



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Healthy Trinity 2030

HEA Healthy Campus Tool Launch

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Dept: Trinity Sustainability & College Health

Welcome – Phil debating chamber

Trinity founded - 1592

The Phil founded - 1683

The world's oldest student society, 340 years old

The Enlightenment - 1685-1815:

Reason, logic vs. tradition, superstition, religion

Positive

The scientific method, critical thinking

For debate?

Human dominion over nature – biodiversity;

Efficiency - industrialisation and emissions;

Individualism - consumerism and biodiversity, climate, health



Below: Healthy Trinity Comedy debates: The House would smoke outside the Arts Building (left); The House would have its steak and eat it (right)



Welcome - Healthy Trinity

- **Make it easy to be healthy in Trinity**
- **~100 partners across campus**
- **Nine working groups**
- **Academic/operational partnership**
- **Grassroots project**
- **Now in Trinity Sustainability**

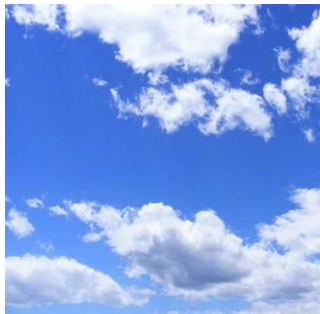


Sustainability and Health

Nature
Positive
2030



Net
Zero
2040



Healthy
Trinity
2030



Sustainability Strategy

2023-2030



How - Ottawa Charter (1986)

Five pillars of the Ottawa Charter

1. Strengthen Community Action
2. Reorient Health Service
3. Create supportive environment
4. Healthy Public Policy
5. Develop personal skills



UPSTREAM & DOWNSTREAM: FOCUS ON ILLNESS



UPSTREAM

- Environment
- Housing
- Nutrition
- Education
- Income

- No Smoking
- No Drinking
- Safe Driving
- Exercise
- Vaccinations

- Clinics: Physical Health
- Behavioral Health
- Dental

- Specialists
- Hospital

DOWNSTREAM

CLINIC

H

UPSTREAM & DOWNSTREAM: FOCUS ON VITALITY

- Ensure social supports
- Expand primary care
- Remove inequities
- Specialists/acute address needed cases
- Reduce use/cost of expensive care



We know what the solution is and yet....

World Inequality Report (2018)

Fifty-year free market experiment

- Lower taxes
- Self-regulation
- Individual freedom
- Competition

Look how the gap has grown

WIR (2018); CDOH (2023)

