

Healthy UCD Annual Report Year 7 (2022/2023)

September 2023

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FOREWORD BY CHAIR

The Academic Year 2022/23 is one that Healthy UCD will mark as a period of significant change which brought certain challenges but also fostered new opportunities to improve our commitment to the health and wellbeing of our UCD community.

The start of the Healthy UCD year was met with tremendous loss and sadness with the passing of our colleague and Director, Brian Mullins. Brian was at the helm when the first health promotion initiative was established in UCD in 2016 and he was instrumental in drafting the first Health Promotion strategy for UCD. He advocated for the health and wellbeing of staff, students and the wider UCD community with determination, collegiality and two warm outstretched hands of friendship and support. He is greatly missed but we hope to promote his legacy with renewed determination, striving towards his vision of UCD as a global healthy campus model.

A key milestone reached this year was the signing of the Higher Education Authority, Healthy Campus Charter, on the 15th May. This provides a framework for UCD to align with the health and wellbeing goals of the HEA. Building on existing wellbeing actions and healthy campus activities, we aim to further integrate health and wellbeing across the whole campus including teaching and learning, student supports and services, staff development, and wider university policies.



This year has been a busy and productive year for Healthy UCD, as we work towards the goals outlined in the Healthy UCD five year strategy 2022-2026. The awareness of Healthy UCD is increasing throughout the UCD community through our engagement with core student activities including during orientation with incoming students, Peer Mentor Training, and Student Union activities. Student-led engagement in Health Promotion activities are highlighted in the Healthy Eating and Active Living weeks and Wellbeing Wednesday. Staff health and wellbeing is promoted through the close collaboration between Healthy UCD and UCD Culture and Engagement.

This progress has been primarily led through the leadership of Professor Patricia Fitzpatrick, as out-going Chair of the Steering Committee, and the hard work and dedication of Maria Heffernan, Healthy UCD Research Assistant. I would like to thank both Patricia and Maria for their commitment and development of Healthy UCD over the past few years. I would also like to thank Ciara McCabe for her invaluable administrative support to the Steering Committee and Karol Wojcik for his support as Digital Ambassador for Healthy UCD this year.

As we begin a new year for Healthy UCD, we are also welcoming new personnel to the team. Mags Carey was appointed to the Healthy UCD Research Assistant role and I look forward to working with her to progress the work of the Initiative. Lena Latussek has kindly taken the role of administrative support to the Committee. Professor Ricardo Segurado was appointed as the Chair of the Healthy UCD Research Advisory Committee.

I would like to thank the Healthy UCD Steering Committee and the Research Advisory Committee for their continued commitment throughout the year and for their dedication to support staff and student health and wellbeing. We look forward to working with our new President and Vice President to progress the strategy of Healthy UCD in synergy with the wider UCD strategy to ensure that health and wellbeing are central to the 'holistic development' of our students and staff to enable them to reach their fullest potential.



Dr. Celine Murrin

Chair, Steering Committee for Healthy UCD

INTRODUCTION

Healthy UCD worked with the Students' Union and UCD Culture & Engagement on a variety of health promoting events throughout the year for both staff and students. These included initiatives such as fitness challenges and wellbeing activities, creating awareness of the variety of resources available on campus.

Healthy UCD also contributed to UCD Teaching and Learning, where experiential learning opportunities are provided to UCD students. This is an area we hope to expand in the coming year, with a combined Healthy Eating and Active Living Week as part of an which is being designed and delivered by MSc Clinical Nutrition and Dietetics and MSc Physiotherapy students as part of a new interprofessional learning initiative between the two programmes with support from Healthy UCD.

Last year, Healthy UCD finalised a new strategy to shape the following five years of the initiative. This strategy sets out ambitious but achievable goals for the next number of years and aims to consolidate and build on the contribution of Healthy UCD to healthy campus life. More details on the actions and targets from the strategy can be found on page 15.

