

PROBLEM

College Students do not eat nutritiously. This is often due to a lack of knowledge and lack of time, as well as an emphasis on convenience over nutrition.

CONTEXT

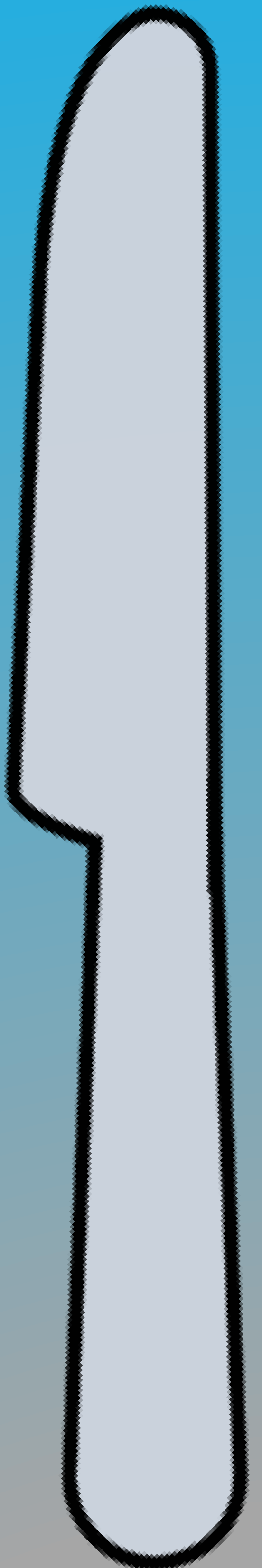
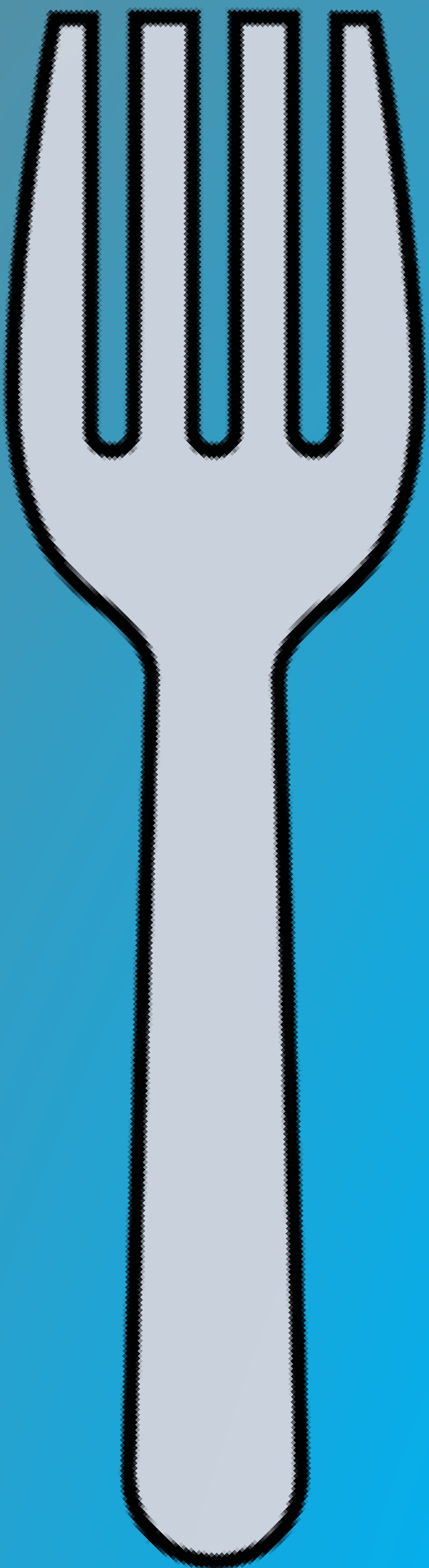
- “The majority of college students... do not eat fruit daily (84%), and do not eat vegetables daily (83%).”
- A study by Dr. Racette found that 70% of students gained 9 pounds or more within the first two years of college.

GOAL

To inform WPI freshman students of basic nutrition facts and strategies to make better nutritional choices.

