Introduction
University students have an excessive consumption of alcoholic beverages that will have negative impacts for the individual and for the community[1], including psychological and cognitive damages, worse academic performance, personal injuries, aggression, vandalism and death. According to the National Food, Nutrition and Physical Activity Survey 2015-16 of the Portuguese general population, approximately, 8% of women and 26% of men consume alcohol at levels considered high or excessive.[2] On the other hand, water consumption is associated with health and well-being[3] and a reduced intake may lead to dehydration, with an increased risk of chronic diseases and affected cognitive abilities.[4] The Portuguese population drinks an average of less than 1L of water per day, below their respective adequate intake levels (2L for women and 2.5L for men).[2]

Aim
The aim of this study is to characterize the consumption of beverages by students at the University of Porto. The specific objectives were: characterize the sample in terms of water consumption, physical activity and stress level; relate water consumption to the perception of health status, physical activity and stress level; compare changes in drinking habits between the sexes and the consumption of alcoholic beverages between faculties, whether or not they are displaced and between the sexes.

Methodology
In this study, a questionnaire was developed, available from May 5th to 15th through Facebook, which assessed socio-demographic and lifestyle characteristics, and the frequency of consumption of water and alcoholic beverages. Only the answers of UPoro students were included (table 1). The statistical treatment of the data was performed with the IBM SPSS Statistics 26 program, using the Chi-Square Test of Independence, Mann-Whitney (MW) and Kruskal-Wallis (KW), as well as the Spearman's correlation coefficient. A p<0.05 was considered statistical significant.

Results

TABLE 1 | Sample distribution by faculties.

Graph 1: Physical Activity Level

GRAPHIC 1 | Physical Activity Level

GRAPHIC 2 | Water Consumption/day

GRAPHIC 3 | Stress Level

TABLE 3 | Spearman's correlation coefficient between water and other variables.

TABLE 4 | Chi-Square Test of Independence.

TABLE 5 | Mann whitney (MW): Comparison of alcoholic beverages consumption between the sexes. Mann whitney (MW): Comparison of alcoholic beverages consumption between displaced. Kruskal-wallis (KW): Comparison of alcoholic beverages consumption between faculties.

Conclusion
In conclusion, water consumption had a positive association with physical activity and perception of health status, and also a negative association with stress level. The variables sex and change in the consumption of beverages when entering university and at the time of exams are independent. Most alcoholic beverages are consumed more frequently by males and students displaced from their usual residence. At last, beer shows significant differences in the frequency of consumption between faculties at the University of Porto.

References