HEALTHY UCD HIGHLIGHTS 2022/2023

MODULE ENGAGEMENT – STUDENT EXPERIENTIAL LEARNING

The Student Health and Wellbeing elective module (PHPS10010) ran for the fourth consecutive year in the Spring Trimester with 59 students registered. Students conducted research for their final assignments on the UCD campus; researching and designing initiatives for students which could be implemented on the UCD campus. They worked on topics including healthy eating, physical activity, mental health, sexual health and drug/alcohol use.

Healthy UCD provided opportunities for graded experiential learning for students of two courses: 1) Healthy Eating Week, delivered by MSc Clinical Nutrition and Dietetics students taking the Practice Placement module (PHPS40910), with accompanying content developed for social media and 2) Active Living week, delivered by MSc Physiotherapy students in November.

PEER MENTOR PROGRAMME

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

ORIENTATION WEEK (2022-2023)

Orientation took place on-campus during a two-week period in September to facilitate the orientation of incoming first-year students. Healthy UCD had a stand in the Student Centre, promoting upcoming events and growing followers on social media, which increased by 300-400 over the week. Free merchandise was given out at the stand including water bottles, t-shirts, pens and bags, as well as student health business cards with student health services contact details.



Figure 1: Healthy UCD stand in the Student Centre.

SOCIAL MEDIA ACTIVITY

Karol Wojcik, a final-year Computer Science student, has had the role of student digital ambassador for Healthy UCD for the past year. During this time, he has produced regular, high-quality content for Healthy UCD's Instagram and Twitter accounts which has contributed to sustained growth in followers. Isobel Stanley, a PhD student in the School of Public Health will take on the role of student digital ambassador for 2023-24.



Figure 2: Example of graphic produced for social media.

HEALTHY EATING WEEK

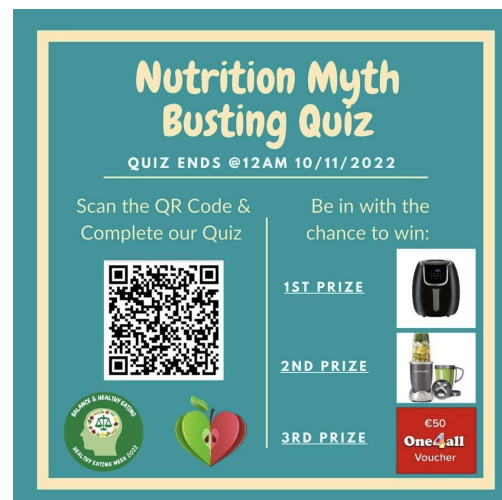
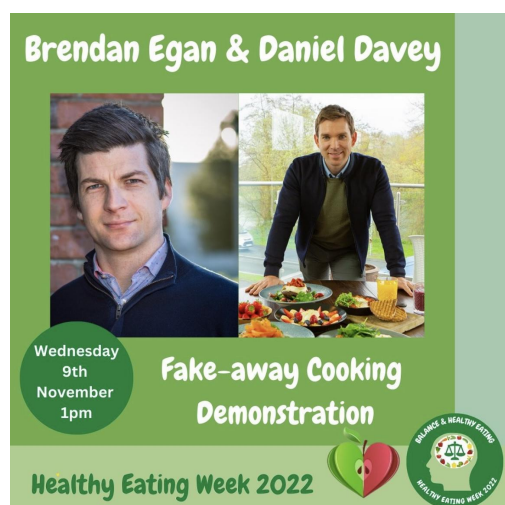
Healthy Eating Week took place during the week of the 7th of November and was coordinated by the students from the Masters in Nutrition & Dietetics programme.

Included in the activities on offer were a restorative morning yoga session accompanied by some healthy breakfast options, mindfulness sessions in the Harmony suite, a talk on nutrition and mental health by dietitian Sarah Keogh, games on alcohol awareness in the Student Centre, fakeaway (healthier versions of takeaway recipes) cooking demonstrations and a TikTok recipe competition with fabulous prizes on offer.

