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.

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?

- Yes 96.3%
- No 3.7%

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

- Yes 96.3%
- No 3.7%

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.

References


