



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.

Summary

In total, 169 students (52% Males and 45% Females) took part in the study. Of the sample, 32% were overweight or obese, 23% reported being insufficiently active, 27% did not take part in sport while the average sitting time on a typical weekday was 6 hours. In addition, 27% consumed alcohol at least once a week, 8% regularly smoke tobacco and 21% currently use E-cigarettes. Regarding dietary habits, only 50% of students had fruit and 45% had vegetables once or more a day. Finally, 56% of students experienced poor sleep quality and over 15% reported poor wellbeing.

| 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 | |

