



JULY 2024, ISSUE 14

SPHPSS IN FOCUS

A quarterly newsletter from the UCD School of Public Health,
Physiotherapy and Sports Science



WELCOME MESSAGE

Welcome to the Summer edition of SPHPSS in Focus! We hope that you are enjoying the fine weather (when we get it!) and have the opportunity to take some time off to relax and recharge the batteries.

Many thanks to all of the contributors and to the newsletter team - once again we have a bumper issue jam packed with the latest updates on our activities and achievements. Thanks and best wishes to Rianna McElroy and Michelle Kearns who recently left the newsletter team. We are now looking for new members and encourage any interested PhD students to get in contact.

Congratulations to our recent PhD graduates Drs Kathleen Mitchelson, Fiona Curran, Carol Brennan and Fearghal Kerin - we wish you the very best for your future endeavours. Well done also to SPHPSS ASPHER Fellow, Karl Conyard, who won an Early Career Excellence Award at the ASPHER Deans and Directors Retreat in Porto, and to MPH graduate Patrick Elliott who was awarded the Alpro Foundation Early Career Researcher prize.

Huge congratulations to BSc Physiotherapy student, Aoife Wafer, who was voted the Strata Financial Women's 15s Players' Player of the Year and Energia Women's 15s Young Player of the Year, and of course to UCD Ad Astra Sports Scholar and BSc Physiotherapy 2017 graduate Ciara Mageean on winning the gold medal in the 1500m of the 2024 European Athletics Championships - fantastic achievements!

As always we encourage you to read on to find out more about the latest research, teaching, activities and achievements in the SPHPSS.

Asst Professor Catherine Phillips
Editor of SPHPSS in Focus

WHAT'S INSIDE THIS ISSUE:

- School and Division News
- Research Highlights
- Achievements and Awards
- Teaching and Learning Updates
- Healthy UCD events
- School Committee Updates
- New Appointments
- Recent Publications

CORE TEACHING PROGRAMMES

- [BSc Health and Performance Science](#)
- [BSc Physiotherapy](#)
- [BSc Sport and Exercise Management](#)
- [H Dip in Safety, Health and Well-Being at Work](#)
- [Cert. in Safety and Health at Work](#)
- [MPH](#)
- [MPH \(Nutrition\)](#)
- [MPH \(International Health\)](#)
- [MSc Clinical Nutrition and Dietetics](#)
- [MSc Occupational Safety and Health](#)
- [Prof Masters in Physiotherapy](#)
- [MSc Coaching Science in Sport](#)
- [MSc Sport Management](#)

ASPHER Deans and Directors Retreat 2024 Porto, June 2024

UCD SPHPSS was well represented at the 2024 ASPHER Deans' and Directors' Retreat in Porto, Portugal.

Prof. Mary Codd gave an in-depth presentation of the ASPHER-WHO Core Curriculum for Public Health. UCD SPHPSS ASPHER Fellow, Karl F Conyard, participated in an ASPHER Young Professionals' Panel.

UCD SPHPSS PhD Candidate, Dr Jwenish Kumawat, presented a SKY Meditation module for Schools of Public Health to improve staff and student mental health and wellbeing.



Ribeira do Porto, Portugal



Prof. Mary Codd presenting the ASPHER-WHO CCP 35 Subject Areas and respective Expert Advisory Groups

Mageean Strikes Gold at European Championships

A huge congratulations to former UCD Ad Astra Sports Scholar and BSc Physiotherapy 2017 graduate Ciara Mageean on winning the gold medal in the 1500m of the 2024 European Athletics Championships. This was arguably the highlight of what was a very successful championships for the wider Irish team who brought home 2 gold and 2 silver medals.



Jubilation for Mageean (pictured) as she crosses the line in 1st place

MSc in Clinical Nutrition & Dietetics Graduation

The MSc programme team celebrated twenty-three outgoing students on the 6th June 2024 at the UCD graduations. The Irish Nutrition and Dietetic Institute medal was awarded to Laura McBean for the highest GPA over the 2-year programme. Congratulations to all the newly qualified dietitians and wishing them continued success in their future dietetic careers!



Pictured: MSc in Clinical Nutrition & Dietetics Class of 2024

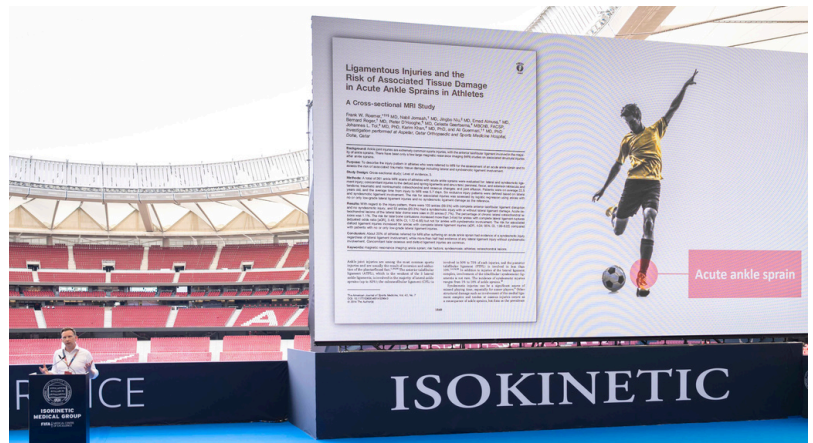
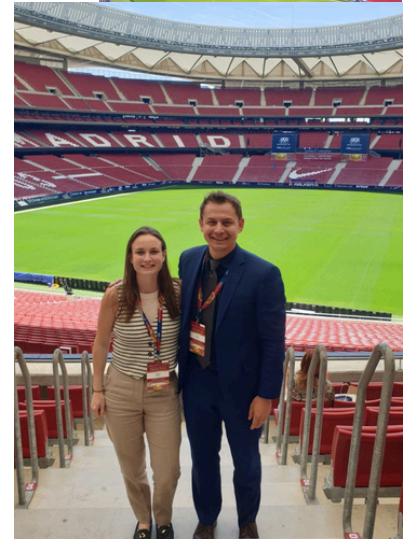
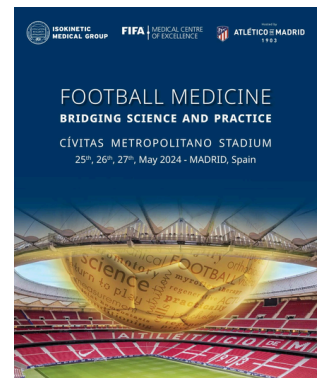


Pictured: MSc in Clinical Nutrition & Dietetics Graduation, June 2024

Isokinetic Football Medicine Conference 2024

Dr Sinead Holden, Dr Nicol Van Dyk and Professor Eamonn Delahunt were invited speakers at the Isokinetic Football Medicine Conference held in Atletico Madrid Stadium in Madrid in May 2024.

