

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.

Background

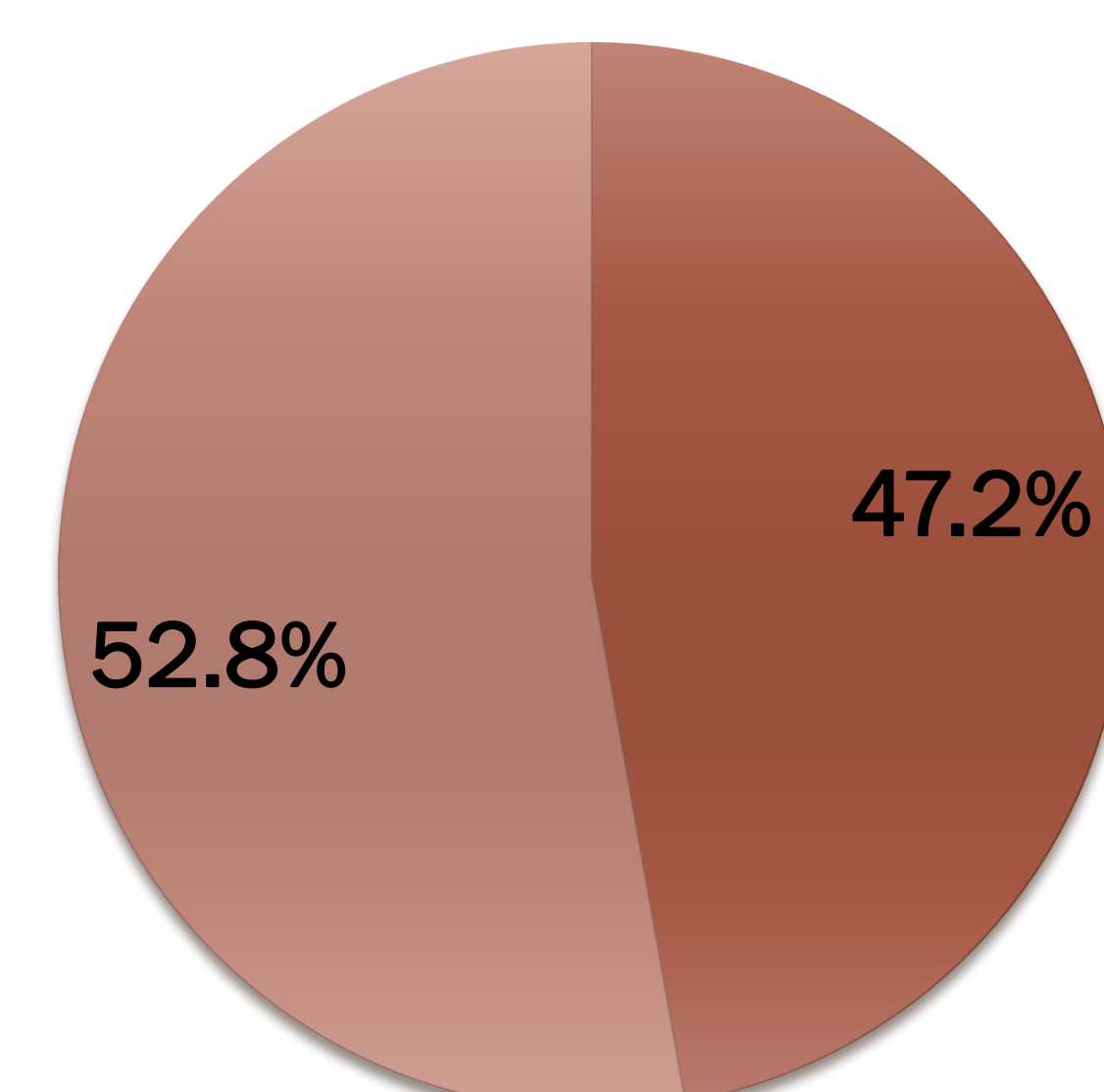
- College students typically eat foods that are easily accessible and convenient.
- Most convenient foods are high in calories and fat. If consumed regularly, negative health effects may occur.
- Barriers that inhibit healthy food choices:
 - ☺ lack of time
 - ☺ availability of high fat choices
 - ☺ 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.

