



Healthy
UCD

STAFF ORIENTATION 2019

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Healthy UCD



Healthy UCD

#healthyucd



OUR VISION

A global health promoting university that ensures the holistic health and well-being of every member of the UCD community.



- Health and well-being are vital to support individuals to flourish and create a sustainable work-life balance.
- Employee wellbeing is a high priority at UCD due to its positive impact on health.
- 4 out of 5 employees note a positive link between their health and wellbeing and their work productivity.

(Employee Absenteeism: A Guide to Managing Absence, 2011; Ibec)

The Importance of Health in the Workplace

What does Healthy UCD do?



UCD Staff Engagement Event



Healthy Eating Week



Mental Health Awareness Week



Physical Activity, Step into
Autumn

Health Opportunities in UCD



Healthy UCD
Woodland Walks



Healthy Eating
Options on
Campus



EAP (Employee
Assistance
Programme)



UCD Sport and
Fitness Facilities



Boot Camps/Step
Challenge



UCD Staff Clubs-
Tai Chi, tennis, golf



Cycle to Work
Scheme



Quit Smoking
Support



Healthy
UCD

- 🍃 Eat Healthy
- 🍃 Be Active
- 🍃 Be Mindful

 www.ucd.ie/healthyucd

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Healthy UCD Walk / Suiloid Slainte UCD

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