

Objective: To evaluate student health through blood pressure, BMI, lipids, and diabetes biometrics, health behaviors, biometrics-behaviors associations, and the evolution of student biometrics after exposure to the HC2020: STANDOUT initiative in a Historic Black College University setting.

Methods: A retrospective cross-sectional health behaviors and biometrics study was carried out. Sixty-four students aged 16 years and older participated in the study in August and September of 2015 and 2016 in Huntsville, AL.

Results: Hemoglobin A1C levels significantly decreased during the school years studied ( $t(20) = -7.63$ ;  $p < .001$ ), and were significantly higher for participants eating 3 meals per day ( $5.26 \pm 0.08$ ;  $p = .004$ ). One-way ANCOVA tests showed significant differences in the means for waist circumference between categories of daylight hours spent outdoors during weekends [ $F(4,5) = 7.93$ ;  $p = .022$ ]. Chi-square tests revealed the number of sleep hours was significantly associated with the number of hours spent outdoors during weekend daylight [ $\chi^2(49) = 83.44$ ;  $p = .002$ ], daily water intake [ $\chi^2(21) = 33.21$ ;  $p = .044$ ], daily meal intake [ $\chi^2(21) = 33.05$ ;  $p = .046$ ], and weekly prayer time [ $\chi^2(28) = 51.66$ ;  $p = .004$ ].

Conclusion: Hemoglobin A1C levels, waist circumference, and sleep hours were associated with meal and water intake, outdoor time, and prayer time.