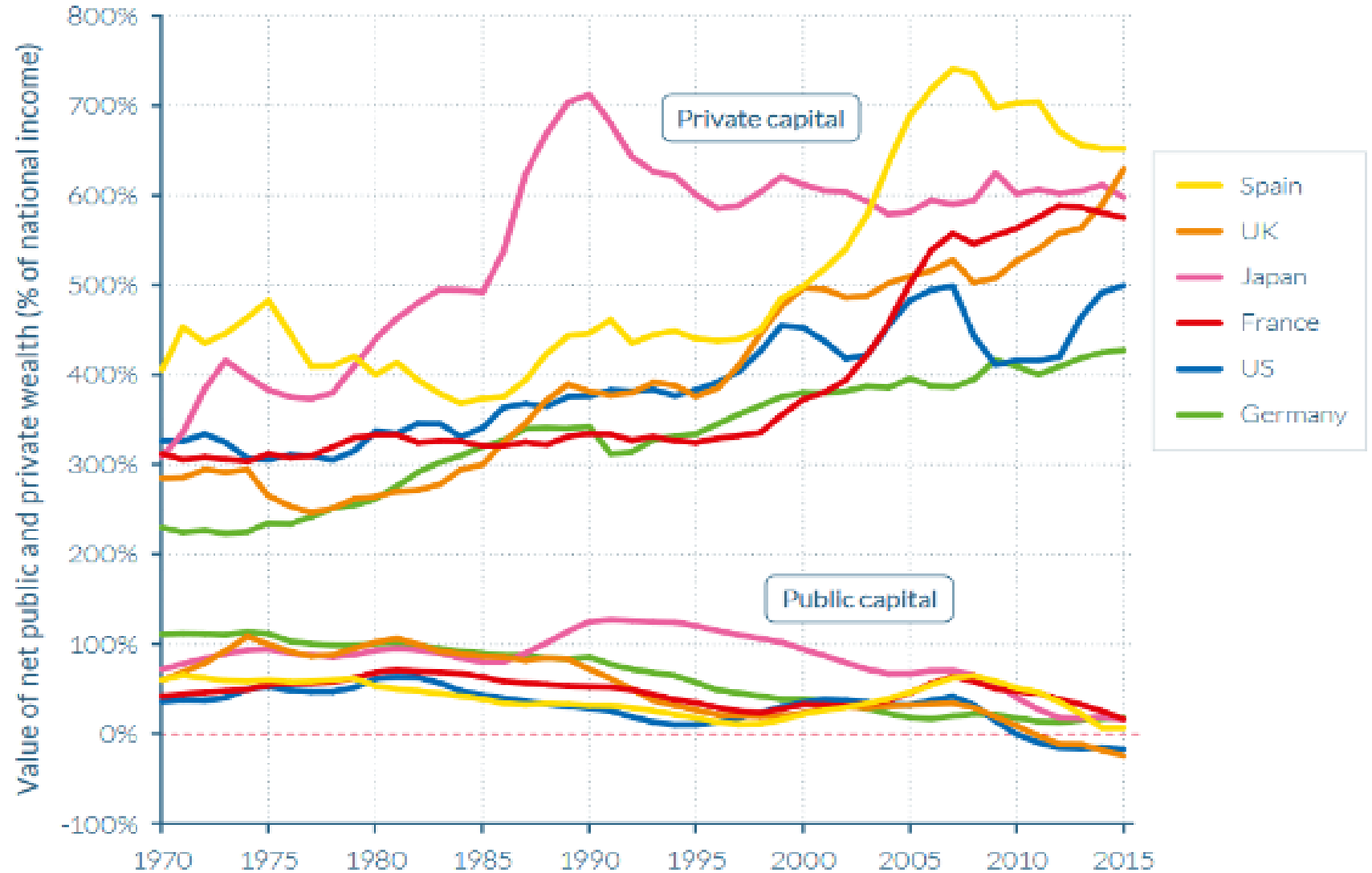
