figure 1 (left): UCD Staff, Brian Mullins, Professor Patricia Fitzpatrick, and Lisa Harold accepting the Active@Work Award, November 2018



Figure 2 (above): Staff members participating in Bootcamp  
*Brought to you by Culture & Engagement and Healthy UCD*

2. Healthy UCD Steering Committee member Dr. Celine Murrin won the Short Presentation Award for a talk on the removal of high sugar sweetened beverages from the UCD campus at the Faculty of Public Health Medicine Scientific Meeting, RCPI, December 2018.

### RESILIENCE TREE



Figure 3: The Resilience Tree

Healthy UCD has supported the introduction of the Resilience Tree by PhD Researcher Claire McCafferty, School of Public Health, Physiotherapy & Sports Science, funded through a SPARC award. The tree, which grows in the centre of the UCD campus, is used as a mental health resource for the community, serving as a place for community members to share ways they look after their mental wellbeing. Healthy UCD supports the Resilience Tree as a way to encourage a dialogue around the promotion of

positive mental health strategies and tools. The Resilience Tree has become a popular landmark on the UCD Campus.

### WORKPLACE WELLBEING VIDEO

In March 2019, Healthy UCD released the Workplace Wellbeing video on the Healthy UCD Website and Healthy UCD YouTube Channel. The video is aimed at promoting events and resources associated with Healthy UCD in a short video.

### STUDENT EXPERIENCE AS PART OF ACADEMIC MODULE



Figure 4: Wellness Wednesday volunteers with cheque for Pieta House

Healthy UCD co-hosted Wellness Wednesday with students from the Bsc Sports and Exercise Management on the UCD Belfield campus on 10<sup>th</sup> April 2019. The day was used to engage students and offer a break from exam stress. The event raised €1,400 for Pieta House via attendee participation in competitions and raffles.

### HEALTHY EATING WEEK



Figure 5: UCD Nutrition Society's Demonstration during Healthy Eating Week, February 2019



Figure 6: Donncha O'Callaghan at UCD during Healthy Eating Week, February 2018

Healthy Eating Week 2019 attracted 520 attendees during 5 nutrition-related talks. A cooking demonstration was held in conjunction with Irish Rugby player Donncha O'Callaghan on the UCD Campus to promote healthy eating.

#### **NATIONAL AND INTERNATIONAL ENGAGEMENT**

Healthy UCD engages with other Irish universities and colleges, as part of the HSE Network of Health Promoting Colleges, to develop the Health Promoting Campus framework and charter in association with Healthy Ireland. UCD is an Associate Member of the UK Healthy Universities network, engaging in ongoing discussions and participating in meetings in Cardiff (May 2018) and York (November 2018). Results from Healthy UCD research and actions have been presented/accepted for presentation at national and international conferences.

#### **BASELINE DATA COLLECTION – STAFF AND STUDENTS**

Healthy UCD First Year Student Health Survey was conducted in September 2018. The survey data has been analysed and results will be presented at forthcoming conference. In March 2019, the first Healthy UCD Staff Health Survey was conducted to identify a baseline health status of UCD staff members. The analysed data will be submitted for conference presentation and publication. The results will be used to develop Health and Wellbeing Action Plan to better promote and incorporate health at UCD.

**Healthy UCD Actions and Target set for past year 2018/2019, Current Status and Target for coming academic year 2019/2020**

