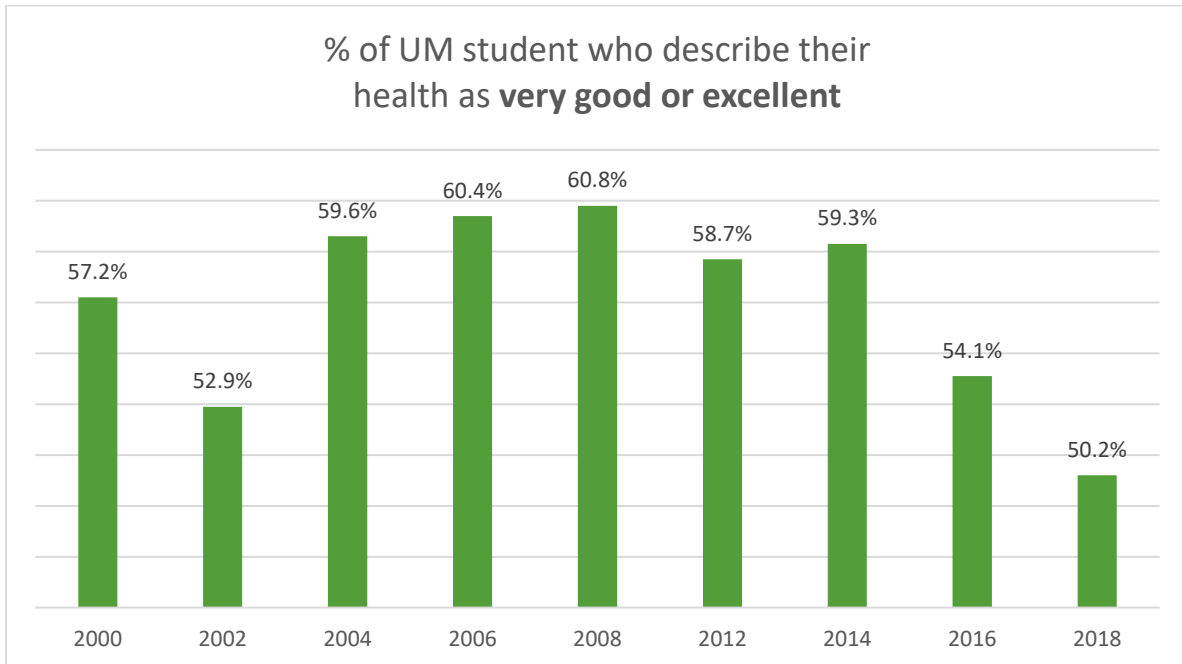


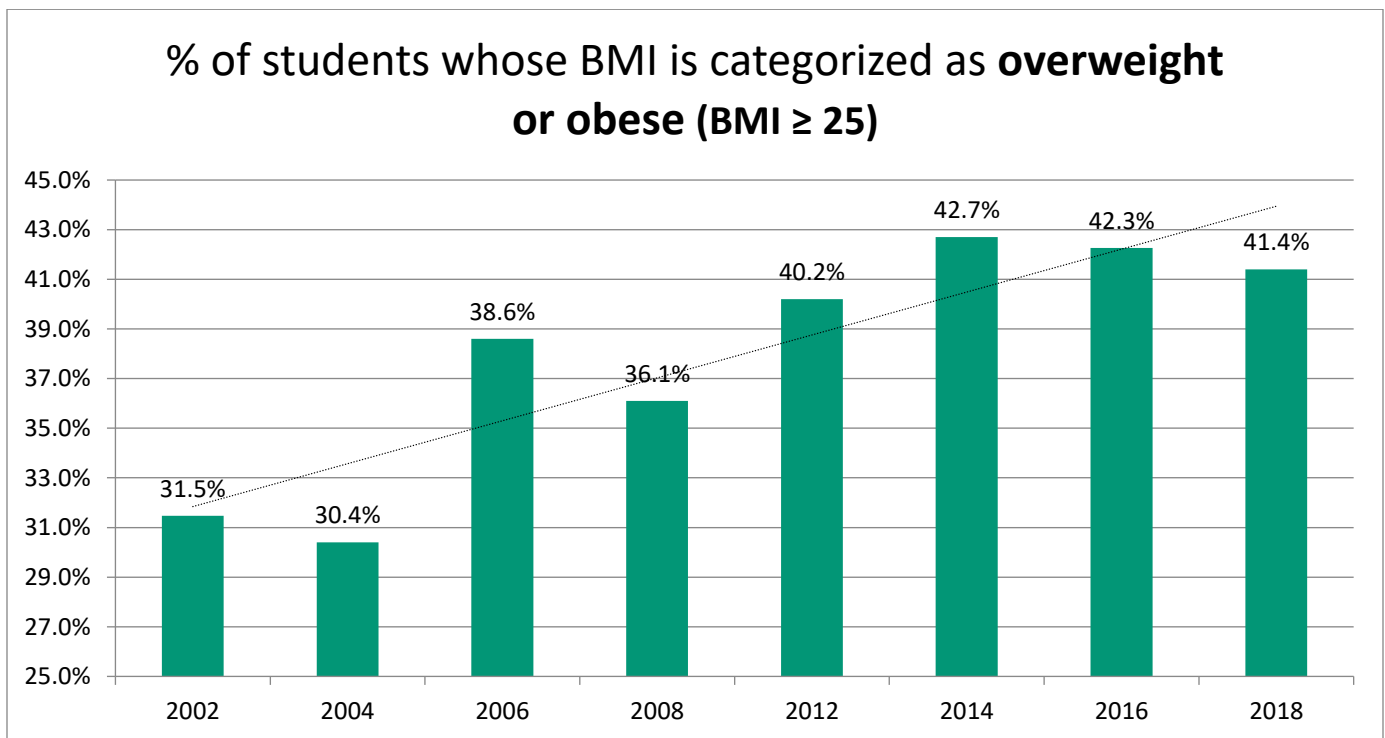
PHYSICAL HEALTH

- Female students at UM have seen a dramatic increase in reported BMIs.
- The number of UM students whose BMI is categorized as overweight or obese has increased by 36%.
- The number of UM females whose BMI is categorized as overweight or obese has increased by 86%.