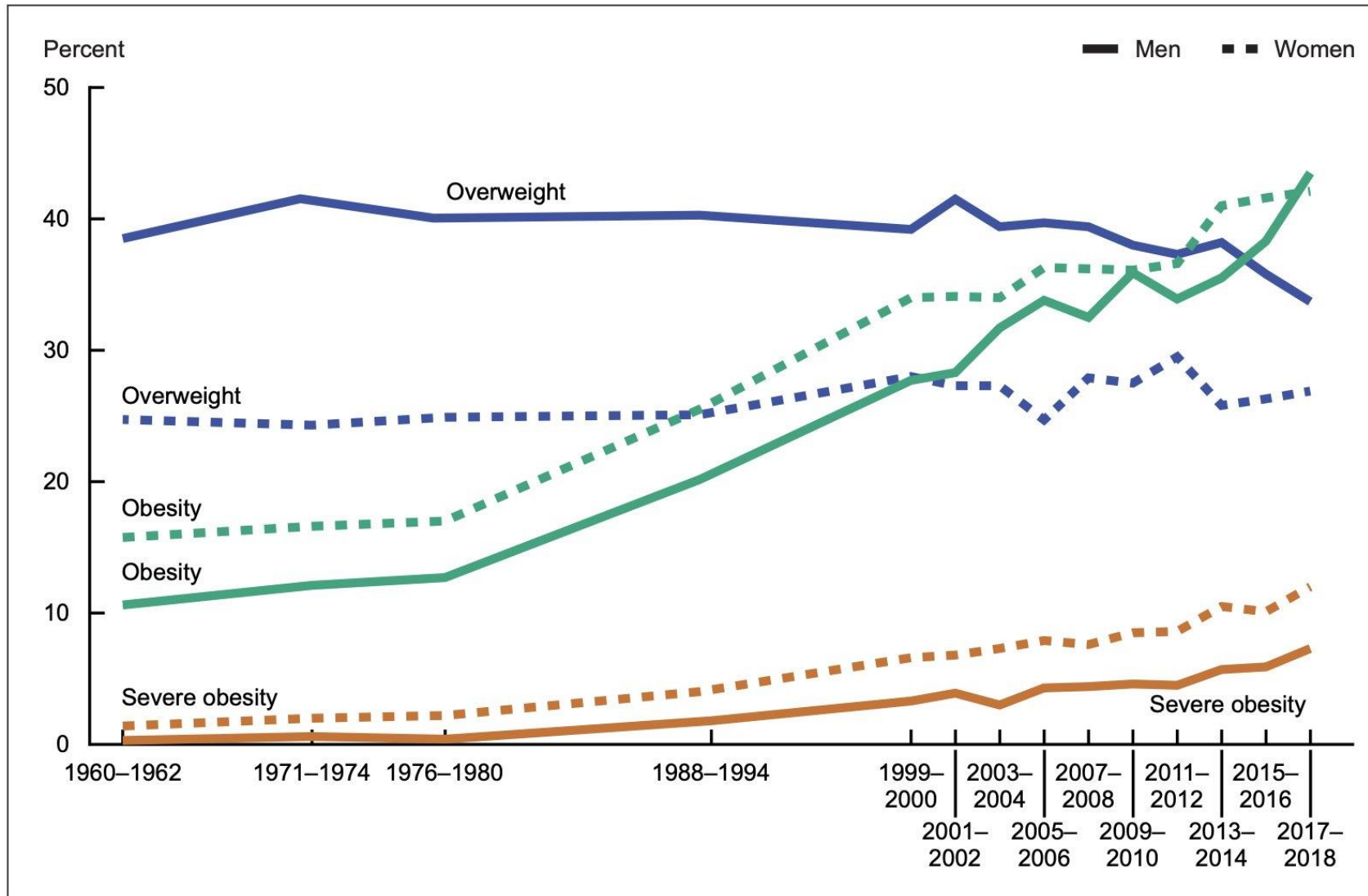


