

# THE FRESH STUDY

## DATA INFOGRAPHIC

The **Food, Rest, Exercise & Student Health Study** is a two-year longitudinal observational cohort study in 2nd-year undergraduate students at UC Santa Cruz. Our **goal** is to gain a better understanding of student nutrition and factors related to cardiovascular and metabolic health as defined by the American Heart Association's Life's Essential 8™.



**FRESH**

FOOD, REST, EXERCISE & STUDENT HEALTH STUDY

### 350 PARTICIPANTS



**19** years old  
Average age



**3.47**  
Average GPA



**33.1%**  
Pell Grant recipient



**26.6%**  
First-gen student

### WHY IS THIS STUDY IMPORTANT?

This is the first longitudinal study in the United States to examine nutritional status in relation to Life's Essential 8™ factors in college students. Findings from this study could have important health and higher education policy implications.

### WHAT IS LIFE'S ESSENTIAL 8™?

The American Heart Association has identified 8 factors referred to as Life's Essential 8™ that are important for ideal cardiovascular and metabolic health. These factors include sleep, diet, physical activity, nicotine exposure, blood pressure, blood sugar, cholesterol and weight status.

### RESIDENCY STATUS



**92.6%**  
California residents



**7.4%**  
Out-of-state residents



**0%**  
International students

### GENDER & IDENTITY



**61.9%**  
Female

**38%**  
LGBTQIA+

**30.9%**  
Male

**5.4%**  
Transgender

### RACE & ETHNICITY

- 32.9%** → Non-Hispanic White
- 24.9%** → Asian/Pacific Islander
- 20.6%** → More than one race
- 19.7%** → Hispanic/Latino
- 1.7%** → Black/African American
- 0.3%** → American Indian/Alaska Native

