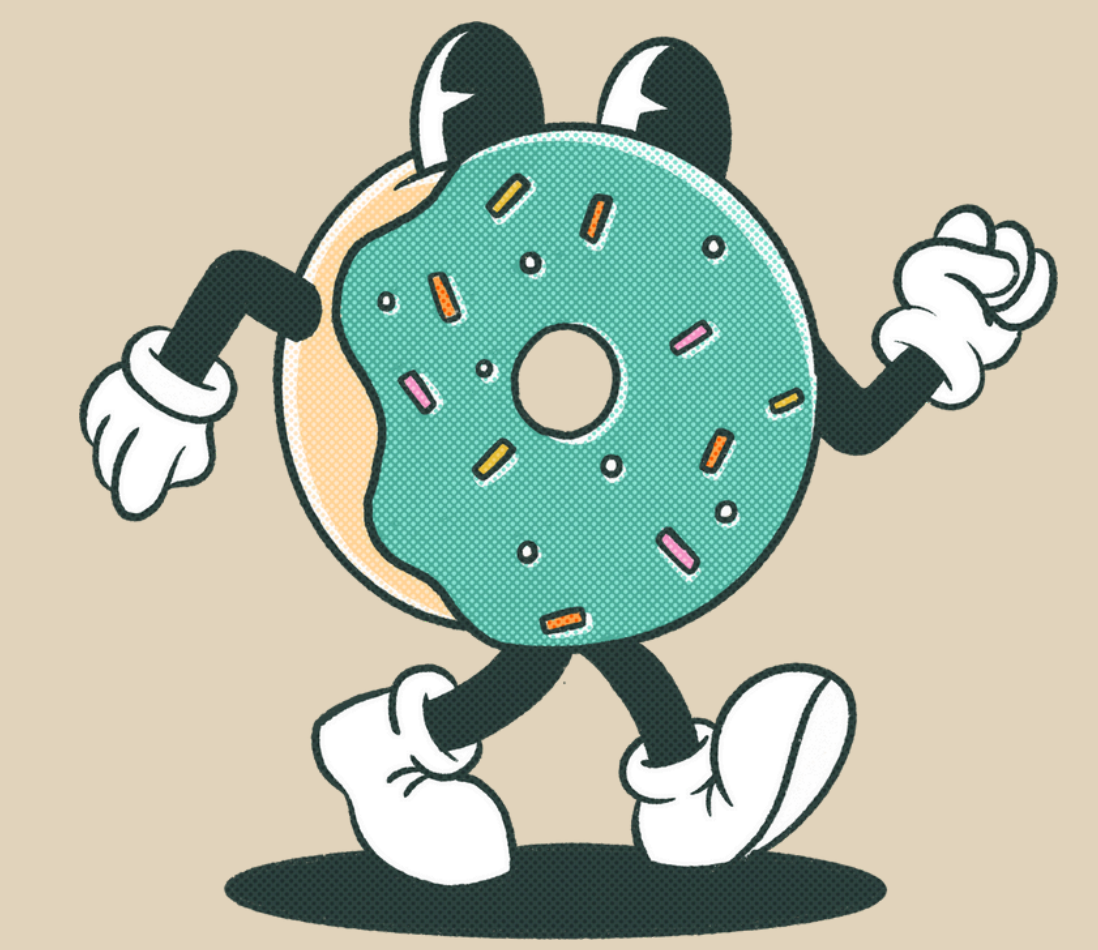
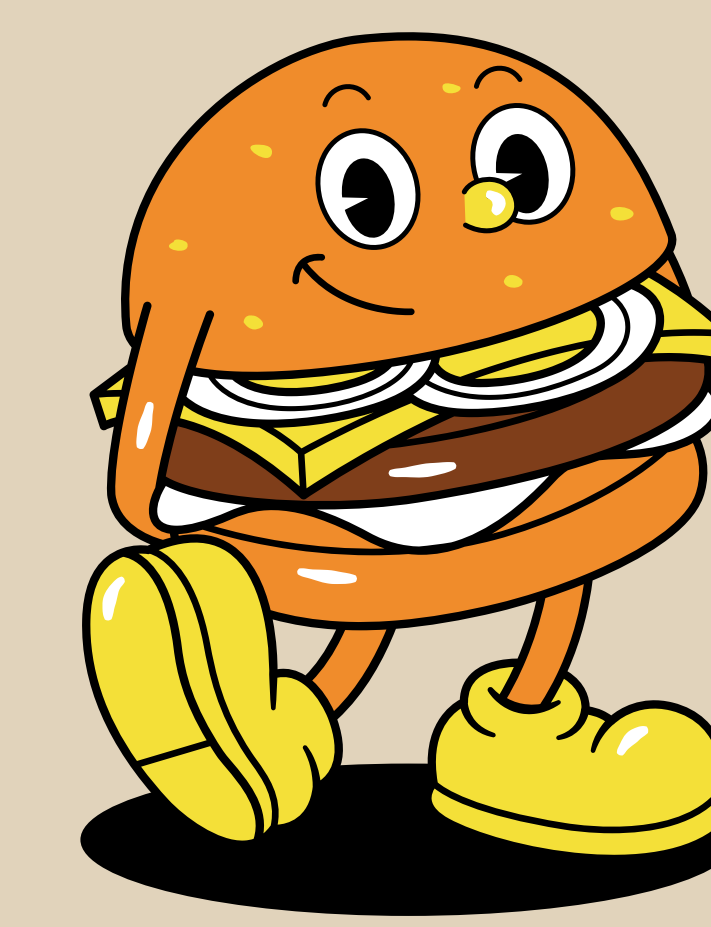


