

Does a Required Nutritional Educational Course Improve Overall Health in Undergraduate Students?

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INTRODUCTION

-Cluskey and Grobe (2009) state college students fail to meet recommendations for fruit, vegetables, or dietary fat intake and/or regular exercise.

-Abraham et al. (2018) The study found that there was a negative correlation between eating habits and knowledge in consuming processed foods.

METHODS

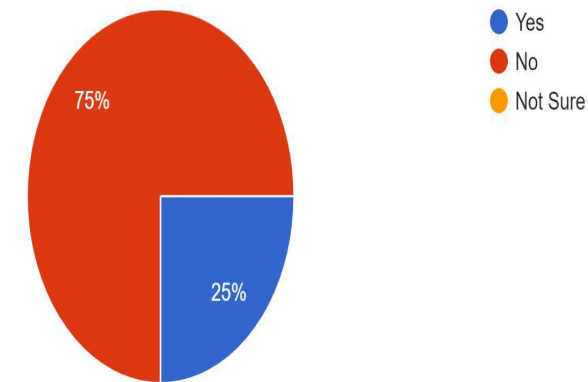
- 24 Undergraduate Students from the University of Dayton
- Google Survey questionnaire about overall nutrition and personal nutrition
- Yes or No question section and Importance ranking section
- Data collection will be used to evaluate overall health of students and outcomes of required nutritional courses

RESULTS

- 25% of undergraduate students had taken a nutritional course, 75% had not
- The results indicated that there is a perceived benefit in requiring a nutritional course for undergraduates ($t(24) = 0.06, p = 0.10$).
- 95% of undergraduate students that participated believed a required nutritional course would improve the overall health for undergraduates.
- Only about 44% of respondents know how to properly use nutritional tools to their benefit.

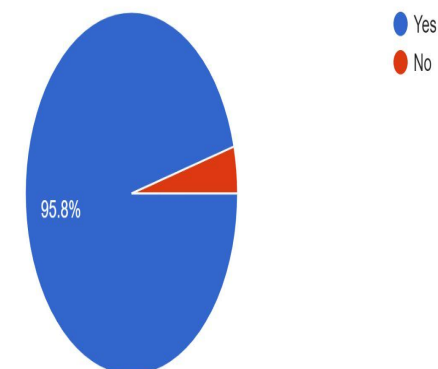
Have you ever taken a nutritional course in college?

24 responses



Do you believe a required nutritional course would improve the overall health for undergraduates?

24 responses



CONCLUSIONS

From the data we collected and the results of our T-Test, we can draw that there is a perceived benefit in requiring a nutritional course for undergraduate students. This is also backed up from our survey question where 95.8% of students stated that a required course would improve their overall health.

REFERENCES

- Cluskey, M., & Grobe, D. (2009). College Weight Gain and Behavior Transitions: Male and Female Differences. *Journal of the American Dietetic Association, 109*(2), 325-329. <https://doi.org/10.1016/j.jada.2008.10.045>
- Abraham S, Noriega Brooke R, Shin JY. College students eating habits and knowledge of nutritional requirements. *J Nutrition Human Health. 2018;2*(1):13-17