

Lifestyles, body mass index and sleep patterns among university students

[Caracterización del estado nutricional, hábitos alimentarios y estilos de vida de estudiantes universitarios Chilenos: Estudio multicéntrico]

Durán S.

Crovetto M.

Espinoza V.

Mena F.

Oñate G.

Fernández M.

Coñuecar S.

Guerra Á.

Valladares M.

Background: Health surveys in Chile show a worrisome high prevalence of unhealthy lifestyles among adults. **Aim:** To characterize the nutritional status, food intake and sleep patterns in university students of both genders. **Material and Methods:** Cross sectional study in seven Chilean universities. Students from six universities answered a feeding habits survey, the Pittsburgh Sleep Quality Index, Insomnia Severity Index and Epworth Sleepiness Scale. All were weighed and their height was measured. **Results:** A total of 1,418 students aged 21 ± 3 years (22% males) were evaluated. Three percent were classified as underweight, 68% as normal weight, 24% as overweight and 4% as obese. Thirty three percent of males and 28% of females smoked. Twenty six percent consumed at least one glass of alcoholic beverages on the weekend, and only 18% of males and 5% of females were physically active. Men consumed unhealthy foods with a significantly higher frequency than females. Twenty seven percent had mild daytime somnolence, 24% had moderate daytime somnolence, 50% had subclinical insomnia, 19% moderate insomnia, and 1.4% had severe insomnia. **Conclusions:** In this group of students a high frequency of unhealthy lifestyles and malnutrition caused by excess was observed. Also a high prevalence of insomnia, daytime

somnolence, and inadequate sleep amounts were recorded. © 2018, Sociedad Medica de Santiago.

All rights reserved.

Food

Nutritional status

Sleep

Tobacco

adult

body mass

Chile

classification

cross-sectional study

feeding behavior

female

human

insomnia

male

risk factor

sedentary lifestyle

sex factor

sleep

socioeconomics

statistics and numerical data

student

university

young adult

Adult

Body Mass Index

Chile

Cross-Sectional Studies

Feeding Behavior

Female

Humans

Male

Risk Factors

Sedentary Lifestyle

Sex Factors

Sleep

Sleep Initiation and Maintenance Disorders

Socioeconomic Factors

Students

Universities

Young Adult