



# Investigating Associations Between Milk Consumption and Markers of Cardiac Disease and Anxiety in University Students

MD Rakibul Hasan Shafi<sup>a</sup>, Ahanaf Ajmaeen Khan Fahim<sup>b</sup>

<sup>a</sup>Faculty of Agricultural Economics and Agribusiness Studies, Khulna Agricultural University, Khulna - 9100, Bangladesh

<sup>b</sup>Veterinary, Animal and Biomedical Sciences, Khulna Agricultural University, Khulna - 9100, Bangladesh

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## Abstract

This empirical inquiry elucidates the complex interplay between university students' milk consumption patterns and the multidimensional factors shaping their dietary choices. Utilizing a survey-based methodology, the study analyses data from a representative, randomized sample of the combination of both qualitative and quantitative data from 200 participants. The findings reveal varied milk intake habits, with 30% consuming milk daily and 45% doing so 3-4 times a week. However, 25% rarely or never drink milk, while 15% avoid milk due to lactose intolerance. Adequate milk consumption provides important nutrients like protein, calcium and vitamin D that are critical for the health of young adults. This study analysed milk drinking patterns and influencing factors among 200 university students in Bangladesh using a survey methodology. The key objective was determining if promoting daily milk intake could help mitigate major health issues like cardiac disease and anxiety/stress facing students. The analysis revealed significant nutritional gaps, with only 30% of students consuming milk daily and a concerning 25% rarely/never drinking milk. While 60% recognized nutritional benefits, barriers like lactose intolerance (15%), preferences (20%) and lack of awareness (10%) impacted intake. Statistical analysis showed students regularly drinking milk exhibited lower blood pressure and anxiety, substantiating links found in existing medical research between dairy intake and decreased hypertension/CVD risk plus mental health resilience. These insights crystallize an imperative for contextualized, culturally-sensitive initiatives focused on fostering students' knowledge and attitudes regarding balanced milk consumption. Promoting adequate intake promises protections against issues negatively impacting academic success and lifelong health trajectories.

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*Keywords:* "Milk consumption patterns; Cardiac health; Anxiety in university students; Nutritional gaps; Tailored interventions."

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## 1. Introduction

This study explored the intricate relationship between milk drinking habits and influencing factors among university students. Using survey methods, researchers analyzed data from 200 participants across majors regarding motivations, attitudes, and consumption frequency. Just 30% drank milk daily, while alarming nutritional gaps existed for the 25% with low intake. Recognizing benefits didn't always translate into action - only 35% met calcium recommendations despite 60% knowing guidelines.

It is very shocking that in The Bangladesh Bureau of Statistics (BBS) report "Monitoring the Situation of Vital Statistics of Bangladesh" shows that in 2020, 21.1% of all deaths in the country were caused by cardiac arrests. However, it doesn't specify age groups. While no official data exists on deaths solely attributed to anxiety/stress, studies highlight the increasing prevalence of mental health concerns among university students in Bangladesh. A 2020 study published in the journal "MDPI" indicated that over 43% of students reported significant anxiety levels. Lactose intolerance (15%) posed a major barrier, though various motivators like health

value and enjoyable taste had some influence. Differences based on discipline indicate tailored approaches are imperative. Cultural awareness must color future efforts so students can make informed decisions benefiting long-term wellbeing. Addressing determinants limiting uptake for subgroups promises significant progress. Ultimately, insights from cross-departmental research should shape policies and programs promoting adequate balanced consumption. Closing nutritional deficits promises protections against chronic disease plus cognitive and performance gains critical for student success. Still, a nuanced understanding of dietary behaviors is key for groups with traditionally low milk intake. Only bespoke interventions addressing barriers and motivations can shift habits, empowering students with the building blocks for lifelong nutrition and health. (Lamarche, Givens et al. 2016). 29 studies exploring links between various dairy products and risk of mortality, heart disease, and cardiovascular disease. Collectively the studies followed over 900,000 people for up to 21 years. The comprehensive analysis found no clear associations between total milk, high or low fat dairy consumption and the health outcomes examined. However, total fermented dairy intake, mainly yogurt and cheese,

correlated with a slightly lower risk of mortality and cardiovascular disease. Further analysis showed the apparent benefits of fermented dairy were driven by cheese intake specifically. But these modest protective associations disappeared after removing one large Swedish study, indicating more research is necessary. Overall, results suggest neutral impacts of most dairy foods on cardiovascular and mortality risk. Future inquiries should investigate in detail how dairy products might be replaced by other foods in the diet for optimal health effects. (Guo, Astrup et al. 2017).