The students worked with Res to distribute recipe books and other healthy eating resources, with a link to a recipe book available on Instagram. Overall, it was a great effort by this cohort of students and a very well run and well received event.



Figure 3: Healthy Eating Week Social Media Post.



Figures 4 and 5: Examples of Graphics produced to promote Healthy Eating Week on social media.

ACTIVE LIVING WEEK

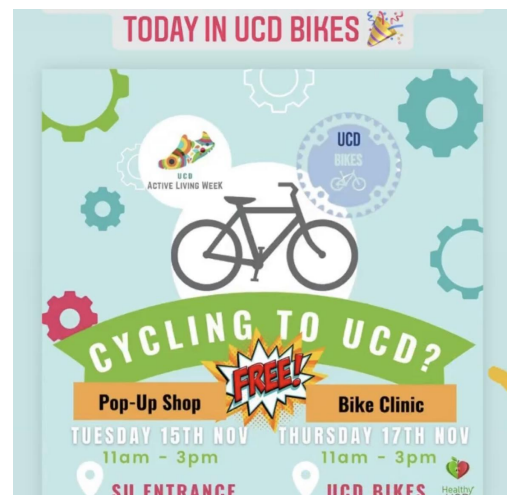
Active Living Week took place during the week of 14 November with students from the MSc in Physiotherapy encouraging the UCD community to build activity into their everyday routines.

Information stands and competitions were used to raise awareness on the importance of being active. Basketball courts and football targets were set up across the campus with participation encouraged through raffles with prizes. Bike safety clinics with free bike service were offered by the UCD bike shop to encourage more people to cycle to campus.

A petition for more standing desks in the Library was drafted, along with a proposal for a GPA neutral physical activity module, the use of movement breaks in lectures to encourage movement and targeted gym sessions aimed at introducing women to using gym equipment.



Figure 7: Active Living Week Social Media Post.



Figures 8 and 9: Examples of Graphics produced to promote Active Living Week on social media.

WELLBEING WEDNESDAY

Wellbeing Wednesday took place on the 12th of April in the Student Centre. Healthy UCD worked with MSc and PhD students to provide a series of online videos on mental health and wellbeing that were shared on the various social media platforms. These included videos on being aware of critical self-talk, the importance of gratitude and the benefits of meditation. A wellbeing wall was set up to incorporate artwork from students to promote their idea of “Health for All”.

The activities on the day proved very popular, particularly the fitness challenges which included a skipping challenge that attracted crowds of participants and spectators as people aimed to get onto the leaderboard for each challenge.

EMPLOYEE WELLBEING ACTIVITIES

A wide range of wellbeing activities for employees were delivered this year by Healthy UCD in partnership with UCD Culture and Engagement.

In the autumn, a “Back to the Campus” range of activities were offered, with yoga classes, bootcamp, and a learn-to-swim programme, along with an opportunity for employees to try out the fantastic new running track.



Figure 10: Wellbeing Wednesday Social Media Post.

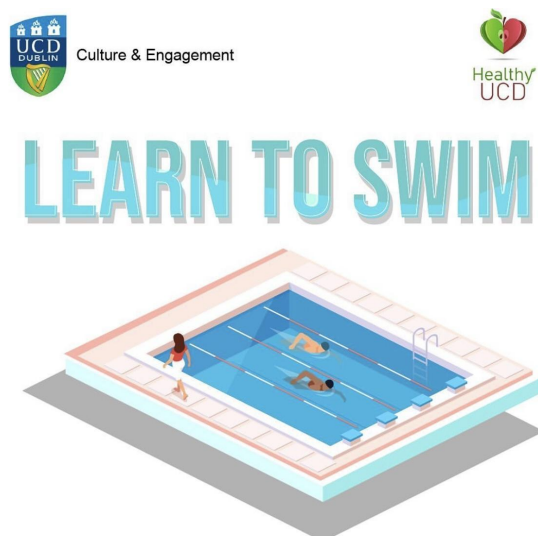


Figure 11: Promotional graphic for swimming classes.