Student Survey

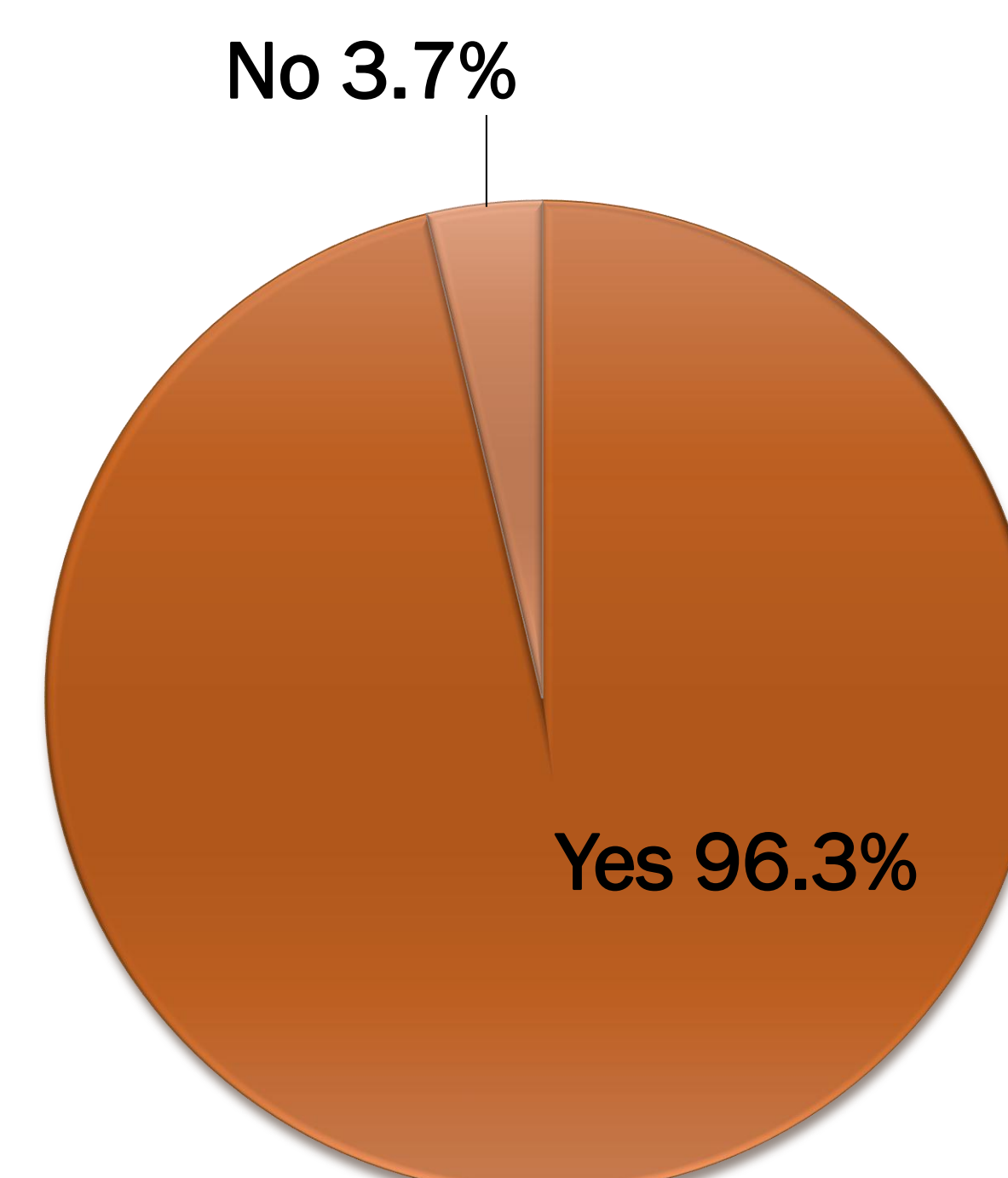
We surveyed the student body about their nutritional habits and opinions of the food available to them on campus. We received 512 responses to the following questions:

- 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?

If you want to eat healthy, do you feel as though the options are available on campus for you to do so?



Do you feel as though your overall health is affected by the foods you eat?



Guide to daily nutritional requirements

Campaign: Mission Nutrition



Examples of posters to be displayed around campus

References

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