

ABSTRACT

BELIEFS AND BEHAVIORS OF COLLEGE STUDENTS TOWARD WEIGHT MANAGEMENT

Research has provided a steady flow of new information regarding the dangers of being overweight or obese. A majority of adults in the United States have been classified as overweight or obese. Even among children, awareness of the importance of weight management is being researched. Dietary practices have been associated with a number of potentially preventable diseases. Very little research has focused on the college aged adult.

The purpose of this research was to identify the beliefs and behaviors of college students toward weight management. The objective was to identify what their beliefs and behaviors are regarding eating habits, weight perception and exercise frequency. To gather this information, a 20 item questionnaire was distributed to college students between the ages of 18 and 24 enrolled at California State University, Fresno. The results were analyzed for relationships between the beliefs and corresponding behaviors. The students appeared to have a good awareness of their eating habits, weight perception and exercise frequency overall. The results can be used to assist educators when developing educational protocols for this population.

Analisa Woodward
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