Action and Target 2018/2019	Status 1 August 2019	Target 2019/2020
<b><u>Awareness and Identity Development</u></b>		
Continuation of the Healthy UCD page developed for the Welcome Booklet	Page developed for 2018/2019 Booklet will remain the same for 2019/2020	Review Welcome Booklet page and amend as needed for 2020/2021
<p>Strong social media presence continues to grow</p> <p><b>Target 2018/2019: Increase Twitter followers by +20%, Instagram by +15%, 100 likes on Facebook, and 20 YouTube subscribers</b></p>	<p>Targets Achieved. Current numbers of followers:            Instagram: 1,841 (+225%)            Twitter: 1,086 (+39%)            Facebook: 175 likes (+75% over target)            YouTube: 30 subscribers (+500%)</p>	<p>Increase following across all Healthy UCD social media platforms by 5%</p>
Continuation and promotion of Healthy UCD calendar of events	<p>Programme calendar and information up-to-date on Healthy UCD website.</p> <p>Healthy UCD utilises social media account to further promote events and programming</p>	Monitor analytics of social media and website to better formulate future content
Promote health events on the Healthy UCD tab on the UCD App	The UCD App will be used to conduct second, more comprehensive Healthy UCD First-Year Student Survey. The app will host information for Healthy UCD events throughout 2019/2020 academic terms	<p>Analysis of results of 2019 First Year Student Survey,</p> <p>Work in conjunction with UCD IT Services to monitor app analytics specific to the reach of Healthy UCD</p>
<p>Regular standing contribution from Healthy UCD in both Student and Staff e-zines</p> <p><b>Target 2018/2019: Submit news items to every staff (14) and student (13) ezines for the 2018-2019 academic year</b></p>	All 14 Staff ezines included Healthy UCD news 2018/2019. Target not achieved for student ezines.	<p>Healthy UCD to continue to provide material for staff ezines</p> <p>Material will be supplied directly from Healthy UCD to student ezines to be included in at least 60% of ezines</p>

Action and Target 2018/2019	Status 1 August 2019	Target 2019/2020
<b><u>Student Engagement</u></b>		
Include information on Healthy UCD as part of welcome address to new undergraduate, postgraduate taught and research students during campus tours and freshers' week	Information was provided as part of Welcome Tours in September 2018. Healthy UCD will be featured during the 2019 Sport and Wellbeing Tour during Orientation Week	Review and amend procedures if required
Decision made to develop elective module arising from UCD Health Promotion Strategy 2017 recommendation	Module PHPS10010 Student Health & Wellbeing in development, undergraduate level 1 elective module	Module PHPS10010 Student Health & Wellbeing to be introduced Spring Trimester 2020
Continue to work with Peer Mentors to develop a health & wellbeing programme targeted at first year students 2019	Peer mentors for 2019/2020 will assist in the promotion and advocacy of healthy lifestyles among first year students. Peer mentors will also assist in distribution of the Healthy UCD First Year Student Survey data during Orientation Week	Continue
Work with Residential Assistants to introduce the Healthy UCD initiative and the resources on campus for first year students in August 2019	Engaging with Senior Residential Assistants and ResLife activities to incorporate Healthy UCD principles into Orientation Week and on-campus housing for the 2019/2020 Academic Year	Continue
Continuation of Student Digital Ambassador role	Two student digital ambassadors successfully recruited during 2018/2019	Repeat for 2019/2020
Engage with other universities for student placements within Healthy UCD	A student from the University of Albany, Maeve Brennan, successfully completed an 8-week placement with Healthy UCD from March to May 2019  Currently in discussions about student placement from Maastricht University	Healthy UCD open to provision of similar student placements in 2019/2020
Recruit student volunteers for Healthy UCD	10 student volunteers were successfully recruited for 2018/2019 academic year	Continue recruitment and engage with UCD Student Services to identify volunteers