What's Inhibiting You From Eating Proper Meals?: Examination of Time Constraints and Dietary Behaviors among UCSD Students

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INTRODUCTION

- College students are tasked with having to juggle numerous obligations leaving little time for meal preparation and poor nutrition.
- Schedule constraints and lack of time effectively forces these populations to rely on processed fast foods, which are healthier when compared to meals prepared at home.¹
- Despite existing literature reporting poor dietary habits among college students, there is a dearth of information related to specific examination of time-related factors (e.g., commute time, time spent studying, extracurricular activities, employment)

OBJECTIVES

- To examine the correlation between the amount of time devoted to academic obligations and the frequency of visits to outside eateries among UCSD students.
- To investigate the impact of time constraints on students' dietary behaviors.



METHODS

- Anonymous cross-sectional survey distributed online via Qualtrics.
- Availability sampling- Recruitment through flyers posted around campus, word of mouth, social media advertising, and emails.
- Exposure variables: Questions regarding time commitments involving academic units, commuting, extracurriculars, and employment followed a relatively similar format of "In a typical week, how many hours do you spend...?"
- Outcome variables: Questions regarding the frequency of visiting outside eateries were formatted as "In a typical week, how many times do you eat breakfast/lunch/dinner/a snack from an outside eatery?"
- Conducted correlational analyses using SPSS to measure the relationship between exposures and outcomes.