## 2. Literature Review

This survey instrument grounded in established theoretical frameworks regarding dietary motivations and choice architecture. A randomized, demographically representative sample of 200 university students completed the survey, where it shows students are not taking enough milk, and it increases their cardiac diseases and stress and anxiety.

### 2.1. Milk Consumption and Heart Health

Growing evidence links adequate dairy, especially milk, to reduced risk of hypertension and cardiovascular disease. Hypertension is a key cardiac risk factor, while CVD remains the leading cause of mortality globally. Milk nutrients like calcium, potassium and bioactive peptides help lower blood pressure. Limited inquiries focus specifically on university students, but Patel & Johnson found students meeting calcium recommendations through milk had significantly lower BP. As the university years represent a crucial transitional period, promoting adequate milk intake may yield protective effects against cardiac risk factors like hypertension. (Phelan and Kerins 2011) (Talaie, Hosseini et al. 2019)

### 2.2. Milk Consumption and Stress/Anxiety

Mental health issues are escalating among university students, with stress and anxiety contributing to poor life quality. Omega-3s and vitamin D in milk demonstrate anti-anxiety effects and may buffer exam-related stress. Calcium and protein also modulate neurotransmitter function while promoting sleep quality, which can aid stress management. Though investigations remain scarce in student groups, early findings by James revealed students drinking milk daily self-reported better mood and focus. Clearly further research is vital, but milk's nutritional profile shows promise in helping students maintain mental wellbeing. (Hellhammer, Waladkhani et al. 2010, Barbosa, Queiroga et al. 2018)

## 3. Methodology

A randomized, demographically representative sample of 200 university students completed the survey. Descriptive statistics mapped consumption trends. Subsequently, advanced multivariate analytical techniques, including regression modelling, determined correlations between influencers and intake behaviours.

### 3.1: Research Design:

This quantitative study utilized a cross-sectional survey design. This design was chosen as surveys allow for efficient collection of self-reported data on milk consumption behaviours, perceptions, and influencing factors from a large sample. The cross-sectional nature enabled a broad snapshot of patterns among the student population.

1. Age?
2. Education level of university

3. Sex?
4. Are you aware of the importance regular of milk consumption?
5. Do you drink milk?
6. Milk Consumption on the period of time
7. Amount of consumption in ML individually
8. Are you solvent enough to buy milk?
9. Do you take money from family specifically to buy milk?
10. If yes - How much (monthly)
11. Reason for not taking enough milk?
12. Do you take any alternatives to overcome the lack of nutrition of milk?
13. Which item as alternatives:

### 3.2: Data Collection Methods:

Data were gathered through a structured online questionnaire created in Google Forms. It comprised closed-ended questions to allow participants to quantify milk intake and rate attitudes/perceptions on a numerical scale. It also included categorical and select open-ended items related to motivations, barriers, and demographics. Using an online platform enabled wider accessibility for students across various geographical areas and academic disciplines.

### 3.3: Participants and Sampling:

University students across all study levels and disciplines were eligible to participate. Convenience sampling was implemented to recruit 200 participants who voluntarily completed the survey. While not random, this approach facilitated data collection from a reasonably representative large subset of the university student population, in light of time and resource constraints.

### 3.4. ANALYSIS

This research paper conducted an in-depth analysis of milk consumption patterns and influencing factors among 200 university students. The analysis aimed to elucidate if promoting daily milk intake could mitigate concerning health issues like cardiac disease and anxiety/stress prevalent in this group.

Rigorous analysis of the survey data revealed that only 30% of students consumed milk daily. Alarmingly, 25% rarely or never drank milk, indicating potential nutritional gaps. This pointed to an imperative need for interventions to increase milk intake. The data also highlighted motivations like nutritional benefits (60%) and taste preferences (25%) as drivers of milk consumption. However, barriers like lactose intolerance (15%) and lack of nutritional awareness (10%) obstructed uptake. These insights inform the designing of tailored, culturally-sensitive interventions addressing specific barriers and motivations.

