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Factors influencing weight gain in freshmen female medical students

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When freshmen get into college, they get exposed to unlimited food choices and this new environment makes them susceptible for a weight gain during their first year. In this study we determined the weight gain in the first year female medical students in Al-Ameen Medical College, Karnataka, India. The objectives of this study is to find out factors influencing weight gain in students and compare their habits with the ones who have lost weight or have not seen any weight changes. We also assessed their willingness to change habits for better health. A list of questions was asked to 50 students, which were based on their lifestyle like sleep, eating habits, and physical activity. Their BMI and body weight were also measured. All the students were of age between 18 to 25 yrs. The students had a mean weight gain of 2.3 kg and average BMI of 25.3. Students who stayed in hostel gained more weight than the ones living with their parents. 56% of students gained weight and 25% amongst them had irregular eating habits and 92% were found to consume 3-4 takeout meals a week. 10% had seen no change in weight and 34% were found to have lost a mean weight of 1.1 kg. Approximately 58% of them changed their eating habits. And almost 90% of have shown concern regarding their health and are willing to change their habits for better health. Majority of the students have no complaints regarding their amount of sleep but they feel hindrance in the amount of physical activity as they have difficulty balancing studying and work. Many of the students were getting adequate sleep but one of the main reason for the weight gain was their irregular eating habits and choosing unhealthy food options like take outs and cafeteria food.

Biography

Salwa Farooq is a recent graduate of Al-Ameen Medical College, Vijayapura, Karnataka, India. She has shown an interest in community medicine and works as an assistant professor and this research is one of the 1st few ones. Dr Afreen Anwar Makai is a final year medical student in AlAmeen Medical College who helped in collecting and analysing data.