SOLUTION

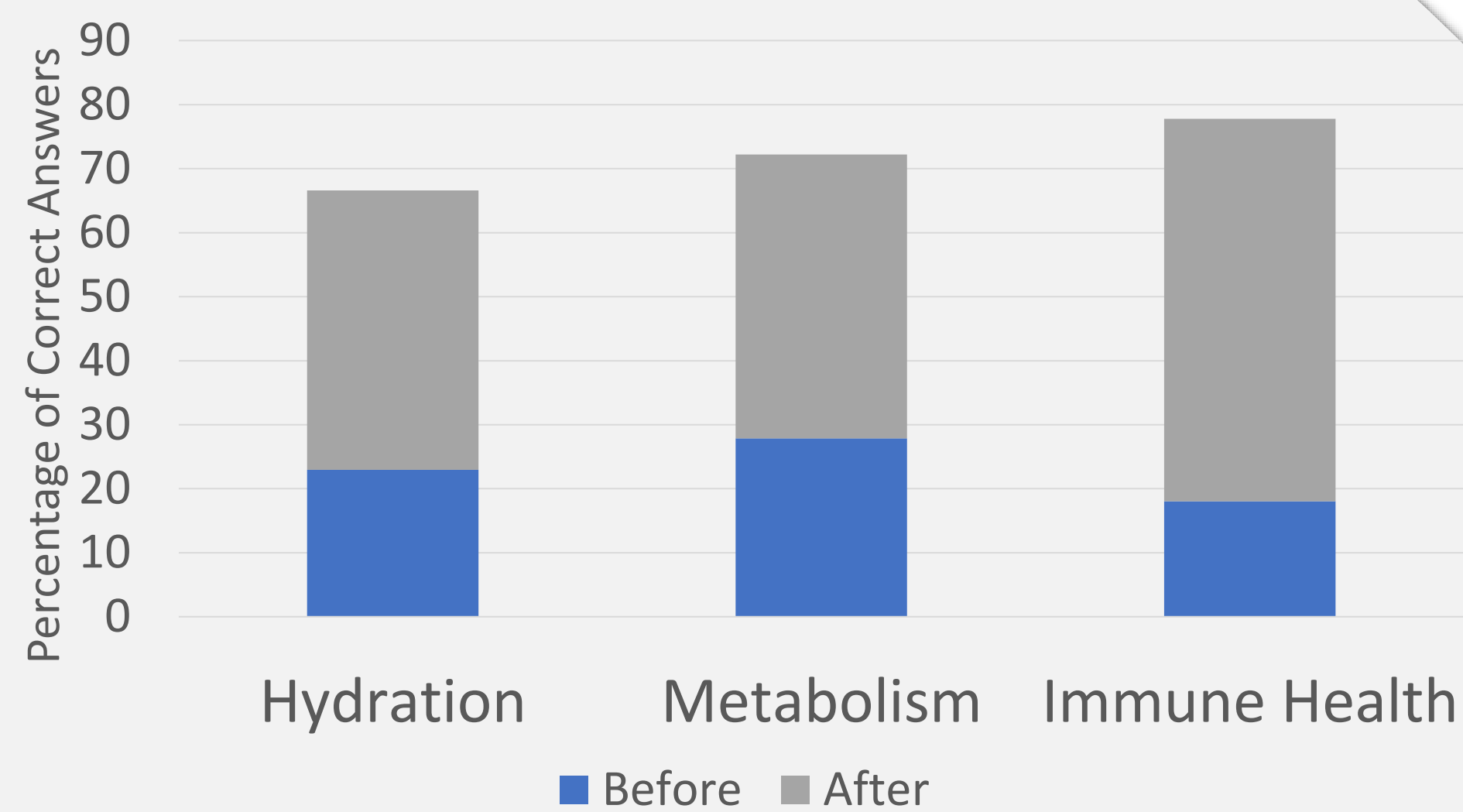
Educate students about basic nutritional information through the use of flyers. This will allow students to make better nutritional choices on their own.



