



# A Study of College Students' Health in Changing Environments



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# Healthy Habits in the College Environment

The constantly changing college environment can negatively affect students health, but it can also push students to take charge of their own health once they adjust to the environment.

How does the constantly changing environment of college affect students' practice of healthy habits such as eating, exercise, sleep, and study habits?

Our team created a survey answered by over 100 college students and conducted (how many) interviews to discover more about this topic.

# Our Findings

Our survey data revealed the following:

- 49.1% of students' exercise habits declined after starting college.
- There is only a small (0.2895) correlation between hours of studying and GPA.
- 64.5% of students feel like they have time to exercise.

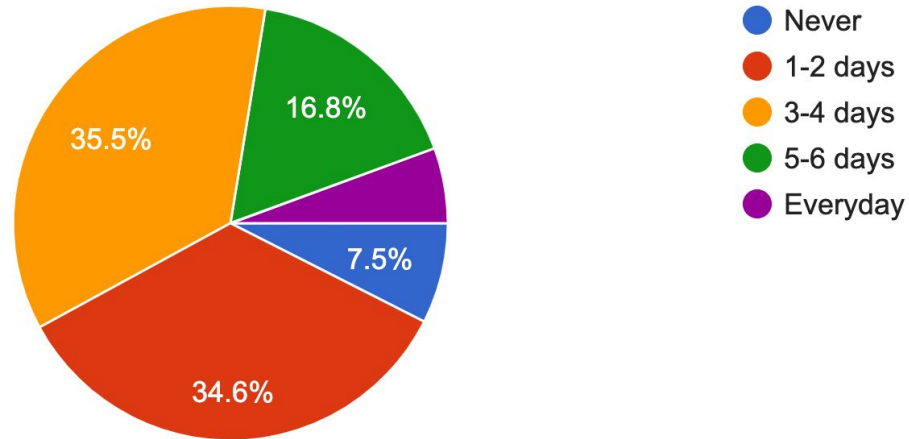
From our interviews, we learned the following:

- Students recognize the positive effects of exercise and healthy eating.
- Priorities like school can prevent the practice of healthy habits all the time.
- Students start focusing more on health after freshman year.

# Survey Data

During a normal week, how often do you exercise?

107 responses

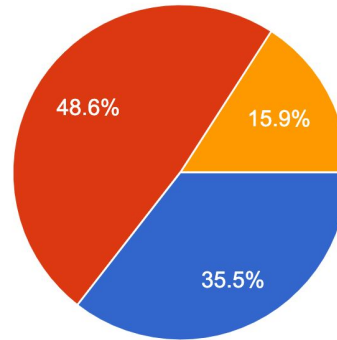


# Survey Data

**The majority of students (48.6%) answered that their physical activity has decreased since entering college.**

Do you feel your daily amount of physical activity has increased or decreased since starting college?

107 responses

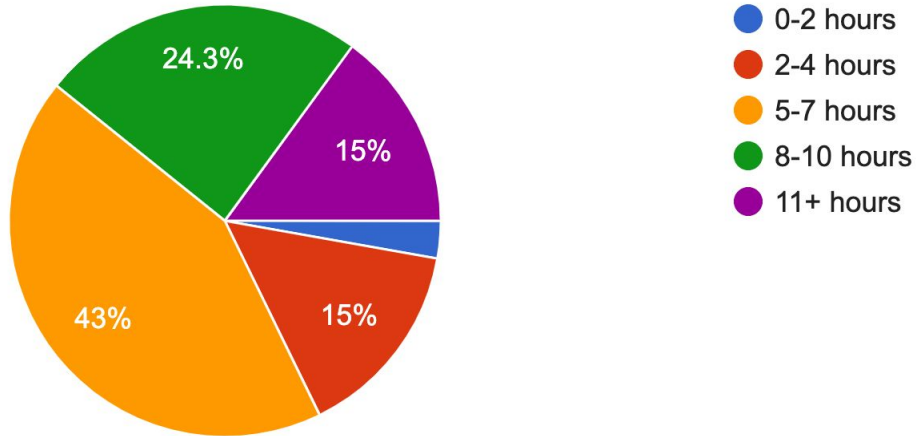


- Increased
- Decreased
- Remained the same

# Survey Data

On average, how much time do you spend studying or doing homework each week?

