

## **Project ADAPT 2.0: Assessing Diet and Activity Perceptions in the UGA LGBTQ+ Community**

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The transition from adolescence to young adulthood is characterized by changes in many health-related behaviors. For many younger individuals, this period of time occurs with a transfer to a college or university campus, and represents a time of shifting environments, support systems, and influences. Specifically, research indicates that exercise/physical activity (EX/PA) levels and diet quality decrease during this time and remain sub-optimal into adulthood. With regard to the members of the LGBTQ+ (lesbian, gay, bisexual, transgender, queer) community, limited research suggests these individuals are at a higher risk for negative health outcomes associated with less healthy EX/PA and dietary behaviors compared to their non-LGBTQ+ counterparts. However, it is important to note that this limited research base is primarily based upon LGBTQ+ adults, with less known about college-aged LGBTQ+ individuals. Therefore, from a public health perspective, it is necessary to determine if disparities in health behaviors are present among LGBTQ+ young adults as this is a critical time in their lives when life-long health habits are developing. In order to better meet the health promotion needs of LGBTQ+ students on UGA's campus with regards to EX/PA and nutrition, we first need to better understand current health behavior patterns of this important group.

In this context, the overarching goal of this project is to determine current EX/PA and dietary behaviors and barriers to meeting government advocated health guidelines in LGBTQ+ students on the UGA campus to inform programming efforts to enhance the health of all students. Specifically, this project aims to 1) quantify and compare EX/PA and dietary behaviors of LGBTQ+ students and non-LGBTQ+ students, 2) identify and compare perceived barriers to and motivators for healthy EX/PA and dietary habits in both student groups, and 3) assemble a task force to address the barriers that prevent all students, especially LGBTQ+ students, from meeting EX/PA and dietary guidelines.

In addition to contributions to the scientific literature and obtaining pilot data for potential external grant submissions, we will share our findings with our UGA Student Affairs campus partners and organize a task force to enhance programmatic efforts to improve the EX/PA and dietary behaviors of our UGA student body.