Coinciding with this was an “Autumn Fitness Team Challenge”, aiming to encourage increased activity levels through the support of a team. It was noted that 37 teams (comprising 180 individuals in total) signed up to the fitness challenge, with team selfies adding a new element this year. These fitness programmes continued throughout the year with a “Winter Fitness Challenge” in February, consisting of circuit and learn to swim classes and a “Spring into Summer” programme from April to June that included boot camp, pilates, and learn to swim classes.



Figures 12, 13, 14 and 15: Examples of graphics produced to promote fitness programmes throughout the year.

UCD FESTIVAL

Healthy UCD was delighted to participate in the UCD Festival on the 10th of June this year. The Healthy UCD stand was located in the Student Centre alongside stands from the School of Public Health, Physiotherapy and Sports Science and attracted good footfall. This year the festival targeted healthy eating for kids with activities including “Build the Healthy Food Pyramid” (using toy food and pyramid shelves), Healthy Food Fact Finders (a 'scavenger' hunt with a clue sheet and prize at the end), a favourite fruit and vegetable poll (live poll on a screen) and a drawing activity, all of which were well received. The team worked with the UCD Alumni office to provide healthy lunch tips for families with the free lunch bags offered in the UCD Club.



Figure 16 - Images from UCD Festival

NATIONAL AND INTERNATIONAL ENGAGEMENT

Healthy UCD continues to engage with other Irish universities and colleges and took part in the Higher Education Authority Conference on “Supporting Success Through Wellbeing in Higher Education” in April 2023. Professor Patricia Fitzpatrick is the UCD Irish Universities Association representative on the Higher Education Authority Healthy Campus Framework and Charter Advisory Group.



Figure 17: HEA Conference 2023

Members of the Healthy UCD team have presented its research and work on providing experiential learning opportunities in UCD modules both nationally and internationally including at the European Congress on Obesity in May, Nutrition Society Irish Section Conference and Academy of Medical Educators and the International Network for Health Workforce Education, in June 2023. Emma Curran, BSc Human Nutrition, is pictured presenting a poster at the Nutrition Society Conference in the Technological University of Shannon, June 2023.



Figure 18: Emma Curran, BSc Human Nutrition, presenting poster at Nutrition Society Conference.

PRESENTATIONS

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

Table 1: Details of Healthy UCD presentations, 2022-2023

Presentation type	Conference	Details
Case Study	Inaugural Healthy Campus Network Conference. Higher Education Authority 20 th April 2023	Heffernan M. Healthy UCD – Healthy Campus Initiative in University College Dublin
Poster	European Congress on Obesity, Dublin, 17 th -19 th May 2023	Curran E, Heffernan M, Murrin, C. Examination of the UCD food environment using the Uni-Food tool.
Poster	Nutrition Society Irish Section Annual Conference, Athlone, 14 th -16 th June 2023	Heffernan M, Curran E, Kenny D, Agarwal P, Murrin C. Application of the Uni-Food tool to assess the UCD food environment.
Oral	Academy of Medical Educators and the International Network for Health Workforce Education, Cardiff, 27 th -29 th June, 2023.	Murrin, C, Heffernan M, Dervan N, O'Donaghue G, Kenny C, Corish C, Fitzpatrick P. Provision of real-world experiential learning for healthcare professional students in a healthy campus setting.

