

# Food Choices & Daily Health Habits

## among college students

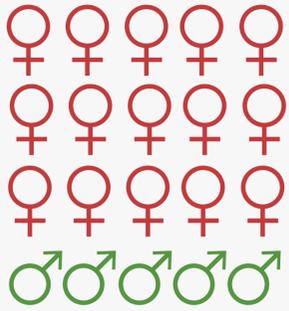
**Project Description:** This research exercise aimed to explore the food choices and health habits of college students. Students face unique challenges when it comes to prioritizing healthy eating including living in dorms with restricted meal plans and lack of kitchen space, the added financial burden of healthy and organic foods, and time constraints due to demanding school and work responsibilities. Eating healthy is just one part of overall wellness, and this exercise also explored other aspects such as fluid intake, exercise habits, and other daily activities.

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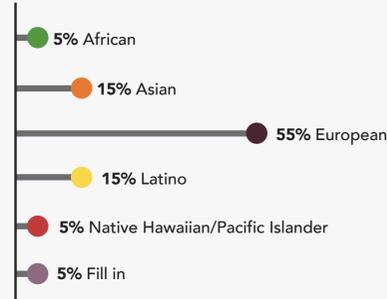
### METHOD 1: SURVEY

The first method was an online survey consisting of 10 questions. This survey was distributed to students in the SUNY New Paltz graphic design program in order to gain information on the importance of eating healthy, motivations and deterrents for eating healthy, and the importance of other activities in daily life. There were 20 respondents for each question in the survey.

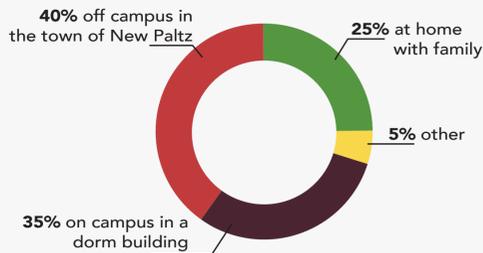
**Q1: Indicate your gender:**



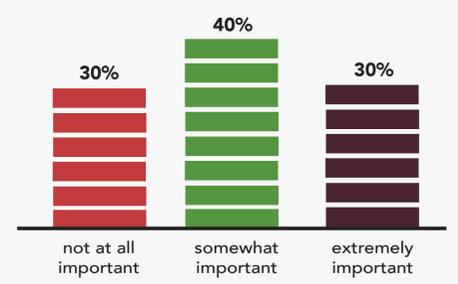
**Q2: Indicate your race/ethnicity:**



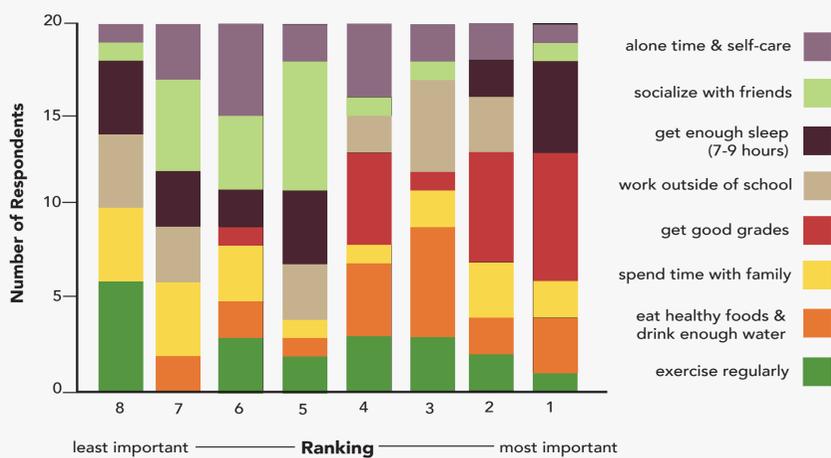
**Q3: Where do you currently live?**



**Q4: How important is it for you to eat healthy foods every day?**



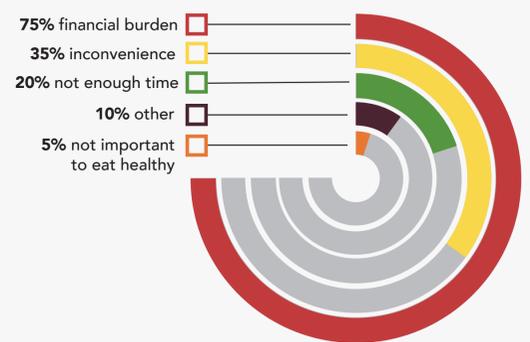
**Q5: Rank these items as you would prioritize them:**



