

A Look at College Students' Nutritional Knowledge



ANNA D'HOOGHE

SENIOR HONORS PROJECT

APRIL 24, 2010

Outline



- Introduction
- Research objectives
- Procedures
- Fruits and vegetables
- Whole grains
- Fat intake
- Additional findings
- Conclusion
- References

Introduction



- Nutrition is related to the prevention and management of 7 leading causes of death or disability in the United States
- 67% of adults 20 or older are overweight or obese
- Long-term behavioral patterns are established during early adulthood

Research Objectives



- To look at how nutrition-related courses affect the dietary patterns of college students
 - Fruits and vegetables
 - Whole grains
 - Fat intake
- Compare the nutrition knowledge of University of Wyoming students to the literature

Procedures



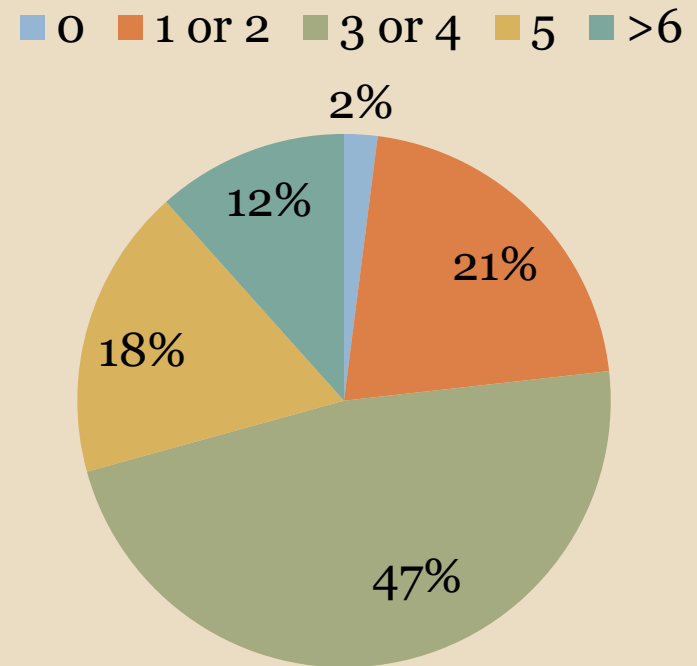
- Review of the literature
- Survey

Fruits and Vegetables



- Full of vitamins and minerals
- Recommendation 9 servings/day
 - Average 2-5 servings

Daily Servings of Fruits and Vegetables



Study



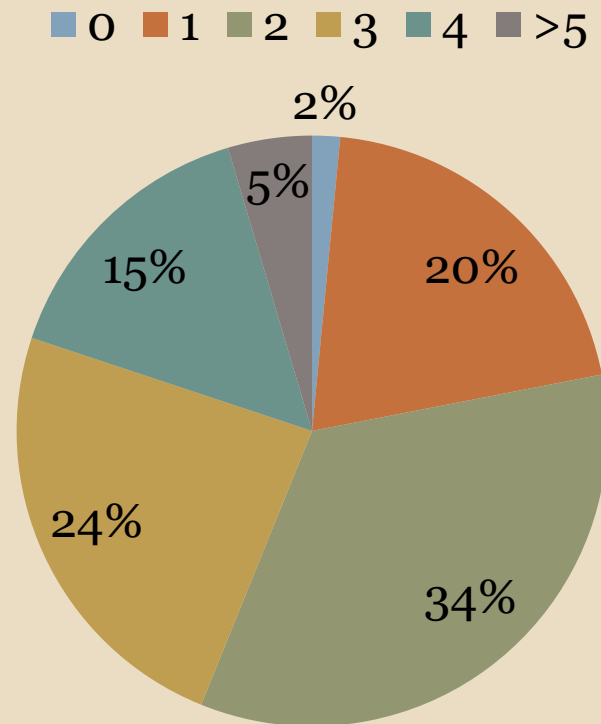
- Assess effectiveness of nutrition education on changes in fruit and vegetable consumption of college students
- Results
 - Increase in consumption by end of course
- Implications
 - Courses may help in reaching recommended levels