Prof. Delahunt contributed a talk titled "From the ligaments to the brain: translating the best knowledge into practice", in an invited symposium on the topic of high ankle sprains and syndesmosis injuries.



Pictured: Dr Nicol Van Dyk and Dr Sinead Holden at the Isokinetic Football Medicine Conference

Science is Wonderful! 2024

Science is Wonderful! is an annual science fair, that interactively showcases Marie Skłodowska-Curie Actions (MSCA) research projects and innovations through hands-on experiments, science shows, games and fun, inspiring activities. It brings the world of science, research and innovation to the wider public (5000 primary and secondary school pupils). The UCD booth, led by Dr Hananeh Younesian, MSCA postdoc fellow, Dr Timilehin Aderinola, MSCA postdoc fellow, and Warnakulasooriya Umesh Ashen Lowe (PhD student) provided visitors with an opportunity to test their balance using the smart balance board, jump height and a computational intelligence activity.



Pictured: Dr Hananeh Younesian, MSCA postdoc fellow, Dr Timilehin Aderinola, MSCA postdoc fellow and Warnakulasooriya Umesh Ashen Lowe (PhD student)



Pet Owners needed! Interested in taking part in an exposure study?



Imidacloprid is a type of pesticide that is used to kill or repel insects. In Ireland, imidacloprid is widely used as an active ingredient in flea treatment products such as Advantage® and Advocate®. These products are used to protect pet dogs, cats and rabbits from fleas and other insects.

PhD student, Darragh Doherty, and Assistant Professor, Dr Alison Connolly, are examining if pet owners are exposed to imidacloprid from the use of imidacloprid-based flea treatments. They are looking for pet owners to take part in this study.

Participants would be asked to:

- Provide one urine sample the morning before applying the flea treatment,
- Provide one urine sample each of the next four mornings after applying the flea treatment,
- Complete a short questionnaire.

If you are interested in taking part or want any more information, then don't hesitate in contacting us!

Please email:

darragh.doherty@ucdconnect.ie or alison.connolly@ucd.ie

The Occupational Hygiene Society of Ireland working on creating safer workplaces within the construction sector

The Occupational Hygiene Society of Ireland (OHSI) is an Irish scientific committee working on promoting the science of occupational hygiene and raising awareness of the health effects associated with hazards found within a working environment. Assistant Professor Alison Connolly is an OHSI committee member. At the recent International Occupational Hygiene Association (IOHA) conference, OHSI launched the Breathe Freely Ireland [website](#), to provide health and safety information for construction workers to protect against respiratory illnesses and disease.



Pictured: OHSI members with international collaborators working on Breathe Freely campaigns

BreatheFreely Ireland is an initiative of the OHSI, that aims to prevent occupational lung illnesses and diseases, such as silicosis, mesothelioma, COPD, and asthma, through education and increasing awareness of the problem and the safe work practices to control exposures. An adaptation of the highly successful UK BreatheFreely initiative developed by the British Occupational Hygiene Society, BreatheFreely Ireland launched in 2015, raising awareness of both the problem and solutions to protect workers' health and prevent most of these diseases and deaths through good occupational hygiene practices. Every year in Ireland, people die from lung diseases linked to past exposures at work. It's time to start managing health like we manage safety in our Irish workplaces.

CARA Network Updates

The CARA Network's "Collaborating Across Borders: a multi-disciplinary approach to Antimicrobial Stewardship" Conference, 9-10 Oct 2024

Prof. Akke Vellinga (Head of CARA Network) received HRB funding of €5000 to organise the Collaborating Across Borders: a multidisciplinary approach to Antimicrobial Stewardship conference. The conference aims to support, develop and implement a collaborative approach to the challenges and future of AMR and infection control bringing together professionals, researchers and academics. This is the second year CARA Network will organise this conference working with our partners in Northern Ireland (MOIC and QUB) as well as AMS Insight, Trinity College Dublin and University College Cork.

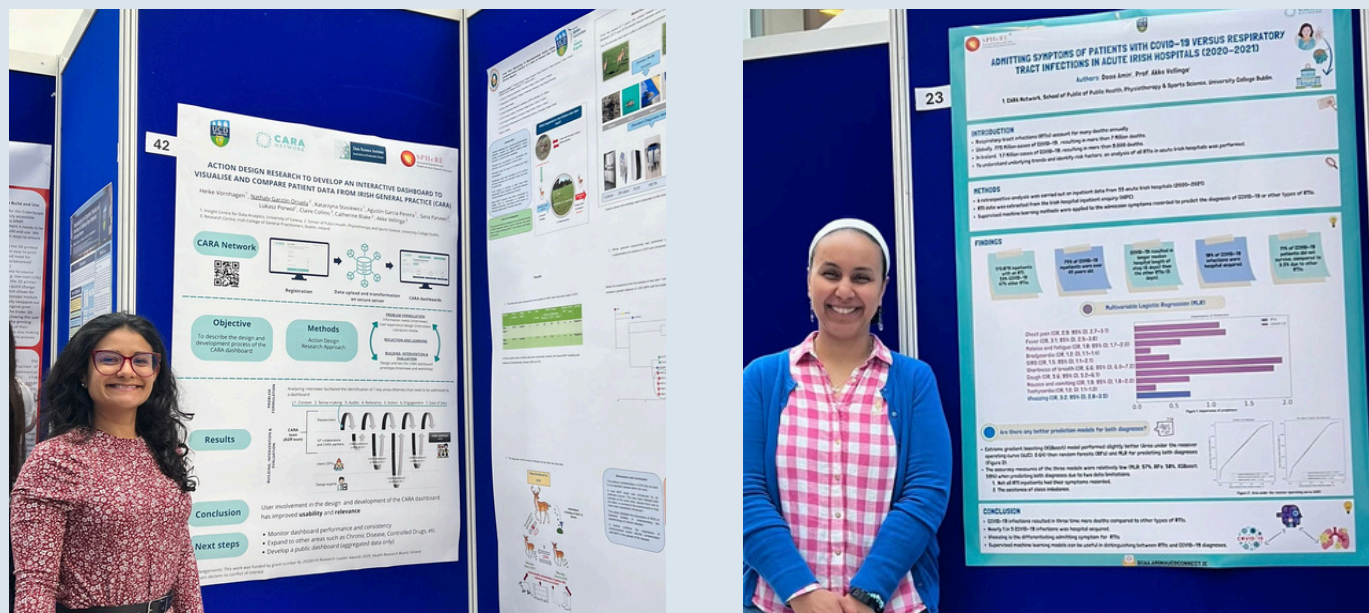


Participants are encouraged to share their research, demonstrate interventions, propose new collaborations and present new methodologies. The conference bringing together professionals and researchers, will be free of charge and offer CPD points.

A pre-conference specifically aimed at AMR researchers will showcase One-Health projects and encourage networking. The conference will be held on 9th and 10th October at the Ashling Hotel in Dublin. To know more about the conference and abstract submission guidelines, visit our [website](#) or follow us on 'X' ([@caranetwork1](#)).

