

What Students Say about GAMBLING

In March 2007, College Health Services, LLC conducted a survey of college students to hear what students say about sports gambling. While gambling on sports can become a serious problem for many students, the survey results indicate that the majority of students don't gamble on sports regularly.

 One in five students has gambled on the outcome of an individual sporting event, like a basketball or football game.

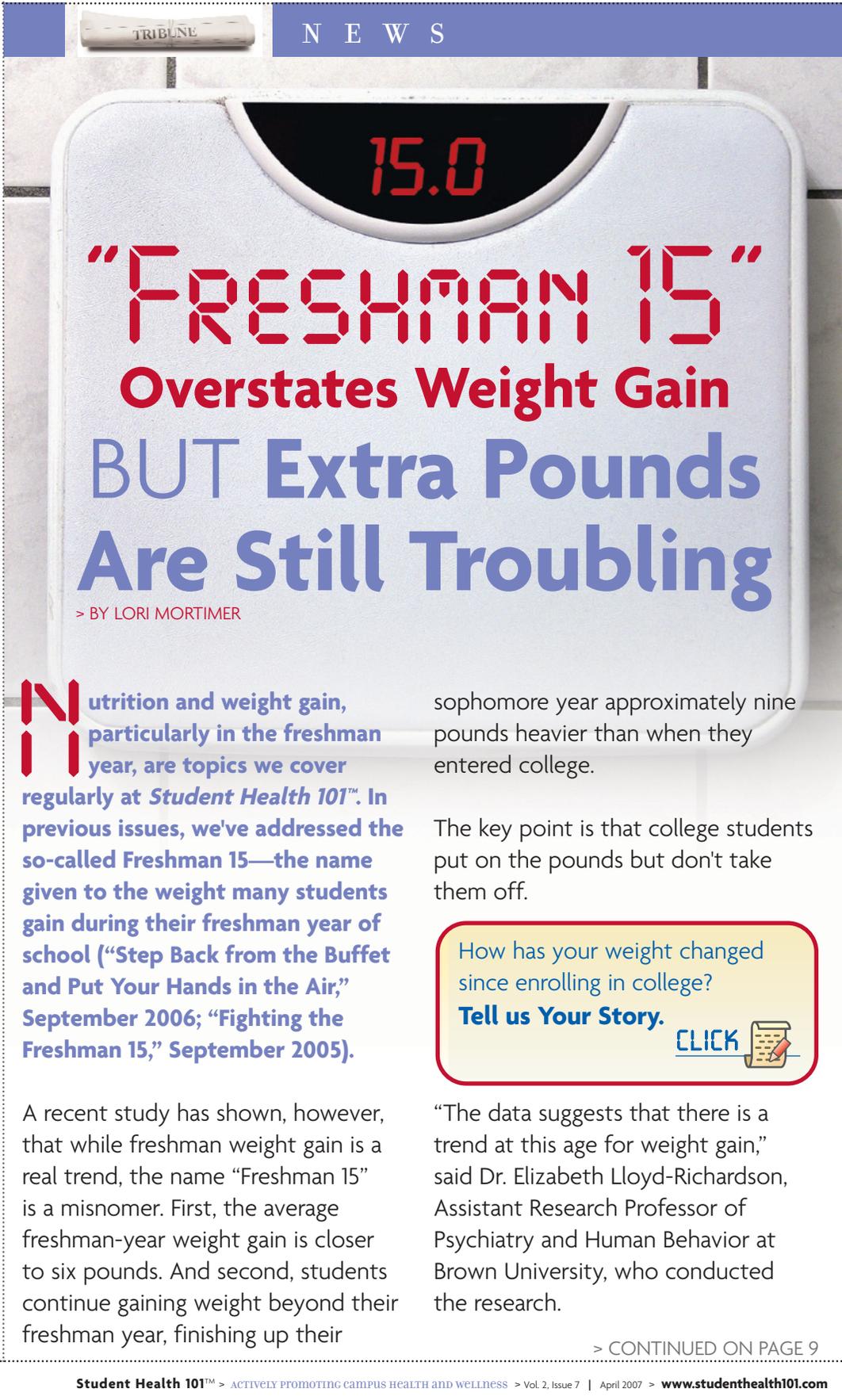
 Over 80% of students say they rarely gamble, and when they do, it's for special events like the Super Bowl or the NCAA basketball tournament.

 15% of students say they participate in fantasy sports leagues, with the majority saying they don't play for money.

 Most students (81%) don't know if there's a student sports bookie on their campus.

SOURCE
Student Health Survey, March 2007,
College Health Services, LLC

 **GIVE US SOME BACKTALK.**



"FRESHMAN 15" Overstates Weight Gain BUT Extra Pounds Are Still Troubling

> BY LORI MORTIMER

Nutrition and weight gain, particularly in the freshman year, are topics we cover regularly at *Student Health 101™*. In previous issues, we've addressed the so-called Freshman 15—the name given to the weight many students gain during their freshman year of school (“Step Back from the Buffet and Put Your Hands in the Air,” September 2006; “Fighting the Freshman 15,” September 2005).

