

Abstract

Background: A number of researches have been done to try to find the association of physical activity and consumption of food for different groups of people in different places.

Objective: The purpose of this study was to determine the association of physical activity levels with food consumption among the students of the University of the West Indies, St. Augustine Campus.

Method: A cross-section of university students had their weights, heights, percentage body fat and waist circumference measured using standardized procedures. In addition, they completed self-administered questionnaires consisting of demographic and lifestyle behaviours such as diet and physical activity.

Results: A total number of 255 students participated in the study, 75 of which were males. It was found that males were heavier and taller than females. On the other hand, females had higher percentage body masses but once again males were thicker on the waist than their male counterparts. The study found that males were generally more physically active than females. Those students whose physical activity was high tended to have a higher intake of foods, especially staples, meats and drinks.

Conclusion: The results of this study suggest that sedentary lifestyle is associated with high % body fat and overweight in university student community and that those that participate in sports and high levels of physical activity are less likely to have higher % body fat and overweight.