Action and Target 2018/2019	Status 1 August 2019	Target 2019/2020
Engage with the Students Union to provide Healthy UCD initiatives to students	Worked with the Students Union and the Student Health Service to facilitate provision of Mini STI Screens at a reduced cost for students during SHAG week	Repeat Improve engagement with SU through Healthy UCD committee memberships and directly
Engagement with students to promote wellness events	Healthy UCD worked with Sports Management lecturer Dr. Amy Bermingham, School of Public Health, Physiotherapy & Sports Science (SPHPSS) to facilitate Wellness Wednesday in April 2019; this event was run by BSc Sport and Exercise Management students as part of event management skill development to offer UCD students a break from exam stress	Repeat Wellness Wednesday in Spring 2020 with Sports Management students  Explore similar possibilities with student organisations, such as the Nutrition Society and the Food Society
Continue Healthy UCD First-Year Student Survey	Survey data was collected at Orientation Week 2018. The data was analysed and presented to the Healthy UCD Steering Committee	Conference presentation and publication. Planning for follow-up exit survey of students at a later time in their UCD studies
<b><u>Other Staff Engagement</u></b>		
Support and promote health and wellbeing among UCD Staff	Pilot Weightwatchers programme hosted on campus with 22 participants	Run Weightwatchers programme in Autumn Trimester 2019
Continue work with Student Advisers to engage Peer Mentors in the Healthy UCD initiative	Coordinating with Student Advisers to incorporate Healthy UCD in Peer Mentor training sessions	Continue
Engage with staff to provide wellness seminars	UCD HR held 3 sleep workshops held for staff with 123 bookings  UCD HR hosted Financial Wellbeing Seminar on UCD Engage Day with 700 employee attendees  Healthy UCD hosted an event at 'Work Smarter Together 2019' alongside UCD Agile in March 2019 to promote 'Work-life blend at UCD'	Focus on financial wellbeing and topic wellness issues with Culture & Engagement - UCD HR

Action and Target 2018/2019	Status 1 August 2019	Target 2019/2020
<p>Engage with UCD HR to action the objectives set out in UCD Mental Health Policy</p> <p>Develop Healthy UCD Staff Survey to measure employee health and wellbeing</p>	<p>Policy not yet approved, but specific action being planned</p> <p>Healthy UCD Staff Survey conducted in March 2019. Results presented to Healthy UCD Steering Committee</p>	<p>Support specific actions on mental health as rolled out by Culture &amp; Engagement – UCD HR</p> <p>Finalise analysis. Submit for conference presentation and publication. Develop action plan based on the results</p>
<p><b><u>Smoking Cessation</u></b></p>		
<p>Continue to encourage smoking cessation in the UCD community</p>	<p>Overall prevalence of smoking rate in Ireland (Healthy Ireland survey 2017): 20%</p> <p>UCD staff smoking prevalence: 4%</p> <p>Overall young adult smoking prevalence (Healthy Ireland survey 2017): 19%</p> <p>UCD student smoking prevalence: 12%</p>	<p>Promote local supports in St. Vincent's University Hospital and online HSE resources</p> <p>Continue to support the leadership of UCD smoke free campus policy</p>
<p>Continued promotion of local and online support services in line with the UCD Smoke-free Campus Policy</p>	<p>UCD's Procure Pharmacy offers 30% reduction offer of Nicotine Replacement Therapy (NRT) to promote a smoke-free campus</p>	<p>Continue to promote Procure Pharmacy's NRT offer</p>
<p>A second Healthy UCD 6-week Smoking Cessation Course to be run</p>	<p>6-Week Smoking Cessation Course ran by Healthy UCD Research Assistant on UCD Campus in March 2019 (7 participants)</p>	<p>Assess requirement for further on campus smoking cessation courses for 2020</p>

Action and Target 2018/2019	Status 1 August 2019	Target 2019/2020
<b><u>Physical Activity</u></b>		
Further involvement in physical activity events in UCD for staff and students and increase numbers participating in physical activity challenges	<p>Awarded Active@Work award by Irish Heart Foundation 2019</p> <p>Further physical activity events for UCD staff and students:            Bootcamp: 331 annual participants (+300%)            Yoga: 127 participants            Desk to 5k: 100 participants (+18%)            Marchathon: 35 participants            Rás Run: 335 participants (+600%)            Darkness into Light: 830 participants            Social Hurling pilot: 20 participants</p>	<p>Increase participation in all events by 5%</p> <p>Exit surveys to be conducted at course end</p> <p>Further develop programme for Autumn Trimester to offer Bootcamp, Yoga, Pilates, Step Challenge and Social Hurling</p>
<b><u>Healthy Eating</u></b>		
<b>Target 2018/2019: To continue to promote Healthy Eating Week in 2019</b>	520 attendees of Healthy Eating week at talks by Lorraine Brennan (School of Agriculture and Food Science, Ruth Wood Martin (Irish Rugby Football Union), The Nutrition Society, Danielle Logue (SPHPSS) and Sara Keogh (Founder of Eatwell)	Increase attendance by 5% in 2019/2020
Continuing promotion of removal of high sugar sweetened beverages on campus	Dr. Celine Murrin (SPHPSS & Healthy UCD Steering Committee) won the Short Presentation Award for her talk on the removal of high sugar sweetened beverages at the Faculty of Public Health Medicine Scientific Meeting, Royal College of Physicians in Ireland	Oral Presentation (Professor Fitzpatrick, SPHPSS & Chair of Healthy UCD Steering Committee) at European Public Health Association Meeting, Marseille, France November 2019 (Title: One-year update following removal of high sugar sweetened beverage from a university campus)
Evaluate impact related to the removal of high sugar sweetened beverages on campus	3.27 million grams of sugar and 13.1 million kilocalories removed from campus annually due to the removal of high sugar sweetened beverages	Audit of all food outlets on UCD campus for healthy eating options in 2019/2020