CARA Network's PhD Scholars at UCD CHAS Graduate Research Symposium 2024

PhD scholars Nathaly Garzón-Orjuela and Doaa Amin presented their research at the annual CHAS Graduate Research Student Symposium at UCD in May 2024.



Pictured: Nathaly Garzón-Orjuela (left) and Doaa Amin (right)

Instagram-Based Educational Intervention

CARA PhD Scholar, Sana Parveen conducted a 3-month Instagram-based educational intervention with messages on antimicrobial resistance (AMR), which was implemented from January to April 2024 and was targeted at undergraduate UCD students. The planning phase involved two co-design sessions and two key-informant interviews, which provided valuable insights and guidance for structuring the intervention. The messages on AMR were developed based on the planning phase to ensure relevance and effectiveness. To evaluate the impact of the intervention, pre and post-intervention surveys were conducted to measure the knowledge levels of the participants. For more information see our instagram account ([@caranetwork](#)).

SPHPSS PhD Graduations



Pictured: Dr Kathleen Mitchelson and Prof Helen Roche (left), Dr Celine Murrin, Dr. Ellen Greene and Assoc. Prof Sharleen O'Reilly (right)

Huge congratulations to Dr Kathleen Mitchelson who successfully defended her PhD thesis and graduated on the 6th June 2024.

We have also had three other recent PhD graduations from the School: Fiona Curran (Primary Supervisor - Assoc. Professor Grainne O'Donoghue), Carol Brennan (Primary Supervisor - Assoc. Professor James Matthews) and Fearghal Kerin (Primary Supervisor - Prof. Eamonn Delahunty). Huge congratulations to all!

UCD Symphony Orchestra & Philharmonic Choir Annual Concert

SPHPSS MPH and graduate students performed at the UCD Symphony Orchestra and Philharmonic Choir Annual Concert 'The Silver Chain of Sound' at the National Concert Hall on 16 April 2024.



Pictured: European Master of Public Health student (2023-25), Berta Pique Smith, and MPH Graduate (2021), Parnian Jalili, performing at NCH with UCD Philharmonic Choir.



SPHPSS ASPHER Fellow wins Early Career Excellence Award

Congratulations to UCD SPHPSS ASPHER Fellow, Karl Conyard, who won an Early Career Excellence Award based on his work throughout the COVID-19 pandemic and work in Public Health competency and curriculum development.

Karl was presented the award by outgoing ASPHER President, Prof. Carlo Signorelli, and current ASPHER President, Prof. Henrique Barros. In accepting the award, Karl noted his thanks to UCD SPHPSS and to his supervisor and programme lead, Prof. Mary Codd, for all of the support for his work at UCD and ASPHER.



Prof. Henrique Barros, Karl Conyard, Prof. Carlo Signorelli



Prof. Mary Codd and ASPHER Fellow, Karl Conyard with his Award

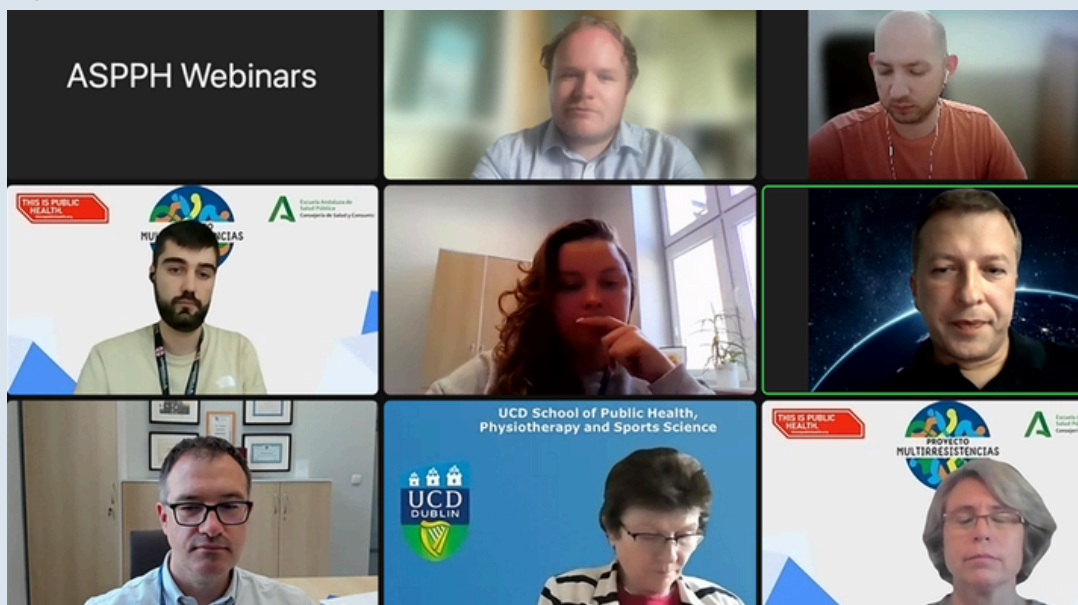


This is Public Health



UCD SPHPSS “This is Public Health (TIPH)” Ambassador Karl F Conyard and UCD SPHPSS TIPH Project Lead Prof. Mary Codd presented the final presentation “Towards harmonising education in Applied Infectious Disease Epidemiology in master-level public health programmes: Value of an ECDC Self-Assessment Tool” at the ‘This is Public Health’ global webinar on 12 June 2024.

This project addresses education in applied infectious disease epidemiology (AIDE) in masters-level public health programmes in Ireland. The aim of the European Centre for Disease Prevention and Control (ECDC) in updating core competencies in AIDE (2022) was to harmonise expertise across centres to create more effective preventive and control measures for future outbreaks, epidemics and pandemics of infectious diseases. A self-assessment tool developed by ECDC based on the updated competency framework will be utilised to establish current competencies of master-level public health graduates, establish what could be improved upon and how programmes might share specific expertise for the benefit of all.



Pictured: Attendees at the TIPH Global Webinar

Sport for Business 30 Under 30 2024

Congratulations to our 10 BSc & MSc Sport Management graduates selected in this year's Sport for Business 30 Under 30, nominated by their peers and colleagues.

SPORT FOR BUSINESS

pwc

UCD DUBLIN

GRADUATES OF THE UCD SCHOOL OF PUBLIC HEALTH, PHYSIOTHERAPY AND SPORTS SCIENCE

BILLY MORRIS **SEAN CASSERLY** **SARAH KERRIGAN** **ROB BROWNE** **DARA KEENAN**

LUKE MINOGUE **PAUL CARR** **ÁINE HOLLYWOOD** **CRAIG DERHAM** **DANIEL CULLITON**

IDENTIFYING THE LEADERS OF TOMORROW IN THE BUSINESS OF SPORT
SPORTFORBUSINESS.COM

Well done to Rob Browne (Sigmoid HQ), Paul Carr (Basketball Ireland), Sean Casserly (Australian Grand Prix Corporation), Daniel Culliton (Gymnastics Ireland), Craig Derham (@Verve), Áine Hollywood (Hollywood Sport Ireland), Dara Keenan (Core Sponsorship), Sarah Kerrigan, Luke Minogue (LineUp – Sports App) and Billy Morris (Bohemian FC). Marisa Kennedy, previous 30 under 30 nominee and MSc graduate, was invited to speak at the awards ceremony.