Figure. Age-adjusted trends in overweight, obesity, and severe obesity among men and women aged 20–74: United States, 1960–1962 through 2017–2018



NOTES: Data are age adjusted by the direct method to U.S. Census 2000 estimates using age groups 20–39, 40–59, and 60–74. Overweight is body mass index (BMI) of 25.0–29.9 kg/m². Obesity is BMI at or above 30.0 kg/m². Severe obesity is BMI at or above 40.0 kg/m². Pregnant women are excluded from the analysis. SOURCES: National Center for Health Statistics, National Health Examination Survey and National Health and Nutrition Examination Surveys.

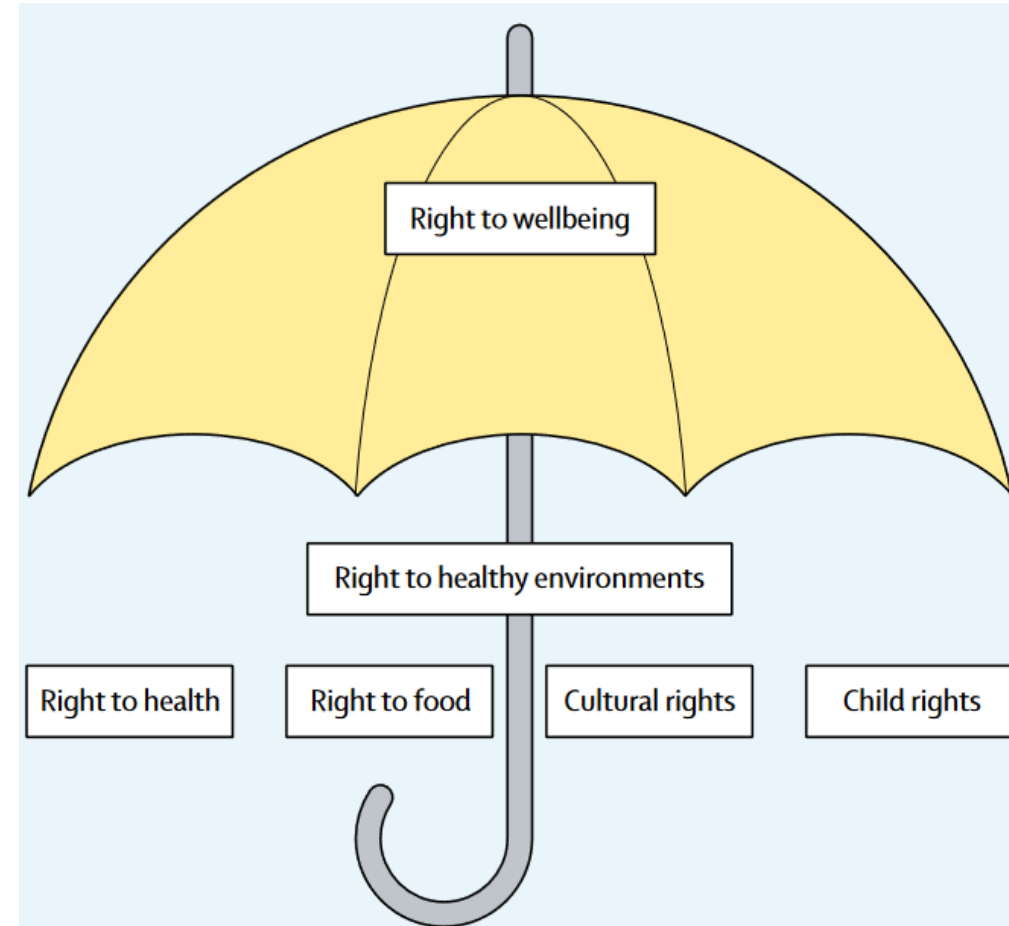
Lancet Commission - Syndemic

The Global Syndemic of:

- 1. Obesity**
- 2. Undernutrition**
- 3. Climate Change**

(2019)

