

# Surveying Student Attitudes and Behaviors Regarding Diet and Exercise

Nikhil Gogineni & Kanishk Goel'

Faculty Facilitator: Alice Villalobos, PhD

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## Study Question and Background

Our goal was to understand how often students within the Honors College at Texas Tech exercised and ate commercially prepared meals. We also wanted to analyze these parameters to note how these behaviors compared to the general population. Finally, collecting this data allowed us to gauge how interested students are in improving their proficiency in cooking and frequency of exercise.

## Study Population

Undergraduate students enrolled in Texas Tech's Honors College were the intended study population for our survey. The 45 respondents are primarily young adults between the ages of 18 and 25 (n=43) enrolled in various majors across the 13 schools at Texas Tech University. These students also differ in their housing situations. The respondents reside either with their parents (n=2), in on-campus dorms (n=14), or in an apartment/house (n=29). Surveying this population allows us to identify r niver

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