



The State of Spartan Health 2022

Fitness & Nutrition

Studies show that average weight gain for a college freshman is less than four pounds, thereby debunking the myth of the “freshman 15.”

Regular exercise can improve mental and physical health; fight depression, anxiety and stress; improve mood, self-esteem, energy and quality of sleep; and help form connections with new people.

Of MSU Students:

68%

Describe themselves as being at their correct weight or slightly underweight.

30%

Reported trying to lose weight even though they were not overweight.

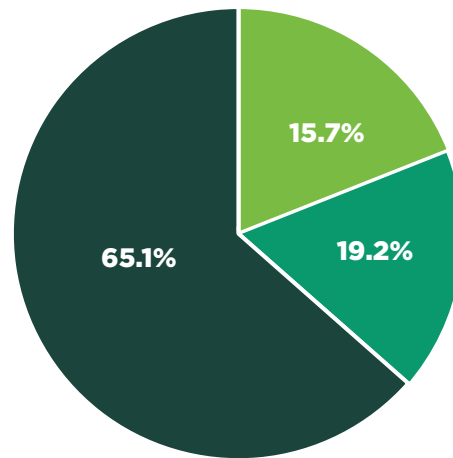
41%

Did muscle-strengthening or toning exercises two or more days in the past week.

What We're Watching

- About one in three students reported being slightly or very overweight, yet nearly half of Michigan State University students reported **making an effort to lose weight** by exercising, dieting or other methods.
- About two-thirds of student reported participating in vigorous **exercise** or 20 minutes or moderate exercise for 30 minutes three or more times per week, an increase of nearly 10 percent since 2021. The increase indicates students have returned to pre-pandemic levels of exercise.

Days Per Week Students Participated in 20 Minutes of Vigorous Exercise or 30 Minutes of Moderate Exercise (2022)



■ 3+ Days ■ 1-2 Days ■ 0 Days

Learn More

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