

Healthy UCD Annual Report Year 5 (2020/2021)

August 2021

Table of contents

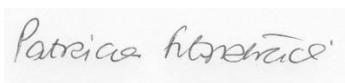
	<u>Page</u>
Foreword by Chair	3
Introduction	4
Healthy UCD Highlights, 2020/2021	5
Module engagement – student experiential learning	5
Peer mentor programme and orientation	5
Success with student digital ambassador, social media activity	5
UCD100	6
Healthy Eating Week	8
Work Smarter Together – WST21	9
Wellbeing Your Way	10
Staff wellbeing activities	10
National and international engagement	12
Presentations	13
Healthy UCD contribution to UCD Student Survey	13
Healthy UCD Actions and Targets set for past year 2020/2021, Current Status, and Targets for coming academic year 2021/2022	16
Awareness and Identity Development	16
Student Engagement	18
Staff Engagement	20
Smoking Cessation	21
Physical Activity	21
Healthy Eating	22
Mental Wellbeing	24
Sexual Health	25
Appendix: Healthy UCD Steering Committee 2020-2021	26

FOREWORD BY CHAIR

The last academic year has been a challenging one for all. The Healthy UCD team moved most activities online and increased social media activity to bring our planned events to students and staff. As chair I would like to thank all the members of the Healthy UCD steering committee, many of whom were new to the committee in 2020-21. I would like to thank our collaborators across the university. Healthy UCD is indebted to the hard work and dedication shown by Maria Heffernan, Research Assistant and Brian Mullins, Director of Health Promotion. Maria is among those employees who started their job from home during the pandemic and she has spent much of this year working from home; despite this she has managed to surpass our expectations for the year.

The Healthy UCD Steering Committee recognises the importance of mental health in UCD students and staff, which is particularly important during this time. We have worked and will continue to work for the coming year with our colleagues across the university to ensure students and staff are aware of the many supports that will be available to them to ensure good mental health.

The first strategy for Healthy UCD covered the period 2016-2021. The Healthy UCD team with the Steering Committee will be developing a new strategy for the next 5-year period, which will be guided by national policy, including Healthy Ireland and the Healthy Campus Framework, and local identified needs.



Professor Patricia Fitzpatrick

Chair, Steering Committee for Healthy UCD

INTRODUCTION

In the past year, Healthy UCD has faced the considerable challenge of maintaining and building on progress made towards a healthy university in a period where activity on campus was severely curtailed. While we look forward to the coming 2021/2022 academic year where on-campus and in-person activities can hopefully resume, a huge amount of work was done by the Healthy UCD Steering Committee to ensure that a wide range of engaging activities in the areas of healthy eating, physical activity and mental wellbeing continued to be provided to the UCD community.

As with the majority of modules in UCD, the three modules in which UCD provides experiential learning opportunities for students were delivered online. This challenged Healthy UCD to provide the same level of support for students remotely, and the students involved to be creative in how they delivered their events and assignments in virtual formats. Healthy Eating Week, delivered by MSc Clinical Nutrition and Dietetics students taking the Practice Placement module (PHPS40910), was successful, with a wide variety of engaging content and competitions. Similarly successful was the “Wellbeing Your Way” event organised by 2nd year BSc Sport & Exercise Management students taking the Event Management module (SMGT20210). These students provided a range of live, online fitness classes and seminars on wellbeing-related topics as well as a photo competition and quiz.

2021 marks the end of the period covered by the current UCD Health Promotion Strategy which led to the creation of Healthy UCD. The Healthy UCD Steering Committee has begun the process of reviewing this existing strategy and creating an updated strategy to take us through the next number of years, reflecting the current UCD strategy “Rising to the Future”, the Healthy Campus Framework recently launched by Healthy Ireland for Irish third-level institutions and the framework for a healthy university outlined in the Okanagan Charter. We will look to build for the future as we hopefully return to normal life on campus and sustain the successes we have achieved in the virtual world for the past year.

HEALTHY UCD HIGHLIGHTS 2020/2021

MODULE ENGAGEMENT – STUDENT EXPERIENTIAL LEARNING

PHPS10010 Student Health & Wellbeing ran for the second time in the Spring Trimester, with all 50 available places filled, and more students on a waiting list. For their final assessment, students researched and designed initiatives which could be implemented in UCD including outdoor and indoor mindfulness spaces, sustainable travel to campus and supports for students returning to campus after Covid-19 restrictions. Healthy UCD provided opportunities for graded experiential learning in 2 other modules which took place online this year: PHPS40910 Clinical Nutrition and Dietetics Placement Practice (Non-Acute) and SMGT20210 Event Management Module.

PEER MENTOR PROGRAMME AND ORIENTATION

Healthy UCD developed a short video and quiz for use in peer mentor training on Brightspace and an additional video introducing the initiative which was used in the Orientation Brightspace module.

Healthy UCD was also involved in the planning of an exhibition space in Astra Hall as part of an in-person campus tour, but when this could not go ahead, the planned competition for incoming students was adapted and delivered in an online format resulting in 415 entries with 5 winners chosen and an increased awareness of the initiative shown by an increase in social media followers.

SUCCESS WITH STUDENT DIGITAL AMBASSADOR, SOCIAL MEDIA ACTIVITY

Kristina Kit, currently a third-year Computational Social Science student, was recruited for the role of student digital ambassador for Healthy UCD in October 2019 and has continued in this role for the past two academic years. Her work in this role has resulted in regular, high-quality



Figure 1: Promotional material for competition held during Orientation 2020

content posted on Healthy UCD’s Instagram and Twitter accounts along with sustained growth in followers. We are delighted to report that she will continue in the role of digital ambassador for the 2021/2022 academic year.



