



Relationships between Student Residence and Non-Sedentary Behavior among UCSD Students

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BACKGROUND

- ❑ Approximately 2 million deaths per year are attributed to physical inactivity.
- ❑ Sedentary lifestyle is among the 10 leading causes of death and disability in the world.
- ❑ Undergraduate students who reside off-campus had higher level of sedentary lifestyle compared to their counterparts living on-campus.

RESEARCH QUESTION

Is there an association between UC San Diego students' residence and their level of non-sedentary behavior?

HYPOTHESIS

Students who live off-campus will be less likely to have non-sedentary behavior (physical activity) than those who live on-campus.

METHODS

- ❑ Google Form questionnaires consisting of:
 - ❑ Exposure
 - ❑ Student residency
 - ❑ Student transportation
 - ❑ Intermediate factors:
 - ❑ Access to different services
 - ❑ Neighborhood safety
 - ❑ Outcome
 - ❑ Travel time to services

STUDY OBJECTIVE

The goal of this study was to examine the association between residence and the level of non-sedentary behavior among UCSD students.

RESULTS

- ❑ Exposure: Out of 28 survey respondents,
 - ❑ 42.9% lived on-campus and 57.1% lived off-campus (Fig. 1).
 - ❑ 35.7% did not own a car and 64.3% owned a car (Fig. 2).
- ❑ Outcome:
 - ❑ 43.91% walked at least 15 minutes to various locations on a weekly basis and 57.1% lived off-campus.
 - ❑ Students who lived off-campus were less likely to have walked from their house to various locations on a weekly basis, 72.65%, (Fig. 3) than students who lived on-campus, 32.29%, (Fig.4).

Figure 1. Do you live on campus or off campus?

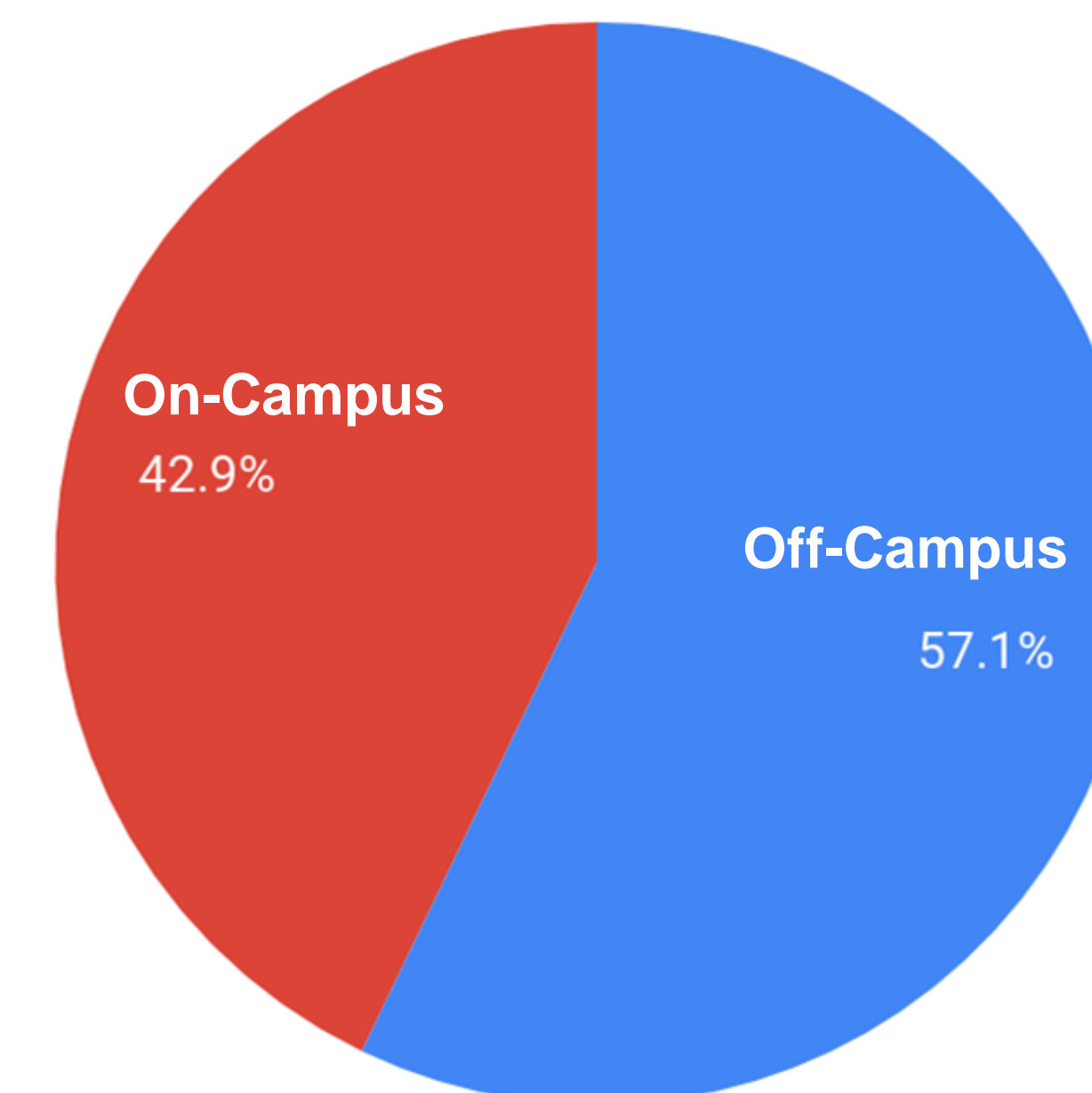


Figure 3. Physical activity among off-campus students at UCSD



Figure 2. Do you own a car?

