

International Conference on

OBESITY & FITNESS EXPO

June 06-07, 2018 | Philadelphia, USA

An examination of class rank and lifestyle habits among YSU undergraduate students

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Recent research demonstrates that 35% of college students are overweight or obese with the majority of weight gain and obesity occurring in individuals between ages 18 and 29 (Mokdad, et al., 2001). This suggests that college campuses can be a setting for health-related interventions. Weight also increases in the freshman year, continuing into the sophomore year, and possibly beyond (Huang, et al., 2003). Students at Youngstown State University (n= 100) were surveyed to determine health behaviors and dietary habits. Students were compared by rank using a one-way ANOVA. Results showed no significant difference between rank and weekly fast food consumption ($F(3,96,99)=1.240, p=.299$). Rank and weight change were also examined using Fishers Exact Test. Results indicated that there was no significant difference in weight patterns across academic rank ($p=0.369$).

Biography

This study was conducted by five, Youngstown State University, Senior Dietetic students along with advisement from their Professor.

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