**Common systemic drivers need
common actions**



Sustainability and Health

Opportunity

Nature Positive

Net Zero

Healthy Trinity



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2023-2030



Whole systems

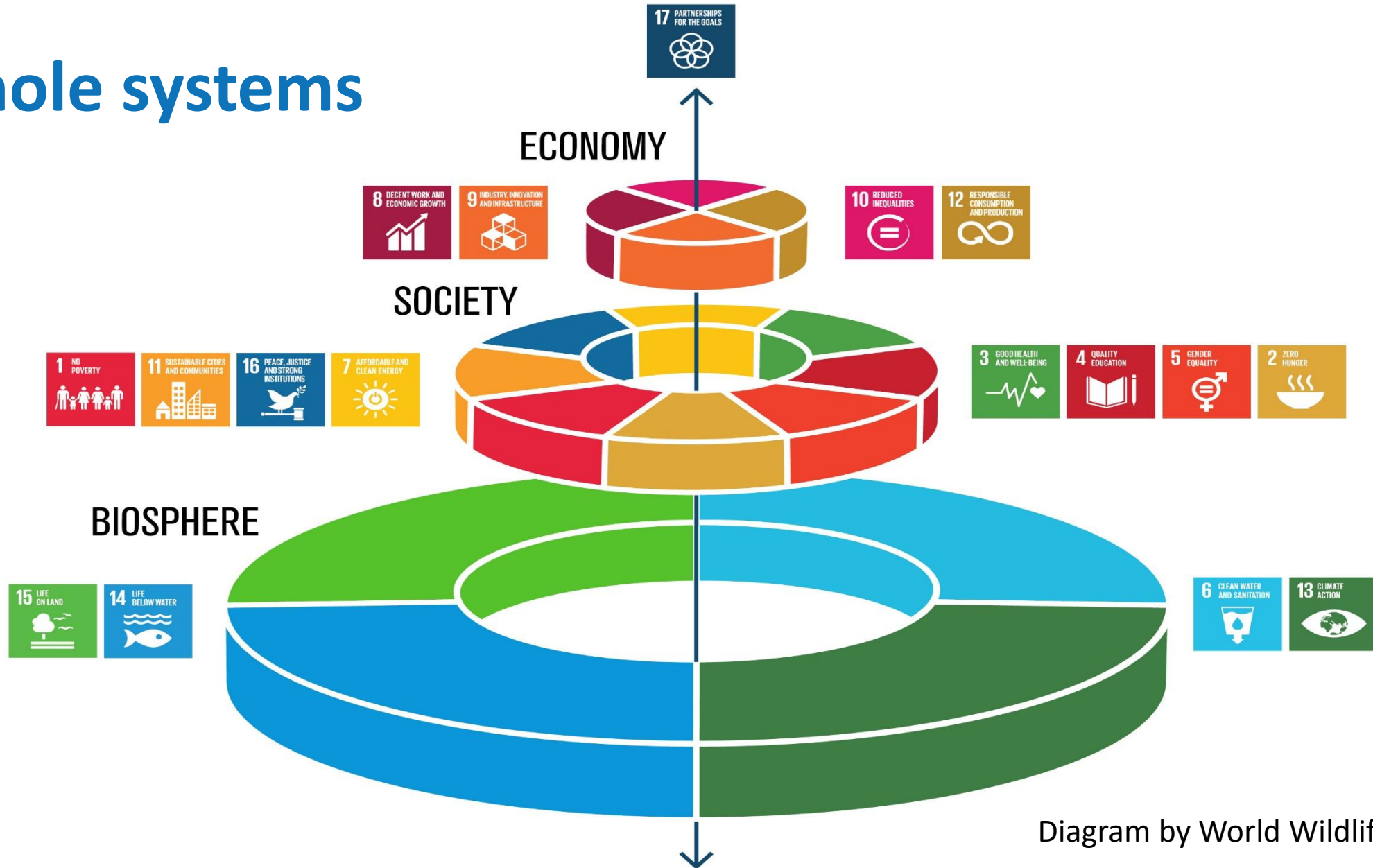
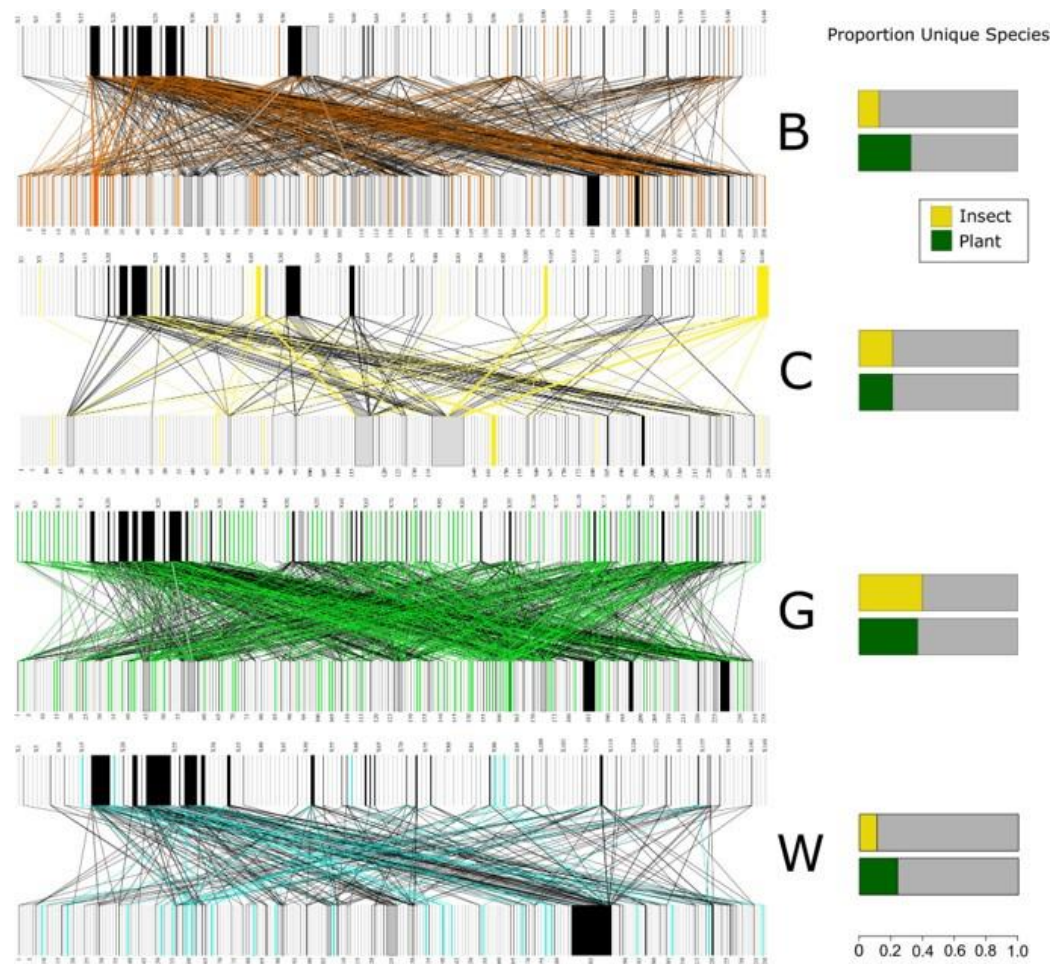