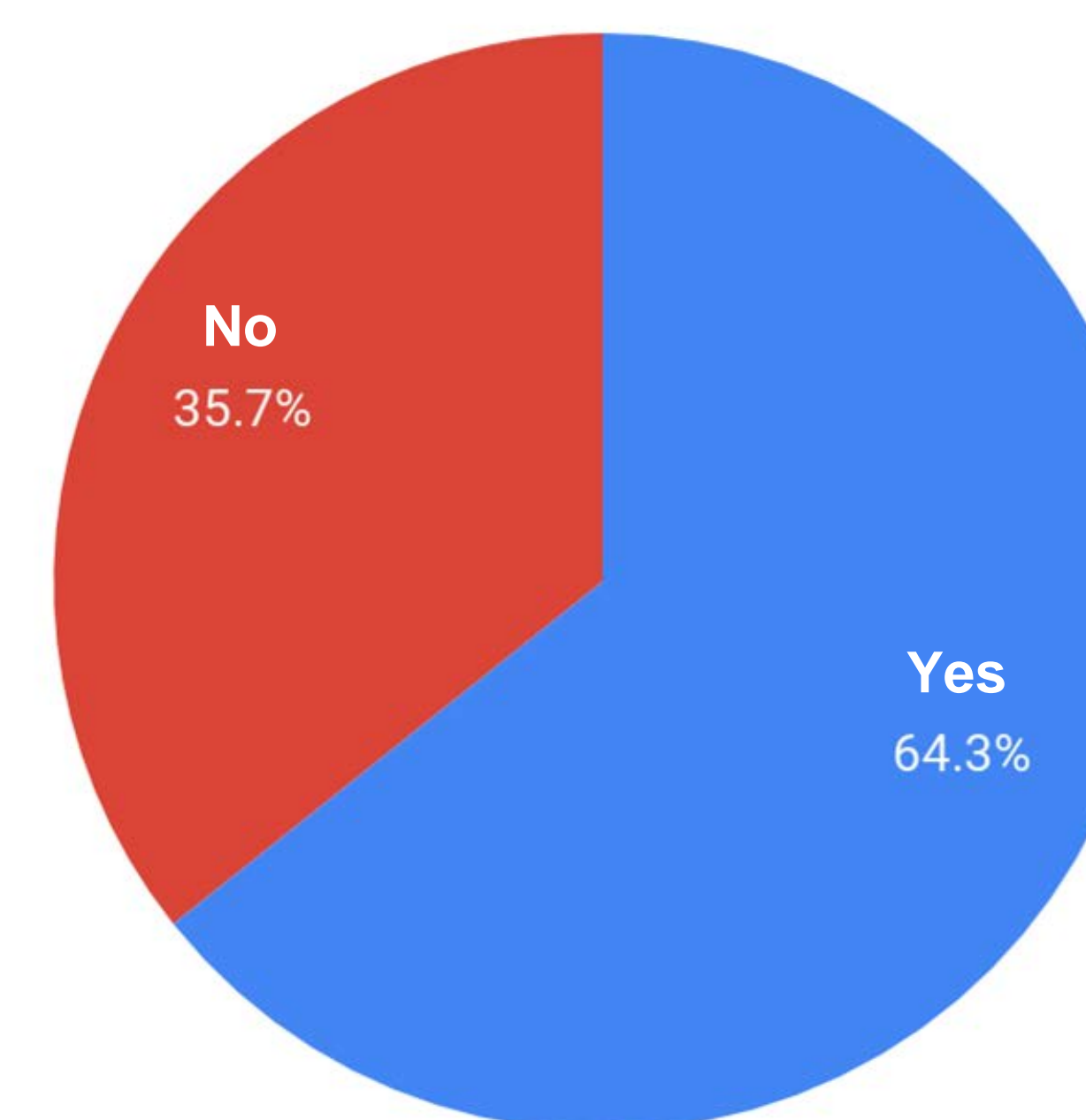


Figure 4. Physical activity among on-campus students at UCSD



POLICY IMPLICATIONS

- ❑ University campuses need programs & policies designed to promote an efficient alternative route of active transport that are intended to target students living off campus to increase their physical activity level.
- ❑ We recommend an economic incentive program "Sweat Coins" - a financial reward system for meeting students weekly walking goal.

CONCLUSION

- ❑ Students living on campus spent more time walking to various destinations than students living off campus.
- ❑ From this study, we did not find correlation between the intermediate factors and outcomes.