Action and Target 2018/2019	Status 1 August 2019	Target 2019/2020
<b>Target 2018/2019: Promote the 8 videos on Healthy UCD website and YouTube</b>	Ongoing promotion throughout the year  Cook with Five leaflets provided at UCD Festival with videos shown throughout festival	Continue to host Cook with Five videos on Healthy UCD Website and continue promotion  Engage with Residential Assistants to promote videos in Residences
Provide a show case of healthy food options during Fresh Fest in September 2018	Completed as part of Fresh Fest in conjunction with the Nutrition Society	Repeat September 2019
<b><u>Mental Health</u></b>		
<b>Target 2018/2019: To support new event in October 2018 and continuation of event in April 2019</b>	Engaged with Student Advisers on a week promoting mental wellness in October 2018. Successfully coordinated Mental Health Awareness Week 2019 in conjunction with UCD SU Mind, Body and Soul	Repeat in October 2019 and April 2020
Engage with UCD Agile for a mindfulness event in 2019	Mindfulness session delivered by Bronagh Hanna in March 2019	Continue to engage with UCD Agile
Coordinate with Mental Health First Aid Training	Training completed by two Healthy UCD Staff Members in May 2019	Promote and encourage additional UCD staff to undertake Mental Health First Aid training programme
Promote mindfulness in conjunction with UCD Student Health and Counselling Service	Free mindfulness drop-ins were provided weekly during the academic year by the Health Service  4-Week Mindfulness programmes ran four times for students in the 2018/2019 year  Promotion of mindfulness as part of mental health promotion on Healthy UCD website	Continue
<b>Tai Chi - Target 2018/2019: Extending Tai Chi classes with further promotion in order to increase membership</b>	Tai Chi classes held twice a week throughout the year with ongoing promotion on Healthy UCD Website	Continue

Action and Target 2018/2019	Status 1 August 2019	Target 2019/2020
<p>SPARC funded “Resilience Tree” promotion and continuation</p>	<p>Ribbons provided for Resilience Tree at June UCD Festival 2019, with all 200 used during the weekend</p> <p>The UCD Careers Network will promote the tree as a SPARC funded project</p> <p>Interest has been expressed by email to replicate in other institutions (Willow Park First Year/Blackrock College and in Jyväskylä,, Finland (a small town in Finland, with proposal to replicate in town centre))</p>	<p>Continue to provide and promote ribbons for the Resilience Tree</p> <p>Engage with local artist in College of Science to create a display in which past, messaged ribbons will be used as a permanent mental health promotion tool in the O'Brien Science Centre, simultaneously promoting the Resilience Tree</p>
<p><b><u>Sexual Health</u></b></p>		
<p>A sexual health promotion event, further information and training required. Work with UCD Students Union to develop further sexual health promotion events</p>	<p>Revision of First Year Student Survey in train to capture information for planning of sexual health promotion</p>	<p>Sexual health indicators to be included on Healthy UCD First-Year Student Survey 2019</p>