Diagram by World Wildlife Forum



The complex patterns of interactions between insects and the flowers they were observed visiting.

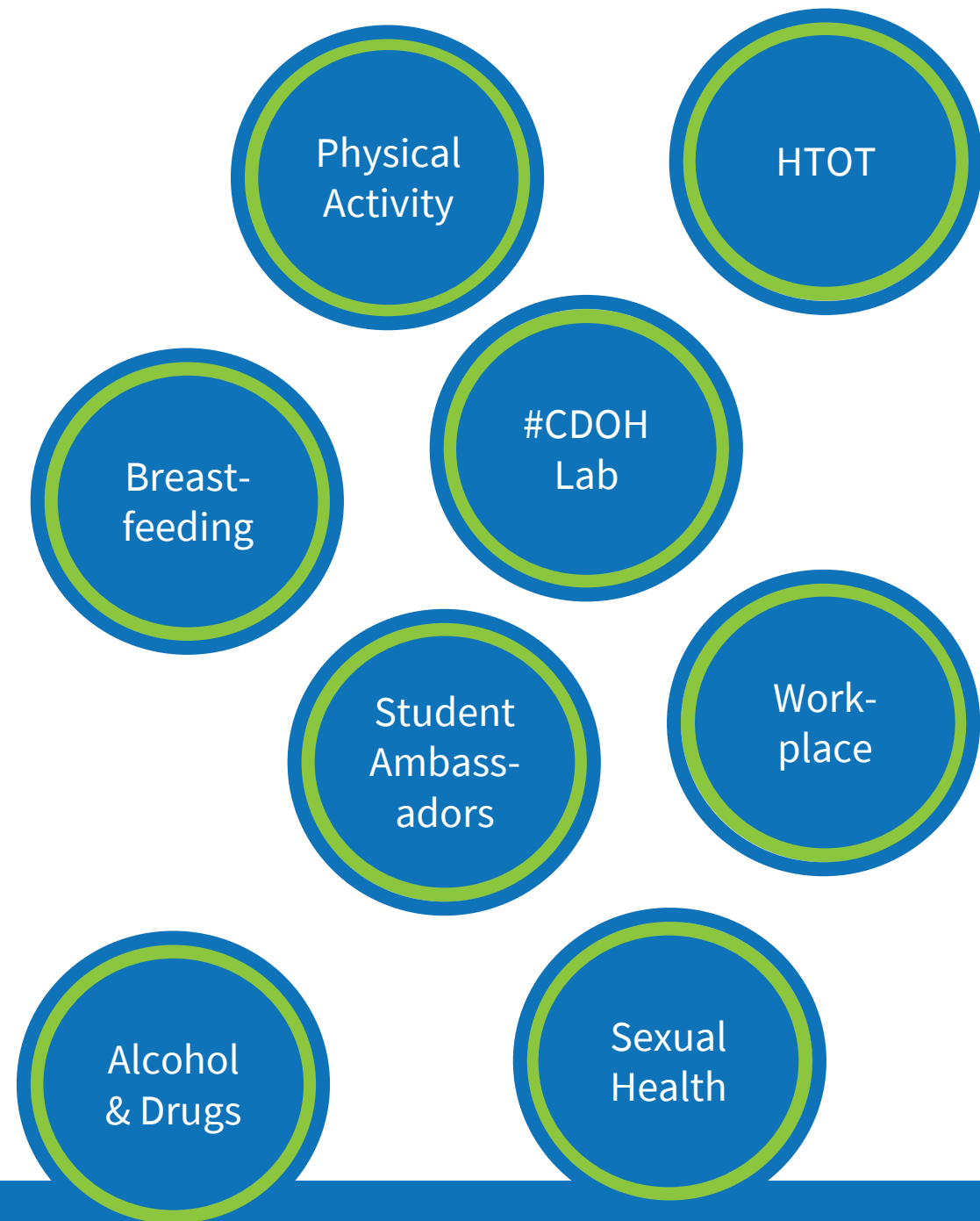
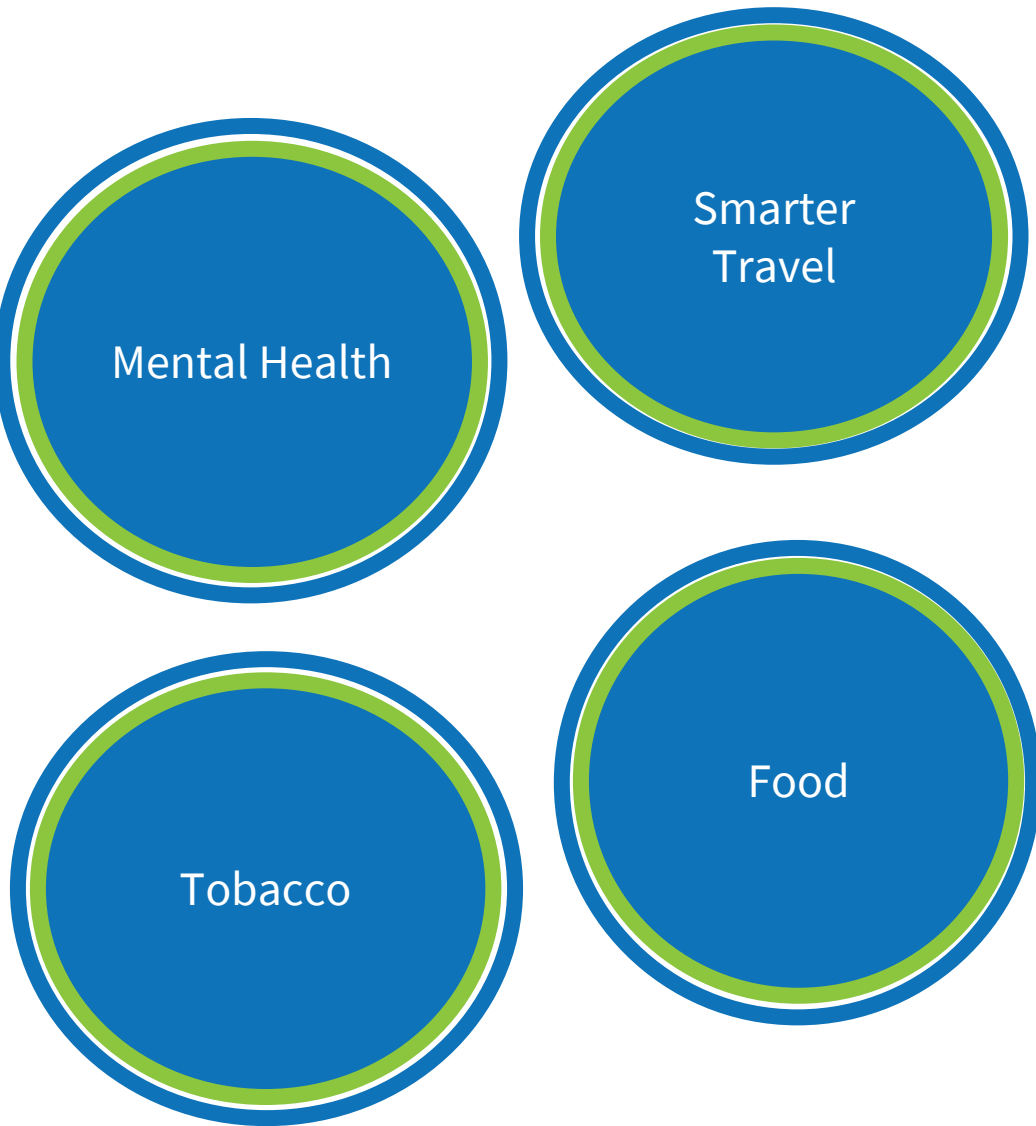
Full details in this [paper](#).