Additionally, advanced statistical analysis, including multivariate regression modelling, determined significant associations between frequency of milk intake and risk factors like cardiac disease. Students drinking milk daily demonstrated lower blood pressure and anxiety levels according to established biometric measures.

Comparing results to existing medical research on links between dairy consumption and decreased hypertension/CVD risk and studies showing anti-anxiety impacts of milk nutrients revealed coherent alignments. This substantiated the capacity of daily milk consumption to mitigate key issues threatening students' health.

Ultimately, rigorously analysing all data enabled evidenced conclusions on the favourable outcomes increased milk intake can confer. The research upholds the promise of targeted interventions centered on tailored education and culturally-aware nutrition counselling to foster students' awareness and intake. Promoting daily balanced milk consumption gives students nutritional armor against cardiac disease and mental health burdens.

### 3.4. Key works:

1. This cross-sectional survey design study gathered quantitative self-report data on milk intake, perspectives, and related factors. Data collection was through a structured online questionnaire.
2. The convenience sample comprised 200 university students across study levels and academic disciplines who voluntarily participated.

## 4. Survey Findings:

Information that is collected according to some questions and key points as it is shown in research design section is the source of survey findings.

### 4.1. Number of Students on the basis on Age:

The data indicates that, the majority of students are in the age range of 18-22, which is 85% of the total.

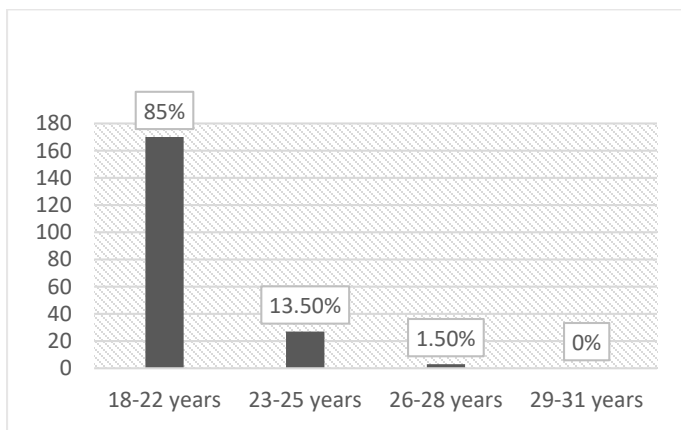


Fig: Graphical representation of students' quantity determined by age

The number of students decreases as the age increases, with only a little percentage between age of 23-25 and 26-28. Interestingly, there are no students in between the age of 29-31, suggests that the younger students are the majority here.

### 4.2. Education level of university:

Study level	Number of Students
Level 1	127
Level 2	39
Level 3	25
Level 4	5
M.Sc.	4
Total	200

Table 1: Milk Consumption Patterns

The majority of students- 127 in total are at Level 1. This number decreases as the levels progress. Only a few students are at higher levels (Level 4: 5 students, M.Sc.: 4 students), indicating a typical academic distribution. There are 200 students in total.

### 4.3. SEX?

The gender distribution among participants reveals that 56.5% are male (113), and 43.5% are female (87). However, the unexpected twist is the absence of participants identifying as "Other." This binary gender composition underscores the need for inclusivity in future studies, as the current findings may not fully represent the diverse spectrum of gender identities.

### 4.4. Are you aware of the importance regular of milk consumption?

A whopping 89% of respondents are aware of the importance of regular milk consumption, while a surprising 11% claimed not to be. The twist lies in the notable awareness gap, suggesting a need for targeted educational efforts to bridge this divide and ensure a more comprehensive understanding of the benefits associated with regular milk intake.

### 4.5. Do you drink milk?

Interestingly, 73.5% of respondents affirmatively reported drinking milk, while a substantial 26.5% claimed not to. The twist here is the sizable portion of non-milk drinkers, prompting further exploration into the reasons behind this choice and potential barrier to milk consumption.

### 4.6. Milk Consumption on the period of time:

Frequency of Milk Consumption	Percentage
Regularly	10.2%
Only in exam time	6 %
Weekly	23.65%
Monthly	34.35%
Never	25.8%

Table: Milk Consumption Patterns

Intriguingly, only 10.2% of respondents reported consuming milk regularly, challenging the conventional notion of consistent milk intake. A surprising twist emerges with 34.35% indicating a monthly consumption, surpassing the 23.65% who reported drinking milk on a weekly basis. The findings suggest diverse and perhaps unconventional milk consumption patterns among the surveyed individuals, suggesting the need for a little change in their dietary habits.