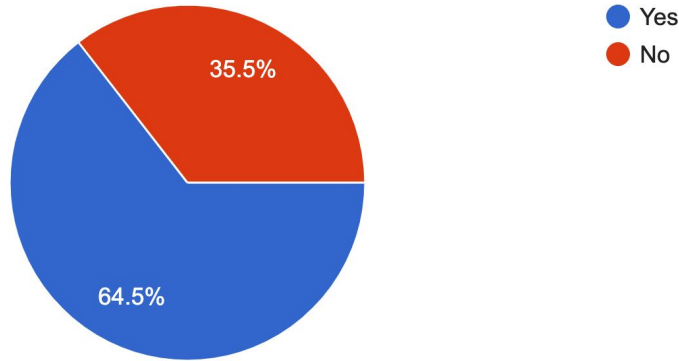
107 responses



# Survey Data

Do you feel that you have time to exercise throughout the day?

107 responses



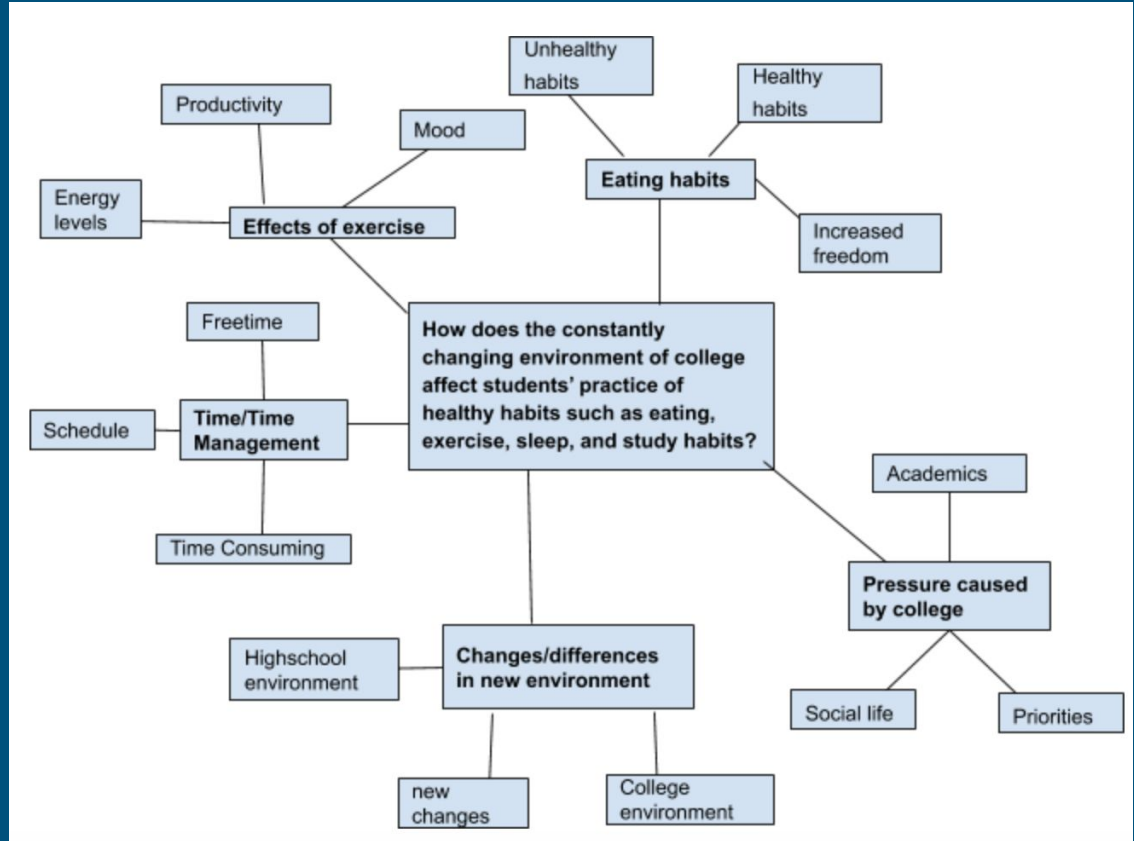
**Students feel that they have time to exercise throughout the day, but still answered their physical activity has declined since entering college.**



# Interview Data

5 main themes from our interviews:

1. Eating Habits
2. Time/ Time Management
3. Changes in a new environment
4. Pressure from college
5. Effects of exercise



# Interview Data

To show the distribution of our codes from our interview transcripts, we made a word cloud. The bigger the word, the more times it appeared in our study.



# Interventions

- Because of our finding that 49.1% of college students feel their health declines in college, we want to spread awareness of how to deal with the pressures and changes of college in hopes that this will help students to maintain focus on their health.
- If students are more aware of simple, quick, and inexpensive ways to practice healthy habits, it will be easier for them to make small changes and choose healthier options in all aspects of their lives.
- Because of our finding that students tend to start focusing on their health more after freshman year, we should offer our tips to incoming and first year students to try and negate the year of getting in a pattern of unhealthy habits.

Thank you!