

# Carnegie Mellon University

## Health Habits and Obesity on Campus

العربية / English

### ABOUT OBESITY

#### WHAT IS OBESITY?

Obesity is associated with having excess body fat that is caused by genetic, behavioural, or environmental factors which cannot be controlled easily while dieting. It increases the risk of developing other diseases such as high blood pressure, high cholesterol, diabetes, heart disease, stroke, hypertension, and sleep apnea.

#### HOW IS OBESITY MEASURED?

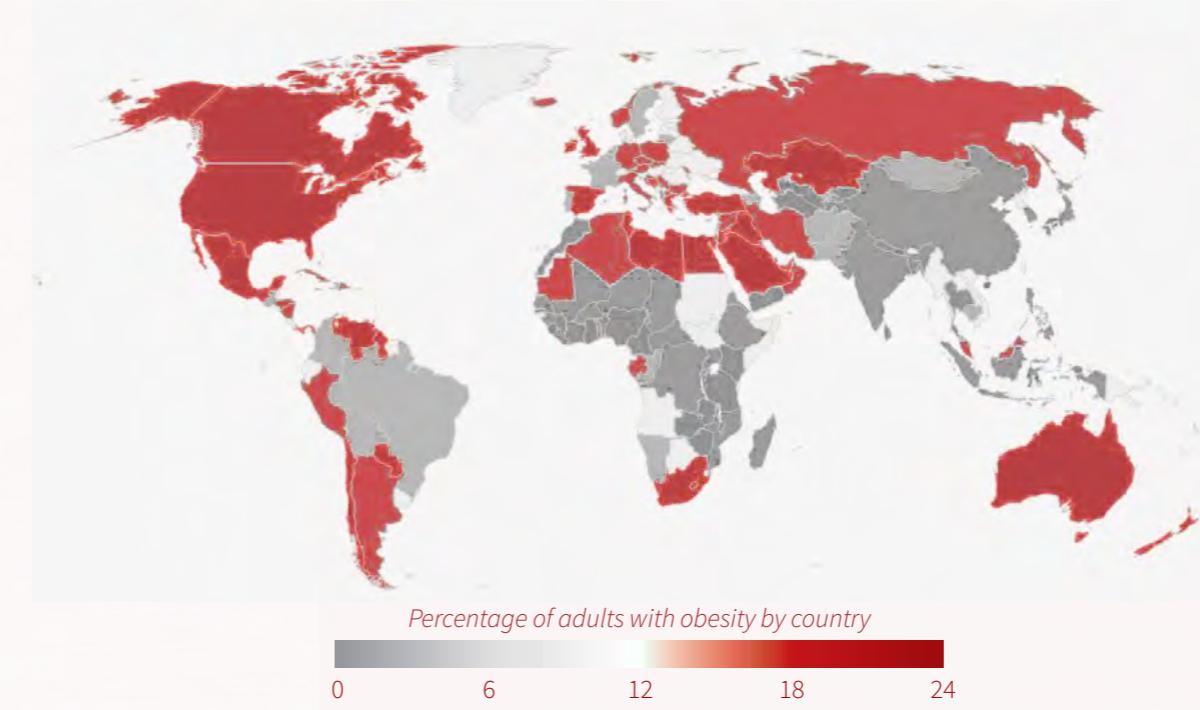
Obesity is measured in various ways, and the most common is the Body Mass Index (BMI). BMI is calculated by dividing a person's weight in kilograms (kg) by his or her height in meters squared (m<sup>2</sup>). Normal BMI lies between 18.5 and 24.9; Overweight is when the BMI lies between 25.0 and 29.9; If the BMI of a person is greater than 30, they are considered obese. It should be noted that BMI can be used as a screening tool, but it is not diagnostic of the body fatness or health of an individual.

#### WHAT ARE HEALTH HABITS?

A health habit is a behaviour or action taken by an individual that affects their lifestyle, either positively or negatively, usually affecting one's physical or mental health. A healthy habit is usually based on self-discipline and self-control.

Persons who have a healthy lifestyle often follow certain behaviours such as exercising regularly, having a balanced diet, sleeping well, avoiding alcohol and soda drinks, smoking less, avoiding fast food and unhealthy meals, etc. While it is acceptable to indulge in some of these activities, it is important to do and consume everything in moderation.

