

**Lifestyle Practices and the Prevalence of Obesity
among College Students Sopheak Pol, Vuthy Uo,
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Abstract: Obesity is one of the most neglected and pervasive health problems worldwide affecting all ages, sex, socioeconomic classes and ethnicities. This correlational study aimed to determine the relationship between lifestyle practices and the prevalence of obesity among 173 college students. The study found that the lifestyle practice of college students in terms of physical activity is good. The dietary pattern on meat group product is fair; legume, bean, nut and seed group, and dairy product groups are good; vegetable and fruit group is good. Further result revealed that consumption of rice and cereal is high. The Body Mass Index (BMI) of most college students is within normal range. However, only legume, bean, nut and seed group consumption has significant relationship with BMI of the respondents. Monthly allowance, legume, bean, nut and seed group consumption are significant predictors of BMI. This means that high BMI is associated with the consumption of legume, bean, nut, and seed diet intake. Therefore, a good practice of food intake can prevent obesity.

Keywords: Lifestyle practices, prevalence of obesity, dietary pattern