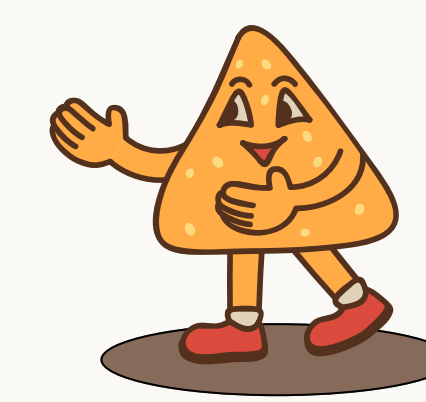


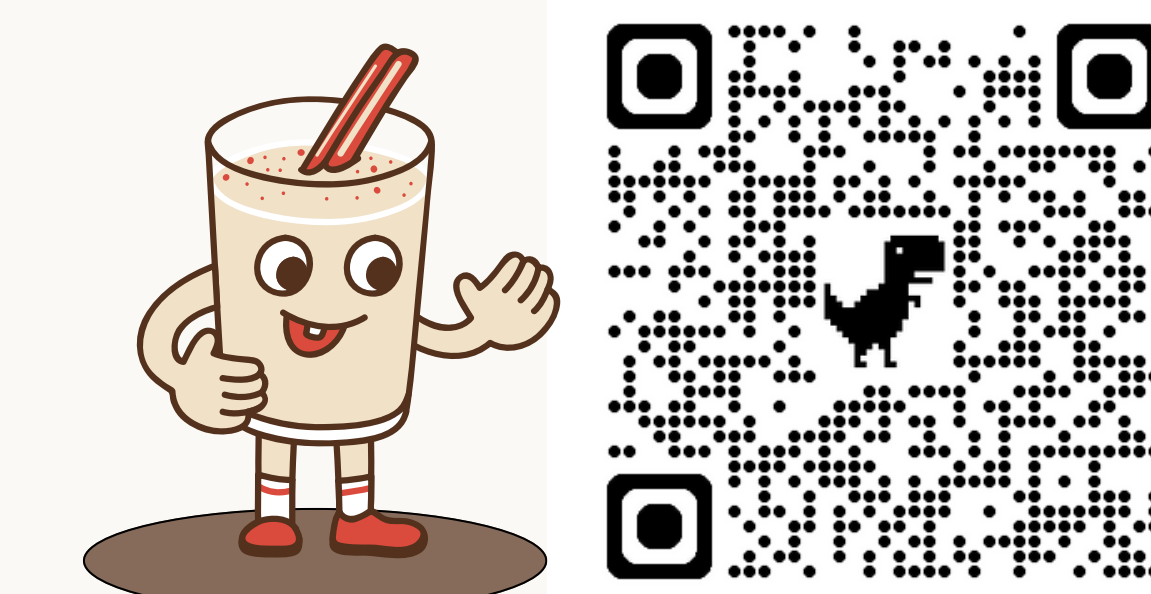
Table 1: Participant Sociodemographics (N=70)

GENDER	n (%)	RACE/ETHNICITY	n (%)
Female	32 (50%)	Asian	44 (42%)
Male	26 (40%)	Hispanic	29 (28%)
Non-Binary	6 (10%)	White	15 (14%)
ACADEMIC STANDING	n (%)	Midde Eastern	8 (8%)
Freshmen	5 (9%)	African American	2 (2%)
Sophmore	9 (16%)	Native Hawaiian/Pacific Islander	2 (2%)
Junior	17 (30%)	North African	2 (2%)
Senior	21 (36%)	American Indian/Alaska Native	1 (0.5%)
Post-Grad	6 (11%)	Other	1 (0.5%)

QUALITATIVE RESPONSES

- Qualitative question of "What is one barrier you face that prevents you from cooking at home?". **Time** was the main identified barrier faced by students in terms of limiting their ability to cook meals at home.

TEST RESULTS, REFERENCES/ACKNOWLEDGEMENTS



- More information about additional correlation results/data analysis and references utilized.

