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BACKGROUND

- According to the NCHA, adults should get at least **5 days of 30-minute** moderate-intensity cardio or aerobic exercise or **3 days of 20-minute** vigorous-intensity cardio or aerobic activity **per week**.¹
- Some studies have reported an “alcohol-activity incongruity” in which college students who are more physically active are more likely than those who are less physically active to have consumed alcohol.²
- **92.9%** of college students consumed alcohol, **70.5%** used tobacco products and **87.1%** used marijuana in a one month period.³

OBJECTIVES

To examine the impact of substance use on physical activity levels among UCSD undergraduates.

METHODS

- We created an online cross-sectional online survey via google forms.
- Our study consisted of 108 participants.
- Participants were recruited via the UCSD FMPH undergraduate mailing list, via Facebook groups, and personal outreach.
- We ensured every participant had an anonymous response and informed them that their participation is completely voluntary.

RESULTS

Table 1. Demographic Information of Study Respondents and Perception of Weekly Substance Use & Exercise Frequency

(N=108)		N (%)
Gender	Male	48 (44.4%)
	Female	60 (55.6%)
Age	18-20	35 (32.4%)
	21-23	68 (63.0%)
	24-27	4 (3.70%)
	>27	1 (.9%)
Major	Public Health	17 (15.7%)
	Other	91 (84.3%)
Substances	Alcohol	108 (99.9%)
	Marijuana	103 (95.4%)
	Tobacco	104 (96.3%)
	Multiple	103 (95.4%)
Exercise		107 (99.1%)

