



SLOW FOODS: Final Presentation

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Does college
impacted your
healthy eating and
lifestyle habits?

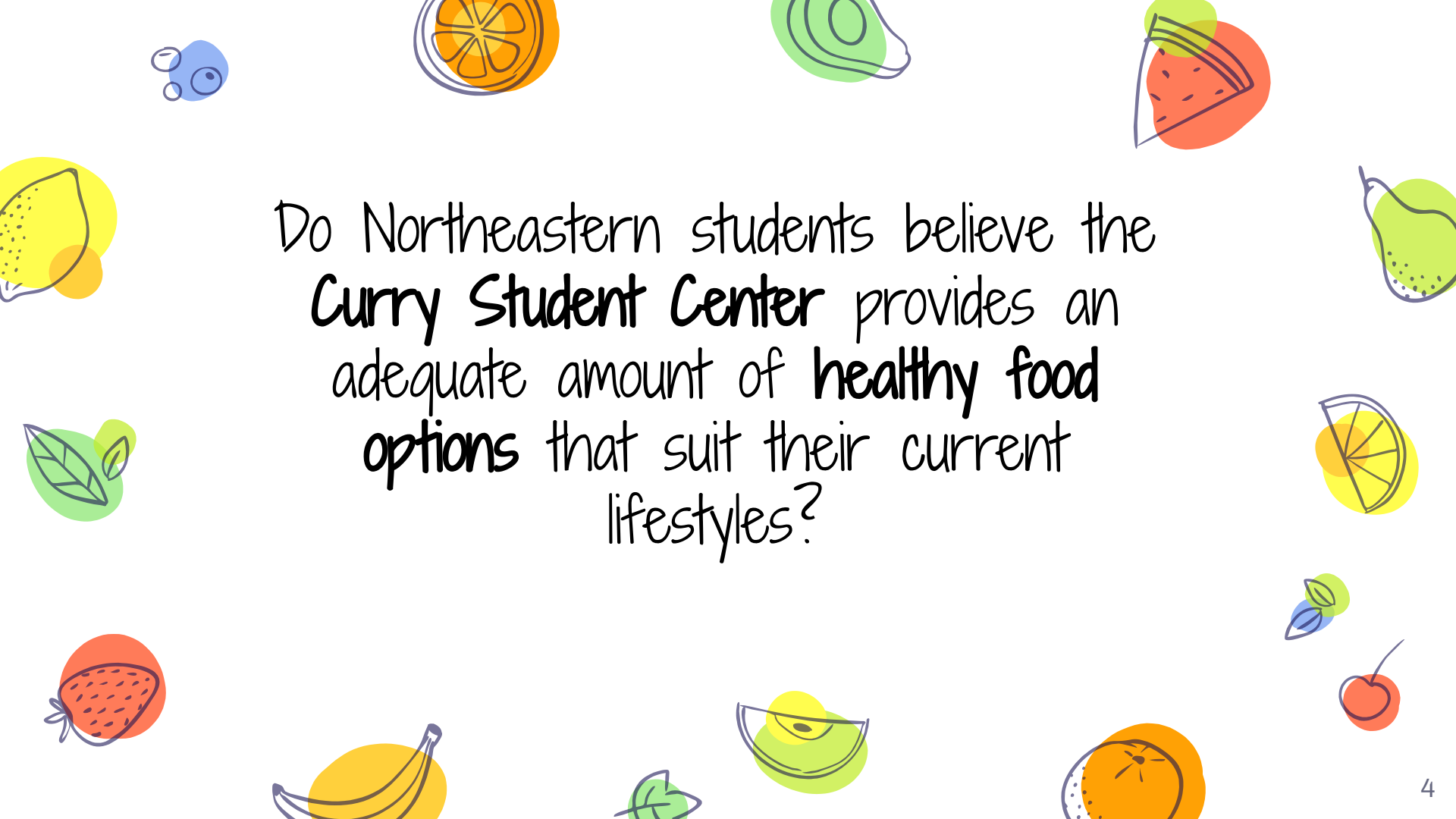




EXISTING LITERATURE

Research Guiding Questions

1. **What are the practices of universities who's dining options are highly-rated?**
 - **U.S. News Weekly: Self-sustaining agriculture, diversity of options**
2. **What factors influence college students' dining habits?**
 - **Deshpande et. al: College as a major transition, disparities between on-campus and off-campus nutrition**
 - **Factors prioritized by students**
 - **Li et al: Factors INFLUENCING student's diets**

The slide features a white background with various colorful illustrations of fruits and vegetables scattered around the central text. These include a blue bubble, a sliced orange, a green kiwi, a slice of watermelon, a yellow lemon, a green leaf, a yellow lime, a strawberry, a banana, a green leaf, a green kiwi, a cherry, and a whole orange.

