

# Gender, Residence and Ethnicity Affect Freshman BMI and Dietary Habits

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**Objectives:** To examine relationships between gender, ethnicity, and residency, with factors influencing weight gain in 756 multiethnic college freshmen.

**Methods:** An online survey obtained participants' height and weight; consumption of fruits, vegetables, dairy, and meals; dieting and exercise patterns. **Results:** Ten percent of Asians were underweight; most lived off campus. Forty percent of Hispanics were overweight/obese; most

lived on campus. After starting college, on-campus students decreased intake of fruits, vegetables, dairy products, and meal frequency; off-campus students decreased dairy and dinner frequency ( $P < 0.001$ ). Few met dietary guidelines. **Conclusions:** Moving to campus may contribute to weight gain in some ethnic groups.

**Key words:** freshman weight gain, residence, ethnicity

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