Group Project Survey (To phase IV students)

Project Title: Medical Student Health Behaviors at the University of Colorado School of Medicine

Brief Description of the project:

For my project I evaluated the nutrition and physical activity habits of CU medical students during the 2010-2011 academic year through a cross-sectional survey design. The survey also included gathering students’ opinions as to how and why their habits might have changed while enrolled in medical school. I found that the majority of students believed their health habits declined since starting medical school. In addition, analysis of students’ nutrition habits demonstrated a statistically significant pattern of decreasing daily fruit and vegetable servings by more senior students. Additional work could be done on this topic through a more longitudinal study of medical student diet/exercise, or implementation of health-promotion interventions on campus that might further improve medical students’ personal health behaviors.

How many students can be added to this project?

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What Department/center is the project with? Family Medicine

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