Do Northeastern students believe the
Curry Student Center provides an
adequate amount of **healthy food**
options that suit their current
lifestyles?

METHODOLOGY

- Mixed- methods approach
 - Administer a university-wide survey (focusing on the student curry center)
 - Curated a digital QR code
 - Increased inclination to respond
 - provided us more insights for our research
 - Facilitated a focus group discussion with current seniors
 - Upperclassmen provided their inputs on whether they were eating healthy, well balanced meals on campus
 - Questions were designed to probe in-depth discussions and further elaborate on opinions
 - Secondary research
 - To assess how other colleges' students feel about their dining options in comparison to what Northeastern has to offer.
 - Ways Northeastern can improve by referencing other schools



SURVEY RESULTS

Demographic Question	What year are you at Northeastern?
Meal Plan Status	Are you on a meal plan?
Preferable Eating Location	Where do you eat most frequently?
Curry Dining Hall Questions	Choose the options that you believe Curry dining options lack. How would you rate the dining options at Curry? (scale from 1-5) How healthy are the dining options at Curry (scale from 1-5)
Healthy Lifestyle Questions	I eat healthier at home than I do on campus (agree or disagree) How many hours a night do you sleep on average? How often do you exercise? How many meals do you eat a day?



SURVEY RESULTS

Figure 1. Are you on a NEU Meal Plan?

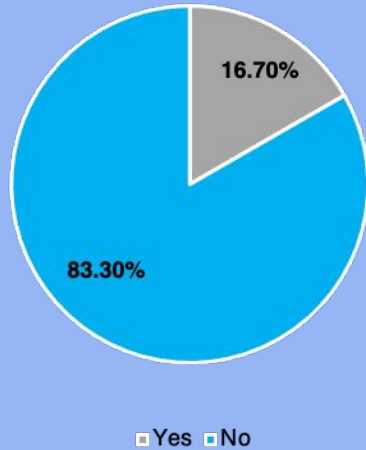
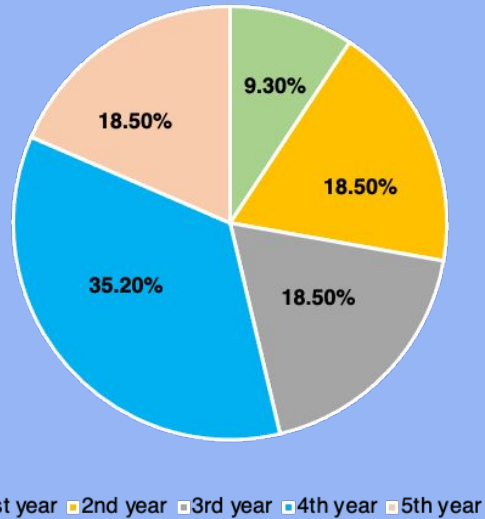


Figure 2. Northeastern Student Year



SURVEY RESULTS

Figure 3. Curry Dining Deficiencies

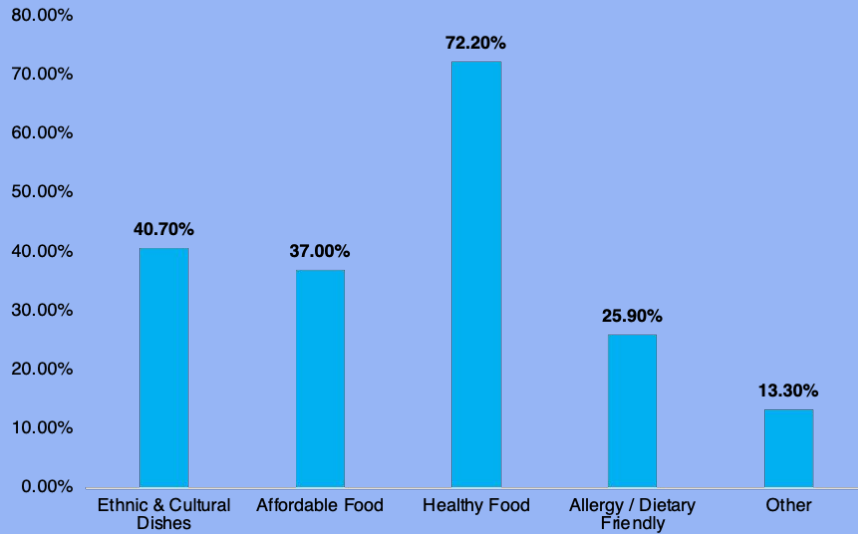
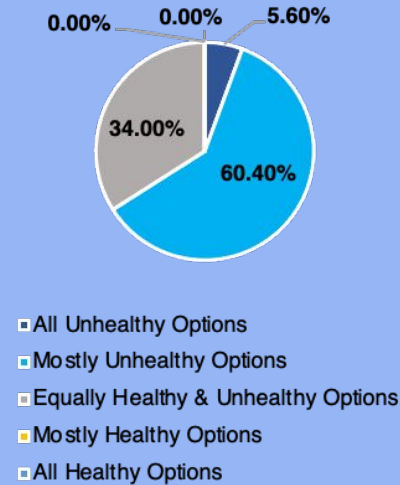