RESULTS

Figure #1: Association between Academic Obligations and Outside Eatery Visits

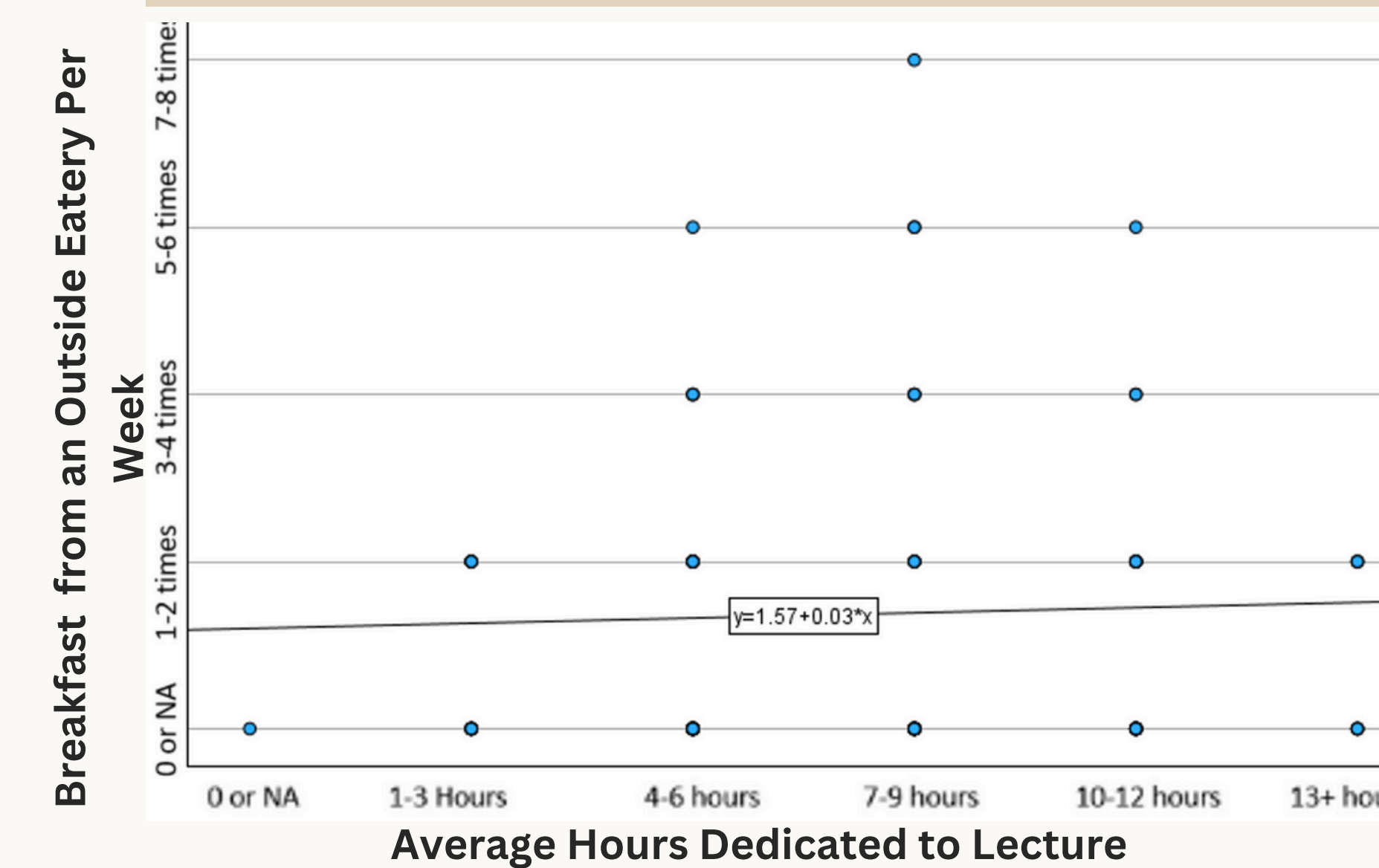


Figure #2: Association