Irish Sport & Exercise Science Association Undergraduate Student Conference 2024

Prof. Kate Pumpa attended the inaugural Irish Sport and Exercise Science Association Undergraduate Student Conference at the University of Limerick in May, where 50 students from across 11 Irish higher education institutions gathered to present their final thesis projects through posters and 3-minute oral presentations. This will be an annual event, in which the hope is to engage more Stage 3 Health & Performance Science students to attend next year and share their work.

Stage 3 HPS student Owen Mitchell (pictured) presented his group project titled "Is Performance Impaired Upon Return to Play Following Hamstring Injury in Professional Rugby Union? A Retrospective Cohort Study" at the conference.

SPHPSS Postgrad Research Committee is Seeking New Members!



A few members of the Postgrad Research committee are graduating soon and thus, the committee is seeking to recruit new members. If you are interested in joining, please drop an email expressing your interest to any of the current acting members:

- darragh.doherty@ucdconnect.ie
- doaa.amin@ucdconnect.ie
- gareth.vanoirschot@ucdconnect.ie
- isobel.de-stanlaigh@ucdconnect.ie

COSI Report Update 2022-2023



Healthy Weight for Children

Date: 19th June 2024
Time: 11am – 12:30pm

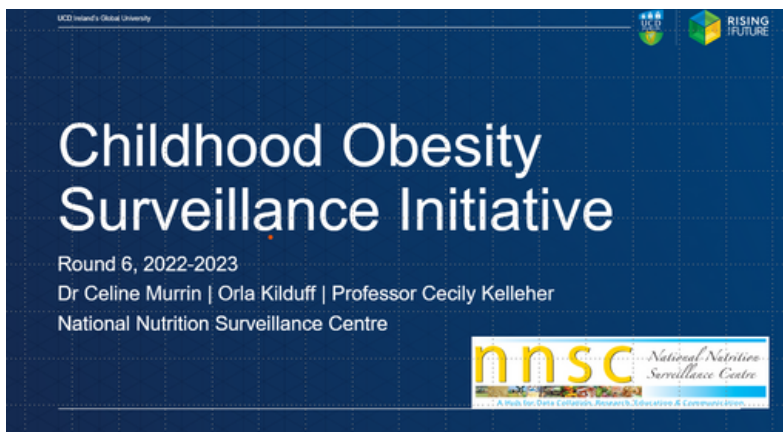
Will also include the findings from the Childhood Obesity Surveillance Initiative (COSI) round 6

HSE hi

Hosted by IMS

The poster features a photograph of a young girl and a woman in a purple shirt talking. Logos for HSE, hi, and IMS are visible.

The HSE hosted a 'Healthy Weight for Children' webinar on Wednesday 19th June which was opened by Minister Colm Burke, Minister of State for Public Health and Wellbeing. The Minister launched the most recent report from the [WHO Childhood Obesity Surveillance Initiative](#), produced by Orla Kilduff, Manager of the National Nutrition Surveillance Centre in SPHPSS.



Childhood Obesity Surveillance Initiative

Round 6, 2022-2023

Dr Celine Murrin | Orla Kilduff | Professor Cecily Kelleher
National Nutrition Surveillance Centre

nnscc National Nutrition Surveillance Centre

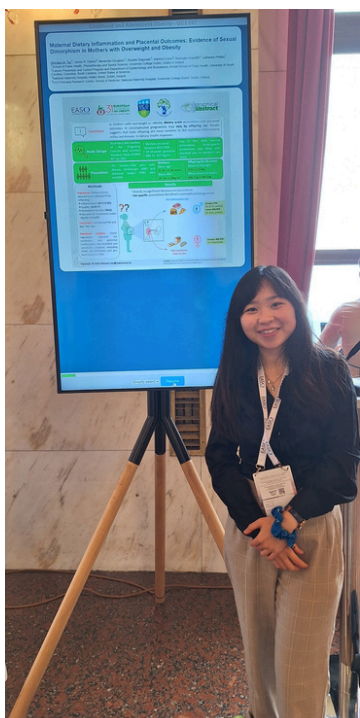
The poster is dark blue with white text. It includes logos for the University of Cork, RISE, and the National Nutrition Surveillance Centre.

During the webinar, the key findings from the report were presented by Dr Celine Murrin (SPHPSS), who later participated in a panel discussion on 'How to support parents to talk to their children about health and weight'. The webinar also included the launch of the Healthy Weight for Children Action Plan 2023-2028.

HSE Academic Intern Programme

Dr Aela O'Flynn successfully completed her 3-month academic intern position working on the 'Cancer Awareness in the Travelling Community' National Cancer Control Programme-funded research programme. Prof. Patricia Fitzpatrick from SPHPSS was her Academic Supervisor. More information about the Academic Track [here](#).

European Congress on Obesity (ECO2024), Venice



The European Congress on Obesity (ECO) was held in Venice, Italy from May 12th-15th, 2024. The ECO2024 congress provided an opportunity to delve into the latest breakthroughs within the field of obesity science and weight management. It served as a platform for engagement with students, early career researchers and peers from the global obesity community fostering discussions and exploration of the most recent advancements in obesity research and clinical practice.

Final Year PhD Student, Shevaun Teo, presented a graphical poster based on her research supervised by Assistant Professor Catherine Phillips, entitled "Maternal Dietary Inflammation and Placental Outcomes: Evidence of Sexual Dimorphism in Mothers with Overweight and Obesity" at the Conference during the Green-Communications session.

Pictured: Final Year PhD Student, Shevaun Teo, with her ePoster at ECO2024

Healthy UCD Featured in UCD's Community Engagement Report



Healthy UCD featured in the UCD Community Engagement report that was launched by Professor Colin Scott in May this year. The report highlights and showcases the wide variety of community engagement that is happening across UCD, from community-engaged research and innovation, teaching and learning and volunteering. Healthy UCD highlighted some of the initiatives that took place on campus, including Healthy Eating Active Living week, Wellbeing Wednesday, the UCD Festival and Staff Wellbeing Activities.

The full report can be viewed [here](#).

