



The State of Spartan Health 2024

Physical Health

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

When combined, exercise, nutrition and sleep form a powerful foundation for maintaining physical health. Regular exercise promotes better sleep quality, while good nutrition provides the energy needed to be physically active and supports sleep regulation. Together, they enhance overall wellbeing, reduce the risk of illness, improve mental health, and contribute to better academic outcomes.

Of MSU Students:

62%

Of Students did **toning or muscle-strengthening exercises** two or more days in the past week.

84%

Of Students report **eating 3-5+ fruits and vegetables** per day.

49%

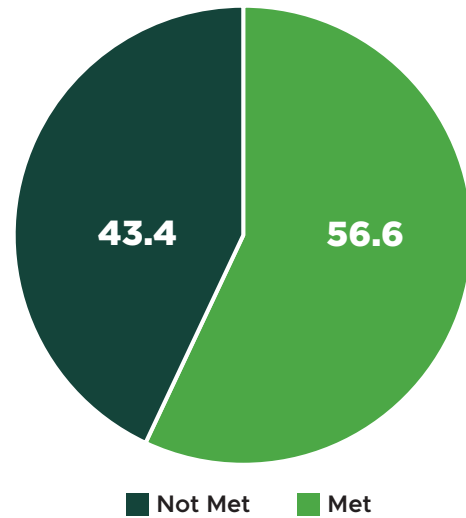
Of Students report **feeling tired or sleepy** during the day four or more days out of the previous seven.

What We're Watching

- More than half the respondents (66%) reported getting **sufficient sleep** fewer than four days out of the previous seven, which is an increase of 7% from 2022 (58%).
- 53% of undergrads and 56% of graduate students describe their general health as very good or excellent.

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)]



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