Whole Grains



- High in fiber
 - Prevents diseases
- Recommendation ≥ 3 servings/day
 - 10% of young people meet recommendation
 - Average consumes ≤ 1 serving/day

Daily Servings of Whole Grains



Study



- **Journal of the American Dietetic Association**
 - Looked at identifying factors that correlate with whole grain intake
 - Highest consumption associated with greatest taste preference
- **Journal of Nutrition Education and Behavior**
 - Determine if whole grain intake is associated with body weight
 - Inverse association between dietary intake of whole grains and risk for being overweight

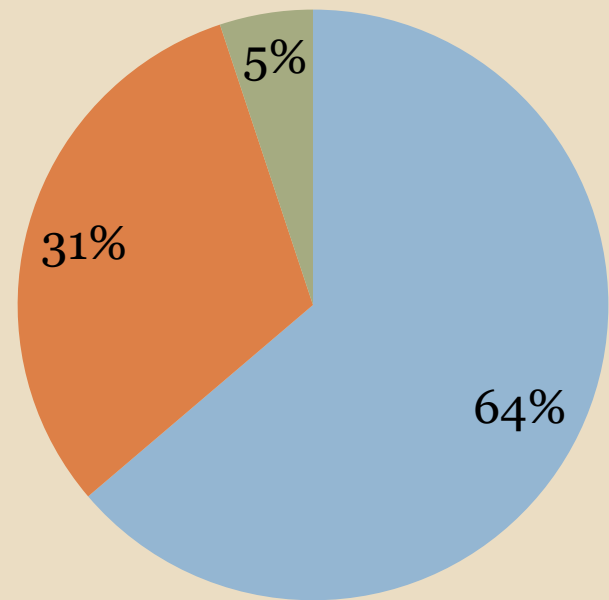
Fat Intake



- Good and bad health effects
- Recommended 20-30% of total calories
 - <10% saturated fats
 - 2/3 consume >30%

Weekly Intake of Fast Food

■ <1 ■ 2 to 3 ■ 4 to 5 ■ >6



Study



- Assessing if taking a nutrition course decreased a students' fat consumption
- Results
 - Nutrition course students consumed less total and saturated fat
 - Knowledge applied to food preparation

Additional Findings



- Only 32% of students thought that the required health class provided enough nutrition information

- Reason for not eating healthy
 - Too busy (39%)
 - Too expensive (30%)
 - Don't care about nutrition (6%)
 - Don't know how (5%)

 - Already do eat healthy (20%)

Conclusion



- **Taking a nutrition-related course**
 - Increased fruit and vegetable intake
 - Decreased total and saturated fat intake
 - Showed neutral effect on whole grain consumption
- **Implication**
 - Requiring nutrition courses would improve the diet patterns and health of college students

References



- Emrich, T. E., & Mazier, P. (2009). Impact of Nutrition Education on University Students' Fat Consumption [Electronic version]. *Canadian Journal of Dietetic Practice and Research*, 70(4), 187-192. doi:10.3148/70.4.2009.187
- Rose, N., Hosig, K., Davy, B., Serrano, E., & Davis, L. (2007). Whole-Grain Intake is Associated with Body Mass Index in College Students. *Journal of Nutrition Education and Behavior*, 39(2), 90-92. doi:10.1016/j.jneb.2006.11.001
- Ha, E., & Caine-Bish, N. (2009). Effect of Nutrition Intervention Using a General Nutrition Course for Promoting Fruit and Vegetable Consumption among College Students [Electronic version]. *Journal of Nutrition Education and Behavior*, 41(2), 103-109. doi:10.1016/j.jneb.2008.07.001
- Nelmes M, sucher K, Long S. *Nutrition Therapy and Pathophysiology*. 7th edition: Thomson Wadsworth, 2007.
- Liebman, M. (2009). In *Advance Nutrition Course Packet*.
- Larson, N. I., Neumark-Sztainer, D., Story, M., & Burgess-Champoux, T. (2010). Whole-Grain Intake Correlates among Adolescents and Young Adults: findings from Project EAT. *Journal of the American Dietetic Association*, 110(2), 230-237.