European Commission Invited Experts

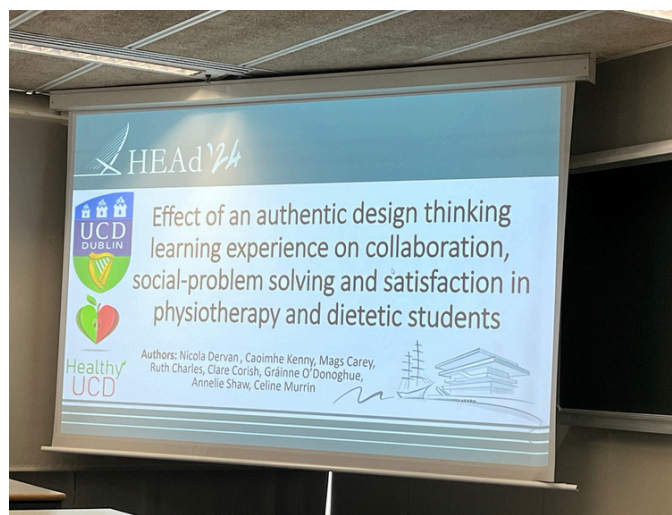


Assistant Professor Catherine Phillips was invited as expert evaluator for the European Commission's Horizon Europe Framework Programme Call "Fair, healthy and environmentally-friendly food systems from primary production to consumption", for applications to the cumulative value of €6,000,000.

Professor Theodoraki contributed as expert rapporteur to the European Commission's Erasmus+ Sport, People Planet and EU4H programmes for applications to the cumulative value of €4,380,000.

International Conference on Higher Education Advances 2024

Nicola Dervan (Dietetics Special Lecturer/Practice Tutor) presenting at the 10th International Conference on Higher Education Advances (HEAd'24) on June 19 in Valencia, Spain. Nicola presented on behalf of the dietetic and physiotherapy Masters programmes and Healthy UCD.



Pictured: Ms Nicola Dervan presenting at HEAd'24

The aim of the study was to assess the effect of a design thinking approach in an authentic learning environment (development and delivery of Healthy UCD's HEAL (Healthy Eating, Active Living) week on interdisciplinary collaboration and problem solving skills among physiotherapy and dietetic students.

Centre for Health and Safety at Work: Recruiting Study Participants!



Would you like to participate in a research project, investigating human exposure to neonicotinoid insecticides?

We are recruiting Gardeners (Professional/Non-professional), Landscapers, Farmers and Other Workers who use neonicotinoid insecticides for an exposure study.

Acetamiprid and Flupyradifurone are two neonicotinoid insecticides that are used as Plant Protection Products

Participants will be asked to complete a short questionnaire and provide urine samples before and after spraying

If you are interested in taking part or want more information, please contact:

Dr Sewon Lee

Postdoctoral researcher
School of Public Health, Physiotherapy
and Sports Science
University College Dublin
Email: sewon.lee@ucd.ie

Dr Alison Connolly

Assistant Professor
School of Public Health, Physiotherapy
and Sports Science
University College Dublin
Email: alison.connolly@ucd.ie



UCD School of Public Health, Physiotherapy and Sports Science
Scoil na Sláinte Poiblí, Físitéirípe agus na hEolaíochta Spóirt UCD



Fondúireacht Eolaíochta Éireann
Dá bhfuil romhainn
Science Foundation Ireland
For what's next.

Are you using insecticide for your work or your garden?

Assistant Professor Dr Alison Connolly and Postdoctoral Research Fellow Dr Sewon Lee, UCD Centre for Safety and Health at Work, are looking for gardeners (Professional/Non-Professional), nursery workers, farmers, and workers who use insecticides containing neonicotinoids such as Acetamiprid and Flupyradifurone.

This Neonicotinoid Insecticide Exposure study is investigating human exposure to the world's most widely used class of insecticides.

The study will analyse human biomonitoring samples to evaluate exposures among neonicotinoid insecticide users.

If you would like further information, please see the poster and contact details for Alison and Sewon.

IAPO Annual Education Day



Sigrid Dupan presented an invited talk at the Annual Education Day of the Irish Association of Prosthetists & Orthotists on May 3rd in Athlone. The title of the talk was 'Sensory feedback in upper limb prosthetics - How motor control shapes prosthetic strategies'.



Alpro Foundation Early Career Researcher Prize



Plant-based diet indices and lipoprotein particle subclass profiles: a cross-sectional analysis of middle- to older-aged adults

2024 Alpro Foundation Best Paper Award
Patrick Elliott, BSc, MPH
April 24th, 2024



Congratulations to UCD MPH graduate and current PhD student Patrick Elliott who recently won the [Alpro Foundation](#) early career researcher prize for plant-based nutrition research. Patrick presented his winning paper, based on his MPH dissertation project supervised by Assistant Professor Catherine Phillips and published in the Q1 journal [Atherosclerosis](#), to the Alpro Foundation scientific board on April 24th. You can read more about the paper, presentation (including a recording) and award [here](#): Well done Patrick and Catherine!

ASPHER Young Professionals Panel and CCP Workshop



The ASPHER Young Professionals' panel reflected on what is needed for the future of public health teaching and practice. It emphasized the importance of adequate remuneration, holistic and intentional inclusion and engagement, adaptive curricula and teaching methods, as well as active outreach and mentorship to break down power dynamics.

ASPHER Young Professionals' panel at the ASPHER Deans' and Directors' Retreat in Porto, Portugal.



A workshop discussing the ASPHER [Core Curriculum Programme](#) (CCP) also took place during this jam-packed ASPHER Deans and Directors Retreat.

Sport Ireland Funding



SPÓRT ÉIREANN
SPORT IRELAND

Dr Sinead Holden was awarded €70,000 by Sport Ireland for a project in collaboration with Hockey Ireland to support understand of pathway athletes health and performance during growth and maturation. Congratulations Sinead!

Congratulations to BSc Physiotherapy student Aoife Wafer!

We were thrilled when our wonderful BSc Physiotherapy student, Aoife Wafer, was voted the Strata Financial Women's 15s Players' Player of the Year and Energia Women's 15s Young Player of the Year at the annual Rugby Player Ireland Awards ceremony in Dublin in May. Congratulations Aoife, keep up the great work!



Pictured: Aoife Wafer with her parents at the Rugby Player Ireland Awards ceremony. Photo credit: irishrugby.ie

Performance Science Updates

- Assistant Professor Sinead Holden has been leading a project with Hockey Ireland and recently carried out a day of [testing](#) with the U16 and U18 National teams ahead of their upcoming 4 Nations Tournament in July.
- Dr Nicol Van Dyk recently delivered webinars on TRIP (Translating Research Evidence into practice) with Arnold Vlok in South Africa and with VALD Performance in Australia. He also taught a module for an Advanced Studies course in Switzerland at SUPSI Weiterbildungslandschaft Sport & Gesundheit on the 9th of June.

American College Of Sports Medicine Conference

Prof Kate Pumpa presented a Clinical Sports Nutrition case study on "Low energy availability in male rugby union athletes" at the American College of Sports Medicine Conference which was held in Boston from the 28th-31st of May.