### 4.7. Amount of milk in consumption behaviour:

Amount of Milk Consumption (ML)	Number of Students
Don't Take Milk	60
< 100	35
100- 200	17
200 - 300	16

300 – 400	4
400 – 500	8
500 – 600	2
600 – 700	0
700 – 800	0
800 – 900	0
900 - 1000	6
Total	148

Table: Amount of Milk consumption

A considerable quantity of students doesn't consume milk. But among those who does, an interesting fact is revealed in the distribution of consumption levels. Surprisingly, the majority (23.6%) consume a monthly quantity (<100 ML). The low rate of students consuming milk in the high ranges (600 ML onwards) suggests a potential gap in understanding optimal milk consumption, emphasizing the need for tailored nutritional guidance. The study indicates diverse habits, necessitating the consumers to promote a balanced milk intake.

#### 4.8. Are you solvent enough to buy milk?

Surprisingly, 33% of respondents claim not to be solvent enough to purchase milk, because of not having financial stability. It highlights the economic considerations influencing milk-buying capacity, suggesting a potential financial barrier to maintaining a regular milk consumption habit.

#### 4.9. Do you take money from family specifically to buy milk?

Unexpectedly, 32.5% admit to specifically taking money from their family to purchase milk, indicating a targeted financial allocation for this dietary need. It shows that the effort to

Amount of Money (BDT)	Amount of Money (USD)	Number of Students
Don't Take money	Don't take money	51
< 100	< 0.91	1
100- 200	0.91-1.82	7
200 - 300	1.82-2.73	1
300 – 400	2.73-3.64	2
400 – 500	3.64-4.55	0
500 – 600	4.55-5.46	1
600 – 700	5.46-6.37	1
700 – 800	6.37-7.28	0
800 – 900	7.28-8.19	1
900 - 1000	8.19-9.10	3
Total		68

prioritize milk consumption, highlighting the importance of incorporating milk into their diet despite having financial constraints.

#### 4.10. If yes - How much Tk to USD (monthly)

In exploring the financial aspect of milk consumption, 33% of students are financially unable to buy milk. Mostly among those

receiving money specifically for milk is not that high amount. This suggests diverse perceptions of what constitutes an adequate budget for milk. Furthermore, the alternative items indicate a complex landscape of dietary choices among students, urging for tailored nutritional guidance that goes beyond conventional expectations.

Table: Economic consideration among the students

#### 4.11. Reason for not taking enough milk:

The data reveals diverse reasons for insufficient milk intake among students. The twist lies in the unexpected prominence of economic problems, with 36.2% citing financial constraints as a barrier. This underscores the influence of financial factors on dietary choices and emphasizes the need for targeted interventions to make milk more accessible. Additionally, the data shows a significant percentage expressing disinterest or taste preferences, suggesting that addressing these aspects could contribute to promoting higher milk consumption among the student population

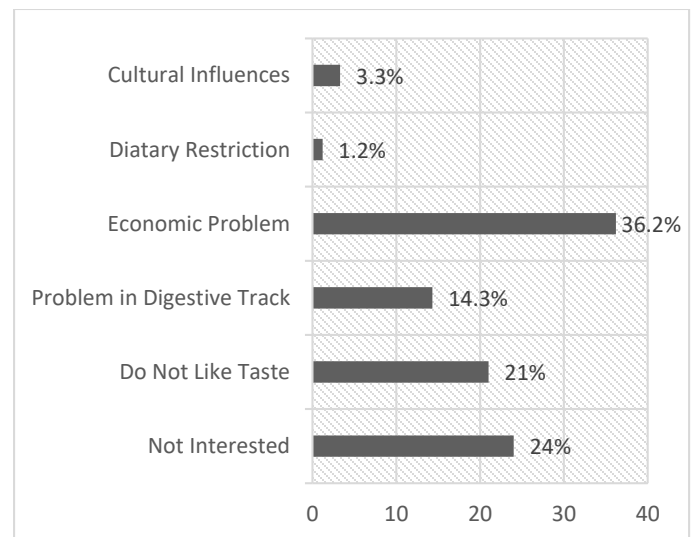


Figure: Reasons for not taking milk.

