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The Impact of Residence on Dietary Intake, Food Insecurity, and Eating Behavior Among University Undergraduate Students

Nutrition

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Faculty Sponsor(s): Gould, Susan

University students are overlooked as a nutritionally at-risk population in regards to poor dietary intake, food insecurity, and eating behavior. The purpose of this study is to determine if residence has an impact on university students' dietary intakes, which residence type (on-campus or off-campus) meets recommendations more closely, and investigate socioeconomic and behavioral factors related to poor dietary intake. A cross-sectional, online Qualtrics survey was designed and distributed to University of Northern Colorado students. The survey includes an original food frequency questionnaire (FFQ) designed according to ChooseMyPlate.gov dietary intake recommendations and the U.S. Adult Food Security Survey Module (AFSSM) developed by the US Department of Agriculture. Responses about eating behavior and demographic characteristics, such as gender and age will be analyzed. Chi-square and independent t-test analyses will be used to determine significant differences in the variables between residence type and gender. This study addresses knowledge gaps between newly updated nutrition guidelines and student lifestyle by incorporating an innovative approach to study design and methodology commonly used in nutrition research.