International Congress of Nutrition and Dietetics 2024, Toronto

Prof Clare Corish and Dr Sarah Browne participated in the International Congress of Nutrition and Dietetics in Toronto on 12-14th June 2024. Sarah led a panel discussion on 'Knowledge Systems for Engagement with Sustainable Food Systems in Dietetics' with an international panel from the UK, USA, and Zambia, and co-led a workshop on the design of an educational framework for sustainable food systems in dietetics education. Clare presented experiences from Ireland on an expert panel 'Sharing International Policy and Practice Exemplars to Address Disease-related Malnutrition' and moderated a panel discussion on 'A European Experience of Continuous Professional Development'. Sarah and Clare also presented posters from several projects including APPETITE, ESTHER Ireland, and one on behalf of Elizabeth Finnegan, a year 2 MSc Clinical Nutrition & Dietetics dissertation project.

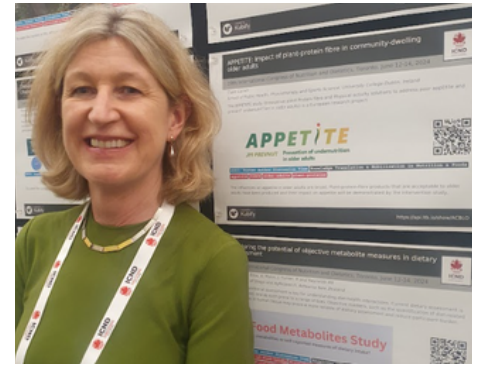
Ireland will host the next International Congress of Nutrition and Dietetics at UCD in August 2028 (ICND2028). In this regard, the congress was an important opportunity to network. The Irish Nutrition & Dietetic Institute (INDI) hosted a booth to promote ICND2028 and the European Federation for the Associations of Dietitians were represented in several sessions. The INDI communications manager, Louise Reynolds delivered the closing plenary 'Communicating in the Public Interest'. INDI CEO Jennifer Feighan and Chair of ICND2028 Prof Clare Corish closed the congress with a Céad Míle Fáilte to Ireland in 2028. The Irish delegation wore green for the occasion, Irish dancers were welcomed on stage and the Irish flag was waved! Register your interest [here](#).



Pictured: Louise Reynolds (INDI), Jennifer Feighan (INDI CEO), Prof Clare Corish, Dr Anne Griffin (UL), Dr Sarah Browne, Dr Claire O'Brien (INDI) promoting ICND2028



Pictured: Clare and Sarah with ESTHER UCD Malawi project Poster on behalf of team



Pictured: Clare Corish with Appetite Poster at ICND2028



Pictured: Clare Corish presenting on the Irish experience of disease-related malnutrition



Pictured: Sarah Browne with collaborators hosting workshop at ICND2024



Pictured: Sarah Browne with panelists Lucy Aphramor (UK) & Becky Ramsing (USA)



Pictured: Clare Corish with Associate Professor Kay Stearns Bruening Syracuse University



PROMINENCE Project



Led by UCD Physiotherapy (Assoc. Professor Caitriona Cunningham, Assoc. Professor Grainne O' Donoghue, Prof. Catherine Blake), the ERASMUS-funded PROMINENCE (Promoting Obesity and Metabolic Rehabilitation Inclusion in EU Entry-level Physiotherapy Curricula) Project, seeks to promote interconnected higher education institutions (HEI) and systems by collaborating to support standardised, evidence based obesity education in physiotherapy programmes across the EU.

The first transnational event of the PROMINENCE Consortium was successfully hosted by UCD on April 11th/12th 2024 with all project partners coming together to progress the project work.



Pictured: Attendees at the 1st annual PROMINENCE Consortium event

University for ALL



Widening Participation

We have three SPHPSS Widening Participation Representatives as part of the wider UCD University for ALL initiative:

Caitriona Cunningham (UCD Widening Participation Committee, Chairperson UCD Widening Participation Outreach Network)

James Timmons (Widening Participation Outreach)

Kat Banramian (Widening Participation Outreach)

Elsewhere there was SPHPSS participation at the University for All Symposium held on May 23rd 2024 as well as the UCD Access & Lifelong Learning launch of a compelling research report by Dr Hannagh McGinley held on May 2nd 2024. The report is titled: "Hand the Shame Back" - A Qualitative Study of Traveller Experiences Across the Education Continuum - Enabling a University for All. A link to this report can be found [here](#).



Pictured: SPHPSS attendees at the UCD Access & Lifelong Learning launch of the "Hand the Shame Back" report

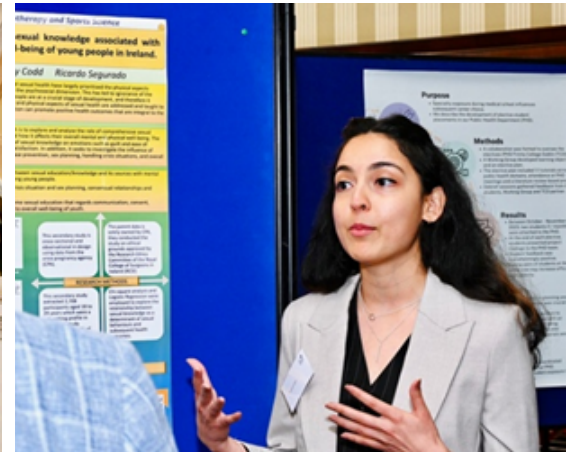
Universal Design for Learning (UDL)

We have had three recent SPHPSS recipients of the UDL Design for Teaching and Learning Digital Badge: Prof Akke Vellinga, Prof Kate Pumpa and Assoc Prof Conor Buggy bringing us to a total of 26 SPHPSS staff who have completed UDL training. The Digital Badge for Universal Design Beyond the Classroom programme is now [available](#). All professional staff are encouraged to sign up for this programme. This is a free 10-week course for higher education staff designed for those interacting directly or indirectly with students beyond the confines of a classroom setting. The course compliments the learning gained from the Design for Teaching and Learning Digital Badge. Nine UCD staff have completed this training to date.

SPHPSS MPH Graduates at the Faculty of Public Health Medicine Summer Scientific Meeting 2024

The Faculty of Public Health Medicine Summer Scientific Meeting organised by Royal College of Physicians in Ireland was held on 21st and 22nd May 2024 at 6 Kildare Street. The first day of the event was dedicated to a session on "Public Health Response to Humanitarian Conflict and War" with three primary speakers, including Associate Dean of Public Health, Associate Professor Mary Codd from UCD speaking on 'Representing Conflict, War and Peacebuilding in a Public Health Curriculum'. Oral presentations and posters were selected through a competitive process. UCD SPHPSS was very well represented by MPH graduates and current MPH students.

Dr Pratiksha Nagar, MPH Graduate and Teaching Fellow with UCD Micro-credentials in UCD SPHPSS presented her MPH thesis work as a 3-minute poster on the vital link between 'Wholesome sex education and sexual knowledge and Complete physical and mental wellbeing of young people in Ireland' at the Faculty of Public Health Medicine Summer Scientific Meeting 2024.



