



Home Sweet Gym

The Association Between Housing Status and the Usage of On-Campus Gyms

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Background

- Many college students in the United States are not meeting dietary and exercise requirements, with only one-third meeting recommended physical activity levels.²
- Studies have proved that college workout habits strongly influence activity levels in the years following graduation.³
- Regular physical activity among students is essential for maintaining health and preventing common diseases such as hypertension, obesity, metabolic syndrome, cardiovascular diseases, and diabetes.¹

Objectives

- To determine if usage of on-campus recreational facilities is associated with living on-campus versus off-campus.
- To establish the main reasons students do not use on-campus recreational facilities and the reasons that hinders those who do use them from using them more often.

Methods

- Observational cross-sectional study conducted through Qualtrics
- Survey was distributed through email, social media platforms, as well as housing facilities from April 2024 – May 2024
- Target population was UCSD students of all school years (**N = 144 participants**)
- Chi-square test of independence used to determine whether housing status is related to on-campus recreational facility usage

Results

Table 1. Student Demographics (N = 144)	
College Year	
Freshman	6.12%
Sophomore	11.56%
Junior	29.17%
Senior	48.98%
Graduate Student	4.86%
Gender	
Female	80.27%
Male	19.05%
Other	0.68%
Housing Status	
On-campus	35.42%
Off-campus	64.58%

Figure 1. Percent of on-campus recreational facility usage based on housing status

$p = 0.001326$

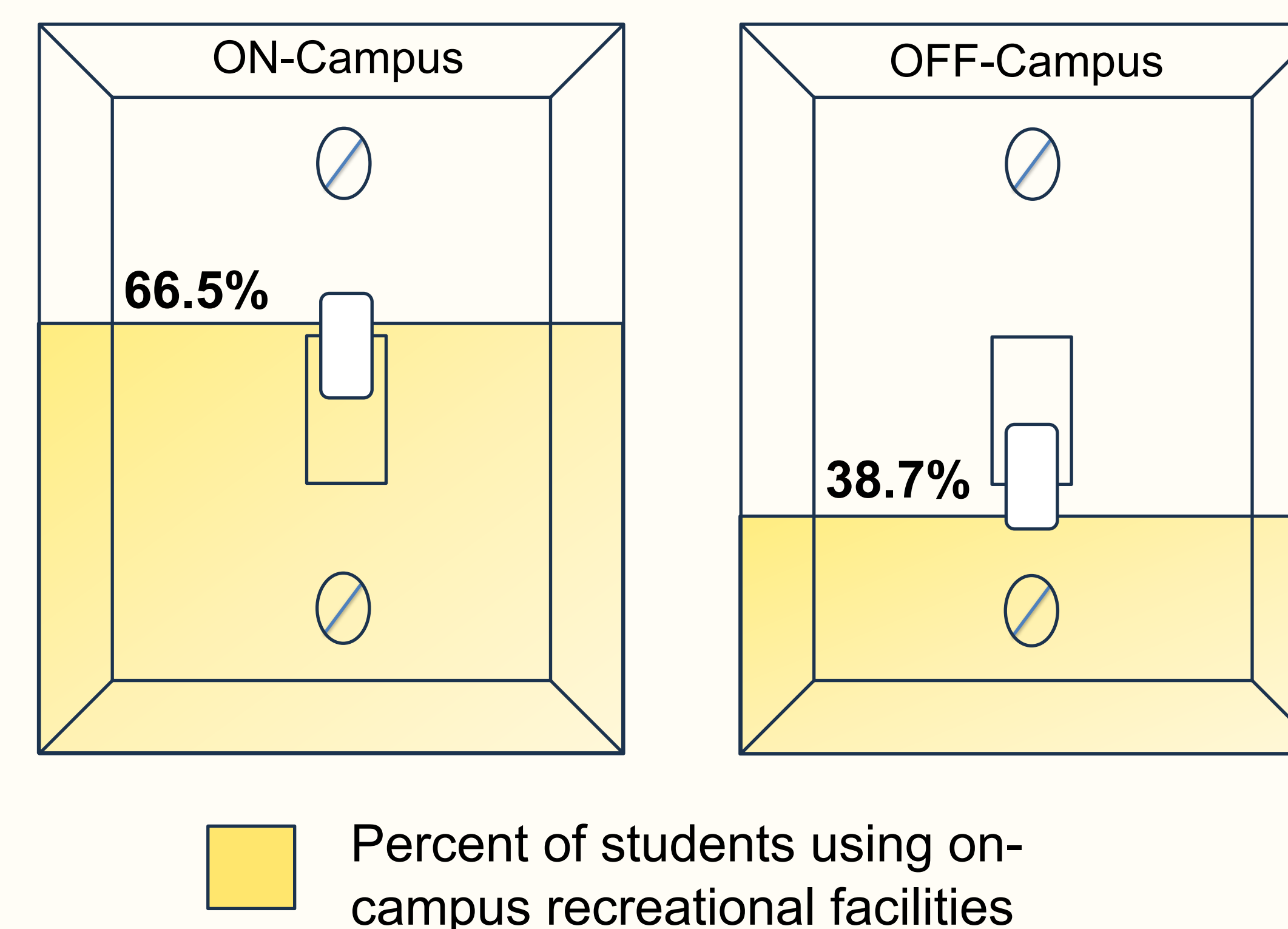


Figure 2. The Inconveniences of On-Campus Recreational Facilities for Students that Do Use