- 61% of UM students report feeling tired or sleepy most days of the week.
- 52% meet guidelines for exercise; 37% eat at least 3 servings of fruits and vegetables per day.

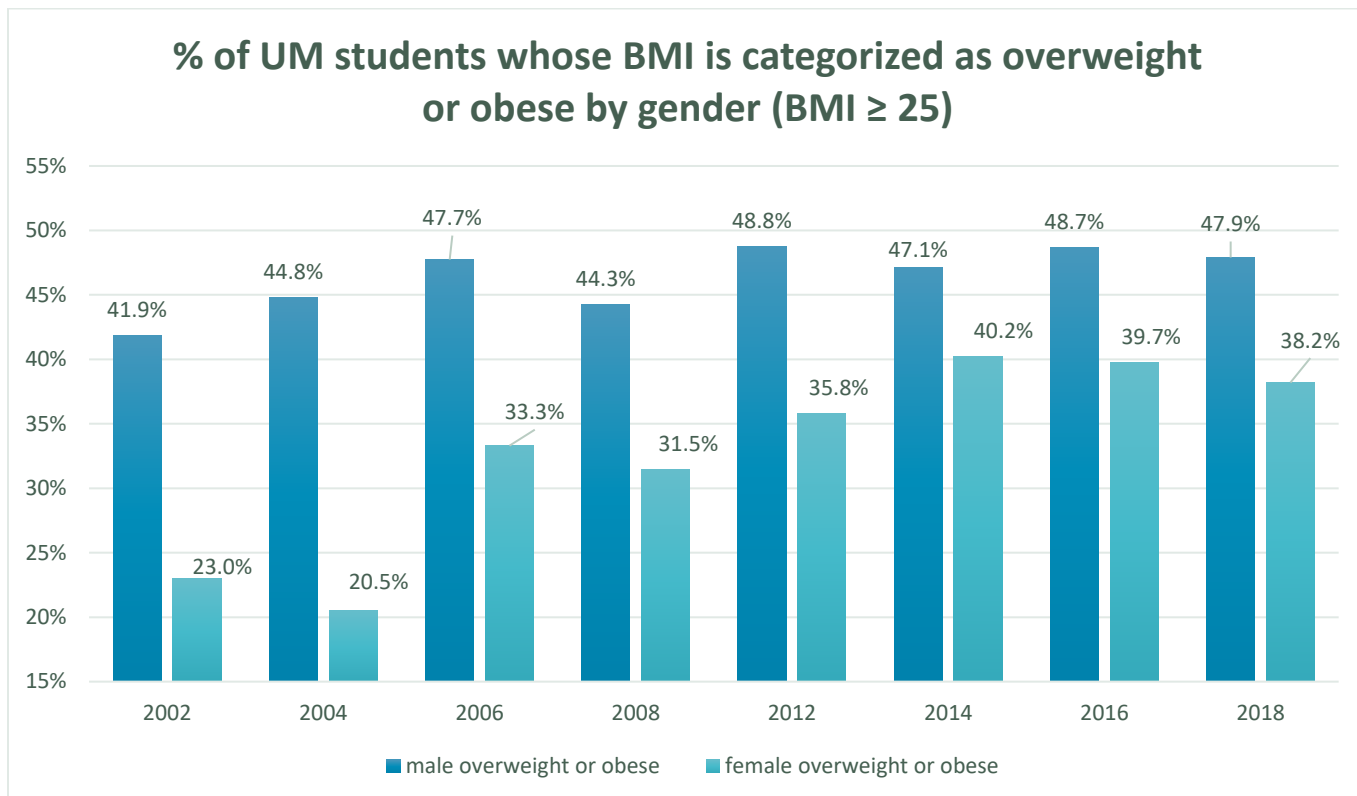
UM students report feeling less healthy. Fewer UM students categorize their health status as either very good or excellent.