Pictured: Dr Pratiksha Nagar at the Faculty of Public Health Medicine Scientific Meeting 2024

Back row: Dr. Peter Naughton; Dr. Louise Marron; Dr. Ken Beatty; Dr. Therese McGlacken.

3rd Row: Dr. Naomi Petty-Saphon; Dr. Sile Kelly; Dr. Triona McNicholas.

2nd Row: Dr. Fionn Donnelly; Dr. James Gilroy; Dr. Katie Corridan, Ms Brigid Quirke.

Front Row: Dr. Ellen Cosgrove; Ms. Thelma Feya; Prof. Cecily Kelleher (Dean); Prof. Mary Codd; Dr. Pratiksha Nagar.

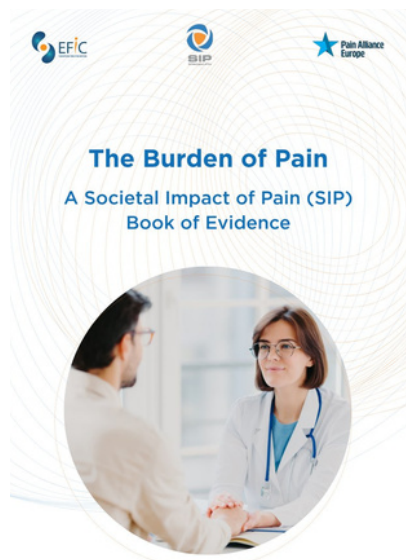
End-of Year Social Gathering for MPH and EPH+ Class of 2023-24

Congratulations to European Master of Public Health (EPH+) and UCD Master of Public Health students, 2023-24, on completing the taught components / Year 1 of their respective programmes.



Pictured with Programme Director, Mary Codd; Head of Subject for Public Health, Patricia Fitzpatrick; MPH Faculty, Ronnie Moore; Teaching Fellow, John Loughrey and Graduate Tutor, Jwensh Kumawat.

The Burden Of Pain: A Societal Impact Of Pain



Mary O’Keeffe is a co-author (along with Angela Cano Palomares, Deirdre Ryan, Joanne O’Brien Kelly, Ketan Kumar Bhatt, Luis García-Larrea, Nathaniel Skidmore, Patrice Forget, & Sam Kynman) of the **The Burden of Pain: A Societal Impact of Pain (SIP) Book of Evidence**, which was launched on May 12th by Europe’s Societal Impact of Pain (SIP) Platform. The Societal Impact of Pain (SIP) platform is a multi-stakeholder partnership led by the European Pain Federation EFIC and Pain Alliance Europe (PAE), which aims to raise awareness of pain and change pain policies.

This ‘Book of Evidence’ was created for individuals from a non-scientific background (e.g. policymakers and funding organisations) to gain an insight into what pain is, understand different definitions used (e.g. acute pain, neuropathic pain, nociceptive pain), and the debilitating effects pain has on patients and societies.

The document explains distinct types of pain conditions (e.g. headaches, lower back pain), how common they are, and treatment approaches. Further, the document explains crucial concepts and challenges in the pain field, including pain measurement and assessment, stigma, the importance of acknowledging the personal multidimensional nature of pain that requires an appreciation of the interplay between myriad biological/physical, psychological and sociocultural factors.

Overall, this document should illustrate and describe what pain is and draw attention to the need for urgent policy action and increased funding for research. In particular, the Recommendations highlighted at the end of the document are a call to action by the European Commission, European Parliament, European Council and civil society to address the disastrous societal impacts of pain.

Congratulations to PhD candidate Helen Schwerdt

PhD candidate Helen Schwerdt was awarded 5000 Swiss Francs (approximately €5190) from Innosuisse Innovation Booster “Co-Designing Human Services” innovation cycle 2024-25 **Focus on the well-being of children, young people and families** towards her project aimed at developing a pain science education intervention for Swiss adolescents.



Graduate Programmes: Apply Now!



The UCD School of Public Health, Physiotherapy and Sports Science offers a wide range of graduate programmes across all of our disciplines and at various levels. Courses range from short-term part-time Professional Certificates to two-year full-time Masters programmes.

Full information, including application requirements and deadlines, are available [here](#). International students can find more information about studying at UCD [here](#).

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SPHPSS at HEA's 2nd National Health and Wellbeing Conference

The HEA's 2nd National Health and Wellbeing Conference took place on Wednesday 5th of June in Dublin with the theme "A Whole of Institution Approach to Health and Wellbeing". The aim of the conference was to bring together leadership and staff from across the higher education sector working on the implementation of the HEA Healthy Campus Charter and Framework and the National Student Mental Health and Suicide Prevention Framework. Experts in campus health & wellbeing, mental health, health promotion and suicide prevention shared insights and provided guidance on effective implementation of these frameworks.



Left to right: Mags Carey, Prof. Barbara Dooley, Dr Jessica Surdey, Dr Celine Murrin, Niall Dennehy



Left to right: Dr Celine Murrin, Prof. Barbara Dooley and Mags Carey



Left to right: Martina Mullin (TCD), Mary Anne O'Carroll (IADT), Thomas O'Dowd (DCUSU) and Dr Celine Murrin (UCD).

Keynote speakers included Professor Mark Dooris, Emeritus Professor in Health & Sustainability at the University of Central Lancashire presenting on 'Healthy Campuses: Mobilising for the Future Wellbeing of People, Places & Planet' and Professor Barbara Dooley, Dean of Graduate Studies and Professor of Psychology at University College Dublin on 'The complexity of student mental health: risk and protective factors'. The Chair of the Healthy UCD Steering Committee, SPHPSS Dr Celine Murrin, was part of the panel discussion on the day which focused on challenges and opportunities around the implementation of the Healthy Campus framework in HEI's. Healthy Campus Case Studies were showcased, including one from UCD on the successful UCD Commuter Breakfasts initiative.

Integrating Mental Health and Well-Being into the Core Curriculum: The SKY Campus Program Module

At the recent ASPHER DDR meeting in Porto, Jwenish Kumawat introduced an innovative module—the SKY Campus Program—designed to transform mental health and well-being education for public health students. The module is divided into two main parts.

The first part covers the essentials of mental health, including current interventions, individual and crisis-level issues, brain neurophysiology, neuroplasticity, and the economics of mental health care. It provides a solid foundation for understanding and addressing mental health challenges.

The second part focuses on practical well-being through the SKY (Sudarshan Kriya Yoga) program. Students experience meditation techniques that reduce stress and anxiety while building emotional resilience. These sessions offer a personal insight into the benefits of meditation and breathwork.



This module aims to enrich the mental health curriculum, preparing future public health professionals to be resilient and compassionate. For more details or to discuss implementation, please reach out to Jwenish (jwenish.kumawat@ucdconnect.ie)

Pictured: Dr Jwenish Kumawat leading the SKY Meditation workshop

Webinar Series: Innovations in Digital Health and Health Data Analytics

Dr Carla Perrotta, in collaboration with the [Advance Centre Professional Education for Digital Transformation](#), is leading a webinar series on academia-industry partnerships in innovations in digital health and health data analytics.

