



Trinity College Dublin

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin

The Healthy Student and Keeping Yourself Well

Martina Mullin

Healthy Campus Manager

Purpose

How can you
keep yourself
healthy and
well in Trinity?



What is health?

Margarine advertisement

On the screen:

- How can you tell someone is healthy?
- Can you be healthy if you're in a wheelchair?
- Can someone with cancer be healthy?



What is Health?

Health is a state of complete physical, mental and social well-being and not just the absence of disease

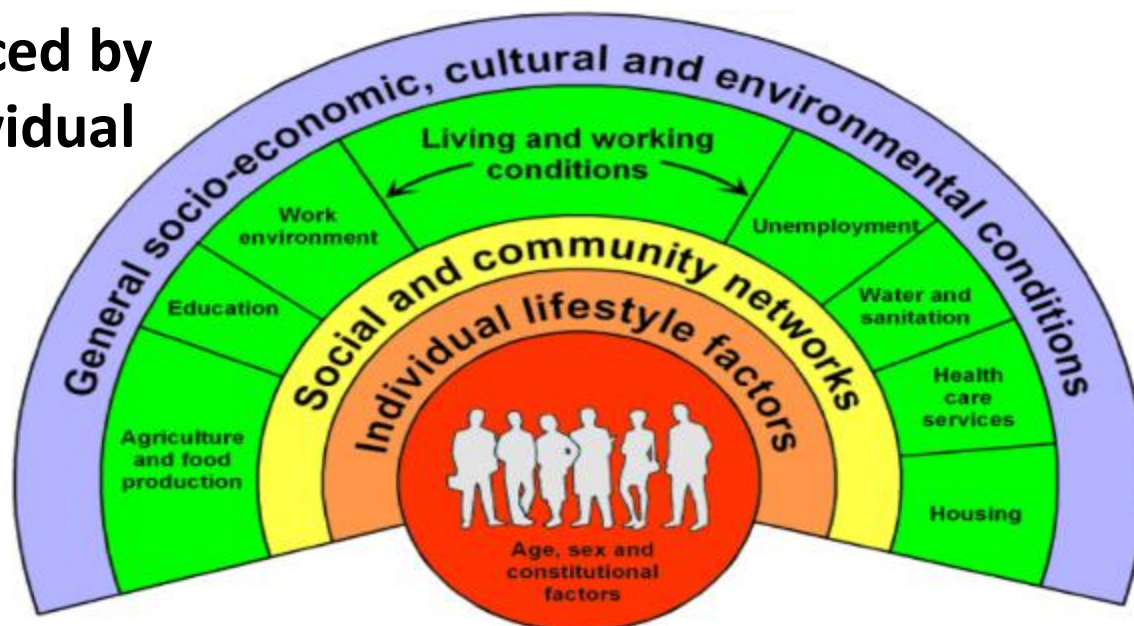
WHO (1946)

- How did we do on the previous slide?



What makes us healthy?

N.B. Health is influenced by much more than individual choices



Source: Dahlgren and Whitehead, 1991

Today let's focus on what's in Trinity to support your health

Healthy Trinity

My role is the operational lead of the Healthy Trinity initiative - a cross Trinity initiative with nine working groups and over 100 partners across campus.

Students welcome to contribute through:

- Working groups, assignments, ambassador programme, other.



- Net Zero Emissions
- Nature Positive
- Healthy Trinity



What should you do to thrive in Trinity?

Food

Physical
Activity

Mental
Health

Tobacco

Sexual
Health

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Food - Question

How do you know if a food is healthy?

- What's "healthy" in these pictures?
- What's "unhealthy"?



