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| **Association with eating habit, body mass index and health risk factors among the first-year students of university, South Korea** |
| **Background and Objectives**: Healthy eating habit is known the effective factor to reduce health risks and health problems. On the other hand, unhealthy behaviors have been increased for several years among young people in South Korea. Especially, to improve health status, it needs to provide the customized health services to promote health behaviors. This study performed to analyze BMI and health risk factors related to eating habits among the first-year students of university.**Methods**: To examine the association with eating habit and health promotion behaviors, health survey was conducted with 3,918 students who were first-year students in a university by self-reported questionnaire from February 26 to March 10, 2015. In this study, eating habit was defined whether they had been once and more having breakfast in recent two day or not. BMI was classified by Asian criterion. Multiple logistic regression analysis was performed to identify the difference of BMI and health behaviors by eating habit. **Results**: 2,921 (74.6%) students were healthy eating practitioner and 37.4% of survey participants was regular exerciser. 11.9% (n=466) of them was current smoker and 11.3% was risky drinker. Low weight group was 20.9%, and 24.3% included in overweight and obesity group. In multiple logistic regression models, it remained significantly the difference of eating habit by gender, subjective health status, BMI, frequency of having fruits and vegetables per one day, drinking behavior, regular exercise and participation of health check-up (p<0.05, p<0.01). On the other hand, it was not significant the difference of that by smoking behavior, sleeping hours and mental health. **Conclusion**: To reduce health risk factors of university students, it should build healthy policies and provide comprehensive health promotion programs on campus. Also it needs to develop various tailed messages and smart healthcare service using health information technology (IT) on campus to help the achievement of their academic goal and health promotion. **Key words**: Eating habit, health risk factors, health promotion behavior, university students |