



Healthy Campus Case Study

HEA | AN tÚDARÁS um ARD-OIDEACHAS
HIGHER EDUCATION AUTHORITY



Are you well? An investigation into the health-related behaviours and wellbeing of DkIT staff members.

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, timeframe and reach

Academic year 2024 – 2025 and ongoing.
124 Staff members of DkIT

Aligned Frameworks, Policies, or Strategies

DkIT Healthy Campus
Healthy Ireland (Louth)

Aims and Objectives

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

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.

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.

Key Learning Points

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

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