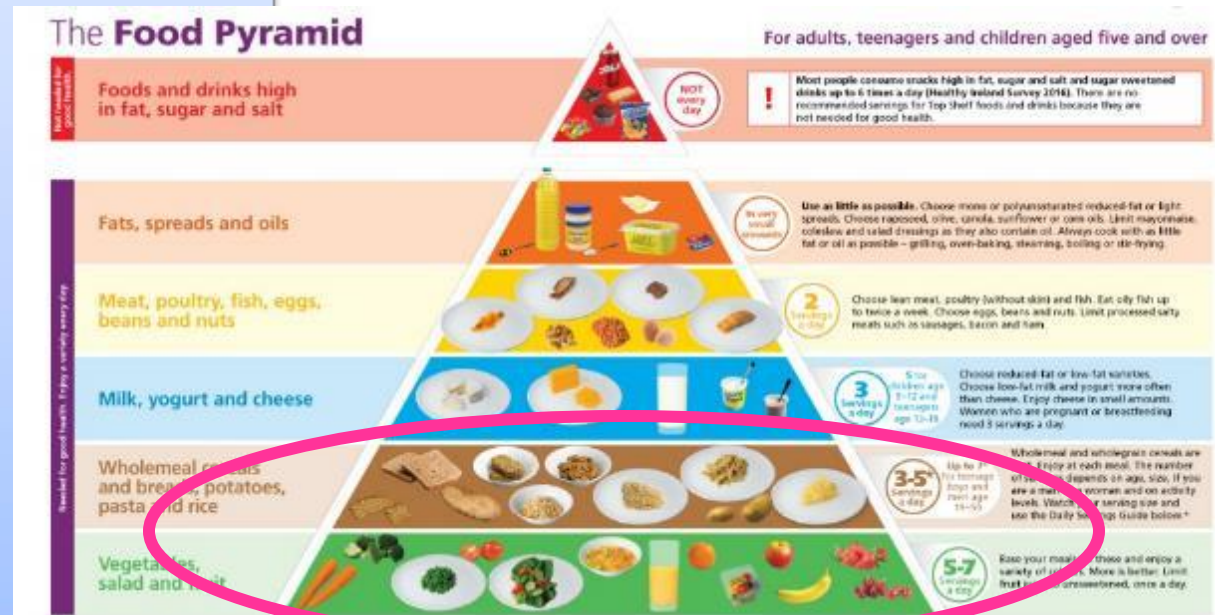
Ambivalence and certainty

Cup method

Colourful

Unprocessed

Portion size



How “should” we feed ourselves?

Science tells us:

- Fruit
- Vegetables
- Whole grains
- Legumes

Art tells us:

- Taste
- Food and mood
- Cook your own
- Cultural

Is sustainable and healthy eating possible here, at the **nexus** of Science, Art, Ethics and Lifestyle?

Ethics tells us:

- Local, seasonal
- Regenerative, organic
- Fairly produced
- Waste & plastic free

Lifestyle tells us:

- Affordable
- Timely
- Social





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Drink 8 cups of water each day

