



LIFESTYLE INTERVENTION
OLFERT RESEARCH LAB

Wellness Characteristics of College Freshmen at West Virginia University

Allison M Morris¹, Makenzie L Barr¹, Oluremi A Famodu¹, Sarah E Colby², Wenjun Zhou², Rebecca L Hagedorn¹, Rashel L Clark¹, Kristin Riggsbee², Melissa D Olfert¹.

¹West Virginia University, Morgantown, WV, ²University of Tennessee, Knoxville, TN



CONTACT

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

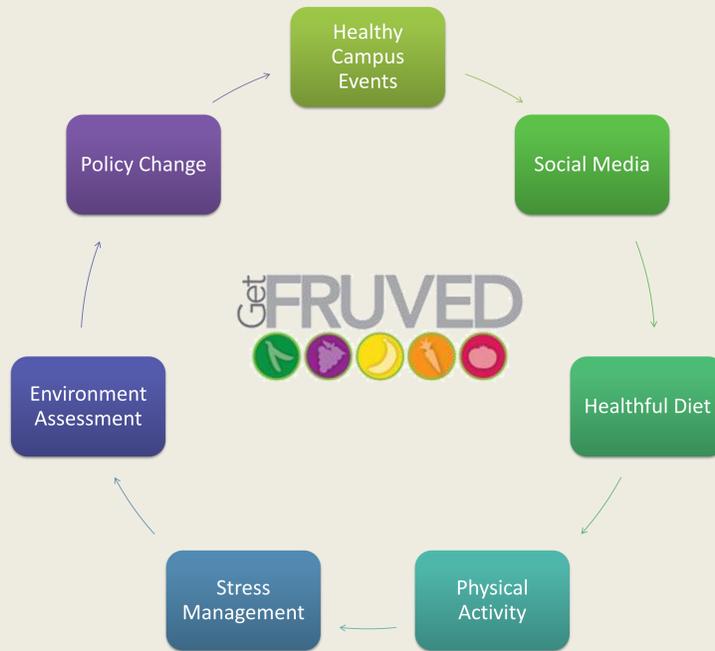


This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2014-67001-21851. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.



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



@getfruedwv

RESULTS

Total respondents (n=198) were 70.7% female, had an ethnic diversity of 91.4% Caucasian, 4% African American, 3.5% Asian, 3.0% Hispanic and 5% other, 60.1% of respondents had a health-related major and 59.1% identified as being from the Appalachian region. Respondents had an average:

- fruit and vegetable consumption of slightly less than 3 cups per day (2.69± 2.12 SD)
- a physical activity level (IPAQ) of 3477 Mets (3476.77±2865.24 SD)
- a stress score of 24 (24.48±7.89 SD) out of 50.0
- averaged 7 hours of sleep (6.95± 1.13 SD)
- an average BMI of 24 (23.97±3.97 SD)

Participants were asked if they identified themselves as being from the Appalachian region (n= 117). Those who self- identified as Appalachian had a:

- a FV consumption of 3 cups per day (2.96± 2.18 SD)
- a PA level of 3640 Mets (3640.37± 2884.68 SD)
- a stress score of 24 (23.77± 8.55 SD)
- an average of 7 (6.99± 1.10 SD) sleep hours
- a BMI of 24 (24.02± 4.04 SD)

Scores of self- identified Appalachian students' health behaviors did not show statically significant differences than the general student population.

OVERALL DEMOGRAPHICS

	Total (n=198)	Percent
Gender		
Female	140	70.7%
Male	56	28.3%
Other	2	1.0%
Ethnicity		
White	181	91.4%
Black	8	4.0%
Asian	7	3.5%
Hispanic	6	3.0%
American Indian/Alaskan Native	4	2%
Hawaiian/ Pacific Islander	2	1.0%
Other	3	1.5%
Choose not to answer	1	0.5%
Appalachian Origin		
Yes	117	59.1%
No	70	35.4%
Other	11	5.5%
Health Major		
Yes	119	60.1%
No	78	39.4%
Other	1	0.5%

HEALTH CHARACTERISTICS

	Total (mean±SD)	Appalachian (mean±SD)	Non-Appalachian (mean±SD)
Fruit & Vegetable Cups: NCIFV	2.69±2.12	2.96±2.18	2.38±2.03
Physical Activity METs: IPAQ	3476.77±2865.24	3640.37±2884.68	3135.71±2853.94
Cohen's Stress (x/56)	24.48±7.89	23.77±8.55	25.28±6.63
Sleep Hours	6.95±1.13	6.99±1.10	6.85±1.17
BMI	23.97±3.97	24.02±4.04	23.87±3.93

Wellness Report Card

Fruit & Veggie Intake: Average: 2.69 cups; Your Score: 2.69 cups; Recommendation: 2.5 cups/day

Physical Activity: Average: 3477 MET-minutes/week; Your Score: 3477 MET-minutes/week; Recommendation: 150 minutes/week of moderate intensity or 75 minutes/week of vigorous intensity

Sleep: Average: 7.0 hours; Your Score: 7.0 hours; Recommendation: 7-9 hours / night for 18-25 year olds

Stress: Average: 24; Your Score: 24; Recommendation: 1-50 (Low to High)

Tips to help!

- Try yoga, dance, meditation, or breathe to relieve stress.
- Make half your plate fruits and vegetables.
- Add fat to meals as part of meat or side dishes. Choose low-fat, low-sodium, low-saturated-fat, and trans-fat free products.
- Regulate your body clock: Stick to a sleep schedule, get up at the same time, and avoid caffeine in the evening.
- What counts as moderate-intensity physical activity? Things like: brisk walking or tennis.
- What counts as vigorous-intensity physical activity? Things like: jogging or swimming laps.
- Do aerobic physical activity in episodes of at least 10 minutes and, if possible, spread it out through the week.
- Strengthen Muscles: Do muscle-strengthening activities such as lifting weights or doing push-ups at least 2 times a week.

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.



© POSTER TEMPLATE BY GENIGRAPHICS™ 1.800.790.4001 WWW.GENIGRAPHICS.COM