



# 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, Polices, 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