Healthy Lifestyle Habits of UWRF Female Students

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Introduction
There still remains gaps in the research about dieting practices, weight perceptions and body composition among college females. We believe that lifestyle habits are the main factor in creating healthy behavior. There is still more research to be done on this subject, which is what drew us in to our study. The purpose of our study is to explore the relationship between healthy lifestyle choices of female college students on the University of River Falls campus and their weekly physical activity. We determined this by distributing a questionnaire to 100 college female UWRF students. In doing this research, we hoped to find that female UWRF students gain an awareness that it is important to practice healthy lifestyle habits.

Practicing healthy lifestyle habits is important for females because at this age they are setting a foundation for their lifestyle habits for the rest of their life. We designed this survey to ask questions that the students could easily relate to in their everyday life. We hoped that after taking this survey, the students would start to think about what their habits are like and how they could change them to be healthier.

Methods
In order to collect our data, we designed a questionnaire to be distributed to UWRF females. The questionnaire determined whether the participants were or were not physically active. We also found out what other healthy lifestyle habits the participants had by how they answered each question. When analyzing the data we grouped all the active participants in to one group and the not active participants in to another group. Once we had the two groups, we compared them using a bar graph as to which group had healthier lifestyle habits we did this by averaging out the results of each individual and giving them a number which is connected to how healthy their lifestyles are. 5 being the healthiest and 1 being the least healthy. To collect the data, then we printed off the questions and went around campus to ask females if they would be willing to participate in our research study. If they agreed, we gave them a questionnaire to complete. After they complete the questionnaires, they returned them to the researcher and were kept in a safe place until all the data was ready to be analyzed.

Comparing Lifestyle Habits
- Active Females
- Non Active Females

Results
The results of our study indicated that active females on the UWRF campus practice healthier lifestyle habits than females that are less physically active. The graph shows that overall, the physically active female students responded with higher answers, indicating that they practice healthy lifestyle habits. Some of the questions they were asked to respond to requested information about sleeping habits, eating habits, such as consuming adequate numbers of fruits and vegetables, eating meals that incorporate foods from all the food groups, and a question about the consumption of fast food. We decided that these questions defined whether a person practices a healthy lifestyle or not. It was interesting to see how the nonnative females had lower scores, but it is these people who need to practice these habits to become more healthy and active. In the beginning, we predicted that the active females would score higher on the lifestyle choices they make. Our prediction was correct. The active females did indeed practice healthy lifestyle habits.

Conclusion
This was a very interesting study. When given the survey, some people on the spot, started to rethink their lifestyle habits. We hoped that after taking this survey, the participants might start to be more conscious about some of the decisions they make every day that could effect their health. We were able to get the results that we had hoped for, which was to see that more college females practice healthy lifestyle habits and stay physically active. However, we did see people that did not practice these habits, but we hope that they may change their habits to be able to live a healthy life.

References available upon request