Figures 2 and 3: Examples of graphics produced by digital ambassador for “Recipe of the Week” and True or False weekly series on social media

UCD100

Faced with the challenge of providing engaging activities for students during a prolonged period of reduced on-campus activity, Healthy UCD worked with UCD Student Services and Titan Experience to develop the UCD100 event. UCD100 challenged students to run, walk or jog 100km in 30 days from 19th October – 18th November 2020 and log their progress on an online platform developed for the event. They also had the option to create a fundraising page for UCD St Vincent de Paul.



Figure 4: Logo for the UCD100 challenge



Figure 5: Testimonial from UCD100 participant

A range of additional content was developed in the areas of nutrition, physical activity and mental wellbeing to support and engage students throughout the event which included podcasts, factsheets and exercise videos. To further encourage engagement, weekly prizes were awarded for the most distance covered, most funds raised, most scenic photo and most interesting photo. Social media was heavily utilised to promote the event and sustain engagement with support from Healthy UCD's digital ambassador and a student volunteer, Darin

Elabbasy, for the duration of the event. The outcomes of UCD100 are shown in the graphic below. (Figure 6)

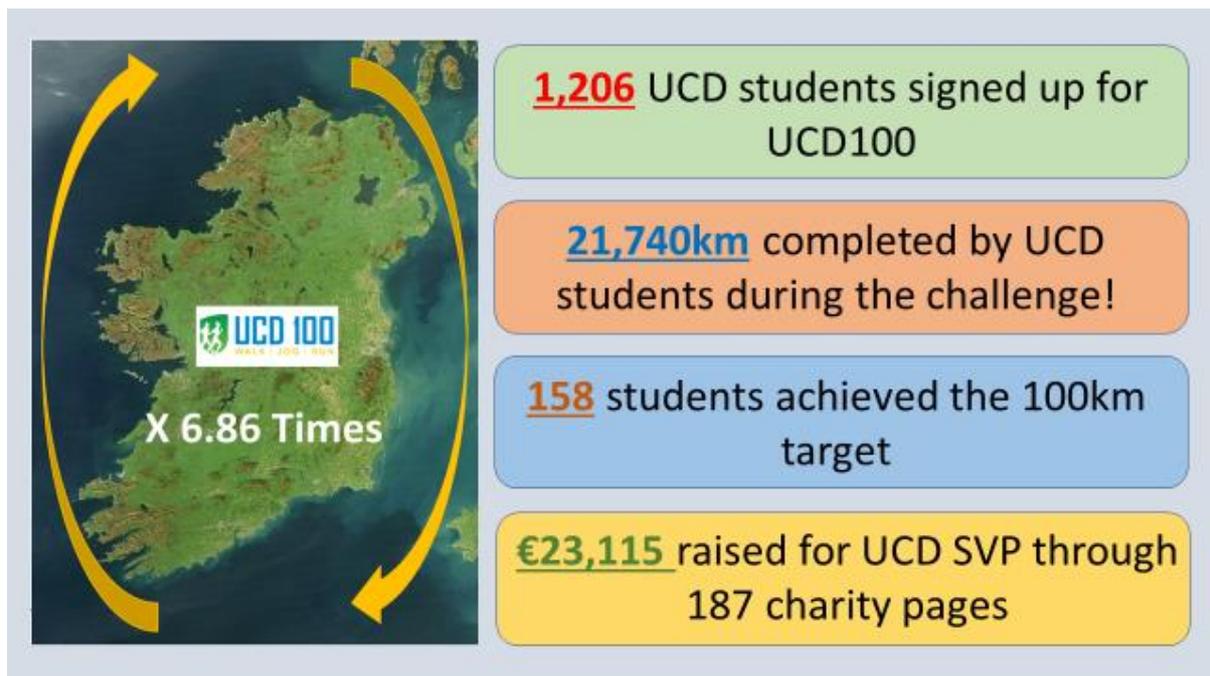


Figure 6: Graphic showing the main outcomes of UCD100.

The UCD100 challenge was very successful and inspired several similar challenges including a version for UCD Business alumni and Relay for Life.

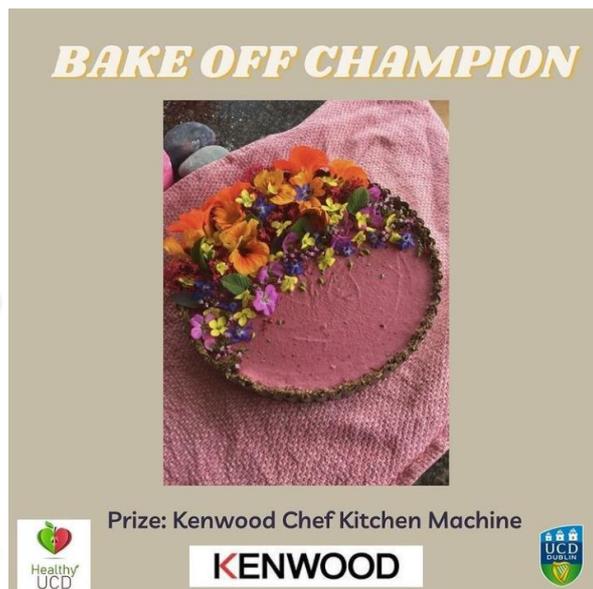
HEALTHY EATING WEEK

Students working on Healthy Eating Week this year were faced with a unique challenge of delivering the event virtually as the UCD campus was closed except for essential activity. They used the Healthy UCD website and social media channels to deliver event content in creative formats in November 2020 with support from Healthy UCD staff and were required to devise an evaluation plan which would capture engagement with the virtual event.