### OBESITY AT CARNEGIE MELLON



#### FURTHER INFORMATION ON OBESITY

If you would like to learn more about the effects of obesity worldwide, here are some additional resources:

*Alliance for a Healthier Generation*

*The Obesity Society*

*International Association for the Study of Obesity*

*The World Health Organization*

*The Weight of the Nation (film)*

*National Health Strategy - Qatar*

[VIEW PITTSBURGH INFO](#)

[VIEW QATAR INFO](#)

# Carnegie Mellon University

## Health Habits and Obesity on Campus

العربية / English

### ABOUT OBESITY

#### HEALTHY U SURVEY

This is the first full population health assessment that was sent to all enrolled students on the Pittsburgh campus by email. "The health behavior domains explored within the tool include the general physical and mental health of college students, academic impacts, stress, substance use, sleep, nutrition, physical activity and sexual health."

The majority of students' responses showed that the current level of physical health of students is *good, very good, or excellent*. However, research showed that more than 25% of both undergraduate and graduate students who experienced health conditions such as feeling anxious, not managing stress well, and feeling depressed had negative impacts on their academic performance. Eventually 50% of students who experienced these conditions reported that these had negative effects on their academic performance.

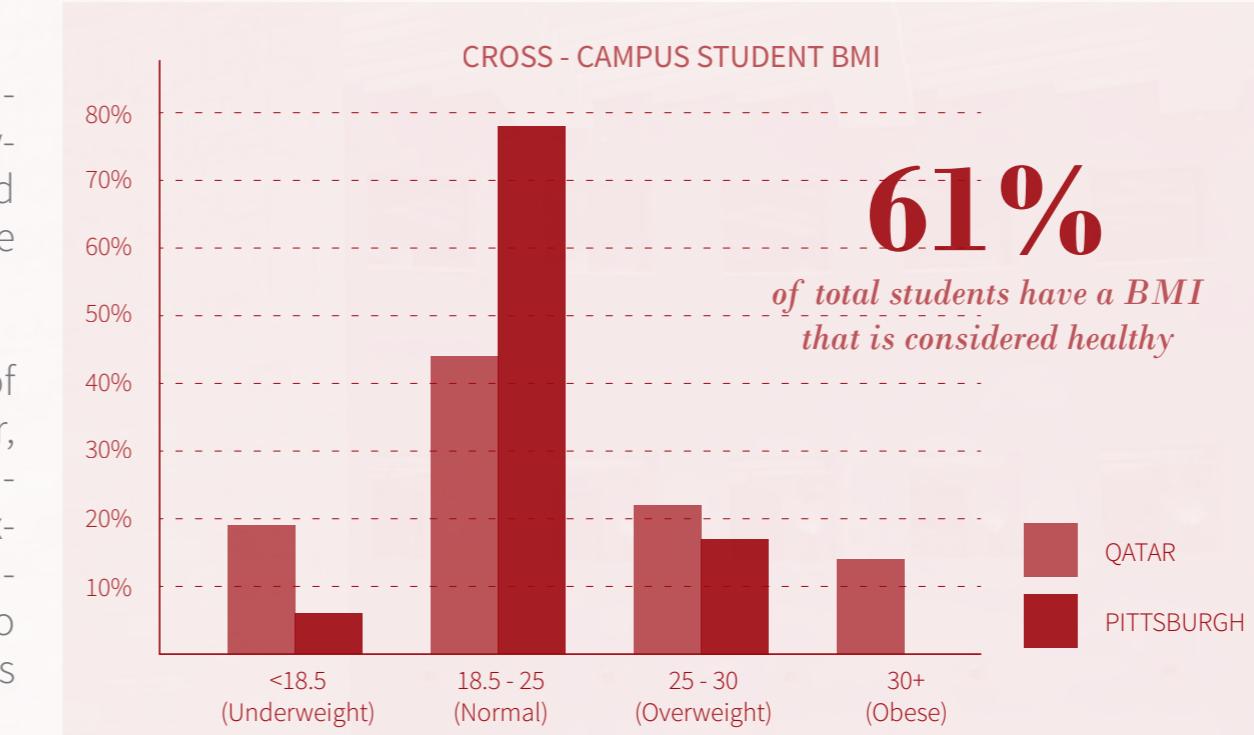
#### CAMPUS DINING

Dining locations on campus both in Pittsburgh and Qatar have icons labelling the majority of meals, representing information like meals containing under 500 calories per serving or meals with less than 600 mg of sodium.