RESEARCH PROJECT ON CAMPUS FOOD ENVIRONMENT

Emma Curran, BSc Human Nutrition, continued the work from the placement student Deanna Kenny, on the application of the Uni-Food Tool to assess the campus food environment. Emma Completed the audit of the Food Retail Environment tool and also conducted an audit on UCD Systems and Governance to identify barriers or enablers to developing a healthy food environment on campus. The findings show that the University scored well in certain areas, such as reasonable availability of free drinking water and having vegan/vegetarian menu options. The policy on the restriction on the sale of high sugar sweetened beverages on campus also received a positive score. However, the lack of clear governance on catering and retail provision in terms of healthy food provision and pricing, the lack of systematic monitoring and reporting on indicators of the food environment and the marketing of predominantly unhealthy food and beverages on campus were identified as key areas for improvement. The findings from the tool provided baseline information relating to food provision on campus and highlighted opportunities for improvement which could be addressed as part of a UCD Food Procurement and Provision Policy.



Figure 19: Emma Curran, UNI-FOOD Poster

RESEARCH PROJECT ON MEASURING FOOD INSECURITY IN UCD STUDENT

Ciara O'Shea, BSc Human Nutrition, conducted an online survey of n=200 students registered to UCD to provide an indication of the prevalence of food insecurity among this cohort of third level students. The respondents were primarily female (77%), undergraduate (78%) students with a mean age of 22 years. The survey included a standardised measure of Food Insecurity (Food Insecurity Experience Scale, Ballard et al. 2013; Shikomar et al., 2021) and, on application of the scoring system and cut-offs, it was found that 10.4% could be described as food insecure and an additional 19.9% could be described as moderately food insecure. This figure was higher than the most recent prevalence of food insecurity described in the Irish population. Undoubtedly, the impact of the COVID pandemic, the increasing cost of living and the lack of affordable accommodation have all contributed to this issue. However, further research and monitoring of food insecurity among our students could allow for timely and effective strategies to be introduced to prevent the phenomenon of hidden hunger amongst those who may be experiencing chronic or acute disadvantage.

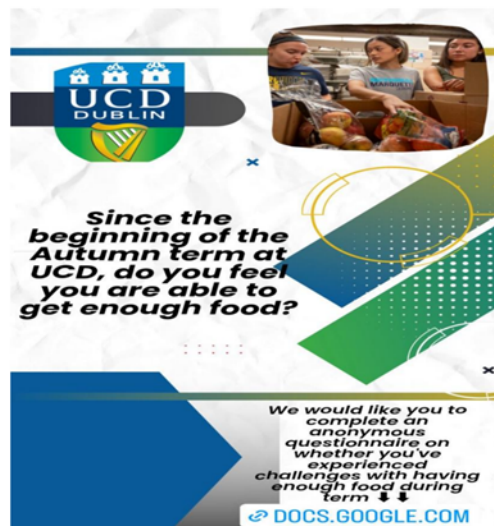


Figure 20: Food Insecurity Research

Healthy UCD Actions and Target set for past year 2022/2023, Current Status and Target for coming academic year 2023/2024		
<i>Awareness and Identity Development</i>		
Action and Target 2022/2023	Status August 2023	Target 2023/2024
Review Welcome Booklet page for 2022/2023.	Welcome Booklet page has been updated to highlight upcoming Healthy UCD events for 2023/2024.	Review Welcome Booklet page for 2024/2025 and update as necessary.
Increase following across all Healthy UCD social media platforms by 5%.	The numbers following Healthy UCD on social media continue to grow steadily, surpassing the target on Instagram & YouTube Instagram: 3,284 (+14%) Twitter: 1,511 (+3%) YouTube: 61 subscribers (-2%)	Continued growth of follower numbers on Healthy UCD's social media channels, aiming for 5% increase with additional focus on Twitter in the coming year.
Continuation and promotion of Healthy UCD calendar of events. Continue to monitor analytics of social media and website to better formulate future content.	Monitoring of social media analytics continued throughout the year – content around Healthy Eating continued to be popular.	Continue to monitor analytics, promote Healthy UCD materials.
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.	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.	Continue to provide material on key Healthy UCD events for student and staff e-zines alongside other methods of promotion.
N/A	N/A	Continue to work with other key stakeholders in UCD such as SU, EDI, Culture and Events, Chaplaincy and Res to help increase awareness of Healthy UCD.