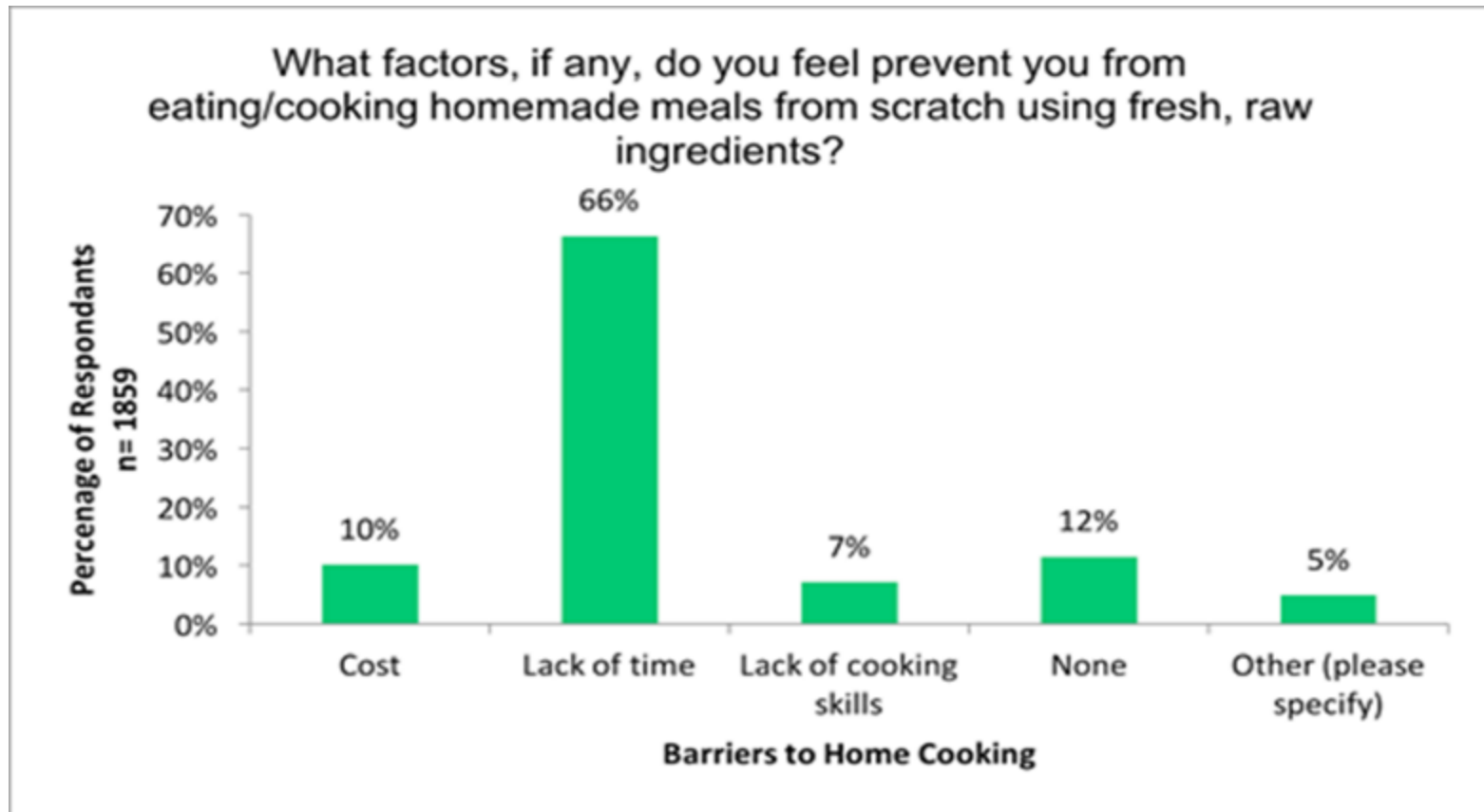
Bí cliste, ól uisce

Achieving UN Sustainable
Development Goals



 TrinityHealthPromotion
 @healthytrinitydublin

What stops Trinity students from eating healthy? – 2017 survey

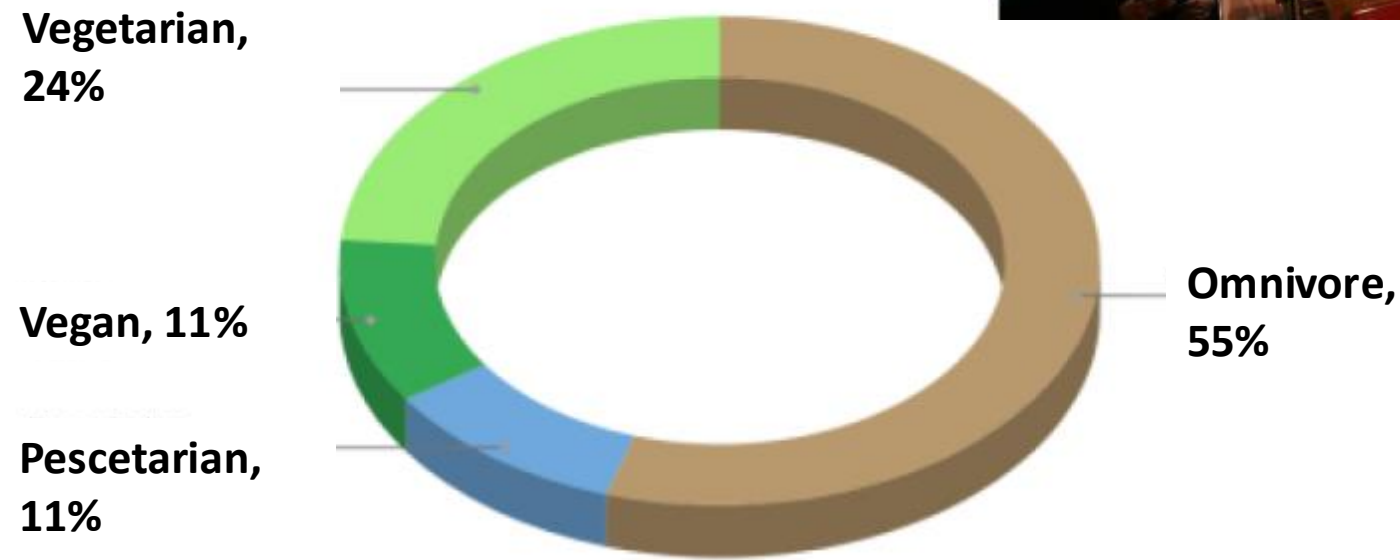


What's the one nutrient Irish people lack?

Hundreds of academics call for 100% plant-based meals at UK universities

Open letter backs student-led campaign for vegan catering to fight climate crisis

Diet types of Trinity Students n=1620



Get Organised – www.tcd.ie/healthytrinity/nutrition









On the Healthy Trinity website can you:

Identify a place you can eat your own lunch on campus?

[//www.tcd.ie/healthytrinity/nutrition/](http://www.tcd.ie/healthytrinity/nutrition/) 90% ☆

Healthy Eating in Trinity

Healthy Trinity recommends whole foods, lots of fruit and vegetables. At least half of every plate should be colour! The links below lead to resources to help you eat well.

 Local Food Mural →	 Trinity Restaurants on Campus →	 Bring your own food to campus →	 Recipes by Trinity Students →
 Looking for Foodie Friends? →	 Have you had your 2 litres today? Water on Campus - Sustainability Map →	 Staff Restaurants on Campus →	 Disordered Eating Blog →

What should you do to thrive in Trinity?

The background image is a wide-angle photograph of the Trinity College Dublin campus. It shows a large, historic stone building with many windows on the left, a green lawn in the foreground, and a paved walkway with many people walking on the right. In the center, there is a grid of five semi-transparent blue boxes, each containing a health-related topic in white text. The topics are arranged in a 2x2 grid with a fifth box centered below them.

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Physical Activity Recommendations

Does anyone know how much exercise you're supposed to do a week?



Get Organised – www.tcd.ie/healthytrinity/living









On the Healthy Trinity website:

What Sports Club have you always wanted to try, and might just join now?

[/www.tcd.ie/healthytrinity/living/](http://www.tcd.ie/healthytrinity/living/) 90% ☆

Being Physically Active in Trinity

The best exercise is one that you will do. There are numerous ways to be physically active in Trinity. The links below will take you to the Trinity Sport website and to other resources on campus that will support you to be physically active.

 Trinity Sport →	 Classes and courses →	 Sports Clubs in Trinity →	 Social Walk/Jog/Run Group →
 Active Breaks →	 Social Leagues →	 Social Challenges →	 Mind Body Boost →

Exercise (for non-sporty students!)

