**HEA Healthy Campus**  **Case Study**

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| **HEALTHY CAMPUS CASE STUDY** |
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| **Institution/ Organisation** | Trinity College Dublin |
| **Who led the initiative?** | Prof. Jane Stout, VP Biodiversity and Climate Action; Martina Mullin, Healthy Trinity Operational Lead; Prof. Susan Smith, Healthy Trinity Academic Lead; Lena Doherty, Health Sciences Faculty Administrator;Prof. Catherine Darker, inaugural Healthy Trinity Academic Lead; Jane Hackett, Sustainability Manager. |
| **Date and timeframe**  | Trinity Sustainability Strategy Consultation: 2022-2023Trinity Sustainability Strategy: 2023-2030 |
| **Reach of the initiative?**  | Students: 20,000; Staff: 4,000 |
| **Title**  | Integrating Health and Sustainability at a whole-university level |
| **Aims/ Objectives** | **Aim:** To integrate Healthy Campus into Sustainability within Trinity’s structures, in terms of governance and action. **Objectives:**1. Articulate links between Healthy Trinity and other university units, particularly the newly formed unit, Trinity Sustainability;
2. Ensure Vice-Provost-level support for and engagement in the Healthy Trinity initiative and its activities taking a whole-university approach;
3. Contribute to the formation of Trinity’s sustainability targets and activities within Trinity’s Sustainability Strategy and Action Plan.
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| **The rationale for the action, including any identified health needs** | * **Grassroots beginning:** By 2019, Healthy Trinity had emerged as a grass-roots project with >100 staff and student partners from across the university working collaboratively in nine health areas. Through a strategic campaign of advocacy by all partners, but particularly the academic and operational leads, Healthy Trinity was included in Trinity’s Strategic Plan 2020-2025.
* **Sustainability opportunity:** In 2021, Linda Doyle was elected Provost of Trinity and when appointing Trinity’s first VP for Biodiversity and Climate Action (VPBCA), suggested that Healthy Trinity be incorporated into Trinity Sustainability.
* **Healthy Planet, Healthy People:** In 2022-23, consultation on the Trinity Sustainability Strategy revealed clear links with health, leading to a “Healthy Planet, Healthy People” ethos for the strategy. This ethos is generally not incorporated in third level Sustainability initiatives and over the coming years, Trinity will test its efficacy as an approach to environmental sustainability in a university setting.
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| **Identify all frameworks, policies, or strategies this initiative aligns to** | [Trinity Strategy 2020-2025](https://www.tcd.ie/strategy/trinity-strategy.pdf?v=1) – Goal 8.7 “Encourage the physical, mental and social health of the whole College community through implementation of the Healthy Trinity initiative.”[Trinity Sustainability Strategy 2023-2030](https://www.tcd.ie/media/tcd/news-images/Trinity-Sustainability-Strategy-FINAL-Design.pdf) – Target 3. “Healthy Trinity by 2030”[Healthy Trinity Terms of Reference](https://www.tcd.ie/strategy/documents/healthy-trinity-terms-of-reference.pdf) – Goal 1 “Embed health into all aspects of campus culture, across the administration, operations, student, services and academic mandates.”[UN Sustainable Development Goals](https://sdgs.un.org/goals) – Goal 3 “Good health and well-being” [UN Sustainable Development Goals Wedding Cake](https://www.stockholmresilience.org/research/research-news/2016-06-14-the-sdgs-wedding-cake.html) – shows the biosphere as the foundation of society including Goal 3 “Good health and well-being”[WHO One Health initiative](https://www.who.int/teams/one-health-initiative) – Pathway 2 “Organizational and institutional development, implementation and sectoral integration”HEA Healthy Campus Charter and Framework |
| **Summary** (400 word limit. Word count 394) | **Aligning environmental sustainability and health goals:** The VPBCA and Sustainability Manager conducted an extensive stakeholder consultation, within and outside Trinity during 2022-2023 and benchmarked with comparative organisations. They held a consultation session specifically for Healthy Trinity and six of Healthy Trinity’s working groups made written submissions outlining how Trinity Sustainability and their health topic intersect.**Trinity Sustainability and Healthy Trinity acting together** with a focus on Healthy Planet, Healthy People including: * Development of a **compulsory module on Environmental Sustainability** that takes a healthy planet, healthy people approach.
* A **visiting professor** series of events with Prof. Mark Dooris that explored how health and sustainability could be systemically aligned;
* health and sustainability **embedded in the curriculum** by mechanical engineering students creating smarter travel projects and business students creating social marketing initiatives;
* the Healthy Eating group worked with students to disseminate a **living lab survey** (n=1620) which identified non-meat eating in Trinity at 45%. They increased plant-based food through activities such as **fully plant-based catering** at high profile events like Fellows’ dinners, hosting **vegan food pop ups** with Catering, Trinity Business School and Cornucopia (the Wicklow Street vegan restaurant open since 1980s and introducing **subsidised** **plant-based milks** on campus.
* **high profile health and sustainability speakers** during Green and Health & Sports weeks like Prof. Tony Copon from Monash University, [Earthling Ed](https://www.instagram.com/earthlinged/?hl=en) (social media influencer with >500k followers, > 100 students attended) and a [Lobby Lab event](https://www.tcd.ie/news_events/events/event/healthy-planet-healthy-people-lobby-lab.php) focused on upstream change to limit the consumption of alcohol, tobacco and ultra-processed.
* Trinity’s Front Square became **car-parking free** for the first time since cars were invented. Bike parking replaced the car parking;
* An **upstream campaign asking the government to ban vaping** that included submissions to government consultations, a module of 49 students who created anti-vape social marketing initiatives, vape recycling on campus with upstream messaging. All actions were informed by Living Lab data, currently in publication, that showed Trinity has very high prevalence of vaping.

