

Change in Diet, Physical Activity, and Body Weight in Female College Freshman

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Objective: To examine diet, physical activity, and body-weight changes associated with relocation from home to university.

Methods: Diet, fitness/physical activity, body-weight parameters and self-efficacy were assessed among 54 freshman women upon college entry and 5 months later.

Results: Although caloric intake significantly decreased, a significant increase occurred in body-weight parameters that may be

attributed to significant decreases in total physical activity.

Conclusions: Interventions are needed aimed at increasing physical activity; improving diet quality related to consumption of vegetables, fruits, breads and pasta, and meats; and decreasing alcohol consumption.

Key words: obesity, energy equation, weight management, self-efficacy, college student health

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