Sugar-Sweetened Beverages

- Servings per day in the last 7 days
  - 32.4% no servings
  - 41.3% 1-2 servings
  - 14.6% 3-5 servings
  - 7.0% 6-8 servings
  - 4.6% 9+ servings

- Consumed 3+ servings per day in the last 7 days
  - 30.3% undergraduates
  - 18.3% graduate students

Energy Drinks or Energy Shots

- Frequency of energy drink or energy shot consumption in the last 30 days
  - 80.9% none
  - 9.5% 1-3 times per month
  - 5.1% 1-2 times per week
  - 4.5% 3+ times per week

- Drank 1+ energy drink or energy shot in the last 30 days
  - 21.5% undergraduates
  - 14.0% graduate students

Fruit and Vegetable Intake (average servings consumed per day in the last 7 days)

- 13.2% met fruit intake recommendations†
  - 12.0% undergraduates
  - 15.5% graduate students

- 28.1% met vegetable intake recommendations†
  - 25.8% undergraduates
  - 32.7% graduate students

Food Security‡

- 62.3% reported marginal or high food security
- 21.6% reported low food security
- 16.1% reported very low food security

Data source is 2021 American College Health Association’s National College Health Assessment (ACHA-NCHA III).
FIELD DATES: OCTOBER 24-NOVEMBER 21, 2021. Total of 682 respondents for a web survey among University of Texas at Austin students. Note: Graduate student category includes graduate and professional students.

† Recommended daily servings: 1.5-2 cups of fruit, 2-3 cups of vegetables.
‡ Based on frequency students reported going hungry, reducing meal sizes or running out of food in the last 30 days due to insufficient money to buy food.