The students selected an individual theme for each day of the four-day event, namely 'All things breakfast', 'Eat well for less', 'Keep it movin' (based on nutrition and exercise) and 'Snack attack' (based around healthy snacking). Content produced under these themes included infographics, a budget-friendly shopping list and recipes accompanied by videos based on the list ingredients, a sports nutrition podcast series, and a Question and Answer session with a member of the Dublin ladies football team. One of the highlights of the week was a healthy baking competition, with prizes of kitchen equipment sponsored by Kenwood Ireland organised by the students. Over 60 entries were received ranging from tarts to pancakes to cakes. An additional 90 entries were received for other competitions held across the week, while Healthy Eating Week content was viewed by over 3,000 accounts on Instagram, over 2,000 accounts on Twitter, and the Healthy UCD website was visited over 1,000 times during Healthy Eating week.



Figure 7: Healthy Eating Week timetable



Shopping Essentials

Cupboard Items		Wholegrains	
<input type="checkbox"/> Garlic	1.29*	<input type="checkbox"/> Peanut butter	1.09
<input type="checkbox"/> Ginger	1.29*	<input type="checkbox"/> Curry powder	0.89
<input type="checkbox"/> Stock cubes	0.41	<input type="checkbox"/> Cumin	1.94
<input type="checkbox"/> Tin tomatoes	0.45	<input type="checkbox"/> Chilli powder	0.89
<input type="checkbox"/> Coconut milk	0.65	<input type="checkbox"/> Rosemary	0.49
<input type="checkbox"/> Kidney beans	0.69	<input type="checkbox"/> Oregano	0.49
<input type="checkbox"/> Chickpeas	0.69	<input type="checkbox"/> Coriander	0.99
<input type="checkbox"/> Black beans	0.69	<input type="checkbox"/> Thyme	0.49
<input type="checkbox"/> Butterbeans	0.69		
<input type="checkbox"/> Soy sauce	0.69		
<input type="checkbox"/> Tomato puree	0.55	<input type="checkbox"/> Pasta	0.94
		<input type="checkbox"/> Rice	0.85
		<input type="checkbox"/> Potato	3.99
		<input type="checkbox"/> Oats	0.86
		<input type="checkbox"/> Couscous	0.99
		<input type="checkbox"/> Lentils	0.89

*squeazy tube

TESCO

@healthyUCD | www.UCD.ie/HealthyUCD/ | @healthyUCD

Figure 8 (top left): Example of infographic produced for Healthy Eating Week.

Figure 9 (above): Winner of the Healthy Eating Week Bake-off competition.

Figure 10 (left): Budget-friendly shopping list developed for the "Eat Well for Less" Healthy Eating Week theme.

WORK SMARTER TOGETHER – WST21

The Healthy UCD team presented at the biennial Work Smarter Together event organised by UCD Agile. The presentation was entitled "Motivating Students in a Virtual World: How Healthy UCD Adapted to Promoting Wellbeing Remotely" and focussed on UCD100 as an example of how Healthy UCD's activities were continued despite Covid-19 restrictions. The presentation featured some interactive components through the use of Kahoot and garnered a lot of interest.

WELLBEING YOUR WAY

Healthy UCD again worked with 2nd year BSc Sport & Exercise Management students to deliver a wellbeing event as part of their Event Management module. An online edition of the 2021 event was held which, similar to Healthy Eating Week, was rolled out using the Healthy UCD website and social media channels under the theme of “Wellbeing Your Way”. This included live online seminars on healthy eating and mental wellbeing, along with fitness classes in pilates, yoga and dance, and a competition which invited members of the UCD community to submit photos capturing what wellbeing means to them.

Each seminar and fitness class received an average of 460 views across all platforms during the event. The students reported achieving their goal of increasing Healthy UCD’s Instagram following by 5%. However, this target was not reached for Twitter; students advised they had learned the importance of tailoring content for different social media platforms in order to improve engagement.



Figure 11: Timetable for Wellbeing Your Way, showing the visual theme created by students for their event content.

STAFF WELLBEING ACTIVITIES

A range of wellbeing activities for staff were delivered virtually this year by Healthy UCD in association with UCD Culture and Engagement. Following a successful pilot of live online yoga classes for staff delivered via Zoom in November, a programme of fifteen weekly online fitness classes for staff with UCD Sport and Fitness were delivered from January until early June when the UCD Sports centre reopened.

For the month of February, UCD Culture & Engagement and Healthy UCD encouraged staff to increase their physical activity levels while working from home through the UCD Challenge. Staff chose either a 90km, 110km or 140km target and tracked their progress through the UCD Culture and Engagement website. 567 staff members signed up for the challenge, with 87% of these reaching their chosen target. For each person to reach their target, a donation was made by UCD Culture and Engagement to Special Olympics Ireland while participants could also make a donation, resulting in a total of €7,779.



Figures 12 and 13: Promotional materials used on social media and in emails for the UCD Challenge for staff and the Better Together team challenge.

Subsequently, a team challenge called “Better Together” was held in April and May over 4 weeks where teams of 4-6 colleagues set an average target for the team to achieve by running, walking or cycling. A donation of €60 was made to UCDVO on behalf of each team that reached their target – 55 of the 59 teams did so, resulting in a total donation of €3,300.

A series of Spring Nutrition Webinars were held online by Healthy UCD and UCD Culture and Engagement where UCD staff from the Institute of Food and Health and School of Public Health, Physiotherapy and Sports Science gave 25-minute presentations on nutrition “hot-topics” such as intermittent fasting and probiotics. Interest was high, with 349 registrations and 210 attendees across the four webinars.

NATIONAL AND INTERNATIONAL ENGAGEMENT

Healthy UCD continues to engage 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. Members of the Healthy UCD steering committee have attended online meetings of the network in November 2020 (giving a presentation on the provision of outdoor fitness classes in summer 2020) and in March 2021.

Additionally, Healthy UCD has continued to promote and disseminate its work on the removal of high sugar-sweetened beverages. A poster was presented at the winter meeting of the Faculty of Public Health Medicine, Royal College of Physicians in Ireland (RCPI). In addition, an oral presentation was given on the same topic at the UK Society for Behavioural Medicine Annual Meeting in January 2021.

