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

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| **HEALTHY CAMPUS CASE STUDY** | |
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| **Name of Institution/ Organisation** | Dundalk Institute of Technology (DkIT) |
| **Who led the initiative?** | Dr. Sean Kilroy, Dr. Sinead O’Connor, Fiona Hackett, Noeleen Gregory and BSc (Hons) Health & Physical Activity students. |
| **Date and timeframe of the initiative** | Academic year 2022 – 2023 and ongoing. |
| **What was the reach of the initiative?** | 169 students |
| **Initiative Title** | Are you well? An investigation into the health-related behaviours and wellbeing of DkIT students |
| **Aims/ 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. |
| **The rationale for the action, including any identified health needs** | Adjustment into student life can often be a difficult and challenging time with students facing academic demands, social network changes, financial constraints, and transition to independence. As a result, many college students tend to engage in harmful health related behaviours which may consequently impact their overall wellbeing. These risky health-related behaviours and poor wellbeing are associated with attendance issues, cognitive decline, and poor academic performance in the student population. Understanding these risky health-related behaviours in the student population may help guide colleges and universities to adopt better health promotion strategies and interventions to increase awareness, further educate and provide additional support for the wellbeing of students. |
| **Identify all frameworks, policies, or strategies this initiative aligns to**  **(internal, local or national)** | DkIT Healthy Campus  Healthy Ireland (Louth) |
| **Summary** | In total, 169 students (52% male and 45% female) 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. |
| **Did you collaborate with internal and/or external stakeholders to deliver?** | N/A |
| **How was the initiative organised?** | This project was run as part of the Health & Physical Activities fourth year research project which ran from January 2023 - June 2023 as a pilot study and continued this year from January 2024. |
| **What resources did you need?** | N/A |
| **Has it been evaluated? How successful has it been?** | Results of the study can be seen above in the summary. Results have been presented at the DkIT’s annual School of Health & Science Research Day and has also been accepted for an oral presentation at the HEPA Europe Conference in August 2024. |
| **Any future plans, including the sustainability of the initiative?** | Project is ongoing. |
| **Key Learning Points** | The health-related behaviours and wellbeing of students in DkIT. |

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

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

**Contact Details**

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| **Contact Name/s** | Sean Kilroy |
| **Date** | 14/05/2024 |
| **Email Address** | Sean.kilroy@dkit.ie |
| **Links** | Please add links to any relevant pages/ documents. Please attach any items not in a link format with your submission. |