However, an economist at Carnegie Mellon University named George Loewenstein has researched how behaviors affect obesity, and was unconvinced that menu labeling would have much effect on consumer habits. "There are very few cases where social scientists have documented that giving people information has changed their behavior very much," he said. "Changing prices and changing convenience have big impact. Providing information doesn't."

If you would like to learn more about obesity at Carnegie Mellon, click here to view [the results of the 2014 Healthy U Survey](#).

### OBESITY AT CARNEGIE MELLON



#### CAMPUS EXERCISE

There are many opportunities to get fit and exercise more routinely on both the Qatar and Pittsburgh Carnegie Mellon University campuses, including hitting the gym or taking part in sports teams or organizations. Aside from controlling weight, exercise aids in combating dangerous health conditions, improving mood, boosting energy, promoting better sleep, and providing an opportunity to partake in a fun activity with friends.

To view specific fitness recommendations and resources by campus, navigate to the [Exercise Habits](#) tab on either of the campus pages.

[VIEW PITTSBURGH INFO](#)

[VIEW QATAR INFO](#)

# Carnegie Mellon University Pittsburgh

## Health Habits and Obesity on Campus

العربية / English

### NUTRITIONAL HABITS

#### CURRENT SITUATION

The HealthyU survey conducted in 2014 found that the majority of undergraduate students were categorized as underweight and normal with lower percentages as overweight or obese.

Despite this lower rate of obesity, the results indicated that many students make poor decisions regarding what they consume:

*"Eighty percent of all students reported eating less than two servings per day of fruit, vegetables, and milk; with 50-60% reported eating less than three servings of grains daily."*

*"Although the majority of students reported eating no more than one serving of fried foods and sweets per day, being on any campus meal plan, a minority or an international student increased the odds of eating fried foods and drinking sugared beverages."*

From a recent survey taken with a sample size of 18, 66% of students were conscious of their eating habits and wished to change them, saying things like; "I would like to eliminate a lot of the sugar from my diet and eat more vegetables," "I would like to eat more regularly," and "I eat a lot of starches and junk food, I'd like to cut down on that."

