**ASSESSING THE CARDIOVASCULAR HEALTH BEHAVIORS OF COLLEGE STUDENTS**

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*Background:*In 2010 the American Heart Association defined national goals to achieve ideal cardiovascular (CV) health in the United States. Studies have demonstrated poor compliance with these recommendations among American adults. Less is known regarding health behavior in the younger generation of Americans.

*Objective:*To assess health behaviors of college students.

*Methods:*Using a modified scoring system of the AHA “Life’s Simple Seven” we evaluated general health behaviors of college students through an online survey assessing CV knowledge and lifestyle. We measured 4 categories of healthy living, and each was assigned up to 2 points. We defined ideal CV health behavior as a score in the highest tertile (6-8).

*Results:*A total of 548 students completed the survey (mean age 21.9 +/- 6.64 years; 79.9% female; 20.1% male; 87.6% Caucasian; 2.55% Asian; 4.56% black and 4.56% other). Few students were complying with all healthy dietary guidelines, and approximately half of all students were getting adequate exercise. Close to 40% of students had an unhealthy BMI. As a result, only half of all students met the criteria for ideal CV health.

*Conclusions:*Futureeffort should focus on promoting healthier habits in the younger generation of Americans.

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| Health Metric | N (%) Achieving Metric |
| Healthy Diet (Meeting all 3 metrics below) | 3.0% |
| < 36 oz. of Sugary Drinks/Week | 80.3% |
| > 4.5 Cups of Fruit-Vegetables/Day | 64.9% |
| > 2 Servings of Fish/Week | 5.7% |
| Exercise >75 minutes of vigorous or >150 of moderate intensity/week (>60 minutes/day for 18-19 year old) | 51.9% |
| BMI <25 (<85 percentile for 18-19 year old) | 61.8% |
| Not smoking | 94.2% |
| Overall Score 6-8 (Ideal Health Behavior) | 51.1% |