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.

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

- 65.1% 3+ Days
- 15.7% 1-2 Days
- 19.2% 0 Days

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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.

Source: 2022 National College Health Assessment (NCHA II) N=1,157

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