For the first time this year, Healthy UCD has presented internationally on its experience of providing experiential learning opportunities for students in the area of health and wellbeing. A presentation on the topic was presented at the 7th International Conference on Higher Education Advances (HEAd'21) in June 2021 and the resulting paper is published in the conference proceedings. An abstract on the topic has also recently been accepted for oral presentation at the 14th European Public Health Conference which will take place in November 2021.

PRESENTATIONS

Healthy UCD presented at national and international conferences in the past year, as detailed below.

Table 1: Details of Healthy UCD presentations, 2020-2021

Presentation type	Conference	Details
Oral	UK Healthy Universities Network online meeting, 11 th Nov 2020.	Case Study: Healthy UCD Outdoor Fitness Classes
Poster	Royal College of Physicians in Ireland (RCPI) Faculty of Public Health Medicine Winter Meeting, Dec 2020	Fitzpatrick P, Heffernan M, Doyle G, Delaney L, Lades L, Lawlor O, Mullins B, Murrin CM. Two-year update following removal of high sugar-sweetened beverages from a university campus.
Oral	UK Society for Behavioural Medicine Annual Meeting, 13 th -14 th January 2021	Heffernan M, Murrin C, Doyle G, Delaney L, Lades L, Lawlor O, Mullins B, Fitzpatrick P. Removal of high sugar sweetened beverages from a university campus; two year follow up.
Oral	Work Smarter Together (WST) '21, University College Dublin, 8 th -12 th March 2021	Mullins B, Heffernan M. Motivating students in a virtual world: how Healthy UCD adapted to promoting wellbeing remotely.
Oral	7 th International Conference on Higher Education Advances, 22 nd -23 rd June 2021	Heffernan M, Fitzpatrick P, Bermingham A, Neville R, Dervan N, Corish C, Murrin C, Mullins B. Novel implementation of experiential learning in health and wellbeing in a university setting. DOI: 10.4995/HEAd21.2021.13069

HEALTHY UCD CONTRIBUTION TO UCD STUDENT SURVEY

Healthy UCD collaborated with UCD Institutional Research lead by Dr Maura McGinn to include some questions on health and wellbeing in the UCD Student Survey conducted in January 2021. Over 4,000 students completed the survey although not all students answered all questions.

Students were asked on how many out of the last seven days they engaged in at least 10 minutes of physical activity of any kind (Figure 14). Almost 1 in 10 (9.4%) of respondents reported no physical activity in the previous 7 days while another 31.3% of respondents had low levels of physical activity, partaking in activity on 1-3 of the previous seven days. The low levels of physical activity reported may have been due in part to the stringent Covid-19 restrictions in place at the time the survey was completed, which included the closure of all sporting facilities, a 5km limit on travel from home and restrictions on meeting those from other households.

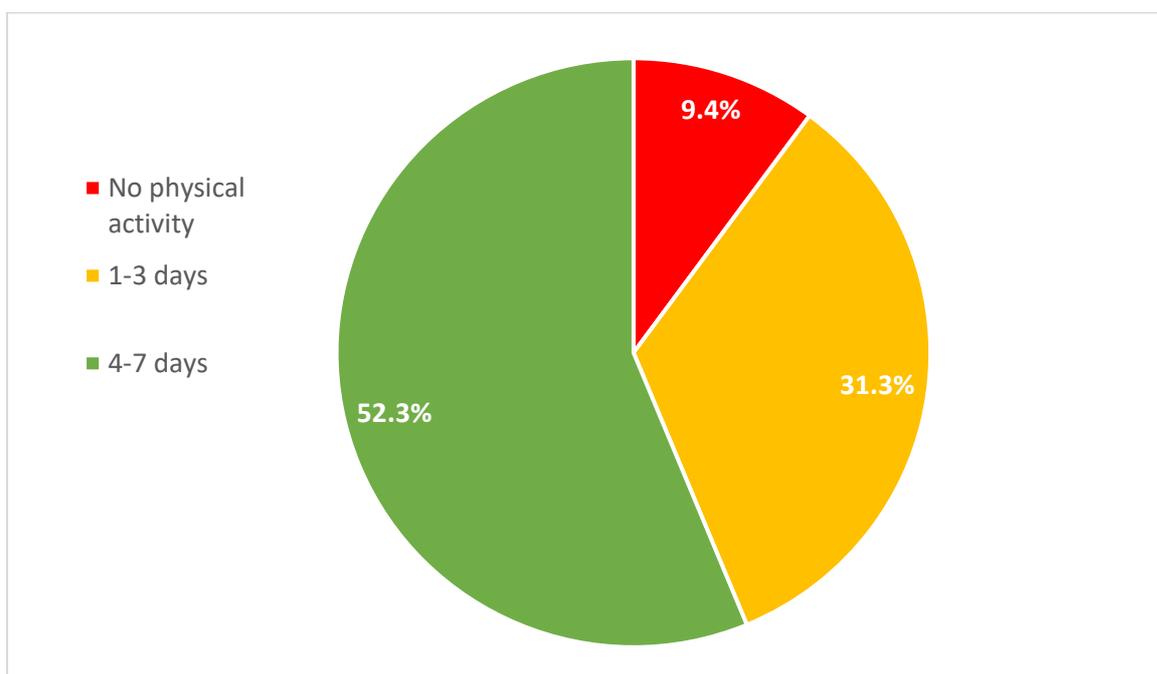


Figure 14: Number of the previous 7 days students reported at least 10 minutes of physical activity

The majority of students (64.6%) reported that their physical activity level had decreased compared to the same time the previous year, before the introduction of Covid-19 restrictions (Figure 15).