#### RECOMMENDATIONS

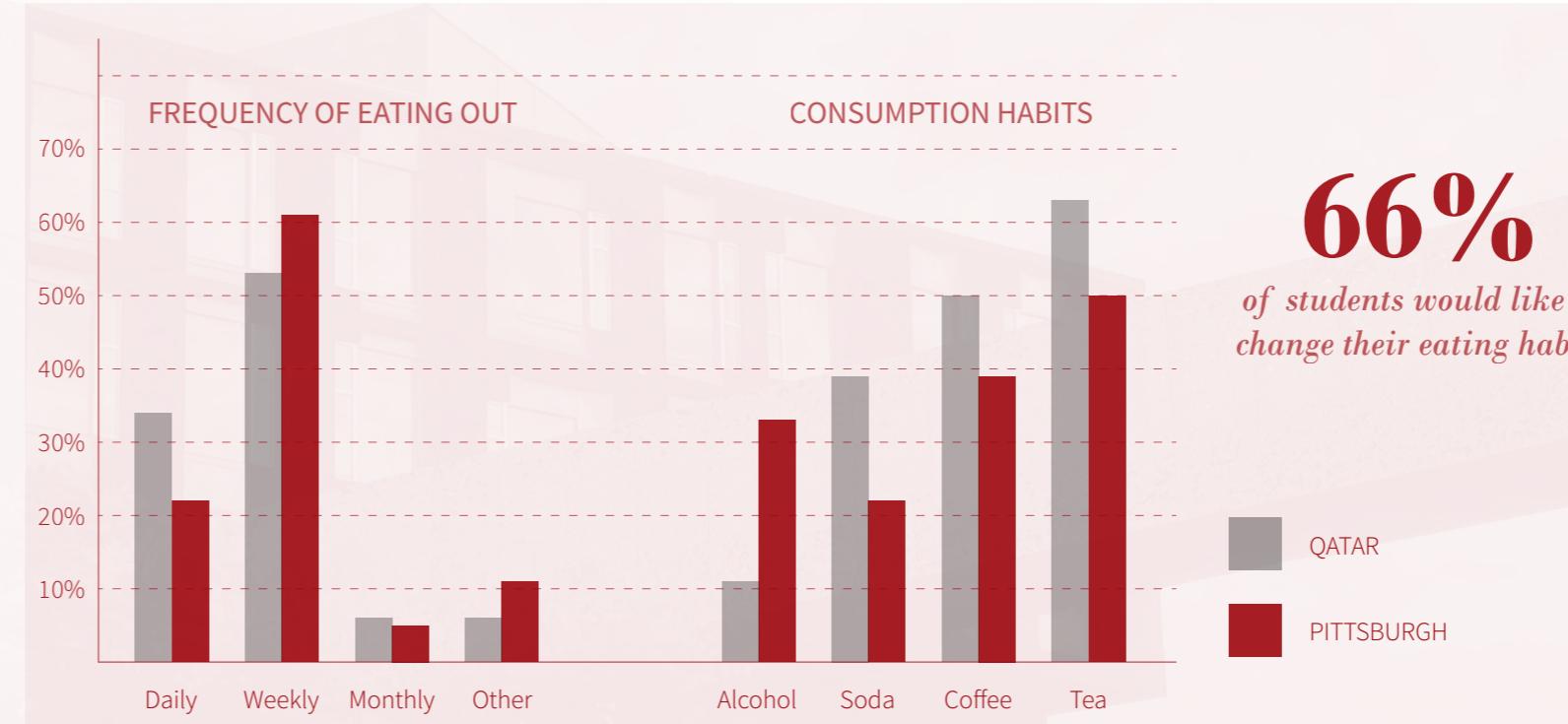
Check the food icons. Dining locations on campus have icons labeling all meals indicating things like meals containing under 500 calories per serving or meals with less than 600 mg of sodium. Familiarize yourself with the icons here.

Know what you are eating. Dining Services has created an online nutrition calculator (that can also be found in the App Store) to provide students with information on the caloric and nutritional content of all foods served at each campus dining location.

Create a diet plan. Did you know that Carnegie Mellon University Health Services provides nutrition services? By meeting with our school nutritionist, students can think about and discuss their current eating habits and plan to make small changes. Make an appointment today!

### EXERCISE HABITS

### CAMPUS RESOURCES



**66%**

*of students would like to change their eating habits*

[VIEW GENERAL INFO](#)

[VIEW QATAR INFO](#)

# Carnegie Mellon University Pittsburgh

## Health Habits and Obesity on Campus

العربية / English

### NUTRITIONAL HABITS

#### CURRENT SITUATION

The HealthyU survey conducted in 2014 found that physical activity is relatively high for students on the Pittsburgh campus:

*"79% of undergraduates reported physical activity each day. Thirty-eight percent of undergraduates meet or exceed current recommendations with 30 minutes or more of physical activity per day; nationally, only 20% are meeting this mark. According to our survey, less than 20% of students who exercise did so in structured fitness activities such as classes, courses or intramurals; the majority reported working out in less structured ways."*

From a recent survey taken with a sample size of 18, 89% of students were physically active, but 56% of all the students would like to change their exercise habits, saying things that revolve around keeping a consistent schedule like: "I would like to find more time for vigorous exercise," "More regularity, building a constant schedule of 3-4 times a week of 1.5+ hour workouts," and "I'd like to engage in physical activity more regularly with a routine."

#### RECOMMENDATIONS

There are a number of ways to get active on campus. Try one of these!