between Schoolwork and Snacking

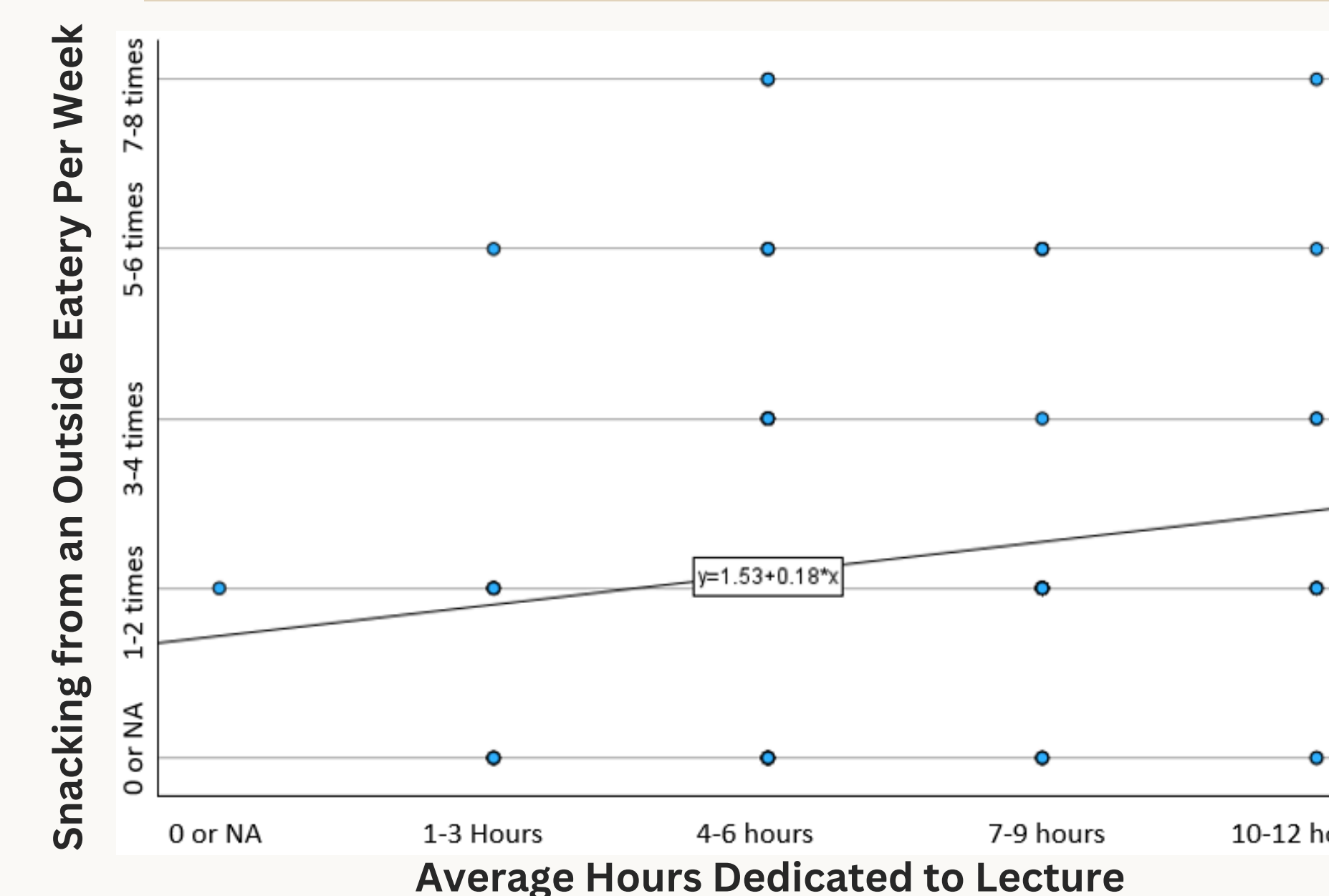
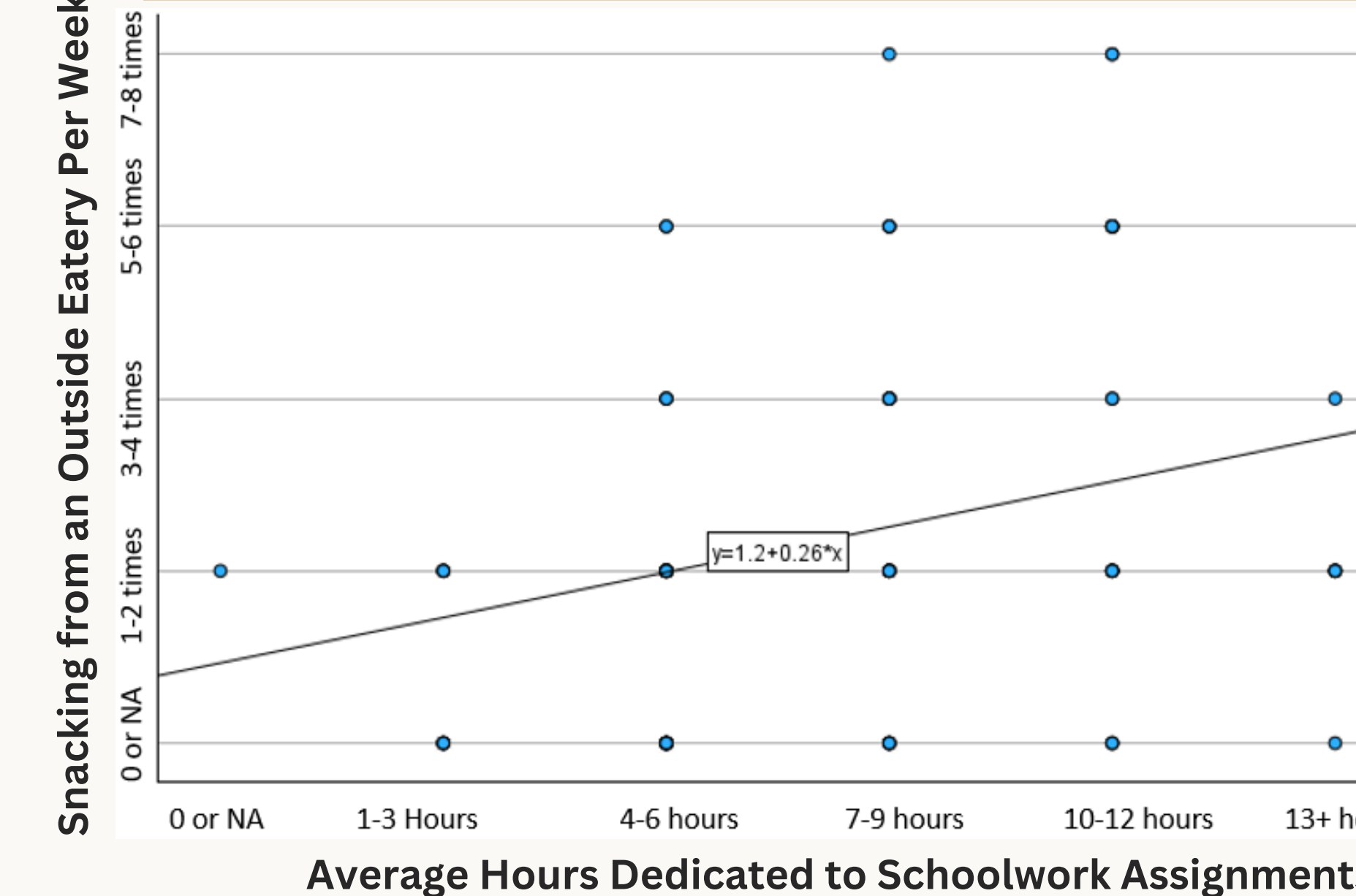
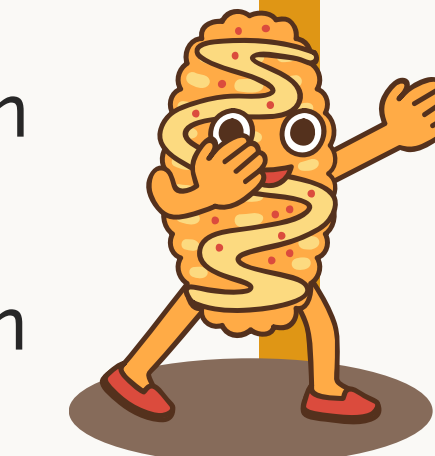