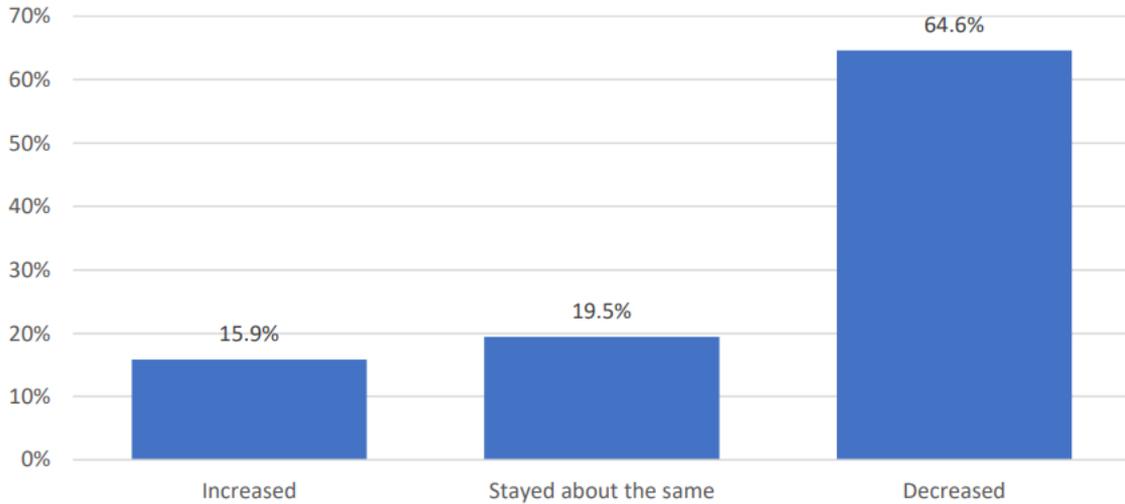


Figure 15: Students' physical activity levels compared to the previous year.

We also asked about awareness of various supports currently provided by UCD (Figure 16). Awareness was low for both Silvercloud (9.8%) and Koru Mindfulness Courses (8.5%) which indicates that there is more work to be done by both UCD and Healthy UCD in promoting these to students.

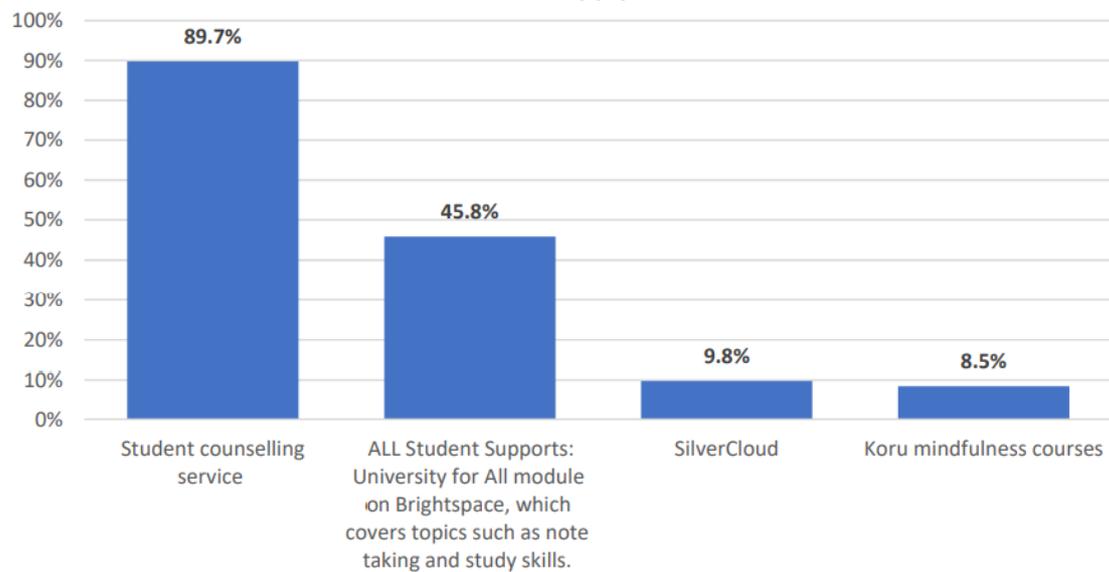


Figure 16: Awareness of supports provided by UCD among students

Healthy UCD Actions and Target set for past year 2020/2021, Current Status and Target for coming academic year 2021/2022

Awareness and Identity Development

Action and Target 2020/2021	Status August 2021	Target 2021/2022
Review Welcome Booklet page and amend as needed for 2021/2022.	Welcome booklet will again be available in digital format only; Healthy UCD page updated to include a brief overview of annual events as well as more general information.	Review Welcome Booklet page for 2022/2023.
Increase following across all Healthy UCD social media platforms by 5%.	Due to the majority of UCD activity taking place online this year, a greater focus was placed on social media to connect with staff and students. This has led to a growth in engagement on all platforms. Instagram: 2,502 (+37%) Twitter: 1,407 (+15%) YouTube: 54 subscribers (+50%)	Continue growth of follower numbers on Healthy UCD’s social media channels, aiming for 5% increase
Continuation and promotion of Healthy UCD calendar of events. Continue to monitor analytics of social media and website to better formulate future content.	Website monitored and updated frequently, particularly to promote events, and to reflect disruption of activities due to Covid-19 restrictions. Monitoring of social media analytics revealed greater engagement with competitions, interactive posts and recipes – this content was therefore posted frequently to keep engagement up. An open question was posed to followers at the end of trimester 1 to determine what content they would like to see and this was used to inform much of the content developed in trimester 2.	Continue.
Work in conjunction with UCD IT Services to monitor app analytics specific to the reach of Healthy UCD.	Analytics data obtained for the UCD Mobile app for 2020/2021. The Healthy UCD website was accessed 429 times through the app during the year, an increase of 17.5% since the previous year.	Healthy UCD will continue to have a presence in the Wellbeing tab of the UCD Mobile app. App analytics will be monitored throughout the year.