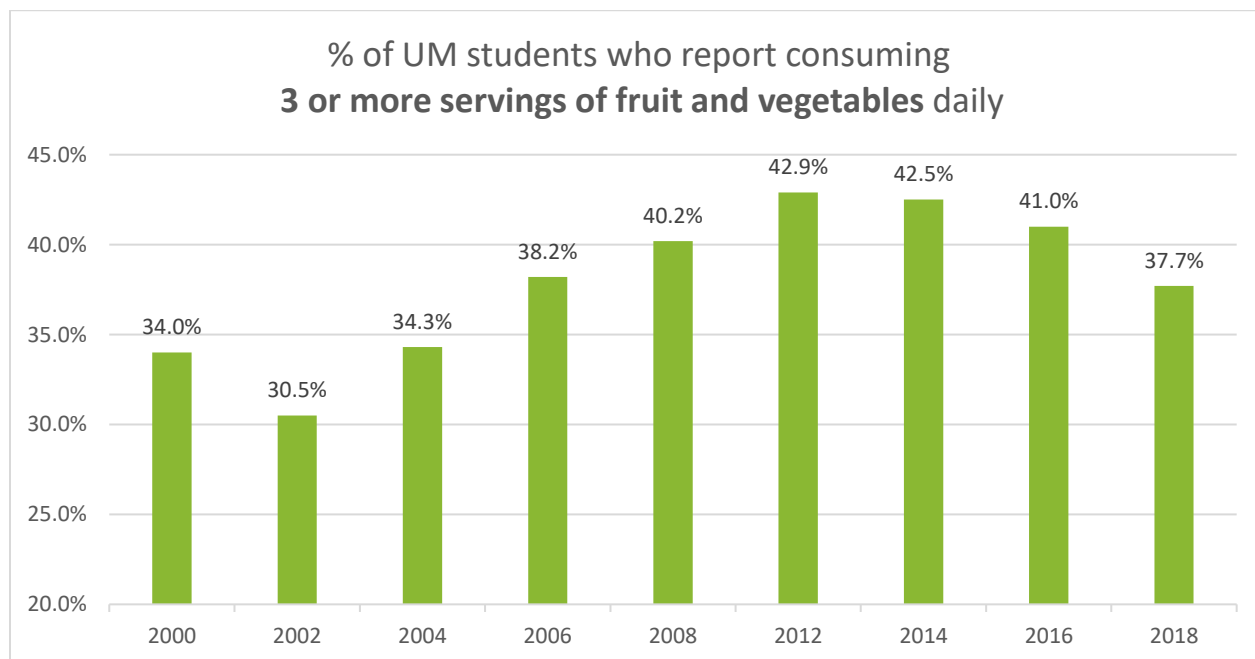
More UM students are struggling with their weight. Based on reported height and weight, more UM students are falling within the category of being overweight and obese.



