



## Healthy Campus Case Study



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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	