<u>Student Engagement</u>		
Action and Target 2022/2023	Status August 2023	Target 2023/2024
Contribute to the orientation Brightspace module as necessary and contribute to events and any orientation activities in September 2022.	Healthy UCD again contributed to the Orientation module on Brightspace, providing an updated presentation. Healthy UCD had a strong presence in the Orientation marquee behind the student centre.	Contribute to Orientation in September 2023.
Run PHPS10010 in Spring trimester 2023 with 100 places available.	PHPS10010 Student Health & Wellbeing undergraduate level 1 elective module was run for the third time in Spring Trimester 2023 with 59 students (Module Coordinator Prof Patricia Fitzpatrick). The students conducted research on the UCD campus for their final group assignment to design a wellbeing initiative for students in UCD.	Run PHPS10010 in Spring trimester 2024 with 100 places available.
Contribute to peer mentor training in 2023.	Healthy UCD contributed a short video and quiz for use in peer mentor training on brightspace and an additional presentation introducing the initiative for the orientation brightspace module.	Contribute to peer mentor training in 2024.
Plan an event in conjunction with Residential Assistants/UCD Estates for the beginning of term in September 2023 focussing on student health and wellbeing and utilising facilities in new UCD Village.	Presentation giving to RA's by Healthy UCD to make them aware of Healthy UCD and how they can be a spokesperson for Healthy UCD. A cooking demo is organised for early September in Res to help students with basic dishes.	Review following feedback
Train new Healthy UCD student digital ambassador and support them in their role for 2022/2023.	The student digital ambassador continued in their role for 2022/2023 and continued to provide invaluable support and contributions to Healthy UCD's social media channels including promotion of in-person events which resumed this year. This contributed to the sustained growth in engagement seen this year.	Support the new digital ambassador in their role for 2023/2024.
Recruit a small number of enthusiastic volunteers to assist with in-person events and ideas for social media content.	In March/April 2023, a group of MPH students volunteered to take part in social media campaigns for Wellbeing Wednesday, supporting mental health and in manning the Healthy UCD stand.	Continue to seek out and work with a small group of enthusiastic student volunteers.

		Wellbeing Wednesday will now be part of the MPH Health Promotion module.
Work on shared calendars with SU to facilitate collaborative working.	SU officers continue to engage with the Healthy UCD Steering Committee. Worked with SU on a number of events including a roadshow around the various buildings in the autumn trimester, Mind, Body & Soul and exam supports.	Continue to collaborate with the SU on events and campaigns in 2023/2024.
Explore possibilities for resuming health and wellbeing surveys among students, including possibility of including this in the registration process for continuing years.	Decision was taken not to implement student-wide surveys this year as it has been reported that students are dealing with increased volumes of email correspondence, including surveys, and there would likely be resistance to circulation of further surveys.	Healthy UCD Research Committee to explore developing and working with a student panel to design and pilot research, aligning with goals 2 & 3 of the new Healthy UCD Strategy.
Support activities of Wellness and Community Projects Officer including updating Healthy UCD website with information in this area.	Mindfulness classes and other activities provided by the Wellness and Community Projects Officer, David Delaney, have been promoted by Healthy UCD throughout the year.	Continue to support the Wellness and Community Projects Officer. Collaborate with Niall Dennehy on The Student Mental Health and Suicide Prevention project.

<u>Staff Engagement</u>		
Action and Target 2022/2023	Status August 2023	Target 2023/2024
Continue to engage with Student Advisers and work towards delivering action 2.2 of the Healthy UCD strategy: to embed Healthy UCD information with staff/student touchpoints regularly throughout their UCD experience.	Peer mentor training presentation supplied for Orientation 2023/24 with 286 views as of the 5th of September.	Continue to engage with Student Advisers and provide peer mentor training.
Continue to work with UCD Culture & Engagement to deliver activities in 2022/2023.	In-person physical activity programmes were held in autumn and spring.	Continue to work with UCD Culture & Engagement to deliver activities and to promote the UCD Wellbeing Hub and Employee Assistance Service in 2023/2024.