In the first webinar which took place on 10th June, supported by [HealthTech Ireland](#) and [UCD Microcredentials](#), the audience was introduced to key successes, impact on societies and opportunities for the future.

Delivered by faculty experts and industry leaders, this webinar focused on the following topics:

- Dr Elizabeth McCarthy, Director, Government and Healthcare Advisory, PwC, and Chair of the Digital Health Working Group of HealthTech Ireland: "Digital Health Trends and Key Implementation Considerations"
- Dr Cailbhe Doherty: "The Rise, Reality and Future of Wearable Technologies"
- Prof Brian Caulfield, Professor of Physiotherapy, PI & Founding Director, INSIGHT Centre for Data Analytics, shared his experiences of academic-industry collaboration
- Susan Treacy CEO, HealthTech Ireland/Industry: "Delivering Healthcare Transformation: Collaborative Success in an Evolving Landscape"

To view a recording of the webinar, click [here](#).

The ongoing collaboration with the [Advance Centre](#) continues to offer opportunities and promote upskilling on short courses and micro-credentials in the Health Data Analytics area. In addition, as part of the HCI Pillar 3 funding, the Advance Centre is offering subsidies on a range of micro-credentials. It encourages increased participation in micro-credentials courses, by reducing the learner fee between 50-80%. Contact Advance Centre at info@advancecentre.ie for further information or visit their designated website page at <https://www.advancecentre.ie/courses/learnerfeesubsidy/>.

RECENT PUBLICATIONS

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Hinwood NS, Casey MB, Doody C, Blake C, Fullen BM, O'Donoghue G, Dunlevy CG, Birney S, Fildes F, Smart KM. The experiences of people living with obesity and chronic pain: A Qualitative Evidence Synthesis (QES) protocol. *PLoS One*. 2024 May 24;19(5):e0302051. DOI: [10.1371/journal.pone.0302051](https://doi.org/10.1371/journal.pone.0302051).

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Vaegter, H. B., Kinnunen, M., Verbrugghe, J., Cunningham, C., Meeus, M., Armijo-Olivo, S., Reneman, M. F. (2024). Physical activity should be the primary intervention for individuals living with chronic pain. A position paper from the European Pain Federation (EFIC) 'On the Move' Task Force. *European Journal of Pain (United Kingdom)*. DOI: [10.1002/ejp.2278](https://doi.org/10.1002/ejp.2278)

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BOOKS/ BOOK CHAPTERS

Robinson S, Corish C (2023) Essentials of Human Nutrition 6e. Chapter 35: Nutrition and Ageing. Editors: Jim Mann, Stewart Truswell, Leanne Hodson. ISBN: 9780198866671

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CONFERENCE PRESENTATIONS

Faculty of Public Health Medicine Scientific Meeting (Summer) 2024

Feya T, Naim M, Cashin K, Lyons A, Mattson A, Stynes S, Kerley M, Kelleher CC, Fitzpatrick P. Smoking prevalence rises post COVID-19 among inpatients at St Vincent's University Hospital. [Poster Presentation].

O'Flynn A, Fitzpatrick P, Jalal R, Frazer K, Joye R, Collins MB, Kavanagh L, Kennedy U, McCarthy T, Quirke B, McEnery M, Lyng A, Fox P. Smoking and awareness of smoking as a risk factor for cancer in the Traveller Community in Ireland. [Oral Presentation].

White P, Mooney T, Fitzpatrick P, MacMathúna P, Coffey H, Smith A. A decade of population-based screening for colorectal cancer in Ireland: Lessons from four rounds of BowelScreen. [First Prize Short Oral Presentation].

Woods S, O'Connor M, White P, Mooney T, McLaughlin E, Fitzpatrick P, Russell NE, Mason Mohan C, Heavey L. Would a HPV self-sampling option appeal to under- and never screened populations in the Republic of Ireland? Results of a cross sectional survey. [Oral Presentation].

Syed S, Fitzpatrick P, Kelleher C. Factors affecting COVID-19 Outcomes in Ireland: Findings from a National Database of 1,408,249 cases diagnosed between 2020-2022. [2nd Prize Poster Presentation].

UCD's CHAS Graduate Research Symposium, 1 May 2024

Amin D, Vellinga A. Admitting Symptoms of Patients with COVID-19 versus Respiratory Tract Infections in Acute Irish Hospitals (2020-2021). [Poster].

Fallon C, Corish C, Horner K, Cunningham C. Scoping review: personalised approaches to prescription of protein-based oral nutritional supplements for management of malnutrition and sarcopenia in older adults. [Poster]

Vornhagen H, Garzón-Orjuela N, Stasiewicz K, Garcia Pereira A, Parveen S, Porwol L, Collins C, Blake C, Vellinga A. Action Design Research To Develop An Interactive Dashboard To Visualise And Compare Patient Data From Irish General Practice (CARA). [Poster].

White C, Doherty O, Hai Ho W, Klus S, Barrett L, Lennon O: Robotic Assisted Gait Training for Pain after Spinal Cord Injury: A Systematic Review. [Poster]

International Conference on Integrated Care, Belfast, 22-24 April 2024

Murphy, C., French, H., McCarthy, G., & Cunningham, C. Informing integrated care for low back pain from the ground up: a national survey of specialist physiotherapists in Ireland.

American College of Sports Medicine Conference, Boston, 28-31 May 2024:

Pumpa K. Low energy availability in male rugby union athletes. A Clinical Sports Nutrition case study. [Oral Presentation]

Annual Education Day of the Irish Association of Prosthetists & Orthotists, Athlone, 3 May 2024:

Dupan S. Sensory feedback in upper limb prosthetics - How motor control shapes prosthetic strategies. [Oral Presentation]

CONFERENCE PRESENTATIONS

Isokinetics Football Medicine Conference. Madrid, 25-28 May 2024:

Delahunt E. From the ligaments to the brain: translating the best knowledge into practice. Isokinetics Football Medicine Conference. [Oral Presentation].

Holden S. Open debate. Treatment of patellofemoral joint disorders: a proximal approach [Oral Presentation].

Van Dyk N. Next generation Leaders - Keynote Lecture. The future of hamstring injuries [Oral Presentation].

Van Dyk N. Traditional Sessions. Back to the future - predicting, pretending, or preventing hamstring injuries. [Oral Presentation].

European Congress on Obesity (ECO), Venice, Italy, 12th-15th May 2024

Teo, S. M., Douglass, A., Hébert, J. R., Segurado, R. P., Cronin, M., McAuliffe, F. M. and Phillips, C. M., Maternal Dietary Inflammation and Placental Outcomes: Evidence of Sexual Dimorphism in Mothers with Overweight and Obesity [ePoster].

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