

# Disparities in Overweight and Obesity Among US College Students

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**Objectives:** To examine social disparities and behavioral correlates of overweight and obesity over time among college students. **Methods:** Multilevel analyses of BMI, physical activity, and television viewing from 2 representative surveys of US college students (n=24,613). **Results:** Overweight and obesity increased over time and were higher among males, African Americans, and students of lower socioeconomic position and lower among Asians. Television viewing and in

activity were associated with obesity, and disparities in these behaviors partially accounted for excess weight among African Americans. **Conclusions:** Social disparities in overweight and obesity exist among college students. Promoting physical activity and reducing television viewing may counteract increasing trends.

**Key words:** obesity, college students, physical activity, television viewing, social disparities

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