healthyhorns issues brief Nutrition

Sugar-Sweetened Beverages

Servings* per day in the last 7 days 30.9% no servings 40.2% 1-2 servings 16.6% 3-5 servings 7.2% 6-8 servings Consumed 3+ servings* per day in the last 7 days

30.7% undergraduates



FALL 2023

* One serving: 12 oz. soda; 8 oz. sweetened, flavored water or sports drink; or 6 oz. sweetened coffee, tea or juice.

Energy Drinks or Energy Shots

5.1% 9+ servings

Frequency of energy drink or energy shot consumption in the last 30 days

14.8% 1-3 times per month

72.2% none

7.3% 1-2 times per week

5.7% 3+ times per week

Drank 1+ energy drink or energy shot in the last 30 days

30.2% undergraduates

met vegetable intake

24.7% undergraduates

30.5% graduate students

recommendations



† Recommended daily servings: 1.5-2 cups of fruit,

2-3 cups of vegetables.1

Fruit and Vegetable Intake (average servings consumed per day in the last 7 days)

14.9% met fruit intake recommendations[†] 14.9% undergraduates 14.4% graduate students

Food Security[‡]

56.3% reported marginal or high food security 24.0% reported low food security 19.7% reported very low food security

‡ Based on frequency students reported going hungry, reducing meal sizes or running out of food in the last 30 days due to insufficient money to buy food.2

1 U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025, 9th Ed. Washington, DC: U.S. Dept of Agriculture; 2020.

2 Coleman-Jensen A, Nord M, Singh A. Household Food Security in the United States in 2012. Washington, DC: U.S. Dept of Agriculture; 2013. Report No. ERR-155.



University Health Services Counseling and Mental Health Center Longhorn Wellness Center Division of Student Affairs Data source is 2023 American College Health Association's National College Health Assessment (ACHA-NCHA III).

FIELD DATES: OCTOBER 8-NOVEMBER 12, 2023. Total of 2,478 respondents for a web survey among University of Texas at Austin students. Note: Graduate student category includes graduate and professional students.

