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

**NOTES FOR COMPLETION**

* Case studies should relate to your institution's healthy campus initiative.
* Where possible send a photograph or illustration, links, or resources to accompany your case study.
* It is recognised that not all sections will be relevant to all case studies – the proforma is designed to offer consistency across a range of case studies.
* Case studies will be used as part of HEA communications including email, website, and social media.
* Case studies should be written in the third person and anonymous when it comes to participants’ names.
* Please be as **concise and clear** as possible andconsider the use of bullet points to summarise information.
* Please submit your case study to [healthycampus@hea.ie](mailto:healthycampus@hea.ie).

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| **HEALTHY CAMPUS CASE STUDY** | |
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| **Name of Institution/ Organisation** | Dundalk Institute of Technology (DkIT) |
| **Who lead 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 2024 – 2025 and ongoing. |
| **What was the reach of the initiative?** | 124 Staff members of DkIT |
| **Initiative Title** | Are you well? An investigation into the health-related behaviours and wellbeing of DkIT staff members. |
| **Aims/ Objectives** | Examine the health-related behaviours (Sleep Quality, Physical Activity, Sedentary Behaviour, Alcohol Consumption, Smoking, Vaping, Nutrition habits) and wellbeing of DKIT staff. |
| **The rationale for the action, including any identified health needs** | Recent evidence has identified several key issues experienced by staff working in higher education (HE) including burnout, psychological distress and low adaptive coping (Rahman et al 2024). As a result, HE staff may experience poorer health outcomes and engage in harmful health related-behaviours consequently impacting their overall wellbeing (Sparks et al 2001). However, Bickerdike et al (2022) recognisied that individuals who engage in healthy lifestyle habits experience lower stress levels and reported fewer days absent from work. Understanding these risky health-related behaviours in the staff members may help guide colleges and universities to adopt better health promotion strategies and interventions to increase awareness and provide additional support for the wellbeing of staff. Furthermore, wellbeing investment is associated with lower levels of absenteeism, less sick leave and better work-related performance and productivity. |
| **Identify all frameworks, policies, or strategies this initiativealigns to**  **(internal, local or national)** | DkIT Healthy Campus  Healthy Ireland (Louth) |
| **Summary** | In total, 124 staff members from DkIT (32% Males and 68% Females) took part in the study. Of the sample, 55% reported being insufficiently active and the average sitting time on a typical weekday was 6 hours. In total, 27% consumed alcohol at least twice per week, 6% currently smoke tobacco products and 3% use E-cigarettes. Regarding dietary habits, 70% of participant’s had breakfast every day while 54% and 49% of staff had fruit and vegetables once or more a day, respectively. In addition, 22% did not have a takeaway and 57% did not consume sugary/soft drinks in the last 7 days. Furthermore, 36% of staff members ate snack foods daily and 60% drank coffee every day, averaging 2 cups daily. Finally, 70% of staff experienced poor sleep quality and over 35% 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 started in September 2024 and is still ongoing. |
| **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. |
| **Any future plans, including the sustainability of the initiative?** | Project is ongoing. ARE YOU WELL |
| **Key Learning Points** | The health-related behaviours and wellbeing of staff 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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| **Links** | Please add links to any relevant pages/ documents. Please attach any items not in a link format with your submission. |