

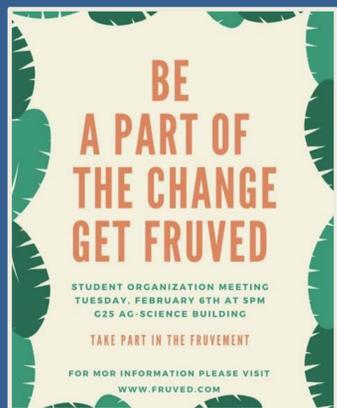


**LIFESTYLE INTERVENTION**  
OLFERT RESEARCH LAB

# Wellness Characteristics of College Freshmen at West Virginia University

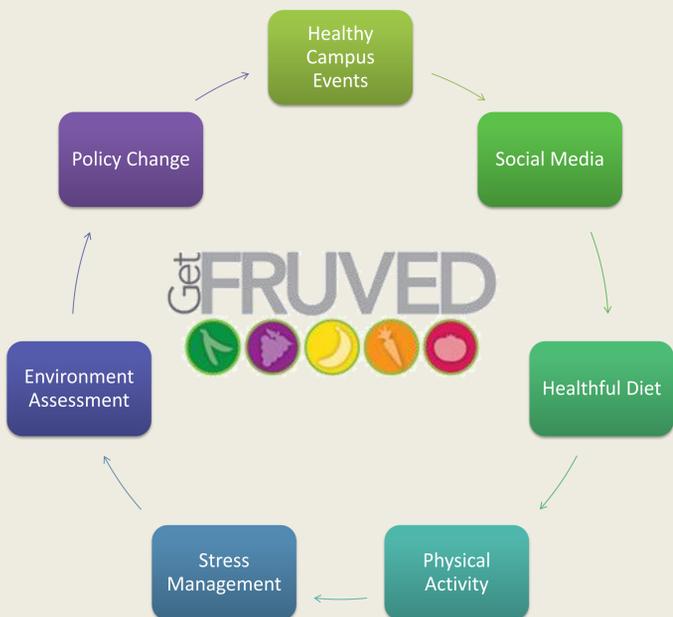
Allison M Morris<sup>1</sup>, Makenzie L Barr<sup>1</sup>, Oluremi A Famodu<sup>1</sup>, Sarah E Colby<sup>2</sup>, Wenjun Zhou<sup>2</sup>, Rebecca L Hagedorn<sup>1</sup>, Rashel L Clark<sup>1</sup>, Kristin Riggsbee<sup>2</sup>, Melissa Diann Olfert<sup>1</sup>.

<sup>1</sup>West Virginia University, Morgantown, WV, <sup>2</sup>University of Tennessee, Knoxville, TN



## INTRODUCTION

**Objective:** To determine baseline wellness characteristics of students participating in a community-based participatory research intervention to reduce obesity among college students.



## METHODS AND MATERIALS

An online-based survey was offered during the first four weeks of the Fall 2016 semester. The survey was available to all students, however freshmen received a \$5 incentive for taking the survey and their responses were kept for analysis. The survey was distributed through in-person tabling, flyering and requests to faculty members to share with students. The survey included questions to determine fruit and vegetable consumption, physical activity level, stress score, and sleep hours. BMI was determined through self-reported height and weight. Each student received their results in a personalized wellness report card that documented their health scores compared with the campus average and general recommendations, as well as health improvement tips

## RESULTS

- Total respondents (n=360) were 69% female and ethnic diversity (83% Caucasian, 6% African American, 4% Asian, 3% Hispanic, 4% other) was similar to the total university population.
- Respondents had an average:
  - fruit and vegetable consumption of 3 serving per day (2.71± 2.25 SD),
  - a physical activity level (IPAQ) of 3224 (3.224.40± 2652.6 SD),
  - a stress score of 25 (24.92±7.91 SD) out of 50,0
  - averaged 7 hours of sleep (6.95± 1.13 SD) and
  - the campus have an average BMI of 24 (24.22±4.41 SD).
- Participants were asked if they identified themselves as being from the Appalachian region (n= 114). Those who self- identified as Appalachian had a:
  - FV consumption of 3 servings per day (2.97± 2.24 SD),
  - a PA level of 3381 (3381± 2755.3 SD),
  - a stress score of 25 (24.54± 8.40 SD), an average of 7 (6.99± 1.41 SD)
  - sleep hours and
  - a BMI of 24 (24.12± 4.41 SD).
- Scores of self- identified Appalachian students' health behaviors were not statically significant different than the general student population.

## Health Characteristics

	Total	Appalachian	Non=Appalachian
NCIFV	n=306 2.71±2.25	n= 162 2.97±2.24	n=125 2.53±2.33
IPAQ	n=292 3224.40±2652.6	n= 158 3381.6±2755.3	n=118 2957.64±2437.4
Stress	n=288 24.92±7.91	n=156 24.54±8.40	n=116 24.94±7.21
Sleep Hours	n=290 6.95±1.13	n=154 6.99±1.41	n=118 6.93±1.10
BMI	n=28324.22±4.41	n=156 24.118±4.27	n=114 24.46±4.64

## CONCLUSIONS

Survey results provide insight into the health behaviors of college students. As Appalachian populations are often at higher risk of health disparities, having Appalachian students with similar health behaviors to the general population suggest a possible protective factor of high educational attainment.



## CONTACT

Allison Morris  
Doctoral Student  
West Virginia University  
Division of Animal and Nutritional Sciences  
ammorris@mix.wvu.edu

