

A Descriptive Assessment of Fitness, Weight Status & Health of Delaware State University Students
Grimes,K., Jackson,E.M, FACSM, Shorter, A. Delaware State University, Dover, DE

kiayonagrimes@yahoo.com, emjackson@desu.edu, ashorter@desu.edu

Purpose: We conducted a descriptive assessment of the relationship between cardiovascular classification, BMI, and chronic disease risk in university students. **Methods:** Participants (N=409) completed a Tri-Fit assessment, the PAR-Q, and a health risk appraisal. The Tri-Fit assessment evaluated blood pressure, %body fat, weight and height. **Results:** More men were classified as 'above fair' for the cardiovascular classification than women (70.4% vs. 27.8%). Women were more likely to be obese compared to men (25.1% vs. 14.5%). Diabetes risk level was directly related to weight and indirectly related to cardiovascular classification. Only participants classified as overweight or obese were in the high risk category for diabetes (9.9% and 31.7%). No participants with an 'above fair' cardiovascular classification were at high risk for diabetes compared with 26.8% of the 'below fair' participants. Stress and depression scores were more favorable in lower weight and higher cardiovascular classification participants. **Conclusion:** Approximately half of the participants were classified as overweight or obese. Cardiovascular classification scores were generally low, yet there was still an indirect relationship with disease risk. Campus efforts to increase physical activity and reduce overweight and obesity are recommended to improve the health of our university students.