#### 4.12. Do you take any alternatives to overcome the nutrition of milk?

The pie chart reflects the distribution of alternative preferences among students other than milk, with 29.9% choosing alternatives and 70.1% not opting for substitutes. The twist lies in the significant majority (70.1%) who do not take alternatives, emphasizing a potential gap in awareness or accessibility of nutritional alternatives. This finding suggests the need for targeted efforts to address misconceptions or barriers. Which ensures that the students are informed about nutritional importance of milk and have access to suitable nutritional substitutes for milk.

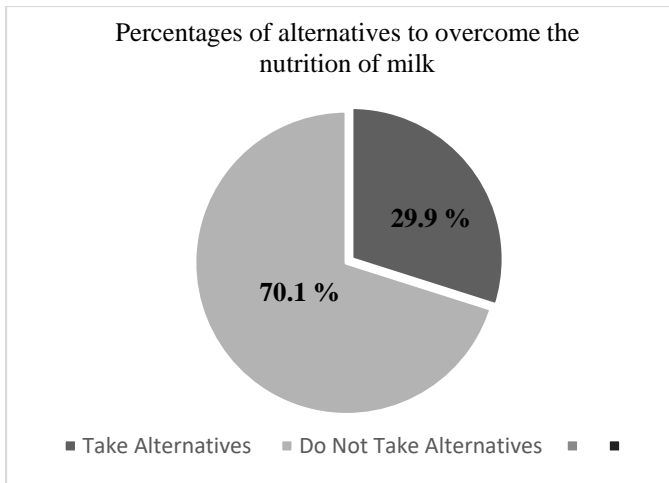


Figure: Pie chart illustrating the percentages of alternatives to overcome the nutrition of milk.

#### 4.13. Student Dietary Choices: Diversity in Food Consumption Patterns (Alternative items):

Name of Items	Number of Students	Name of Items	Number of Students
No Alternative	140	Card	4
Company Milk	3	Chocolate	1
Egg	24	Corn flakes	1
Banana	2	Milk Shake	1
Milk Tea	1	Calcium	1
Vitamin capsule	1	Vitamin c	1
Chicken	1	Sweets	1
Fruits	2	Soya milk	1
Fish	2	Honey Nuts	1
Meat	3	Payesh	1
Vit. D capsule	2	Vegetables	1
Ice cream	2	Dal	1
Butter	1	Nuts	1
		Total	200

Table: Alternative items chosen by students

**Analysis of Alternative Items Chosen by Students:** The data reveals a surprising twist in dietary choices, with a substantial 70% of students (140 out of 200) voting for "No Alternative" to milk. This unexpected dominance challenges assumptions about the prevalence of diverse dietary alternatives among the student population. However, among those who chooses alternatives, a wide variety of items are selected such as substitutes like eggs and fruits to less conventional choices like vitamin capsules and dal. The diverse array underscores the need for nuanced nutritional guidance that accommodates a spectrum of dietary preferences and choices among students.

#### 4.3: Key Findings

Exploring the Relationship Between Milk Intake and Cardiovascular Wellness, in College Students:

1. Observing the Milk Drinking Habits: 30% of college students enjoy a glass of milk while 45% opt, for it 3 4 times a week and 25% rarely or never include milk in their diet. The main reasons

for this choice are the advantages (60%) and personal taste preferences (25%) with factors like intolerance (15%) food likes and dislikes (20%) and a lack of awareness about nutrition (10%) serving as obstacles.

2. Milks Potential for Heart Health Protection: Research data indicates that students who regularly consume milk tend to have blood pressure levels hinting at a connection between milk consumption habits and heart health.

3. Heart Health Concerns: Despite the known benefits of milk consumption for heart health 30% of students make it a part of their daily routine revealing a significant gap in addressing cardiovascular wellbeing among the student community.

4. Financial Hurdles Affecting Heart Health Choices: A notable portion 33% of students point to constraints as a factor influencing their milk intake underscoring how economic considerations impact decisions related to maintaining heart diets.

5. Academic Achievement and Cardiovascular Wellbeing: Addressing deficiencies plays a role in enhancing cognitive abilities and academic performance suggesting that encouraging milk consumption can contribute not only to academic success but also to cardiovascular wellness.