30 minutes a day is all you need... and move all day

Walk

Get a bike

7 minute workouts

Couch to 5k programmes

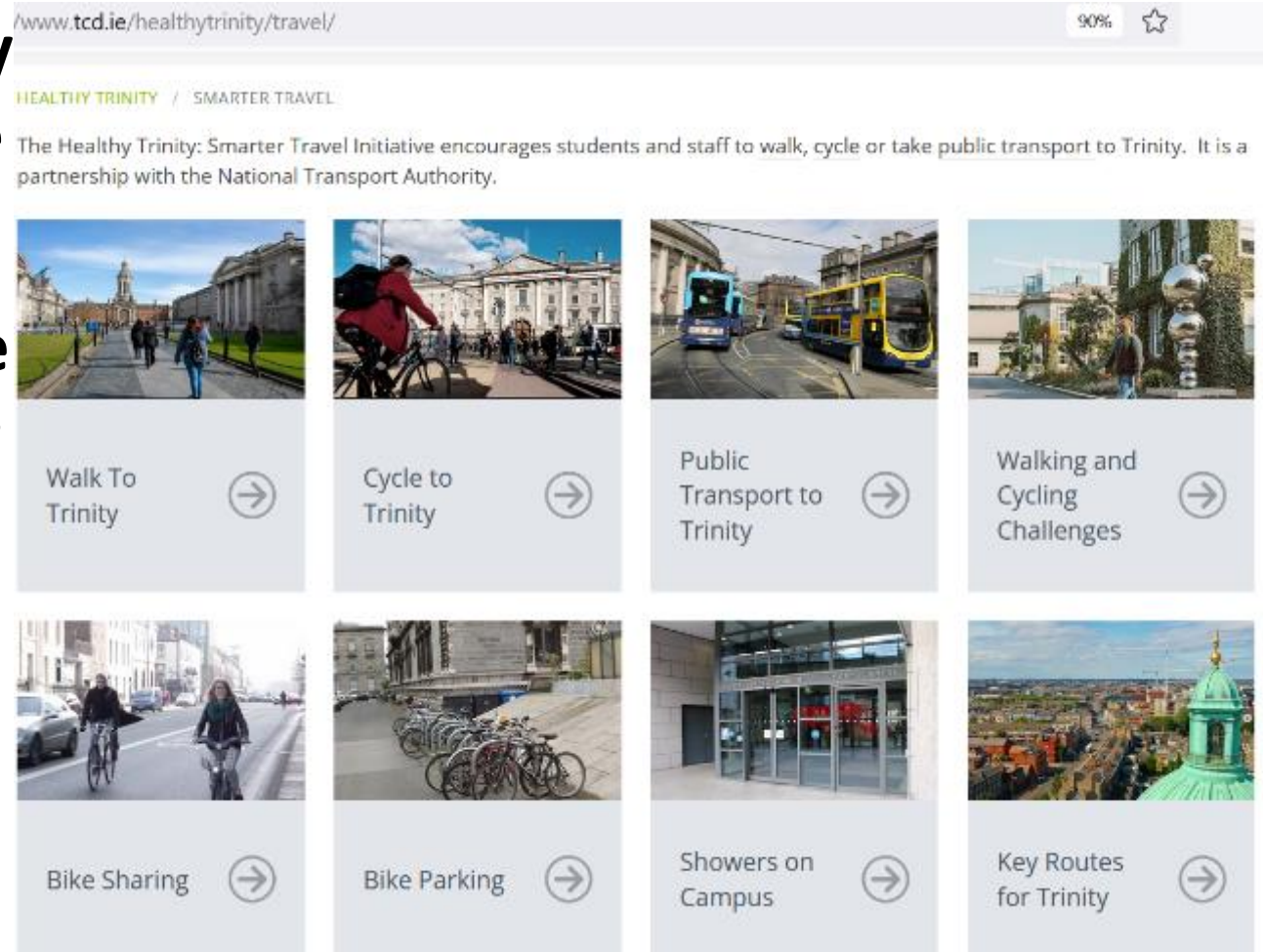
Take the stairs

What exercise are you most likely to keep doing, even approaching deadlines?

Get Organised – www.tcd.ie/healthytrinity/travel

On the Healthy
Trinity website
can you:

Find what type
of bike sharing
Trinity has?





SUBSCRIPTION OPTIONS

Whether you are a regular cyclist or an occasional user, choose a subscription option that works for you.

STUDENT ANNUAL SUBSCRIPTION

With a valid student photo ID you can purchase an Annual Subscription for just €20. This will allow you rent bikes 365 days a year. The first 30 minutes of each journey is free, after this rental charges apply.