Figure 4. Healthy Food Perceptions of Curry Dining



SURVEY RESULTS

Figure 5. "I eat healthier at home than I do on-campus"

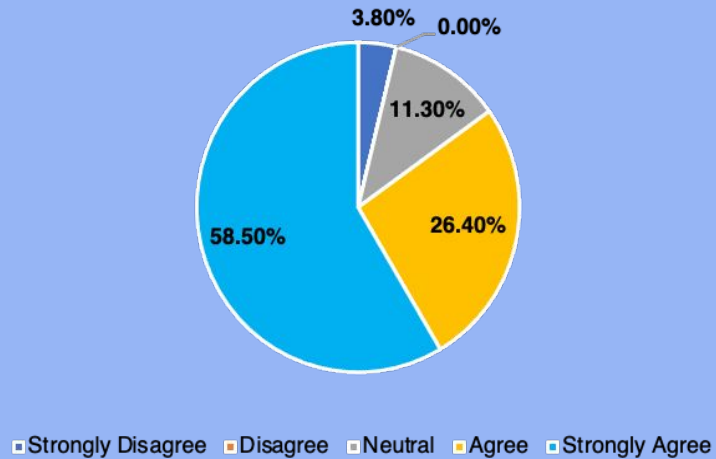
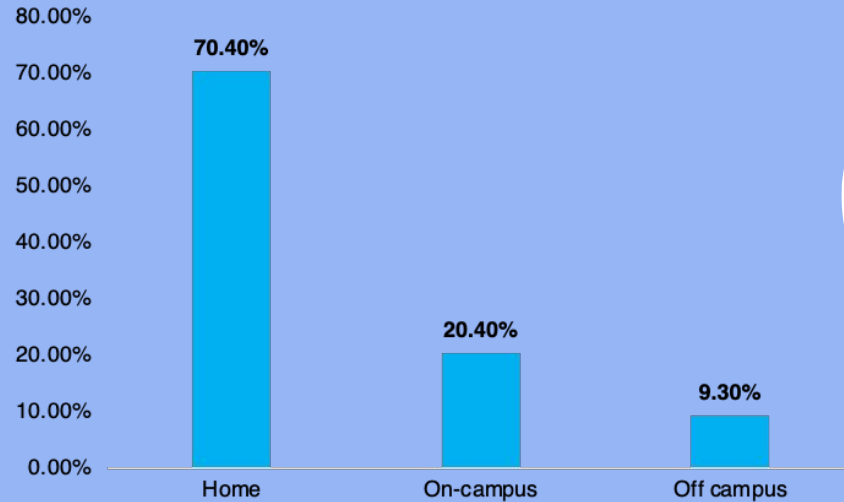


Figure 6. Where do you most frequently eat?



SURVEY RESULTS

Figure 7. How many hours do you sleep per night?

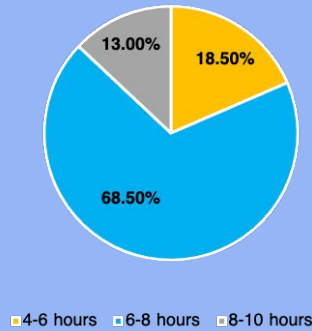


Figure 8. How often do you exercise?