<u>Smoking Cessation</u>		
Action and Target 2021/2022	Status August 2022	Target 2023/2024
Continue to promote local smoking cessation supports and smoke-free policy on campus.	Stop smoking courses in St Vincent's University Hospital promoted through the Healthy UCD website, staff and student e-zines and social media platforms .	Continue to promote local smoking cessation supports and smoke-free policy on campus.
Confirm continuation of UCD Procure Pharmacy offer and continue to promote.	Offer carried forward and promoted.	Confirm offer and continue and promote.

<u>Physical Activity</u>		
Action and Target 2022/2023	Status August 2023	Target 2023/2024
Expand offering of physical activity programmes and events on-campus including the delivery of an Active Living Week with students on the MSc in Physiotherapy.	On-campus physical activity events for staff included the "Back to the Campus" and "Spring Into Summer" offerings consisting of bootcamp classes, yoga/pilates and swimming . Physical activity events were delivered as part of Mind, Body and Soul and the Wellbeing Wednesday event in April.	Expand offering of physical activity programmes and events on-campus including the delivery of the HEAL week which will incorporate Physiotherapy students.

<i>Healthy Eating</i>		
Action and Target 2022/2023	Status August 2023	Target 2023/2024
Provide support and guidance for MSc students working on Healthy Eating Week in November 2022.	MSc Clinical Nutrition and Dietetics students, as part of Practice Placement (non-acute) module PHPS40910, were supported by Healthy UCD in returning to delivery of Healthy Eating Week on-campus, while content was also developed for social media.	Provide support and guidance for MSc students working on Healthy Eating Week in November 2023.
Submit HSSB paper for publication.	Engagement with UCD Head of Customer and Management Services who now has responsibility for catering services, and with operators of the various campus outlets to ensure the policy of HSSB removal remained in place after reopening of outlets. Poster on HSSB removal and follow-up presented at the Forum for Global Challenges conference in Birmingham in May 2022.	Submit HSSB paper for publication.
Complete assessment of campus using Uni-Food tool and make key recommendations based on the results. Identify suitable national and international conferences/publications to disseminate results of campus assessment using the Uni-Food tool as per action 4.1 of the new strategy.	A project is underway to assess the campus food environment using the Uni-Food tool and the results will be used to make a number of key recommendations to improve healthy options on campus and make these more attractive to customers.	Complete assessment of campus using Uni-Food tool and make key recommendations based on the results. Identify suitable national and international conferences/publications to disseminate results of campus assessment using the Uni-Food tool as per action 4.1 of the new strategy.
Work with the UCD Institute of Food and Health on resources to support sustainable healthy eating.	Existing bank of recipe videos and graphics were promoted throughout the year while some additional resources were developed for Healthy Eating Week. Initial discussions have taken place researchers in the UCD Institute of Food and Health around development of further recipe resources on sustainable healthy eating.	Work with the UCD Institute of Food and Health on resources to support sustainable healthy eating. Support the PLAN'EAT study on understanding food choices and planning supportive dietary interventions.

