

Alcohol Use, Eating Patterns, and Weight Behaviors in a University Population

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Objective: To explore associations between alcohol, alcohol-related eating, and weight-related health indicators. **Methods:** Cross-sectional, multivariate regression of weight behaviors, binge drinking, and alcohol-related eating, using self-reported student survey data (n=3206 undergraduates/graduates). **Results:** Binge drinking was associated with poor diets, unhealthy weight control, body dissatisfaction, and sedentary behavior. Neither year in school nor age modified these re-

lationships. Alcohol-related eating was associated with increased risk of overweight/obesity. **Conclusions:** Binge drinking was associated with an array of adverse behaviors. These associations did not differ between undergraduate and graduate students. Initiatives are needed to assist students in overcoming campus norms promoting unhealthy alcohol and dietary patterns.

Key words: obesity, diet, exercise, college health, alcohol drinking

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