

# Assessing International Students' Physical Activity Behaviors in South Korea during the Pandemic Using the Health Belief Model

Lixi Tian\*

Department of Medicine, MacKay Medical College, New Taipei, Taiwan

## Abstract

The exercise interventions were delivered in the community, enhancing generalizability but possibly introducing variability in execution. For instance, it is still unknown if increased cardiorespiratory fitness correlates with improved memory, or if memory loss (or more advanced forms of dementia) influences measured cardiorespiratory fitness as measured by peak VO<sub>2</sub> levels. Although these relationships remained significant even after controlling for baseline MMSE or baseline CDR (as an index of baseline disease severity), reverse causation cannot be ruled out as an explanation for these secondary findings. Last but not least, it is essential to note that we did not make any corrections for any of the tests, increasing the likelihood of false positives.

**Keywords:** Added sugars • Adults • Dietary intake

## Introduction

On the other hand, high glycaemic foods are associated with postprandial hyperglycemia and hyperinsulinemia, which can cause hunger and, ultimately, weight gain. Despite the fact that numerous studies have questioned whether sugar is the sole cause of diabetes (not specifically addressed in any randomized-controlled trial) or obesity, the majority of them have failed to ratify a single linkage. The primary pathological event is most likely excessive energy intake, which leads to overweight, obesity, and type 2 diabetes. These morbid conditions would not be caused by a single nutrient or sugar consumption per second. In fact, once total energy intake is taken into account, many published studies have found no link between sugar consumption and body weight. When sugar is replaced with energy-equivalent macronutrients in meta-analyses of randomised controlled trials, there is no increase in body weight. Simply put, large availability (ubiquity, affordability) of any type of palatable food becomes increasingly responsible for the dramatically increasing rate of obesity, particularly in modern Westernized countries. Animal studies show that the sugar-bingeing model mimics an addiction-like phenotype but does not necessarily result in obesity. On the other end of the overeating spectrum, genetic and epigenetic factors cause impairment of the brain reward circuitry, resulting in hypo-dopaminergic function and abnormal craving behaviour. Dopamine (DA), a powerful neurotransmitter, regulates feelings of well-being and is activated by a variety of conditions such as excessive carbohydrate and alcohol consumption, use of crack cocaine, cocaine, opioids, nicotine abuse, aggressive behaviours, and sexual arousal. Physical activity, particularly sustained endurance exercise, has the same effect. These consumers may be the most likely to benefit from interventions to reduce added sugars due to the increased health risk associated with higher consumption.

*\*Address for Correspondence:* Lixi Tian, Department of Medicine, MacKay Medical College, New Taipei, Taiwan, E-mail: [lixitian85@gmail.com](mailto:lixitian85@gmail.com)

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## Literature Review

Consequently, we described the eating times and the top ten sources of added sugars intake, examined characteristics of high added sugars consumers of their calories from added sugars, 1.5 times higher than the , and examined a nationally representative sample of adults in the United States. However, our finding that White adults had a higher prevalence of high added sugars consumers compared to Hispanic counterparts is inconsistent with some other studies our findings are consistent with previous findings that showed the intake of added sugars was inversely related to age, educational status, and family income. We may have focused on high consumers rather than all adults in the United States and different data collection methods between h recall and Dietary Screening Questionnaire In addition, a previous study found no gender differences in meeting the recommendation to limit added sugars which is similar to our findings that showed no differences in the prevalence of high consumers between men and women.

## Discussion

Aside from its obvious anti-inflammatory properties, exercise has been extensively debated as a natural anti-depressant. The psychological benefits of long-term exercise adherence in clinical and community populations are well established. Exercise can boost resistance to the development of depression and other stress-related psychiatric disorders, such as anxiety and stress itself. The pathophysiology and treatment of stress-related disorders are linked to central reward circuitry, which includes neurotransmitters and neurotrophic factors. Despite the fact that there is little known about the effects of physical activity on psychological stress-related symptoms, multiple physiological and neuroendocrine mechanisms have been proposed. Although we were unable to determine whether various snack types are consumed at specific locations, knowing whether various snack types are consumed at various eating occasions and the reasons for this may assist in the development of individualized messaging and intervention strategies to reduce the consumption of added sugars. In this study, sweetened beverages were the top two sources of added sugars. The same primary sources were found in a previous report from; Men consumed a total of of added sugars among adults who exceeded the recommendation for [1-5].

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## Conclusion

A systematic literature search was conducted in the Cochrane Library and MEDLINE databases for studies published in English that combined the terms "sugar addiction", "food craving", "exercise therapy", "training", "physical fitness", "physical activity", "rehabilitation and aerobic". We looked at the references in original articles and reviews. The study was searched both electronically and by following up on references cited in relevant papers. The first electronic database search produced 1.284 hits. Three additional studies were discovered through other sources. Following the initial screening, 788 studies were excluded: 311 were duplicates, 473 were on other subjects, and 4 were case reports. In conclusion, from approximately adults in the United States were considered to be high consumers of added sugars. This indicates that they consumed or more of their daily calories from added sugars, which have little to no nutritional value. By identifying specific populations, eating times, and food/beverage sources that may require additional attention, these findings can inform future health communication and intervention strategies to reduce added sugar consumption.

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## Acknowledgement

None.

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## Conflict of Interest

None.

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