healthyhorns issues brief Nutrition

Sugar-Sweetened Beverages

Servings* per day in the last 7 days 32.4% no servings 41.3% 1-2 servings 14.6% 3-5 servings 7.0% 6-8 servings 4.6% 9+ servings * One serving: 12 oz. sol Consumed 3+ servings* per day in the last 7 days

30.3% undergraduates



FALL 2021

* 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

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

9.5% 1-3 times per month

80.9% none

5.1% 1-2 times per week

4.5% 3+ times per week

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

21.5% undergraduates

met vegetable intake

25.8% undergraduates

32.7% 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)

13.2% met fruit intake recommendations[†] **12.0%** undergraduates **15.5%** graduate students

Food Security[‡]

62.3% reported marginal or high food security 21.6% reported low food security 16.1% 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.

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University Health Services Counseling and Mental Health Center Longhorn Wellness Center Division of Student Affairs Data source is 2021 American College Health Association's National College Health Assessment (ACHA-NCHA III).

FIELD DATES: OCTOBER 24-NOVEMBER 21, 2021. Total of 682 respondents for a web survey among University of Texas at Austin students. Note: Graduate student category includes graduate and professional students.