€20

**CHOOSE THIS
SUBSCRIPTION OPTION**

What should you do to thrive in Trinity?

Food

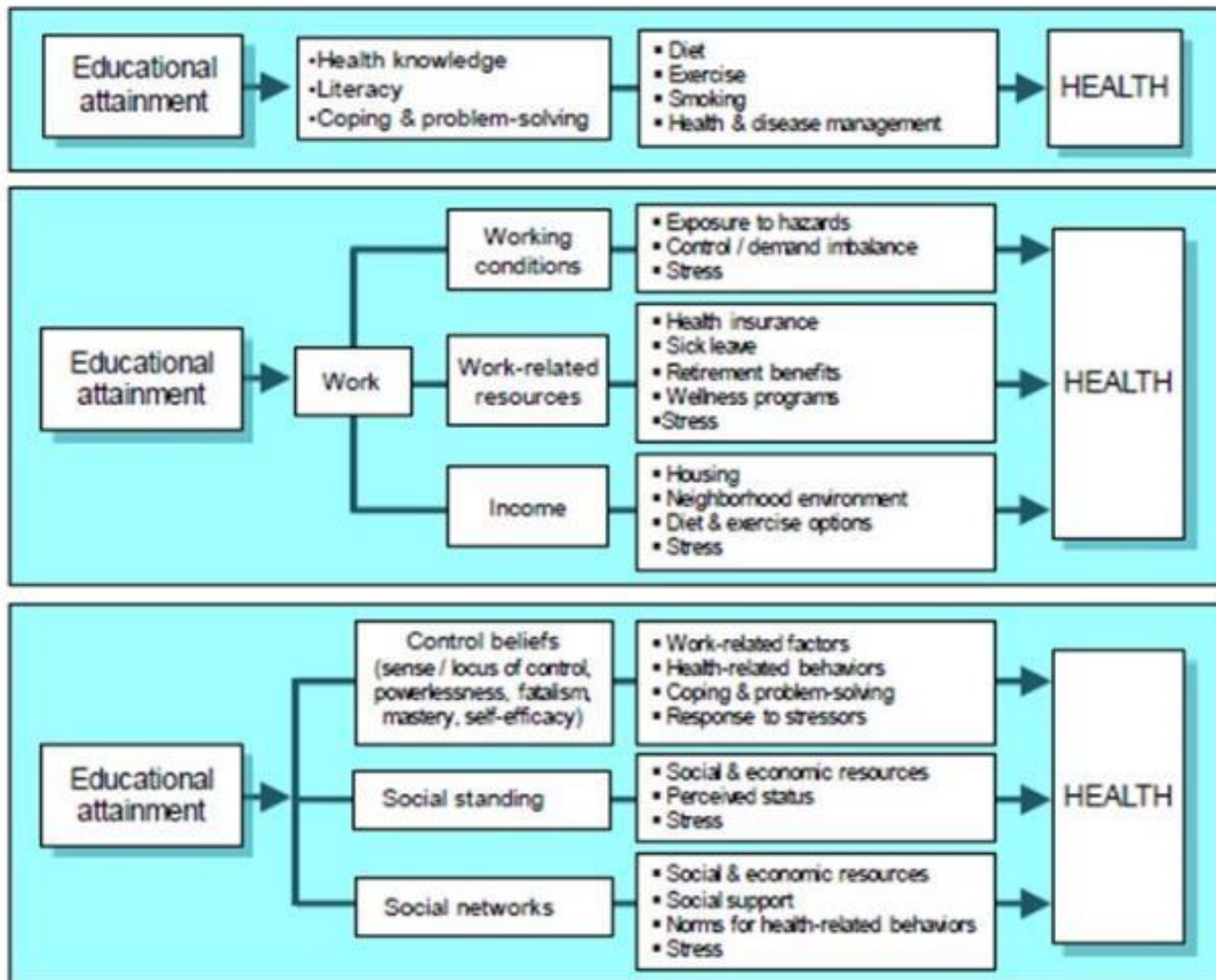
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Education is to the brain, what exercise is to the body



Get Organised –

<https://www.tcd.ie/healthytrinity/mentalhealth/>

On the Healthy Trinity website can you:

Identify how many slices are on student counselling's stepped care model?