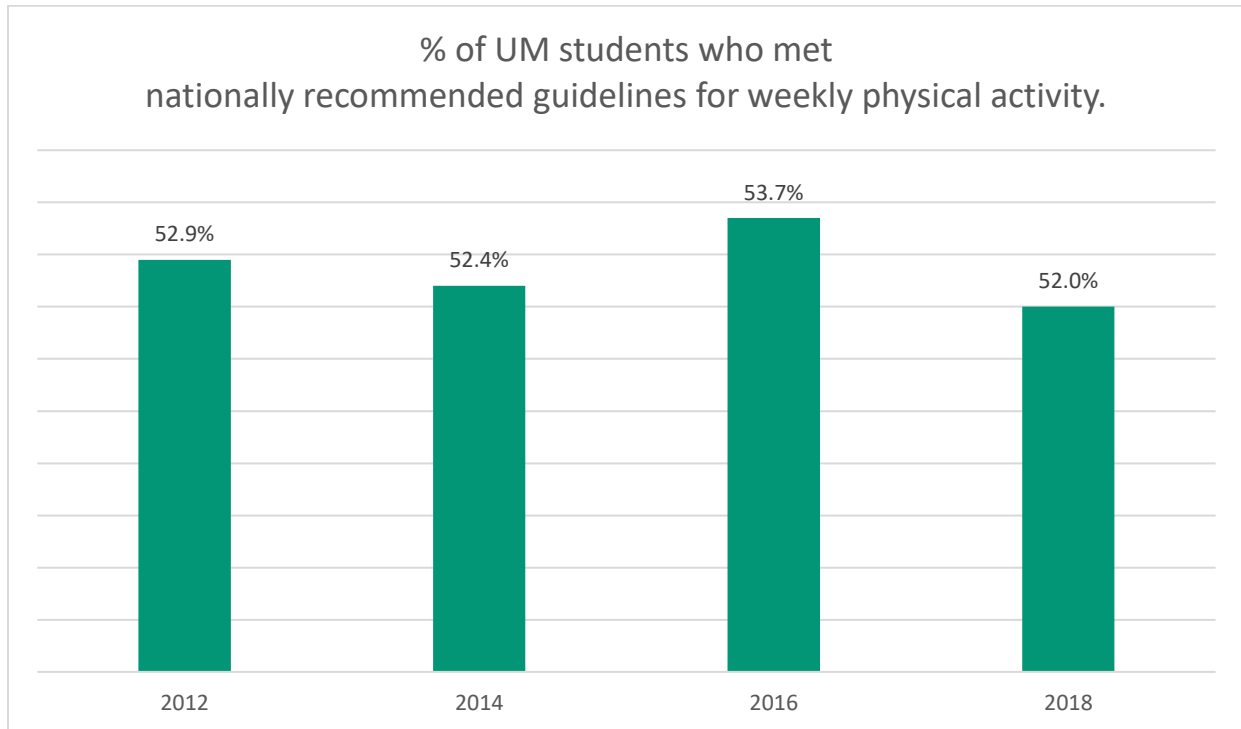
Both male and female students show an increase in BMI over time, but data indicate a larger shift within the female student population.



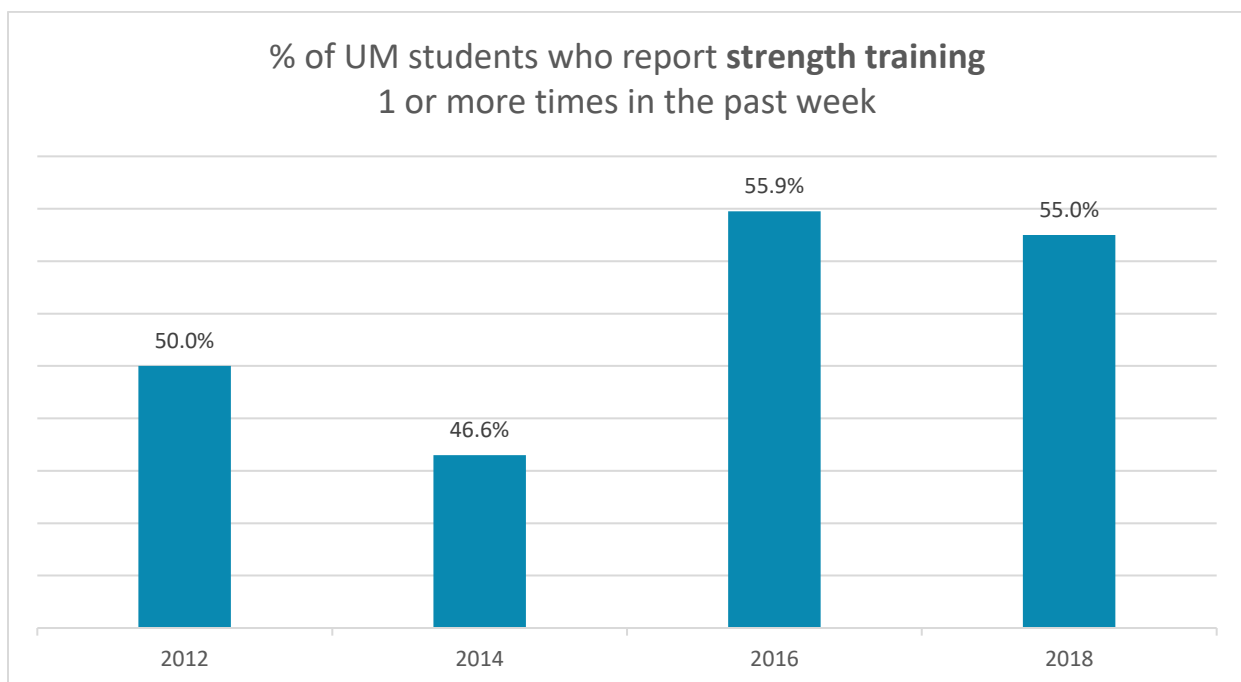
In contrast to the change in student BMI over time, the extent to which UM students are taking care of their physical health seems to be fairly consistent. In fact, data indicate slight improvements in the areas of diet and exercise.