A recent study has shown, however, that while freshman weight gain is a real trend, the name “Freshman 15” is a misnomer. First, the average freshman-year weight gain is closer to six pounds. And second, students continue gaining weight beyond their freshman year, finishing up their

sophomore year approximately nine pounds heavier than when they entered college.

The key point is that college students put on the pounds but don't take them off.

How has your weight changed since enrolling in college?
Tell us Your Story.

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“The data suggests that there is a trend at this age for weight gain,” said Dr. Elizabeth Lloyd-Richardson, Assistant Research Professor of Psychiatry and Human Behavior at Brown University, who conducted the research.

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Richardson studied students at two schools with very different populations. The results showed that

- > Both men and women gain weight after entering college.
- > Most of the weight is put on in the first semester of the freshman year.
- > Men gain weight over the winter holidays, but women don't.
- > The weight gain continues at least into the sophomore year.

One study, which was funded by the National Institutes of Health (NIH) and which studied students at a small private school in the Northeast, showed that on average, college men gain 5.6 pounds as freshmen, while college women gain 3.6 pounds.

> **The average freshman-year WEIGHT GAIN is closer to 6 LBS.**

The other study, which was funded by the Robert Wood Johnson Foundation and which studied students at a large public Midwestern university, showed more weight gain. Both college men and women gained an average of almost eight pounds in their freshman year. By the end of their sophomore year, men had gained 9.5 pounds and women 9.2.

The problem isn't freshman-year weight gain alone, Richardson said. The problem is that "they didn't lose any of it and in fact gained a few more pounds the following year."

In addition, many of the study subjects, particularly those at the Midwestern school, were overweight when the study began. And those Midwestern students gained the most freshman-year weight.

What Causes the Weight Gain?

Interviews with subjects in Richardson's studies reveal a few common causes of freshman weight gain. "This is what students are telling us," Richardson said, "not what we're telling them."

- > **Meal plans.** The all-you-can-eat meal-plan system makes more food available than students are accustomed to, which leads to overeating.
- > **Social aspect of meals.** "Meal time is a very social time," Richardson said. Students spend a lot of time talking at the table, sometimes as long as two hours for dinner. They often continue to go back for more food even after they've finished their meal.
- > **Alcohol.** "Alcohol is playing a big role in [students'] weight gain," Richardson said. They drink more often in college than they did in high school, and they drink larger quantities than they did in high school.

> **Students continue gaining weight beyond their FRESHMAN YEAR, finishing up their sophomore year approximately 9 LBS. heavier than when they entered college.**



And don't forget the late-night eating. "Students report that 50% of the time, they go out to eat after drinking," Richardson said.

Weigh In to Keep the Weight Off

Want to keep the pounds from piling on?

Another Brown University study revealed that people who had recently lost weight were more likely to keep the weight off if they weighed themselves every day. The daily weigh-ins enabled the subjects to make day-to-day modifications to their diet and exercise routines to help keep the weight off.

"The most important thing you can do is get on the scale every day," Richardson said.

Even though some health-care professionals express concern that young adults who monitor their weight every day may develop an eating disorder, the results of the Brown University study illustrate that "it's very important to have some sense of what your weight is doing," Richardson said.

How do you manage your weight while in college? Discuss your strategies with other students in our BackTalk Forums.

Give us some BackTalk.

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Of course, if you want to maintain your current weight or lose some of your freshman weight gain, the standard advice applies, too: exercise regularly, eat several small meals per day, and choose healthy foods and snacks (See "Healthy Snacks" and "Smart Food Substitutes" at right). 🍌

HEALTHY SNACKS

If you want to keep the excess pounds off, keep only healthy snacks in your dorm room or apartment. Try some of these.

- > Plain popcorn
- > Fresh or canned fruit
- > 100% fruit juice
- > Rice cakes
- > Wheat crackers
- > Whole-wheat granola bars
- > Dried fruit
- > Yogurt
- > Water
- > Low-salt, low-sugar "natural" peanut butter

SMART FOOD SUBSTITUTES

Changing your eating habits in small ways can make a big difference in your calorie and fat intake. For example, put 1% milk in your coffee instead of cream or half-and-half. Or choose baked potato chips instead of the regular kind, which are high in fat. In general, look for low-fat or nonfat food varieties, reduced-salt or "no-salt-added" options, and opportunities to eat more fruits, vegetables, and whole grains.

> INSTEAD OF	> TRY
Regular potato chips or tortilla chips	Baked potato chips or tortilla chips
Fried chicken	Grilled, broiled, or baked chicken
Soda or juice	Water, flavored waters, seltzer
Bagel with butter	English muffin with jam
Coffee with cream or half-and-half	Coffee with 1% milk
Ice cream	Frozen yogurt
Whole milk	Skim or 1% milk
Cream sauces	Meatless tomato sauces
Ricotta cheese	Nonfat cottage cheese
Mayonnaise (on a sandwich)	Mustard
Brownies or cake	Angel-food cake
Cookies	Animal crackers, fig bars
French fries	Baked or mashed potatoes
Butter	Low-fat or fat-free margarine
Whole eggs	Egg whites

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