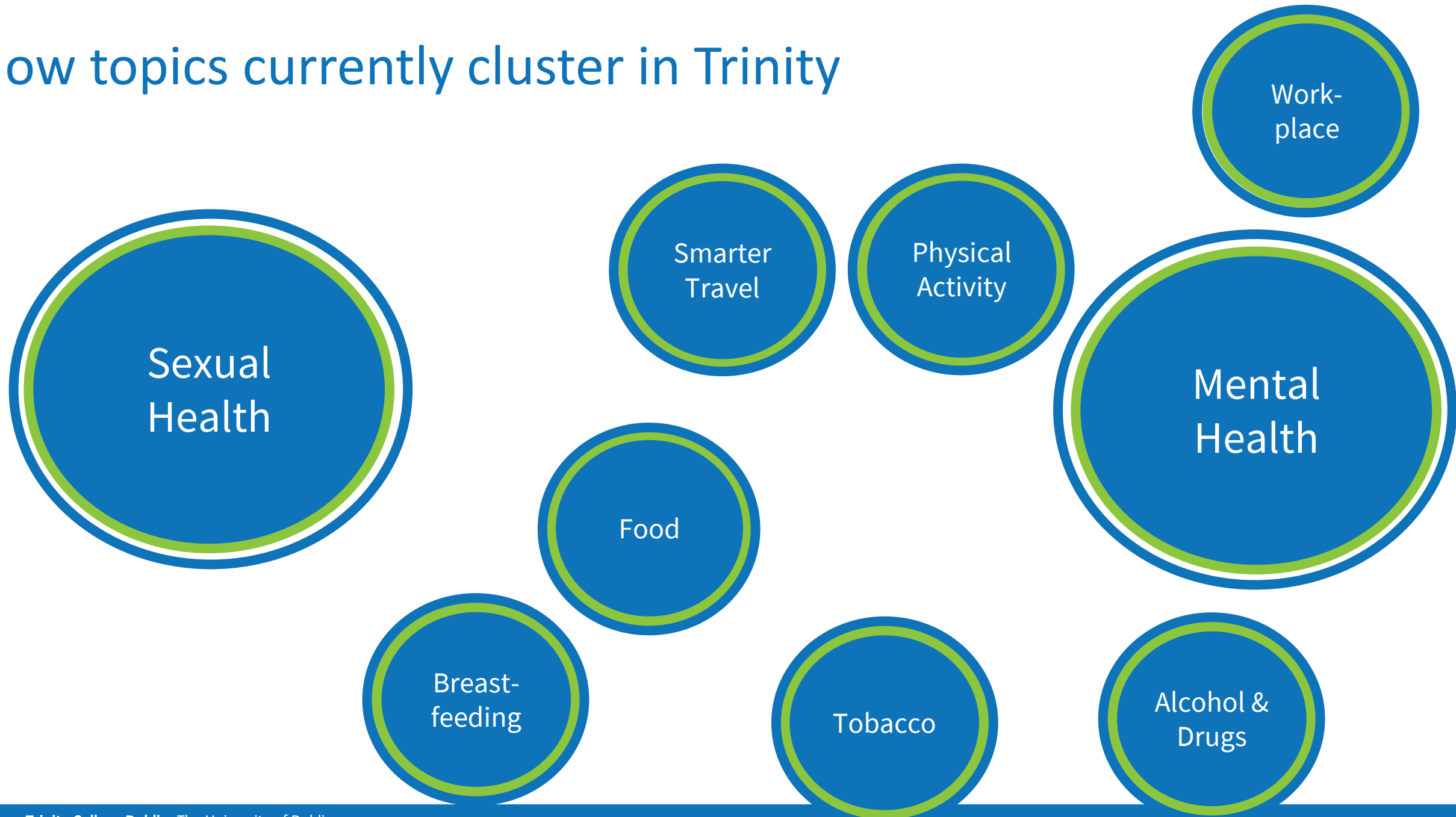
Current working groups, each with academic/operational lead