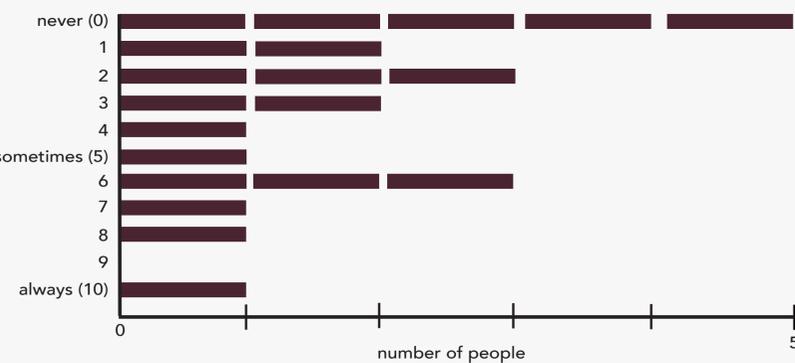
**Q6: What motivates you to eat healthy foods? (Check all that apply)**



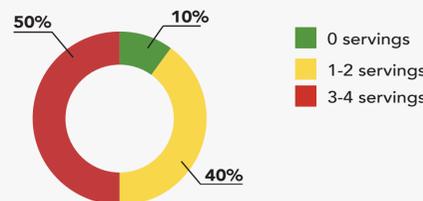
**Q7: What deters you from eating healthy foods? (Check all that apply)**



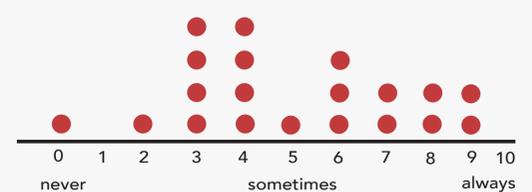
**Q8: Do you pay attention to the vitamin content in different foods and does this influence your decision in eating them?**



**Q9: How many servings of vegetables and fruits do you eat every day? (1 serving = 1 cup or 1 whole fruit)**



**Q10: How conscious are you of choosing foods marked as, "organic"?**

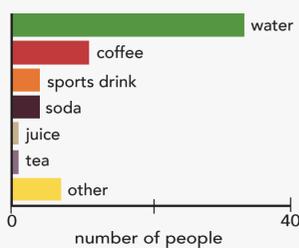


### METHOD 2: LOG

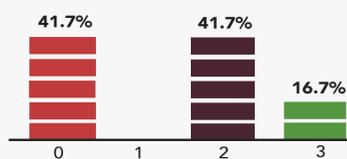
The second method utilized a 3-day log asking SUNY New Paltz students and professors about what they ate and drank, their exercise habits, and supplement usage. 12 logs were completed, and all findings focus on information over the 3-day span.

DAY (of the week)	DAY 1	DAY 2	DAY 3
1. What time did you wake up?			
2. What did you have for breakfast? At what time? Did you cook?			
3. What did you have for lunch? At what time? Did you cook?			
4. What did you have for dinner? At what time? Did you cook?			
5. What types of fluids did you drink today? How much?			
6. Did you exercise today? What kind & for how long?			
7. Did you take any vitamins or supplements today? How much & what type?			
8. What other activities did you engage in today? (e.g. work, school, socialize with friends, family, etc.)			
9. On a scale of 1-10, how stressed did you feel today?			
10. What time did you go to sleep?			

**Q2: Liquid Intake:**



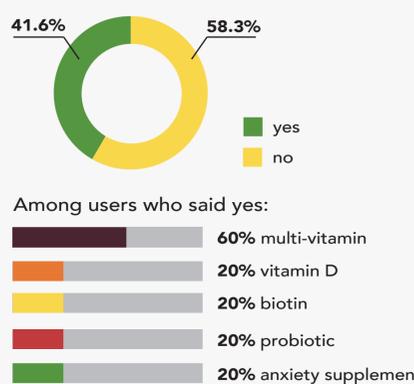
**Q3: Number of days exercised:**



**Q1: Food Prevalence:**



**Q4: Do you take supplements?**



**Conclusion:** This research exercise aimed to explore the food choices and health habits of college students. The findings from the survey show that students are generally concerned with eating healthy foods and practicing healthy habits. 70% of people said that eating healthy foods everyday was, at least "somewhat important" or "extremely important." However, it was also found that only 15% of people place, "eating healthy foods and drinking enough water" as their number 1 priority, 10% said it was their number 2 priority, and 30% said that it was their third priority. It was found that "getting good grades" accounted for 35% of the number 1 priority category and 30% of the number 2 priority category. The 3 biggest motivating factors to eat healthy foods included for improved mental health at 75%, to lose weight at 80%, and for improved physical health at 100%. The biggest deterrent of eating healthy foods was the financial burden, at 75%. Half of respondents said that they have 3-4 servings of fruits and vegetables every day, and 35% said that they sometimes to always pay attention to the vitamin content of their food. It was also found that 30% of people ranked exercise as the least important activity. Findings from the second research method of a 3-day log somewhat supported the findings from the survey method. The foods that were mentioned most in the log were vegetables, meat, fruits, baked goods, and fast food. Vegetables were mentioned 24 times, while meat was mentioned 22 times. Water was also the number 1 most frequently drank fluid, with coffee as number 2. 41.7% of participants exercised at least 2 days, but 41.7% also exercised 0 days.

**Bibliography:**

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