

## BMI Data 2006 HIP Survey

BMI Category	Total (% total)	Women (% total)	Men (% total)
<18.5	20 (3%)	14 (4%)	6 (2%)
18.5-24.9	423 (67%)	251 (77%)	172 (57%)
25-29.9	127 (20%)	41 (13%)	86 (28%)
>30	58 (9%)	20 (6%)	38 (13%)
Overall total	628	326	302

## Weight Desire

### Desire to maintain weight

BMI Category	Percent of women (N)	Percent of men (N)
<18.5	43% (6)	0%
18.5-24.9	18% (44)	37% (63)
25-29.9	12% (5)	26% (22)
>30	5% (1)	13% (5)

### Desire to gain 1-10 lbs

BMI Category	Percent of women (N)	Percent of men (N)
<18.5	35% (5)	33% (2)
18.5-24.9	1% (2)	23% (40)
25-29.9	0% (0)	8% (7)
>30	0% (0)	18% (7)

### Desire to gain >10 lbs

BMI Category	Percent of women (N)	Percent of men (N)
<18.5	0%	17% (1)
18.5-24.9	1% (2)	12% (20)
25-29.9	0%	6% (5)
>30	0%	5% (2)

### Desire to lose 1-10 lbs

BMI Category	Percent of women (N)	Percent of men (N)
<18.5	14% (2)	50% (3)
18.5-24.9	65% (163)	28% (48)
25-29.9	27% (11)	35% (30)
>30	15% (3)	21% (8)

### Desire to lose >10 lbs

BMI Category	Percent of women (N)	Percent of men (N)
<18.5	7% (1)	0%
18.5-24.9	16% (39)	1% (1)
25-29.9	61% (26)	26% (22)
>30	80% (16)	42% (16)

### Summary

- Less than 30% of students surveyed are overweight or obese
- With regard to weight change desires, 65% of women with a healthy BMI (18.5-24.9) would like to lose weight compared to only 28% of men in the same category
  - Perhaps the focus should be more on nutrition, exercise and other health behaviors instead of weight since we also found that many students don't eat enough fruits and vegetables or include adequate daily physical activity
- Men reported a desire to gain weight more frequently than women

Updated 12/15/2006