Sustainability this year



How topics currently cluster in Trinity

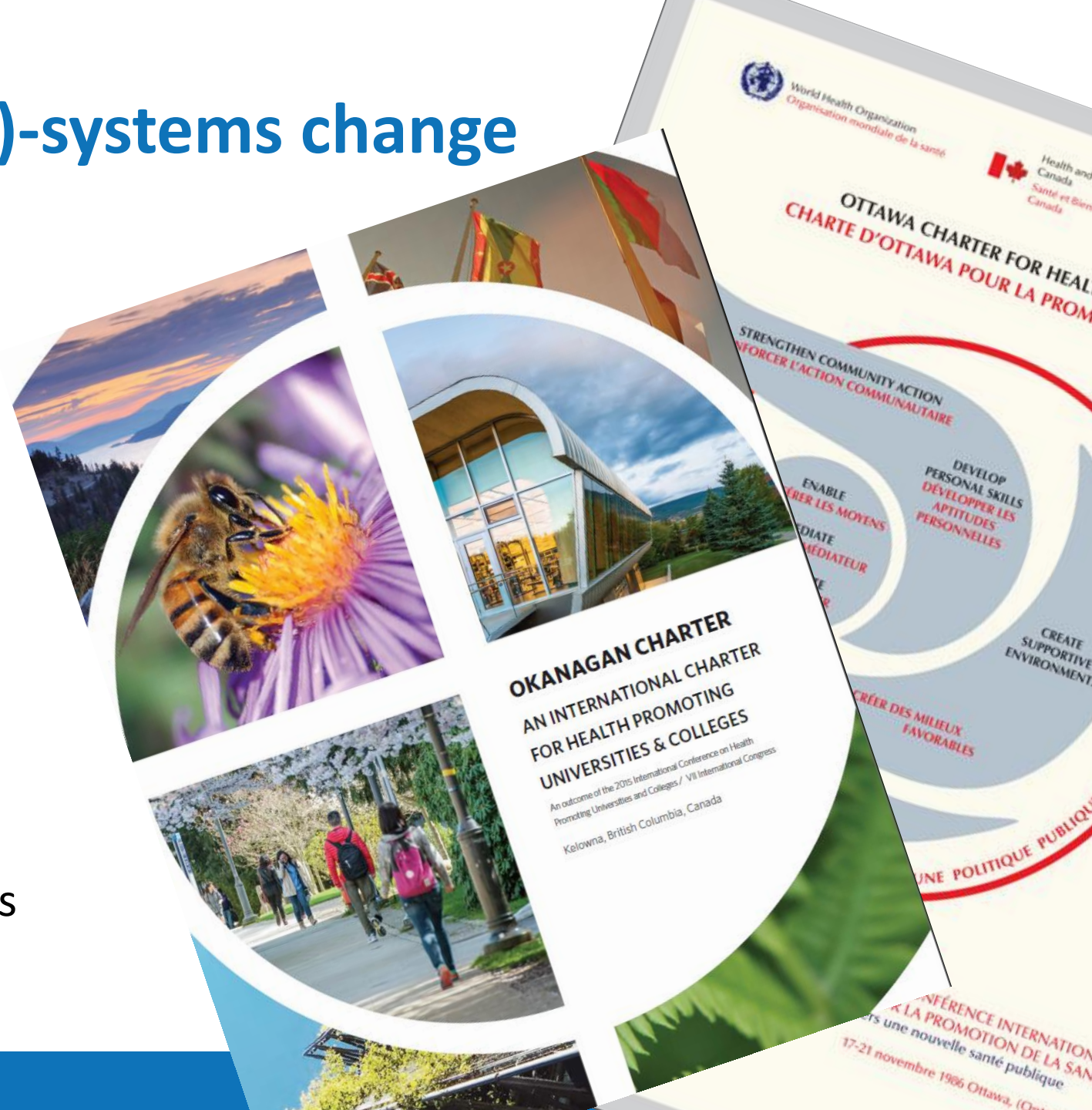


Okanagan Charter (2015)-systems change

Call to Action 1 – Ottawa Charter

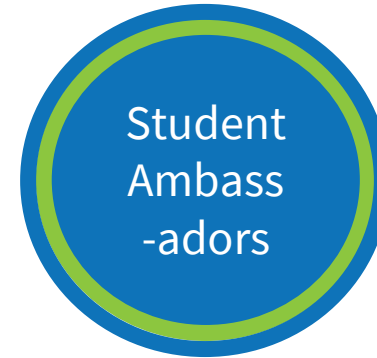
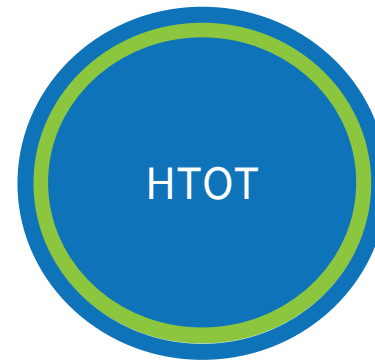
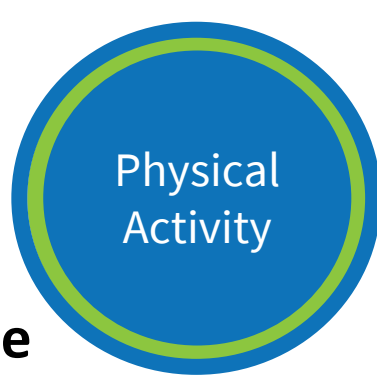
Call to Action 2 – Lead health promotion locally and globally

- Future citizens with capacity to act as change agents beyond campus
- Advance research, teaching and training across curricula and disciplines
- Inspiring and effective relationships



How

- Community of health partners at home
- Working on manageable projects



Systems level – Toolkit and Course

- How to manage the breadth of work
- Toolkit – process, impact
- Outcomes next



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Self-evaluation Tool

Healthy Campus

About the Tool ▶ Tool Guidance ▶ Repository ▶ Enter the Tool ▶



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Supporting a Whole Campus Approach to a Healthy Campus

Alliances for health – big picture



2025 INTERNATIONAL HEALTH PROMOTING CAMPUSES CONFERENCE



The Phil 340 years from now

- HEA - each institution distinct
- More debate about “the way things are”
- Community in our home institutions
- Collaboration of HEA Healthy Campus institutions
- Healthy Campus outcome measures
- Need a new Healthy Ireland
- Roll on Limerick 2025!



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Thank you

Healthy Trinity



Collaboration **Inclusivity** **Engagement**