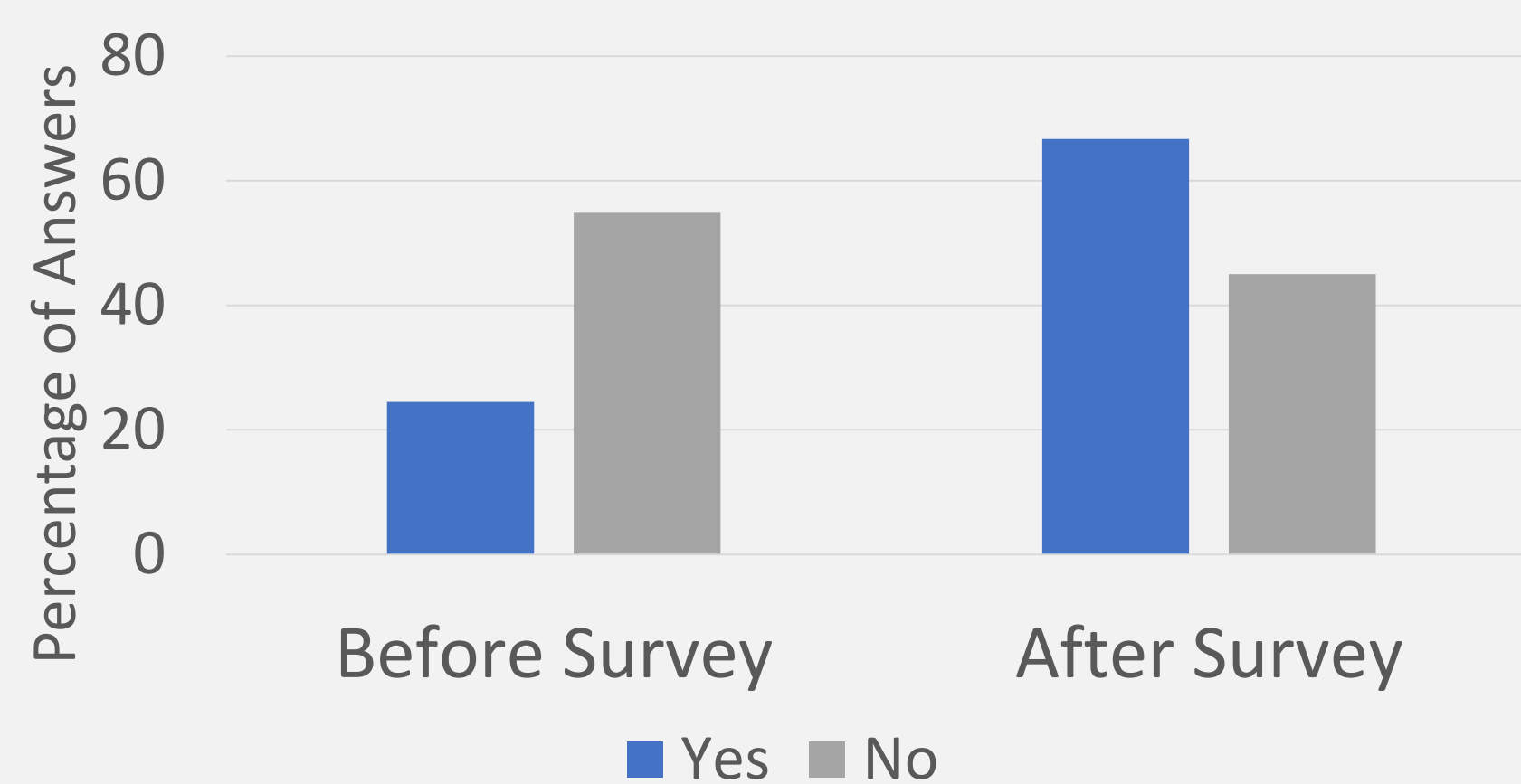
HYDRATION, METABOLISM, AND IMMUNE HEALTH

- ✓ How much water each day
- ✓ How to maintain a fast metabolism
- ✓ Before sample size: 62
- ✓ After sample size: 18

Change in Knowledge Regarding Hydration, Metabolism, and Immune Health



Do you know the difference between Macro- and Micronutrients?