<i>Healthy Eating (continued)</i>		
Action and Target 2022/2023	Status August 2023	Target 2023/2024
Discussions underway with UCD Residences for a potential series of health and wellbeing events to be held in 2022/2023, including a cookery demonstration during the orientation period, support for the RA Cooking/Baking club and a healthy recipe flyer with recipes suitable for preparation within the kitchens in UCD Residences.	A number of healthy snack packs were distributed by Healthy UCD during Orientation. Healthy UCD provided healthy breakfast items for the SU's library breakfast events during the study period in December 2022. In addition, a healthy breakfast event was held with the Nutrition Society during Mind, Body & Soul in April 2022 for 200 students.	Support UCD Residences through a series of health and wellbeing events in 2023/24 including a cookery demonstration during the orientation period, support for the RA Cooking/Baking club and a healthy recipe flyer with recipes suitable for preparation within the kitchens in UCD Residences.
<i>Mental Wellbeing</i>		
Action and Target 2022/2023	Status August 2023	Target 2023/2024
Liaise with the new SU sabbatical officers to promote mental wellbeing, particularly around the beginning of the academic year.	Healthy UCD joined the SU in the promotion of supports and events relating to mental wellbeing.	Liaise with the new SU sabbatical officers to promote mental wellbeing, particularly around the beginning of the academic year. Collaborate with Niall Dennehy on The Student Mental Health and Suicide Prevention project.
Continue to signpost mental health and wellbeing resources and supports, including a campaign on the topic with the SU planned for autumn 2023.	Healthy UCD has helped with the signposting of mental health supports and resources and these have been promoted throughout the year on the Healthy UCD website and social media platforms.	Continue to signpost mental health and wellbeing resources and supports, including a campaign on the topic with the SU planned for autumn 2023.
Continue to support Student Health and Counselling in their work on mindfulness.	Healthy UCD has promoted mindfulness sessions throughout the year on social media and when engaging with students in-person.	Continue to support Student Health and Counselling in their work on mindfulness.

Continue to promote the Resilience Tree during key UCD events in 2022/2023.	The Resilience Tree was prepared and promoted during the start of the academic year in September/October 2022.	Find out from students if the Resilience tree is useful in order to determine it's use going forward during key UCD events in 2023/2024.
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<i>Sexual Health</i>		
Action and Target 2022/2023	Status August 2023	Target 2023/2024
Healthy UCD will engage with Students Union and Student Health regarding promotion of sexual health in 2022-2023 by highlighting HSE STI testing service and participating in the SU's SHAG Week in October.	Dispensers maintained during the year by Student Services and promoted by Healthy UCD and the SU.	Healthy UCD will engage with Students Union and Student Health regarding promotion of sexual health in 2023-2024 by highlighting HSE STI testing service and participating in the SU's SHAG Week in October.

New provisional targets based on actions to be delivered in the short-term from the new Healthy UCD Strategy, 2022-2026	
Action (from strategy)	Target 2023/2024
1.3	Review and identify areas relevant to Healthy UCD within the Healthy Ireland Healthy Workplace Framework.
2.6	Seek representation from UCD Student Communications on the Healthy UCD Steering Committee.
3.1	Engage with other Universities to exchange research initiatives and methodologies and highlight opportunities for research collaboration.

Appendix: Healthy UCD Steering Committee 2022-2023

Name	Position
Patricia Fitzpatrick	Chair, Healthy UCD (to Jan 2023) School of Public Health, Physiotherapy and Sports Science
Celine Murrin	Chair, Healthy UCD (from Jan 2023) School of Public Health, Physiotherapy and Sports Science
Maria Heffernan	Research Assistant, Healthy UCD (to June 2023)
Celine Murrin	Chair, Healthy UCD Research Committee
Ciara McCabe	Assistant to the Director of Registry (Committee Administrator)
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
Gráinne O'Donoghue	Assistant Professor, School of Public Health, Physiotherapy and Sports Science
Aishling 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
Hester Noonan	Student Counselling Service
Dr Eadaoin Lysaght	Student Health
Moira Ryan	Student Health
Molly Greenough	Students' Union President
Robyn O'Keefe	Students' Union Campaigns & Engagement Officer
Míde Nic Fhionnlaóich	Students' Union Welfare Officer
Abbey Bracken	Nominee of Nutrition Society
Ciadhla Mulloy	Nominee of Athletic Union Council
Ferghal Johnston	UCD Societies Council