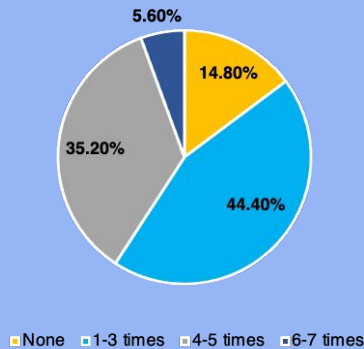
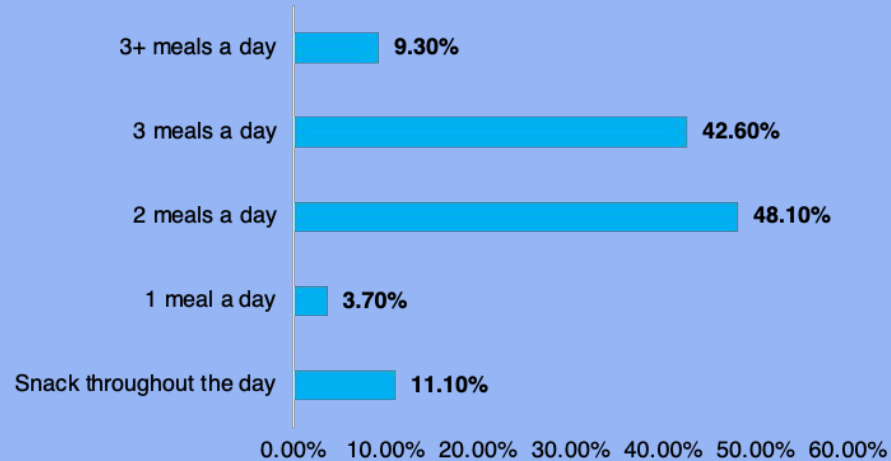


Figure 9. How many meals do you eat a day?



FOCUS GROUP RESULTS

Opening Question	Have you enjoyed your experience at Northeastern so far?
Introduction Question	Do you think Northeastern cares about the well-being of its students?
Transition Questions	How would you describe your college lifestyle? How would you describe your food preferences? Do you think college has an impact on your healthy eating habits?
Key Research Questions	Does Northeastern Curry Dining provide enough food options that suit your lifestyle? Do you think there is enough healthy food options at Curry? What healthy restaurants would you like to see, if any? What restaurants in general would you like to see?
Conclusion Question	Do you think Northeastern plays in a role in facilitating healthy eating and lifestyle habits for its students? How so?



UNIVERSITY STUDY RESULTS

- Princeton Review University Food Ranking - 2022

#1) UMass Amherst	#2) Bowdoin College	#3) Washington University in St Louis	#4) Cornell University	#6) Vanderbilt University
<ul style="list-style-type: none">• Greatest dining options• > 100 local farmers & vendors• Late Night dining• Multiple meal options	<ul style="list-style-type: none">• Organic gardens (MOFGA)• Nutritionist• Cafes open until 12am	<ul style="list-style-type: none">• 11 dining spots equidistant• Nutritional Tip of the Day• Apartment meal plans• Bear Balance Nutrition Program	<ul style="list-style-type: none">• 29 eateries• Best Overall Allergy Food Program (2018)• Forward Food Pledge• Mystery Shopper Program	<ul style="list-style-type: none">• “Munchie Market”• Certified chefs & staff dietitians actively in dining halls• 6 market meal locations (healthy grab-and-go)



TAKEAWAYS

Survey Results

- 72.2% of students would like to see healthier options on campus
- 58.5% of students strongly believe they eat healthier at home than on campus
- 40.7% of students would like to see more ethnic and culture orientated dishes offered

Focus Group Interview

- Stray away from Curry since it is overpriced
- Believe it's challenging to follow a healthy lifestyle while in college
- Curry lacks adequacy & availability (on-the-go, variety, & healthy)

LIMITATIONS

- Sample Size - Our sample size only consisted of 54 Northeastern students.
- Only Analyzing Curry - We surveyed Northeastern students on Curry dining options but could have also included campus dining hall options.
- Hypothetical - We assume that outside factors, such as university-wide approvals, would not be an issue when implementing new food options.

RECOMMENDATIONS

- Emphasising the importance of proactive student engagement
 - Open to active feedback
- Providing vegetarian and vegan options
- Grab-n-go style
 - Reduce wait times
- Diverse food options that represents the student body and more
- Investing in local farmers
 - Fresh fruits
 - Vegetables
- Having more resources and options available to students off campus
- Dietary needs
- Allergies
- To increase sustainability
 - Promote the campus community garden

CONCLUSION

- Students are not satisfied with the food options available at the Curry Student Center.
- Many agreed that the restaurants at Curry promote unhealthy eating practices.
- To satisfy the dietary needs and personal preferences of students, campus menus must diversify.
- We hope that the institution will find our research helpful and utilize it to implement the reforms students have suggested.

SOURCES

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