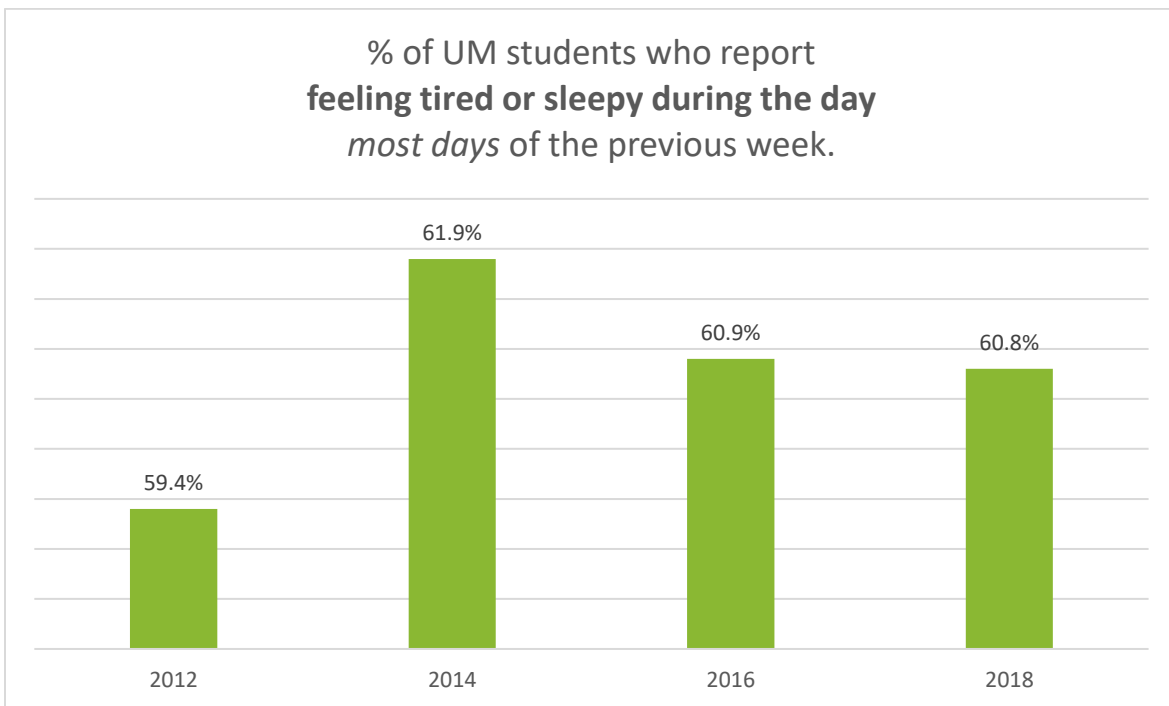
Most UM students report meeting physical activity guidelines for adults issued by the American College of Sports Medicine and the American Health Association (2007). The guidelines are: Moderate-intensity aerobic for at least 30 minutes on 5 or more days per week, or vigorous-intensity aerobic exercise for at least 20 minutes on 3 or more days per week.



The percent of UM students who engage in strength building exercises has increased.



Most UM students do not get enough sleep to avoid feeling tired and sleepy during the day.



More UM students report struggling with the quality of sleep they are getting.