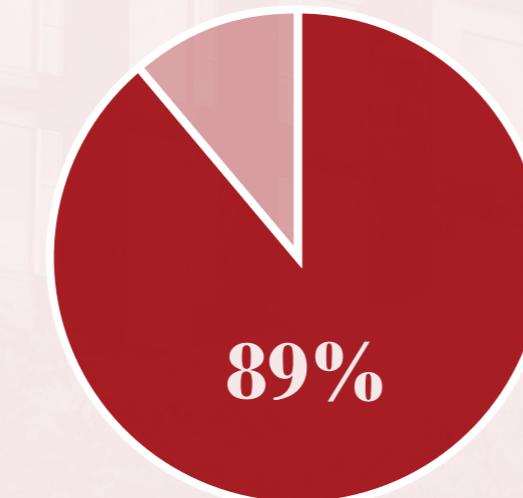
Play an intramural sport. Form a team and get active with regular practices and games to compete in. [Get started here.](#)

Sign up for Group-X classes. There are a number of classes that students of all physical activity levels can take part in, ranging from zumba to yoga and kickboxing to West African dance. [View the class schedules here.](#)

Have a gym schedule and stay accountable. Grab a friend and form a schedule to lift weights at Skibo Gym, play racquetball in the UC, or run around the track. Having a partner join you in exercising will aid in keeping both of you motivated and held accountable.

### EXERCISE HABITS

PITTSBURGH STUDENTS PHYSICAL ACTIVITY

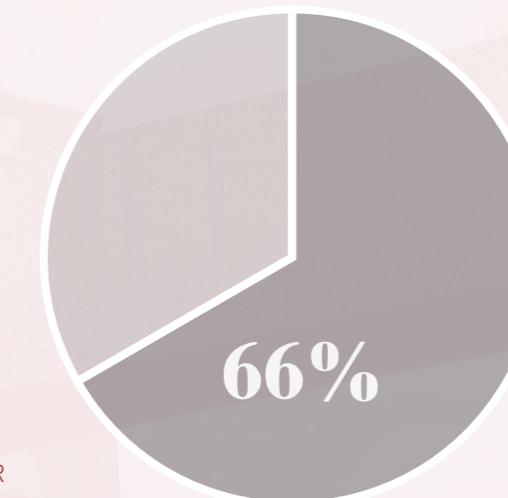


**56%**  
of students would like to  
change their activity habits

PITTSBURGH QATAR

### CAMPUS RESOURCES

QATAR STUDENTS PHYSICAL ACTIVITY



[VIEW GENERAL INFO](#)

[VIEW QATAR INFO](#)

# Carnegie Mellon University Pittsburgh

## Health Habits and Obesity on Campus

العربية / English

### NUTRITIONAL HABITS

#### RESOURCES

There are plenty of resources offered on campus if you are looking to adopt healthier nutritional or exercise habits. Check them out below.

#### NUTRITION

**University Health Services** - Schedule an appointment to meet with Paula, our campus nutritionist, to plan out a healthier diet.

**Nutrition Calculator** - View the nutritional information for all meals at dining locations across campus.

### EXERCISE HABITS



### CAMPUS RESOURCES

**Food Icons** - Familiarize yourself with the meal labeling used across campus. Be able to spot better nutritional choices with ease.

**Special Dining Needs Form** - Submit a special dining needs form if medical complications relating to food intake exists.

#### FITNESS

**Intramural Sports** - Join or create a team to compete against other intramural teams.

**Group-X Classes** - Attend group exercise classes for activities like pilates or cycling.

**Frugal Fitness** - Learn more about how to work out in the gym or from home.

**How To Use Weight Room Equipment** - Become comfortable with using the weight room equipment in the UC Gym or Skibo Gym.

**Walking and Running Routes** - Explore campus and Pittsburgh by running or walking along these suggested routes.

VIEW GENERAL INFO

VIEW QATAR INFO

# Carnegie Mellon University Qatar

## Health Habits and Obesity on Campus

العربية / English

### NUTRITIONAL HABITS

#### CURRENT SITUATION

From a recent survey taken with a sample size of 36, 66% of students were conscious of their eating habits and wished to change them, saying things like:

*"Incorporate more organic product"*

*"I would like to eat chocolates and desserts less."*

*"Eat regular 3 meals everyday. Because my habits change depending on the day."*

#### RECOMMENDATIONS

*"The first endeavour anyone makes to overcome obesity is by dieting or diet control, sometimes resorting to unhealthy and unsafe diet practices." — Dr. Bose.* Therefore, If you are looking for ways to change your eating habits, here are some places to start.