Awareness and Identity Development (continued)

Action and Target 2020/2021	Status August 2021	Target 2021/2022
<p>Continue to provide material for staff e-zines.</p> <p>Provide material for 50% of student e-zines in conjunction with use of social media.</p>	<p>Material provided for 23 of 40 staff e-zines in past year (57.5%).</p> <p>Material provided for 4 of 13 student e-zines (31%) – target not achieved but more focus on social media-led promotion to students rather than inclusion of pieces in student e-zines, facilitated by the work of student digital ambassador.</p>	<p>Continue to provide material for staff e-zines on a regular basis and for student e-zines to promote key Healthy UCD events, in addition to promotion using social media.</p>

<u>Student Engagement</u>		
Action and Target 2020/2021	Status August 2021	Target 2021/2022
Adapt to challenges posed to orientation by COVID-19 restrictions and maintain strong Healthy UCD presence on campus during Orientation Week 2020.	As orientation could not take place on campus due to Covid-19 restrictions, Healthy UCD contributed to the online orientation module on Brightspace and held a competition advertised in the student e-zine and on social media to engage with new students and reconnect with continuing students.	Revise and adjust Healthy UCD's contribution to the orientation Brightspace module as necessary and contribute events to any on-campus orientation activities in September 2021.
Continue to run PHPS10010 in Spring trimester 2021.	PHPS10010 Student Health & Wellbeing undergraduate level 1 elective module was run for the second time in Spring Trimester 2020 with all 50 available places taken and more students on a waiting list (Module Coordinator Prof Patricia Fitzpatrick). The module moved online in 2021. Those students who are first years were somewhat challenged in campus initiative, having not been on the campus at all.	Run PHPS10010 in Spring trimester 2022 with increased places available.
Continue to work with Peer Mentors, adapting to any restrictions that may remain in place.	Healthy UCD preparing contribution to Peer Mentor training which will again be delivered via Brightspace. Sponsorship provided for five Peer Mentor senior leaders hoodies which will include the Healthy UCD logo.	Contribute to peer mentor training in 2022.
Continue to work with Residential Assistants to introduce the Healthy UCD initiative and the resources on campus for students.	Limited numbers of students resided on campus this year so engagement in this area was reduced.	Resume working with Residential Assistants to introduce campus residents to the Healthy UCD initiative.
Current Healthy UCD student digital ambassador to remain in place for 2020/2021.	Student digital ambassador continued in her role for 2020/2021 and provided invaluable support and contributions to Healthy UCD's social media channels, contributing to the excellent growth in engagement seen this year.	Current Healthy UCD student digital ambassador to remain in place for 2021/2022
Healthy UCD open to provision of student placements in 2020/2021, however, there may be COVID-19-related barriers.	A student from Athlone Institute of Technology completed a placement online with Healthy UCD from 1 st February – 14 th May 2021 and worked on a number of projects including updating the website and creating social media content.	Online placement in 2021 was very successful, so Healthy UCD will continue to engage with other third-level institutions to provide placements in 2021/2022.

Student Engagement (continued)

Action and Target 2020/2021	Status August 2021	Target 2021/2022
Continue recruitment of student volunteers and engage with UCD Student Services to identify volunteers.	Opportunities for volunteer involvement were limited this year, however, Healthy UCD received invaluable input from a volunteer student on the MPH course with experience in graphic design. This volunteer worked on the creation of social media content for the UCD100 challenge, a period where social media content was highly sought.	Recruit a small number of enthusiastic volunteers to assist with in-person events and ideas for social media content.
Improve engagement with SU through Healthy UCD committee memberships and directly.	<p>SU Welfare and Campaigns & Communications officers are now members of the Healthy UCD steering committee.</p> <p>Worked with SU on a number of events including provision of exam supports to students and a cookery demonstration online by the Happy Pear.</p>	Work on shared calendars with SU to facilitate collaborative working.
Hold Wellness Wednesday in Spring 2021 if possible, adapting the event to online if necessary.	An event entitled “Wellbeing Your Way” was held virtually online from 29 th March-2 nd April 2021 by the students of Event Management module SMGT20210 with guidance from Dr. Amy Bermingham and Healthy UCD, which included a photo competition and live and pre-recorded seminars and fitness classes.	Hold the BSc Sport & Exercise Management wellbeing event in Spring 2022, considering a hybrid in-person and virtual format.
Complete analysis of First Year Student Survey and aim for conference presentation/publication.	Limited progress in this area this year, however, some health and wellbeing questions were included in the UCD Student Survey in January 2021.	Explore possibilities for resuming health and wellbeing surveys among students, including possibility of including this in the registration process for continuing years.
New target added: Engagement with newly appointed Wellness and Community projects officer, David Delaney, in the UCD Student Advisory Group	Initial conversations held around possible provision of drop-in mindfulness sessions and other supports for students on their return to campus.	Support activities of Wellness and Community projects officer including updating Healthy UCD website with information in this area.

