



The State of Spartan Health 2026

Physical Health

Physical health is crucial for college students, as it directly impacts their academic performance, mental well-being, and overall quality of life. Physical activity, nutrition, and sleep are three fundamental pillars that greatly affect the physical health of college students.

Key Findings

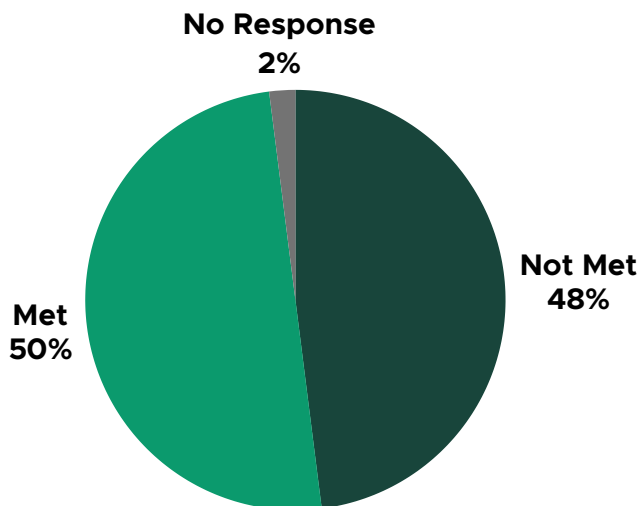
60% of students did **toning or muscle-strengthening exercises** two or more days in the past week.

79% report eating around **3 or more servings of fruits and vegetables** per day.

53% of students reported **feeling tired or sleepy** during the day for all four or more days out of the past seven.

Percentage of Students Who Met Physical Activities Guidelines

[30 min. moderate activity 5+ days/week OR 20 min. vigorous activity 3+ days/week OR equivalent combination (2 days mod. = 1 day vigorous)]



Other Considerations

- 58% of undergraduate and 52% of graduate students describe their general health as very good or excellent.
- 16% of students cut meal sizes or skipped meals because there wasn't enough money for food some days or every day out of the past month.

Learn More

Scan the QR code to find more data at our State of Spartan Health webpage.