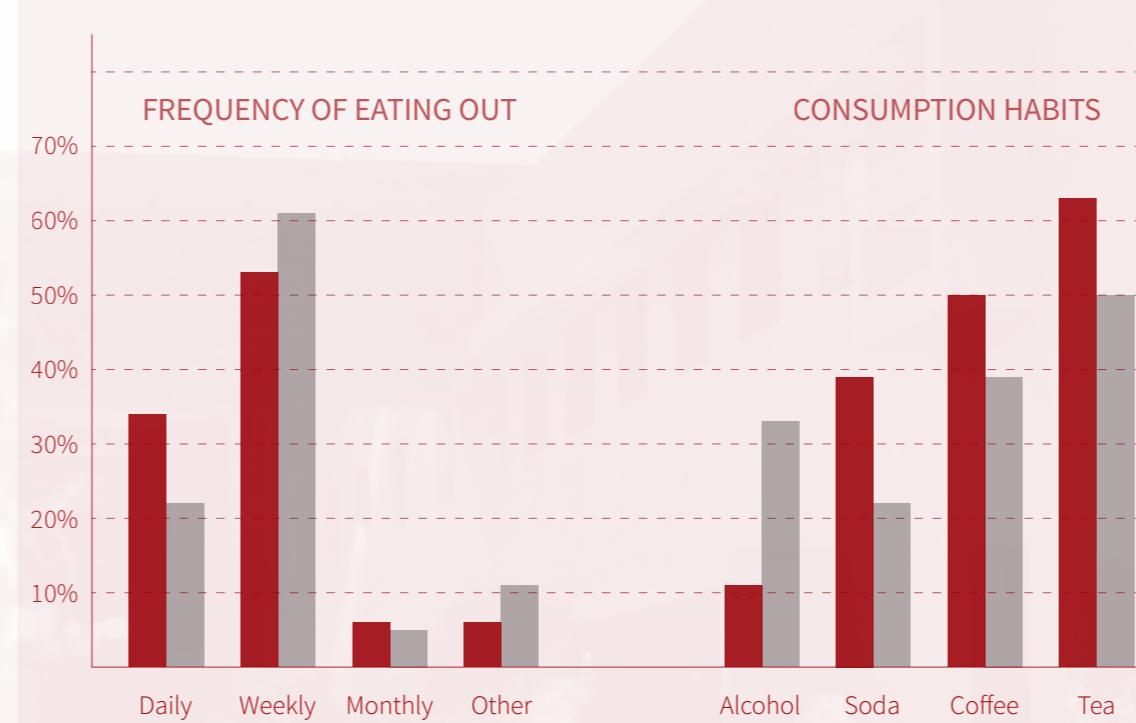
Know what you are eating. Ask the campus' chef about the ingredients in the cafeteria's food. He is always there to answer your questions, and cook your food differently if you suggest minor changes.

Choose the healthier options. It's a simple recommendation, yet difficult to achieve as the unhealthier option is tastier and is more satisfactory. The campus' buffet includes vegetarian alternatives, grilled fish and salmon that are not saturated with fat, try to choose that instead of meat, fried chicken, and rice curry. Also, always choose the salad bar or the sandwich bar over the pasta and the pizza bar.

Keep a food journal. Since college students spend most of their day on campus, try to keep a food journal with you. The reason for that is because having a food journal increases your awareness of what are you eating, how much are you eating, and why are you eating it in the first place. Also, a food journal will allow you to identify what food changes you need to make in order to be healthy or healthier.

### EXERCISE HABITS

### CAMPUS RESOURCES



**66%**

*of students would like to change their eating habits*

QATAR  
PITTSBURGH

[VIEW GENERAL INFO](#)

[VIEW PITTSBURGH INFO](#)

# Carnegie Mellon University Qatar

## Health Habits and Obesity on Campus

العربية / English

### NUTRITIONAL HABITS

#### CURRENT SITUATION

From a recent survey taken with a sample size of 36, 66.6% of students were physically active, but 69.4% of the students would like to change their habits, saying things that revolve around keeping a consistent schedule:

*"Exercise more, but I don't have time because of CMU. I used to exercise more during vacations!"*

*"Find more time to workout (engage in vigorous physical activity) during the week."*

#### RECOMMENDATIONS

Exercise at CMU-Q gym. Since CMU-Q encourages physical activities, it provided a gym for its students with the latest equipment and machines. For more information about the CMU-Q gym, [go to this page](#).

