



# Healthy Campus Case Study



**HEA** | HIGHER EDUCATION AUTHORITY  
AN tÚDARÁS um ARD-OIDEACHAS

# Are you well? An investigation into the health-related behaviours and wellbeing of DkIT students

### Name of institution and initiative lead

Dundalk Institute of Technology (DkIT)  
Dr. Sean Kilroy, Dr. Sinead O'Connor, Fiona Hackett, Noeleen Gregory and BSc (Hons) Health & Physical Activity students.

### Date and timeframe

Academic year 2022 – 2023 and ongoing.

### What was the reach?

169 students

### Aims and Objectives

Examine the health-related behaviours (Sleep Quality, Physical Activity, Sedentary Behaviour, Sporting Participation, Alcohol Consumption, Smoking, Vaping, Nutrition habits) and wellbeing of DkIT students.

### Aligned frameworks, policies, or strategies

DkIT Healthy Campus  
Healthy Ireland (Louth)

### Key Learning Points

The health-related behaviours and wellbeing of students in DkIT.

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Consult		Alcohol	Students
		Healthy Eating / Food	
		Mental Health & Wellbeing	
		Tobacco Free Campus	
		Physical Activity / Active Transport	
		Health & Sustainability	