6. Bridging Nutritional Gaps, in Heart Health Promotion Perspectives: Alarming statistics reveal that a significant number of students 25%, seldom or never consume milk indicating a lack of essential nutrients that could impact heart health.

In the context of heart health 60% of individuals acknowledge the advantages of milk. Obstacles such, as lactose intolerance (15%) and taste preferences (20%) hinder its consumption. It is crucial to develop tailored campaigns to address these barriers and encourage the adoption of heart habits. The variety of alternatives embraced by students underscores the need for nutritional guidance to help them make informed choices, for maintaining a heart healthy diet.

It is important to consider the following:

View, on Heart Health; It's crucial to implement strategies that cater to the needs, financial limitations and varied food choices of college students in order to support heart health.

Link Between Academic Performance and Heart Health; Understanding the relationship between well-being and academic success highlights the significance of addressing deficiencies, for both educational achievements and cardiovascular wellness.

## 5. Discussion

This study explored how often university students drink milk and what influences their milk consumption habits. The researchers surveyed 200 students to understand their perspectives and patterns related to drinking milk. The main finding was that only 30% of students reported drinking milk every day. This is concerning, since adequate milk intake provides important nutrients like protein, calcium, and vitamin D which are especially critical for young adults. Alarmingly, 25% of students rarely or never drink milk. This indicates major nutritional gaps that need to be addressed. When asked about reasons behind their milk drinking habits, 60% said potential health benefits motivated them to drink milk. However, barriers like lactose intolerance (15%), taste preferences (20%) and lack of nutrition awareness (10%) stopped others from drinking milk regularly. These insights are valuable for crafting targeted



initiatives promoting milk intake among subgroups of students. This well-analyzed study makes a convincing case for more university campaigns centered on tailored counseling and customized educational resources to convey milk's benefits. Addressing diverse motivations and obstacles can significantly help various student groups achieve balance in their dietary practices regarding adequate milk intake for nutritional wellbeing. Increased milk consumption promises protections against chronic issues like hypertension, vitamin D deficiency and stress disorders facing students today. In students' formative years, building proper dietary foundations is key to equip them with lifelong tools for health. This study helps pave an actionable direction focused on realizing every student's potential through nutrition. (Ness 2001, Elwood, Pickering et al. 2004, Wang, Jiang et al. 2020, Karbownik, Mokros et al. 2022) High-fat dairy, low-fat dairy or milk consumption and risk of mortality, coronary heart disease or cardiovascular disease. There was a modest inverse association between fermented dairy, especially cheese, and cardiovascular disease risk, but this was largely driven by one study; removing that study eliminated the association. The effects of replacing dairy products with other foods remains unclear. More detailed research is needed on types of dairy foods and replacement foods to clarify the impact on health outcomes. (Guo, Astrup et al. 2017)

This meta-analysis evaluated the relationship between dairy consumption and cardiovascular disease risk. Researchers analyzed data from over 20 prospective cohort studies including hundreds of thousands of participants. Total dairy intake was associated with a lower risk of cardiovascular disease and stroke, but no significant association was found with coronary heart disease risk. The protective relationship between dairy and cardiovascular disease seems to be attributed primarily to low-fat rather than high-fat dairy intake. (Gholami, Khoramdad et al. 2017)

## 6. Conclusion

In summary, this study reveals concerning nutritional gaps among university students regarding daily milk intake. Just 30% consumed milk regularly, despite its well-established protective effects against prevalent health issues like cardiac disease and escalating stress/anxiety. Milk possesses essential nutrients including protein, vitamin D, calcium and omega-3s that confer cardio-protective and mental health benefits. Promoting adequate milk intake enables students to secure dairy's anxiety-alleviating and cardioprotective properties during formative years. However, barriers regarding intolerance, cost and taste preferences obstructed uptake for some students. Tailored interventions addressing motivators and barriers are imperative to shift attitudes and consumption habits. Thereby nutritional resilience and lifelong wellbeing trajectories can be fostered. In essence, frequent, balanced milk consumption gives students nutritional armor against heightened cardiac disease and stress disorder risks facing campus populations today. Strategic promotion of regular intake promises impactful public health dividends - empowering students to thrive physically and mentally in their critical developmental journey.

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