<u>Staff Engagement</u>		
Action and Target 2020/2021	Status August 2021	Target 2021/2022
Provide an online Weight Watchers programme in the autumn of staff wellbeing events, followed by an in-person programme later in the autumn.	Due to Covid-19 restrictions, no in-person WeightWatchers course was held. It was determined that there was no benefit in UCD offering an online version as these were already offered elsewhere.	Demand for WeightWatchers programmes to be assessed upon return to campus.
Continue work with Student Advisers to engage Peer Mentors in the Healthy UCD initiative.	Working with Student Advisers to plan for Orientation 2021 and contribute to peer mentor training.	Continue.
Continue engagement with staff, adapting material for delivery online where necessary.	<p>Online resources made available to staff in collaboration with UCD Culture and Engagement for National Workplace Wellbeing Day in May 2021 including two live seminars: “Blended lives - how to make our hybrid lives work” and “Coping with Covid”</p> <p>A series of Spring Nutrition webinars for staff were also held, along with live online fitness classes and virtual physical activity challenges in the spring trimester.</p>	Continue engaging with staff, taking a hybrid approach as we gradually return to the office in autumn 2021.
Launch UCD Wellbeing App and new EAP programme in conjunction with UCD Culture & Engagement.	<p>Since the launch of the UCD Wellbeing Hub with Culture & Engagement and our employee assistance service provider Spectrum.Life, over 500 employees have registered. The hub provides employees with customisable wellbeing plans, self-help resources and links to UCD’s wellbeing supports. The sign-up campaign was supported by a series of UCD specific webinars entitled 'Find your balance', focused mental, social, nutritional and physical wellbeing.</p> <p>Utilisation of UCD's Employee Assistance Service (EAS) has been on par with other HEI users and provides a 24/7 free and confidential support service. The service is now operated confidentially by Spectrum.Life.</p>	Continue to promote the UCD Wellbeing Hub and Employee Assistance Service in conjunction with UCD Culture & Engagement

<u>Smoking Cessation</u>		
Action and Target 2020/21	Status August 2021	Target 2021/2022
Continue to promote local SVUH and HSE QUIT service.	Stop smoking courses in St Vincent's University Hospital promoted through the Healthy UCD website and staff e-zines.	Continue to promote local smoking cessation supports.
Continue to promote Procare Pharmacy's Nicotine Replacement Therapy 30% reduction offer.	Offer carried forward and promoted.	Confirm continuation of UCD Procare Pharmacy offer and continue to promote.

<u>Physical Activity</u>		
Action and Target 2020/21	Status August 2021	Target 2021/2022
Develop a COVID-19-appropriate programme for autumn 2020 as staff return to campus.	<p>As the majority of Healthy UCD's usual physical activity events could not take place due to Covid-19 restrictions, a programme of virtual events was developed for staff and students.</p> <p>The UCD100 challenge was held in autumn 2020 where students were challenged to complete 100km in 30 days with the option to fundraise and compete for prizes. Over 1200 signed up and tracked their progress on the UCD100 website</p> <p>Two main staff challenges were held by Healthy UCD with UCD Culture & Engagement: the UCD Challenge for Special Olympics Ireland with 567 participants who aimed to complete 90, 110 or 140km during the month of February, and the Better Together challenge where 60 teams of UCD staff worked towards a target distance in aid of UCDVO.</p>	Resume some in-person physical activity events on campus and continue with some that can be participated in virtually as restrictions are lifted.

<u>Healthy Eating</u>		
Action and Target 2020/2021	Status August 2021	Target 2021/2022
Organise Healthy Eating week for academic year 2020/2021 with continued involvement of students of module PHPS40910.	MSc Clinical Nutrition and Dietetics students, as part of Practice Placement (non-acute) module PHPS40910, were supported by Healthy UCD in their delivery of a virtual edition of Healthy Eating Week. The Healthy UCD website, Instagram and Twitter were used to host a wide variety of content.	Support students of module PHPS40910 to plan and deliver Healthy Eating Week in November 2021, considering both in-person and virtual events.
Submit paper on removal of high sugar-sweetened beverages (HSSBs) for publication in a high-impact journal.	<p>Paper has been submitted and advice received from editors to reformat as an applied research brief. Resubmission pending.</p> <p>Oral presentation on 2-year follow-up of HSSB removal given at UK Society for Behavioural Medicine in January 2021</p> <p>Poster presentation at RCPI Faculty of Public Health Medicine Winter Meeting</p>	<p>Maintain removal of HSSBs from campus as the campus outlets reopen.</p> <p>Submit article as applied research brief.</p>
Continue to monitor and expand healthy eating options.	Engagement in this area experienced major disruption this year due to campus closure. Additionally, Odhran Lawlor (previously Hospitality Manager at UCD) departed UCD in late 2020 and there was a gap of a few months prior to the announcement of a replacement with responsibility for catering and healthy eating on campus.	<p>Healthy UCD steering committee member with responsibility for catering on campus will re-engage with all providers on return to campus to secure agreements to prioritise healthy eating options in campus outlets.</p> <p>Explore the possibility of highlighting healthy options in campus outlets through labels/signage.</p>
<p>Continue to promote existing 'Cook with Five' videos.</p> <p>Creation of additional 'Cook with Five' recipe videos to be explored.</p>	'Cook with Five' videos promoted on social media during the year and similar style recipe videos produced by MSc Clinical Nutrition and Dietetics students for Healthy Eating Week.	Continue to promote existing bank of recipe videos.

<i>Healthy Eating (continued)</i>		
Action and Target 2020/2021	Status August 2021	Target 2021/2022
Have a presence at Fresh Fest in September 2020 if COVID-19 restrictions allow.	Fresh Fest did not go ahead in September 2020 due to Covid-19 restrictions.	Aim to run a number of healthy breakfast events during SU's orientation offering in September 2021.