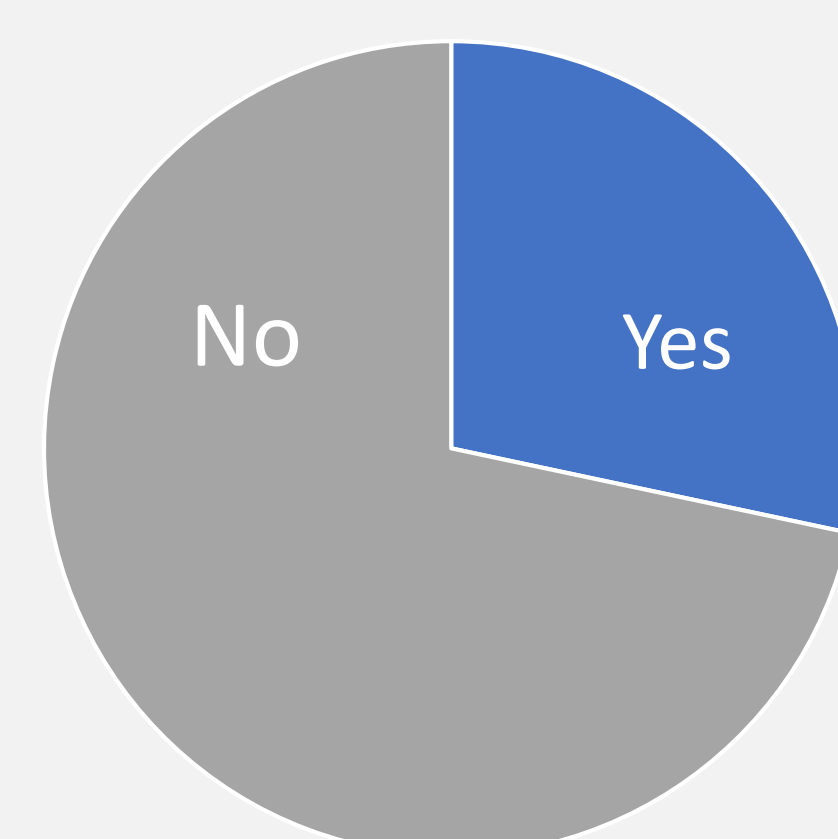
A BALANCED MEAL

- ✓ A balanced meal at a glance
- ✓ The key nutrients that make up a balanced meal
- ✓ Before sample size: 62
- ✓ After sample size: 21

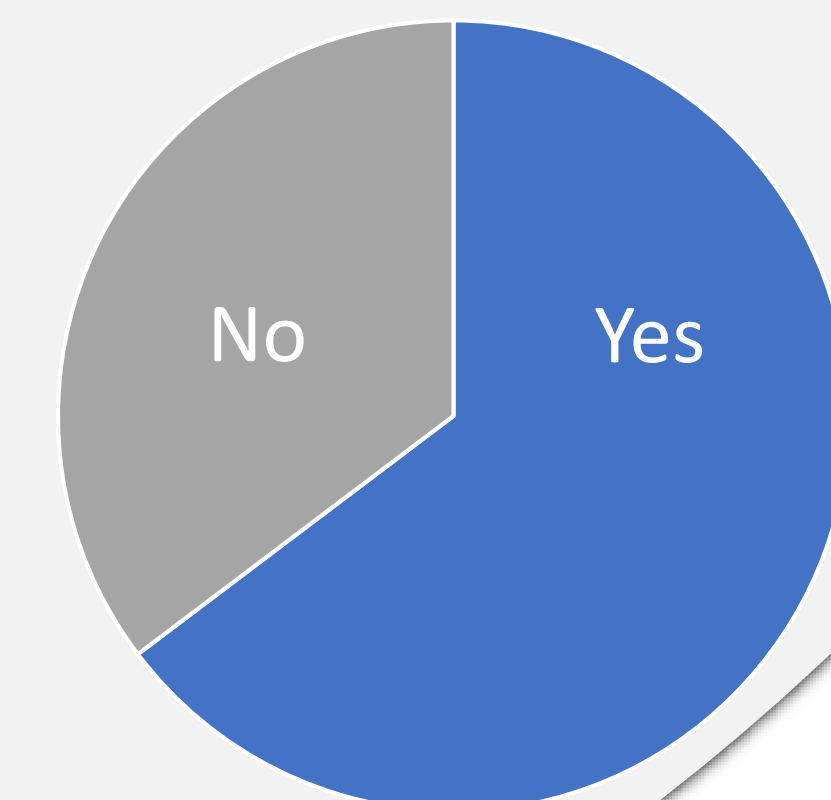
EATING ON CAMPUS

- ✓ Promotes healthy eating locations at WPI
- ✓ How many snacks should be eaten a day
- ✓ Before sample size: 62
- ✓ After sample size: 17

Do Students Eat Fruit Cups and Salads?



Would Students Try Fruit Cups and Salads?



References:

#1: Downes, L. (2015). *Physical activity and dietary habits of college students*
 doi:<https://doi.org/10.1016/j.nurpra.2014.11.015>
 #2: Susan B Racette Phd, Susan S Deusinger Pt, Phd, Michael J Strube Phd, Gabrielle R Highstein Rn, Phd & Robert H Deusinger Pt, Phd (2005) Weight Changes, Exercise, and Dietary Patterns During Freshman and Sophomore Years of College, *Journal of American College Health*, 53:6, 245-251, DOI:10.3200/JACH.53.6.245-251

- **USE THE DINE ON CAMPUS APP TO PLAN OUT HEALTHY MEALS AHEAD OF TIME!**
- **FOLLOW OUR INSTAGRAM @WPINUTRITION FOR MORE INFO!**