Figure 1. Perception of the Most Likely Combination of Multiple Substances Used

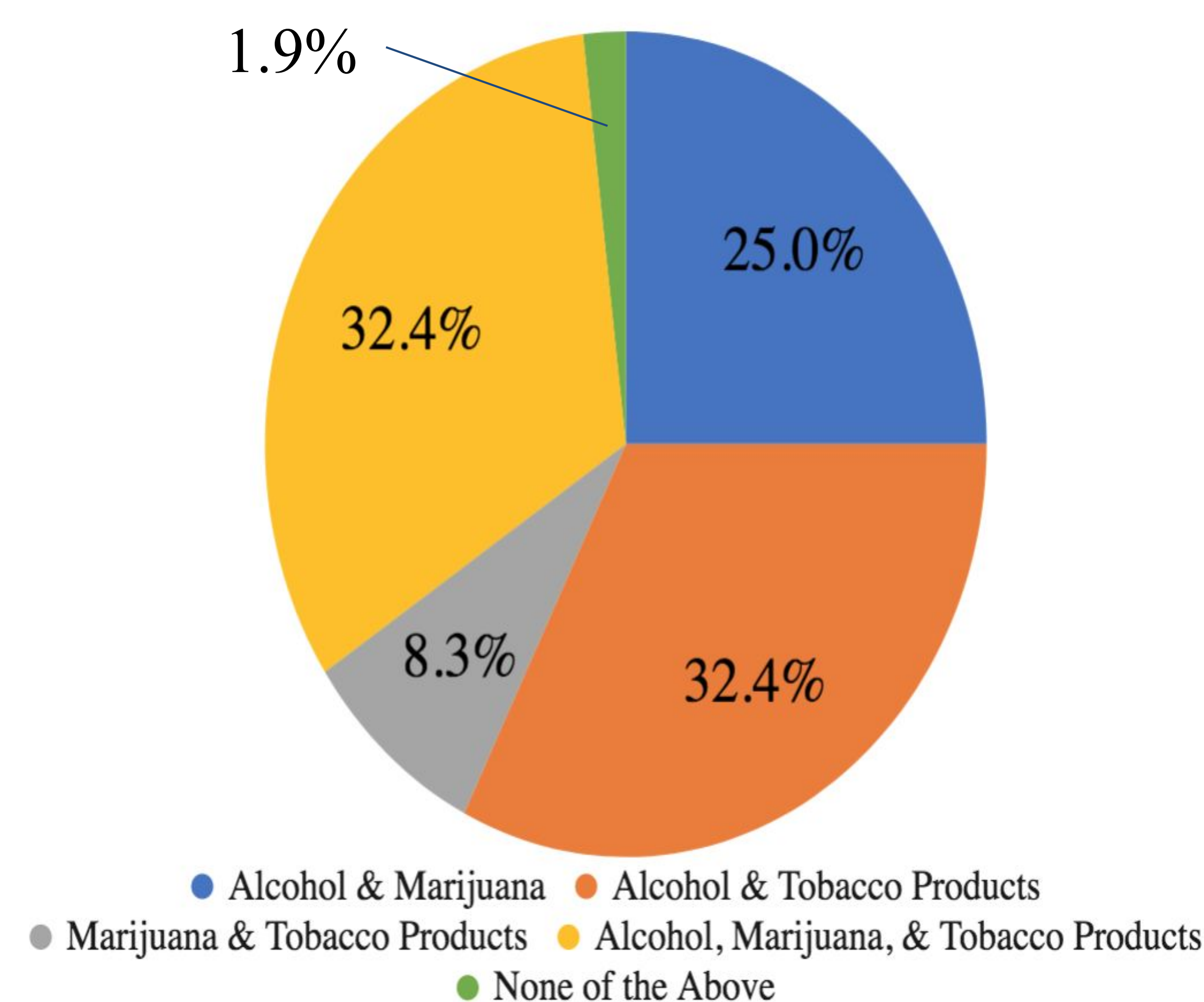
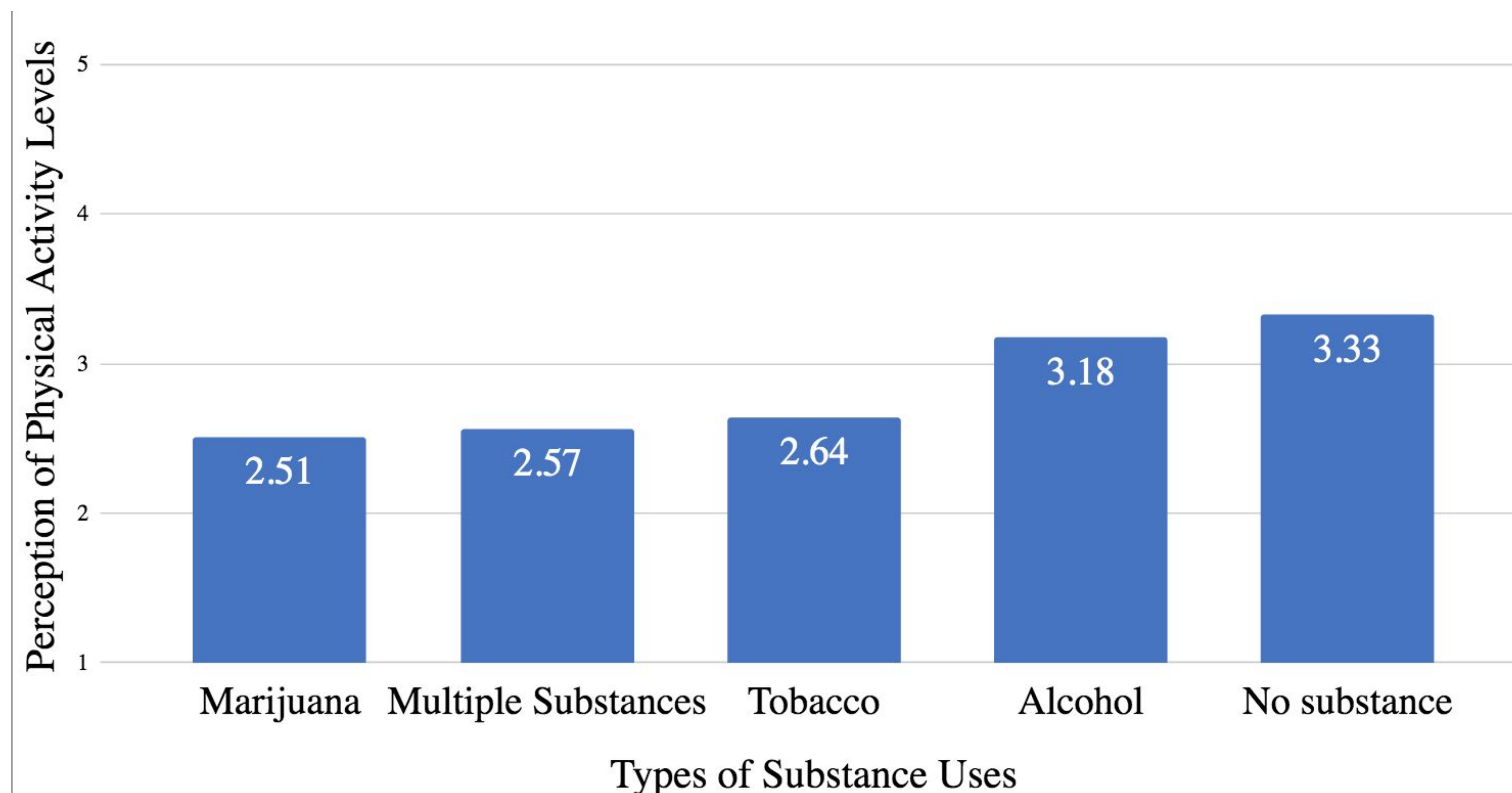


Figure 2. Perception of Average Physical Levels on a scale 1-5 (1 being inactive to 5 being most physically active) in relation to weekly substance use



CONCLUSIONS

- Students perceived those who used multiple substances to have reduced physical activity levels compared to those who do not use substances.
- Marijuana is perceived to be the substance which most adversely affects physical activity levels.

POLICY IMPLICATIONS

1. Substance use education for incoming freshmen
2. Substance use cessation counseling programs for undergraduates
3. Student programming which encourages safe substance use behavior (i.e. virtual “Bear Garden”)
4. Funding of fitness classes
5. Funding of health & fitness counseling

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REFERENCES

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