Mental Wellbeing		
Action and Target 2020/2021	Status August 2021	Target 2021/2022
Healthy UCD will support UCD SU and student advisers in mental health initiatives in the new academic year in whatever format they take place (in-person or virtual).	Healthy UCD has focussed on promoting online mental health resources, such as Silvercloud and Koru, and collaborated with the SU during their online Health and Wellness week held at the end of March 2021.	Support UCDSU and student advisers
Continue to accommodate and encourage members of the UCD community to undertake Mental Health First Aid training. Explore possibility of hosting a 2-day training workshop in UCD.	It was not possible to hold a Mental Health First Aid training workshop in UCD this year due to Covid-19 restrictions and additional staff were unable to complete training elsewhere in 2020/2021.	Healthy UCD represented on new UCD Mental Health and Wellbeing policy group – further actions in this area will be undertaken by this group.
Continue to promote mindfulness in conjunction with UCD Student Health and Counselling Service.	Healthy UCD has used Instagram and Twitter to promote Koru mindfulness courses and retreats provided throughout the year by the Student Counselling Service.	Continue to promote mindfulness in conjunction with Student Health and Counselling, particularly the Koru courses
Continue tai chi classes as part of staff physical activity programmes planned for autumn 2020 and spring 2021.	Classes did not go ahead as on-campus physical activity programmes were not possible.	Tai chi classes will resume at lunchtimes in the student centre, run by Hamish Fleming and supported by new Wellness and Community Projects officer. Healthy UCD will liaise and help to promote.
Prepare the resilience tree for new contributions before the return of students to campus in September 2020 and repeat virtual resilience tree initiative on Instagram.	Engagement with resilience tree was again interrupted as return to campus did not happen as expected in September 2020. The tree was prepared for use in November 2020 for a group of American students living on campus to use at Thanksgiving – resulting in a number of new ribbons added to the tree.	Prepare the tree for new contributions in September 2021 and promote this to new and continuing students.

<u>Sexual Health</u>		
Action and Target 2020/2021	Status August 2021	Target 2021/2022
Promote awareness of free condoms provided by HSE and location of condom machines.	Stock in machines maintained by Student Services during the year but demand low because of reduced numbers attending campus.	Continue to promote availability and location and ensure supply is maintained.

Appendix: Healthy UCD Steering Committee 2020-2021

Name	Position
Patricia Fitzpatrick	Chair, Healthy UCD School of Public Health, Physiotherapy and Sports Science
Brian Mullins	UCD Director of Health Promotion
Maria Heffernan	Research Assistant, Healthy UCD
Celine Murrin	Chair, Healthy UCD Research Committee
Dominic O'Keeffe	Director of Student Services & Facilities
Mark Simpson	Senior Manager, Engagement and Internal Communications
Anne Drummond	Director, UCD Centre for Safety and Health at Work, School of Public Health, Physiotherapy and Sports Science
Catherine Blake	Head of School, School of Public Health, Physiotherapy and Sports Science
Ashling Kennedy Dalton	Facilities Manager, UCD Estates
Andrew Myler	Head of Customer & Management Services, UCD Estates
David Kelly	Bursar
Alessia Paccagnini	Assistant Professor, School of Business
Amanda Gibney	Head of School, School of Civil Engineering
Kevin Griffin	Director of UCD Registry
Triona Byrne	Clinical Lead Manager, Student Counselling Service
Bronagh Hanna	Student Counselling Service
Lisa Cryan	Student Health
Moira Ryan	Student Health
Ruairí Power	Students Union Welfare Officer
Leighton Grey	Students Union Campaigns & Engagement Officer
Aleksandra Mezynska	Nominee of Nutrition Society
David Somers	Nominee of Athletic Union Council
Ciara Dempsey	Chair of Societies Council



Healthy UCD Spring Nutrition Webinars

UCD Culture & Engagement

Register now at ucd.ie/engage

NATIONAL WORKPLACE WELLBEING DAY
WORKING TOGETHER FOR A HEALTHIER FUTURE



Programme includes:



Breda McCague



Dr Keith Gaynor

Healthy UCD



“ I really appreciate organization of such an initiative! It keeps reminding me to wake up and go for a run, to make a small walk between classes and work and explore places around just by walks: ”

UCD 100
WALK | JOG | RUN

UCD 100
WALK | JOG | RUN
1000+
Participants in UCD100



UCD Culture & Engagement
Healthy UCD

11 o'clock
YOGA
Live from UCD



Healthy UCD

SAFE OUTDOOR SOCIALISING

WITH Healthy UCD

- Try to avoid peak times for visiting attractions and choose times that are likely to be less crowded
- Consider carrying hand sanitiser, disinfecting wipes and spare masks with you
- Maintain at least 2m social distance even when outdoors and wear a mask in busy places where this is not possible
- Check government websites (www.hsa.ie in Ireland) for the most up-to-date advice and guidelines

BAKE OFF FINALISTS
Raw Raspberry Cashew Tart



Ingredients include oats, almonds, pecans, cashews, raspberries, lemon and maple syrup.

KENWOOD

BAKE OFF FINALISTS
Rustic Plum and Almond Galettes



Ingredients include wholemeal spelt flour, almonds and plums.

KENWOOD

Wellbeing Your Way



@healthyucd @kokombucha #wellbeingyourway



#WELLBEINGYOURWAY HEALTHY EATING WITH THIS DELICIOUS, HOMEMADE AVOCADO SALAD



@HEALTHYUCD #wellbeingyourway

BAKE OFF FINALISTS
Spinach Garden Cake



Ingredients include wholewheat flour, spinach, lemon, eggs, butter and milk.

KENWOOD

Healthy UCD RECIPE OF THE WEEK
TORTILLA PIZZA

true or false

extreme browning of toast, fried foods and potatoes is harmful

partly true

The browning that appears on the surface of bread is called 'caramelisation'. It is caused by chemical reactions in cooked starchy foods like those cooking under high temperatures. It is not harmful, but it is a source of antioxidants. In some cases, it can help to reduce the amount of fat absorbed by the food.

Healthy UCD RECIPE OF THE WEEK
VEGAN BAKED FETA PASTA

true or false

If exercise is not uncomfortable, it is probably not working

false

'NO PAIN, NO GAIN'

Think about how you feel when you exercise. If you feel uncomfortable, it is probably not working. If you feel good, it is probably working. The saying 'no pain, no gain' is a bit misleading. You can gain benefits from exercise without feeling pain. In fact, if you feel pain, it is a sign that you are over-exercising.