PLEASE, ask for help if you need it.

How friends and social networks support mental health

Being socially connected is the most important buffer for mental health in times of stress. And people with good social networks live longer. Clubs and societies are open to new members all year round.



Making friends



Joining a society



Meeting people through physical activity



S-2-S



Global room



Ability co-op



TCD Sense - Social Spaces



Managing your own mental health

How you can support your own mental health

You should always seek help if you need it. See the services section on this page for details of Trinity's services. And no matter how your mental health is, self- management of mental health is an important part of every day.



Physical
Activity



Study
management



Mindfulness
and
meditation



Food and
Mood



Get Organised –

<https://www.tcd.ie/healthytrinity/mentalhealth/>

On the Healthy Trinity website can you:

How many levels of mental health are there?

PLEASE, ask for help if you need it.

How friends and social networks support mental health

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TCD Sense - Social Spaces



Question to the group

What is the primary protective factor from crises consistently recognised in both research and evidence based practice

HSE Guidance Document 2014



Social supports

The primary protective factor consistently recognised in both research and evidence based practice is that of **social supports**.

- Buffer the effects of stress
- Can reduce the prevalence of distress and psychological symptoms, including depression and anxiety
- Lack of social support proved to be one of the strongest risk factors for PTSD
- Generally, Social isolation associated with:
depression, anxiety, schizophrenia, suicide, dementia, Alzheimer's disease



Get Organised –

www.tcd.ie/students/clubs-societies/

On the Student Life website can you:

In pairs, choose a club or society you would never normally join?



TCD Societies

Trinity's 120 societies attract dynamic members from all over university. From arts, culture, politics and debating to gaming, advocacy and music, you're sure to find your niche.

[GET INVOLVED](#)

Get Organised – www.tcd.ie/collegehealth

On the College Health website can you:

Figure out how to book an appointment for mental health?

PLEASE, ask for help if you need it.



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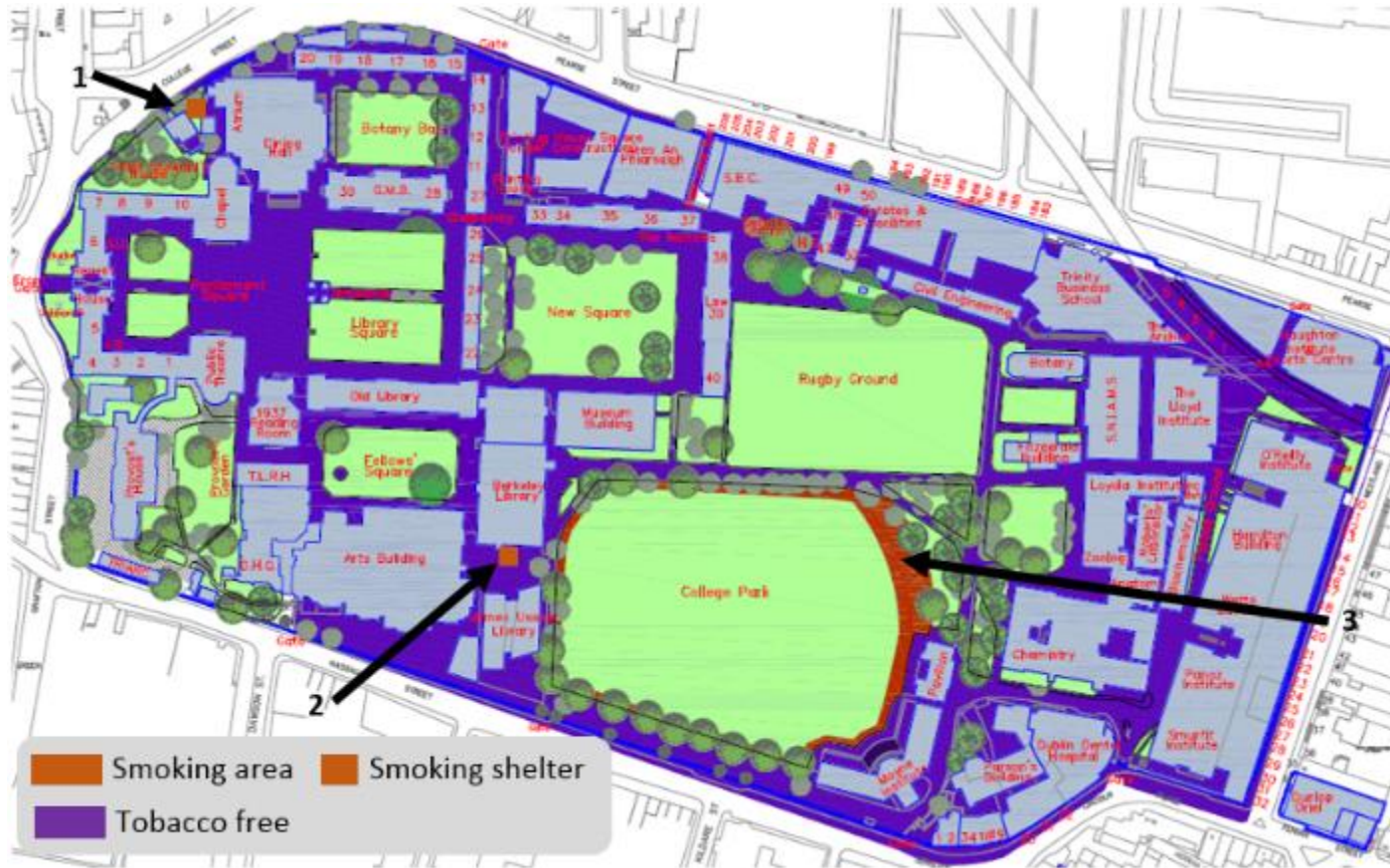
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Tobacco – Trinity is a tobacco free campus



