Mission Nutrition

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**Need and Approach**

**Need:**
- To improve the health of WPI students by addressing their nutritional needs.

**Approach:**
- Survey student body to determine the nutritional habits and gain feedback on changes they would like to see.
- Raise awareness and campaign to educate students on significance of proper nutrition.

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**Student Survey**

We surveyed the student body about their nutritional habits and opinions of the food available to them on campus. We received 512 responses to the following questions:

- How often do you eat breakfast?
- How often do you eat dessert?
- Which beverage do you drink most often? (soda, water, juice, milk)
- If you want to eat healthy, do you feel as though the options are available on campus for you to do so? If not, what would you like to see changed?
- Would you be interested in knowing the nutritional facts, such as calorie counts, of the foods provided at on campus dining?
- Do you feel as though your overall health is affected by the foods you eat?

**Background**

- College students typically eat foods that are easily accessible and convenient.
- Most convenient foods are high in calories and fat. If consumed regularly, negative health effects may occur.
- Barriers that inhibit healthy food choices:
  - lack of time
  - availability of high fat choices
  - unappetizing vegetable options
  - social activities
  - limited kitchen facilities
  - peer influence
  - limited cafeteria hours
- Overall health and energy level of college students is directly affected by the specific foods they choose.
- Higher diet quality has shown to influence higher academic achievement/performance.
- Studies have shown the direct correlation between eating breakfast and receiving higher scores on tests.

**Campaign: Mission Nutrition**

Examples of posters to be displayed around campus

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**References**