Figure #3: Association between Schoolwork and Snacking



- R-squared=0.002, indicating a weak positive association between studying hours, and the number of times an individual participates in eating breakfast at an outside eatery in a given academic week. No significance association ($p = .711$) No relationship between academic obligations and eating out. (Fig 1)



- R-squared=0.082, indicating a weak positive association between increasing studying hours, and the number of times an individual participates in snacking in a given academic week. Statistical significance association ($p = .008$) Established relationship between lecture hours and snacking. (Fig 2)

- R-squared= 0.025, indicating a weak positive association between increased hours spent on class assignments and students participating in snacking in a given academic week. No statistical significance was detected ($p = .157$) No relationship between time spent on homework and snacking (Fig.3)



CONCLUSION

- Statistical evidence suggests the strongest associations were between snacking at outside eateries and hours spent on academics. Suggesting that students skip meals, wait till they get home to eat main meals, and only eat small snacks to get them through the day.
- No correlation between the frequency of eating at outside eateries for meals and hours spent commuting, working, or on extracurricular activities.
- Time was identified as a major barrier to cooking at home, which could explain the high frequency of eating at an outside eatery, reinforcing the need for schools to provide healthier food options to promote healthy eating.

LIMITATIONS

- A larger and more diverse sample size could have contributed to stronger associations between the time constraints surveyed and attending outside eateries.
- A majority of the participants in our sample were Public Health majors who may be more informed of the nutritional risks that come with attending outside eateries more frequently

POLICY IMPLICATIONS

- Mandatory break periods can be implemented which can create opportunities for students to create their meals.
- Increasing awareness and education of food pantries located on campus.