**Trinity’s Sustainability Strategy** was launched in January 2024, formalising the Healthy Planet, Healthy People approach by integrating Health as one of the Strategy’s three over-arching targets. 1. Net Zero Emissions by 2040
2. Nature positive by 2030
3. Healthy Trinity 2023

**Implementing Trinity’s Sustainability Strategy:** Actions like those listed above continue as Trinity is actively progressing education, research, operations and community projects that link environmental sustainability and health.  |
| **Did you collaborate with internal and/or external stakeholders to deliver?**  | **Participation:** Trinity has over 100 academic, professional and student partners who have collaborated to date and will continue to do so. These partners are students and staff from across all three faculties (with particularly strong support from the Faculty of Health Science, the School of Medicine and the School of Business), in all health services (Health, Counselling, Sport, Disability) and in many services (Library, Global).**Partnership:** Partners outside Trinity are many but include the Health Service Executive, DFHERIS, the HEA, Healthy Ireland, other HEIs, the National Transport Authority and others.  |
| **How was the initiative organised?** | Trinity’s VPBCA was appointed in May 2022 and engaged formally with Healthy Trinity by joining the Healthy Trinity Committee and by meeting bi-weekly with the Operational Lead of Healthy Trinity and as-needed with the Academic Lead and Secretary of Healthy Trinity. The central Healthy Trinity Committee and each working group focused on orienting their work towards the intersection between health and sustainability. In some groups, the intersection was obvious, e.g. healthy eating and increasing the consumption of plants, or smarter travel and active travel. In others it was less obvious, e.g. events and interventions related to contraception and menopause organised by the Sexual & Reproductive Health group aligned more naturally to Equality, Diversity and Inclusion than Sustainability (though contraception is a very important tool for Environmental Sustainability).  |
| **What resources did you need?** | **Human resources:** Over 100 partners across the university who add Healthy Trinity to their work/study in kind.**Financial resources** include: * Trinity Sustainability budget to cater some events
* Healthy Trinity Tobacco budget from Trinity Corporate Services Division
* Visiting Professor Fund from Faculty of Health Science
* HEA Seed funding

Healthy Trinity is pursuing formal funding as we could do much more with appropriate and secure financial funding.  |
| **Has it been evaluated? How successful has it been?**  | **Process and impact data:** Our whole-university approach to Sustainability and Health with a target of Healthy Trinity 2030 is measured via an action list across Education (51 actions), Research (21 actions), Nature Positive Campus (23 actions), Climate Smart Campus (43 actions), Active Campus (27 actions), Circular Campus (42 actions), Responsible Campus (22 actions), Community (33 actions). Trinity Sustainability including Healthy Trinity, is working on the development of a dashboard of data to track these actions. **Outcome data:** The Healthy Trinity 2030 target requires baseline data and outcome data collection. Processes that will inform the Healthy Trinity 2030 target include 9 published papers or data sets on the Trinity community since 2019 (on mental health, tobacco, food, travel, alcohol, drugs etc), national student data sets (such as the My World Surveys, SASSI etc.), the HEA Healthy Campus toolkit being developed (a Trinity led partnership with MTU, UCC, UL currently underway and funded by the HEA), FISU accreditation data (Trinity achieved platinum accreditation in 2022, their highest award).  |
| **Any future plans, including the sustainability of the initiative?**  | Healthy Trinity has obtained strong institutional support by being included as one of three targets in Trinity’s Sustainability Strategy. Given the biodiversity, climate and health crises facing us all, Healthy Trinity is focused on Trinity’s next strategy for 2025-2030, a consultation for which is currently open. |
| **Key Learning Points** | We’re at a critical turning point for Trinity, a turning point in human history. We have the opportunity to make the changes that are needed, and so we should **be genuine, work together, help each other, look beyond the walls of Trinity, and treat the earth like a friend**. Much of our systemic progress to date has occurred through the generosity of **champions** who take on extra work to embed health and sustainability in everything Trinity does. That generosity has most often occurred where partners are committed to Trinity’s mission and have long-term or permanent working contracts that support **relationship building**.  |

**Healthy Campus Framework Categories (please tick all that apply)**

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| **Healthy Campus Process** | **Whole Campus Approach** | **Topic** | **Population Group** |
| Commit [x]  | Leadership, Strategy & Governance [x]  | Alcohol [x]  | Students [x]  |
| Coordinate [x]  | Campus Environment (Facilities & Services) [x]  | Substance Misuse [x]  | Staff [x]  |
| Consult [x]  | Campus Culture & Communications [x]  | Healthy Eating / Food [x]  | Wider community [x]  |
| Create [ ]  | Personal & Professional Development [x]  | Mental Health & Wellbeing[x]  | Other [x]  |
| Celebrate & Continue [ ]  |  | Sexual Health & Wellbeing[ ]  |  |
|  |  | Tobacco Free Campus[x]  |  |
|  |  | Physical Activity / Active Transport[x]  |  |
|  |  | Wellbeing on the Curriculum (can also fall under ‘Personal & Professional Development)[x]  |  |
|  |  | Health & Sustainability [x]  |  |
|  |  | Other [ ]  |  |

**Contact Details**

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| **Links** | Please add links to any relevant pages/ documents. Please attach any items not in a link format with your submission. Links above.  |