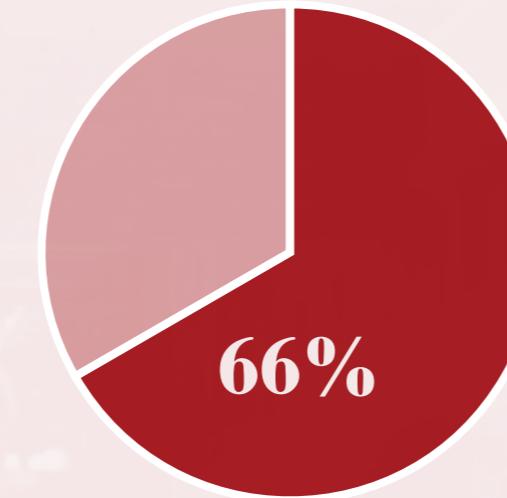
Play a sport at CMU-Q. There are a lot of clubs and organizations that advocate for living a healthy life through physical activities on campus including the basketball club, volleyball club, cricket club, and table tennis club. Click here for a [full listing of all the clubs](#).

Get in company with health conscious people. One of Dr. Bose's recommendations to fight obesity is that students should surround themselves with health conscious people who realise a high quality by exercising regularly.

Take the stairs instead of the elevator. Since CMU-Q campus is not as big as the main campus, try to walk as much as you can to strengthen your bones, improve blood circulation, and prevent heart disease.

### EXERCISE HABITS

QATAR STUDENTS PHYSICAL ACTIVITY



**69%**

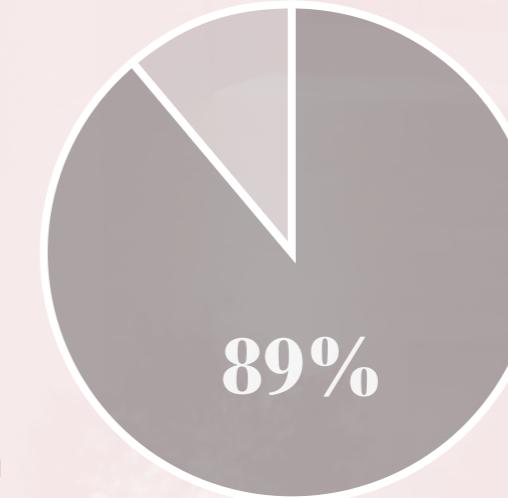
*of students would like to change their activity habits*

QATAR

PITTSBURGH

### CAMPUS RESOURCES

PITTSBURGH STUDENTS PHYSICAL ACTIVITY



[VIEW GENERAL INFO](#)

[VIEW PITTSBURGH INFO](#)

# Carnegie Mellon University Qatar

## Health Habits and Obesity on Campus

العربية / English

### NUTRITIONAL HABITS

#### GENERAL RESOURCES

There are plenty of resources offered on campus if you are looking to adopt healthier nutritional, exercise habits or personal development habits.

**Consulting Services on Campus** - Schedule an appointment with the Director of Personal Development and Consulting, Jumana Al-Abdi, if you have any eating or body image concerns.

**SMH Self-Assessment Program** - Learn more about how to make sense of the stress, anxiety, and depression you are experiencing.

**Go Ask Alice** - Ask about your health concerns through the following internet service suggested by Carnegie Mellon University in Qatar.

**ULifeline** - Seek help and find answers about your mental health and emotional well-being.

#### NUTRITION

**Wellness Program** - Discover the variety of health issues the wellness program address which includes nutrition.

#### FITNESS

There are many clubs and organizations that the students can join on campus to not only get involved with the university community, but to engage in a healthier lifestyle as well.

**Peer Health Advocates** - **Basketball Club** - **Carnegie Mellon Qatar Cricket Club** - **Table Tennis Club** - **Volleyball Club** - **Women's Basketball**

### EXERCISE HABITS



### CAMPUS RESOURCES

[VIEW GENERAL INFO](#)

[VIEW PITTSBURGH INFO](#)