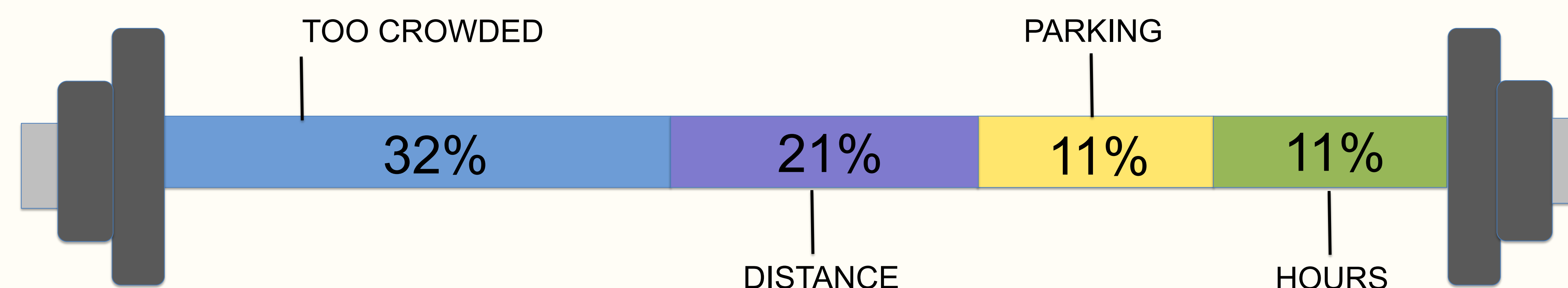


Figure 3. The Reasons Off-Campus Students Do Not Use On-Campus Recreational Facilities

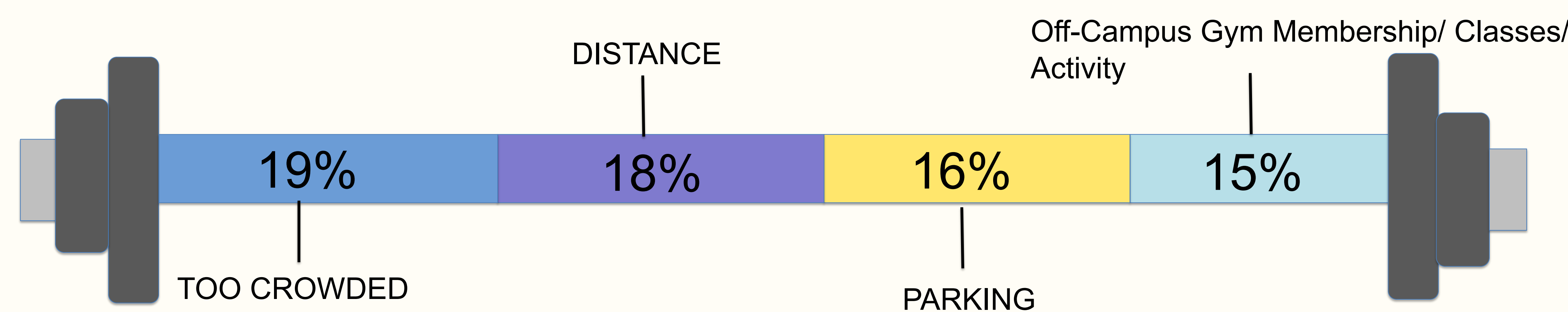
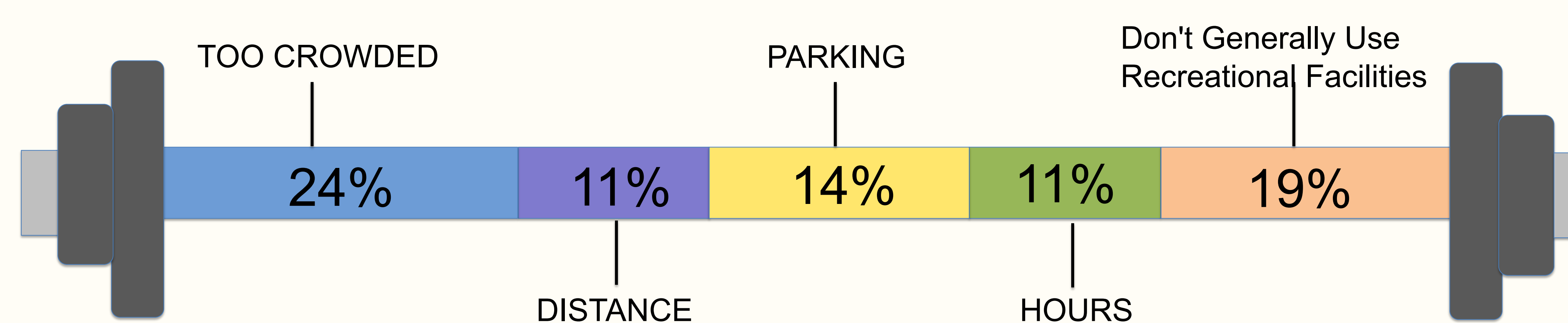


Figure 4. The Reasons On-Campus Students Do Not Use On-Campus Recreational Facilities



Conclusions

- Our results show that there is a statistically significant difference between the rates of on-campus recreational facility usage of students who live off-campus versus students who live on-campus.
- Chi-Square Test Results:
 - p-value = 0.001
 - p-value < 0.05 → significant difference

Policy Implications

- Across both housing statuses, overcrowding, distance, and parking were reported to be the main reasons students don't use on-campus recreational facilities
- For UCSD to increase on-campus gym usage, they need to address these issues by implementing strategies to increase gym space and add parking.
- This could be done by creating more parking spaces near gym facilities or creating a shuttle system to bring students from other parts of campus to the gyms.

Acknowledgements

We would like to thank Professor Christine Zoumas and Alana Lopez for their help throughout the study and design processes of our project. We also want to thank the participants for taking part in our research project.

