

Coffee Consumption: Predictors, Prevalence, Awareness, and Trend among Saudi University Students

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Abstract : The consumption of coffee as a beverage is increasing in every part of the world. However, its excessive intake might exert negative effects. Our objective was to demonstrate the prevalence and awareness of coffee consumption among Saudi students and its determinants among this section of the population. Nine hundred thirty female students participated from various departments of King Saud University in a survey-based study using a face-to-face interview. The study demonstrates a high prevalence of coffee consumption (88.2%) among students in the Riyadh region. Certain situations such as exams were associated with increased frequency of coffee intake combined with unhealthy dietary habits of adding other ingredients such as sugar and spices in amount more than needed. Unmarried and fresh year students with high academic grades were associated with higher coffee consumption. The main determinants of coffee consumption among university students were high BMI and increased family income level. Continued awareness and basic knowledge, along with understanding the importance of reading food labels, should be provided to young generations. The university students must be cautioned to limit excessive coffee consumption and maintain healthy dietary habits.

Keywords : academic performance, BMI, coffee, health awareness

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