Ongoing support to quit

50% of smokers in Trinity start at >18 years of age.

Will you start smoking in Trinity?

Vaping on campus

Show of hands

Should vaping be allowed outdoors on campus?

Disposable vapes to be banned by government



Get Organised –

<https://www.tcd.ie/healthytrinity/smoking/>

Tobacco Free Trinity

Trinity is a tobacco free campus. We aim to support people who don't smoke by asking people not to smoke indoors and outdoors on Trinity's College Green campus.



Stop Smoking
Courses



Tobacco Free
Trinity



Smoking and
the
Environment



Social
Smoking



Resources to
Quit



Encouraging
adherence to
Tobacco Free
Trinity



Why Tobacco
Free?



The Tobacco
Free Trinity
Consultation



**On the Healthy
Trinity website can
you:**

**Find where the
smoking areas are
on campus?**

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HSE Free Contraception Scheme

College Health delivers the HSE Free Contraception scheme to

- PPS holders
- Age 17-35

**The Coil, the Pill, Implanon
Book online**



Click image to see tik tok

College Health

Open 9am-5pm

Emergency clinics

- For UTIs, eye infection, mental health crises medical emergencies, not routine e.g. prescription renewal
- Morning: Phone at 9am to book
- Afternoon: Phone at 12pm to book

Routine appointments

- **Two week waiting list**



Get organised -

<https://www.tcd.ie/healthytrinity/sexual-health/>

On the Healthy Trinity website can you:

Find where you can book free contraception?

Sexual Health on Campus



Free Condoms



Sexual Health Clinic



SH:24 Home STI Kits



Healthy Trinity Online Tool



Academic
Life



Financial
Matters



Healthy
Eating



Mood

About
**Healthy
Trinity
Online
Tool**



Email
HTOT@tcd.ie



Physical
Activity



Relax, Sleep
& Sensory



Sexual
Consent



Substances



Trinity
Resources

Thank you and stay in touch with Healthy Trinity



@HealthyTrinity
Dublin



@TCDHealthP

Email:
health.promotion@tcd.ie