

**A Casual Relational Study on Eating Patterns and Body Mass Index among Tertiary Students of
La Consolacion University Philippines**

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Abstract

College years can be considered as a sensitive phase for weight gain where most of the students also experienced eating disorders and higher risk in obesity (Schaumberg, et al., 2014). As college administrators tend to provide programs in promoting good health to the students, the behavior and eating patterns of the students should also have to be evaluated. This study aimed to investigate the nutritional status of the students in La Consolacion University Philippines as well as their eating patterns. Furthermore, the study used survey research method and a purposive sampling in gathering data and information needed in the research. Results showed that the 48% of the samples are under the normal body weight while overweight and obese, combined, and represented 40% of the total observations. Findings also revealed that Statistics showed that BMI and the Frequency of Eating at fast food restaurant has no correlation.

Keywords: eating patterns, body mass index, tertiary students, La Consolacion University Philippines