**LEICESTER LIFESTYLE AND HEALTH RESEARCH GROUP**

**The role of 24-h health related behaviours in student health**

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**Section 2 – *Project Information***

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| **Project Title** | **The role of 24-h health related behaviours in student health** |
| **Project Summary**  |
| ***Aim***To establish the Study Health Project at UoL and determine the role of 24h health-related behaviours in student health and wellbeing.***Background*** Markers of cardiometabolic health in undergraduate students deteriorate over the course of an academic year (1), and a considerable proportion of students develop poor health-related behaviours whilst at university (2). Young adults are yet to establish lifelong habits and over the past two decades the proportion and diversity of young people attending university has increased substantially (3). Despite this, student health and health-related behaviours have largely been ignored. Therefore, student focussed health behaviour interventions present opportunities to influence the long-term health and wellbeing of a large proportion of the population. ***Methods*** The student will collect self-reported sociodemographic data, physical and mental health status and 24h health-related behaviours (aligned with the BRC core outcomes), in a large cohort of UoL students. This will be done at multiple points within and across years, and with a particular focus on underserved groups such as those of minoritized ethnicity. Data will be compared to data collected at NTU (n>10,000), and to young adults already living with chronic diseases using existing datasets held at the DRC.Using wearable technologies and /or mHealth data collection methods, the student will gather objective data of student’s health related behaviours, including dietary habits, physical activity and sedentary behaviour patterns and sleep profiles. Observational data will describe and understand health-related behaviours in students, particularly those in underserved groups. The student will then co-design (with the target population(s)), and pilot a health behaviour intervention. This will follow a previously successfully approach (4), with various culturally tailored components for underserved groups. Integration of mHealth based interventions are likely to be suitable/successful in a student population.***Expected outcomes and impact***This PhD offers the opportunity to deliver a number of high-quality research papers. The holistic approach to health, rather than studying factor in isolation will yield novel findings. Objective and longitudinal data will also fill the current void in understanding the unique challenges and health trajectories of underserved groups, contributing to evidence-based interventions tailored for diverse student populations. Establishing the Study Health Project as a program of work at UoL will also allow knowledge exchange activities and collaborations with other universities in the East Midlands and across the UK, as well as engaging with other stakeholders in student health and wellbeing, such as the NUS, OfS and DfE.  |
| **References** |
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2. Savage MJ, Procter EL, Magistro D, Hennis PJ, Donaldson J, Leslie-Walker A, Jones BA, James RM. Characterising the activity, lifestyle behaviours and health outcomes of UK university students. Under 3rd Review @ BMC Public Health
3. ONS. (2024). *18-24 year old population: All persons: 000s—Office for National Statistics*.

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