

Nutritional Status and It's Associated Between the Dietary Intake and Physical Activity Among Students in King Saud University in Riyadh City, Saudi Arabia

Ajlan S Alajlan

King Saud University, Riyadh, Saudi Arabia

Abstract

The study focuses on assessing the nutritional status, dietary habits, and physical activity levels among students at King Saud University in Riyadh, Saudi Arabia. It addresses the prevalence of overweight and obesity among college students and their lifestyle factors contributing to these conditions.

Research Aim: The aim of the research is to investigate the relationship between nutritional status, dietary intake, and physical activity levels among students at King Saud University. The study aims to provide insights into the challenges faced by university students in maintaining a healthy lifestyle.

Methodology: The research employed a cross-sectional study design, involving 300 students aged 18-35 years. Data on dietary intake, food frequency, habits, and socio-economic factors were collected through a structured questionnaire. Nutrient analysis was done using a food processor program, and anthropometric measurements were taken. Statistical analyses like Spearman correlation and regression were used to determine associations between variables.

Findings: The study revealed a high prevalence of overweight and obesity among students, particularly those residing inside the university housing. It identified significant correlations between age, BMI, body fat, and visceral fat. Additionally, family income was positively linked to BMI and body fat percentage. Physical activity levels varied among students staying inside and outside the university housing.

Theoretical Importance: This research contributes to the understanding of the nutritional status and lifestyle habits of university students, shedding light on the challenges they face in maintaining a healthy life. It highlights the need for interventions to promote healthier dietary choices and increased physical activity among college students.

Data Collection and Analysis Procedures: Data collection involved survey questionnaires and anthropometric measurements. Nutrient analysis and statistical analyses were conducted to examine the relationships between variables. Findings were presented with relevant statistical measures supporting the study's conclusions.

Question Addressed: The study addresses the relationship between nutritional status, dietary habits, physical activity levels, and socio-economic factors among students at King Saud University, providing insights into their lifestyle choices and health outcomes.

Conclusion: The research findings underscore the importance of promoting healthy eating habits and physical activity among university students to combat overweight and obesity. It emphasizes the role of age, family income, and residence location in influencing students' nutritional status and lifestyle behaviors.