

# GROCERY STORES & ADHERENCE TO THE HEALTHY DIETARY GUIDELINES

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## BACKGROUND

- Off-campus college students face challenges in accessing nutritious food due to diverse socioeconomic backgrounds and transportation constraints
- Previous research suggests a positive association, but findings remain inconsistent
- College students reported that, on average, 17.9% consumed 3 or more servings of fruits per day in the last 7 days, while 27.8% consumed 3 or more servings of vegetables per day during the same period. (ACHA, 2022)

## OBJECTIVE

To examine the relationship between proximity to grocery stores and adherence to the healthy dietary guidelines.

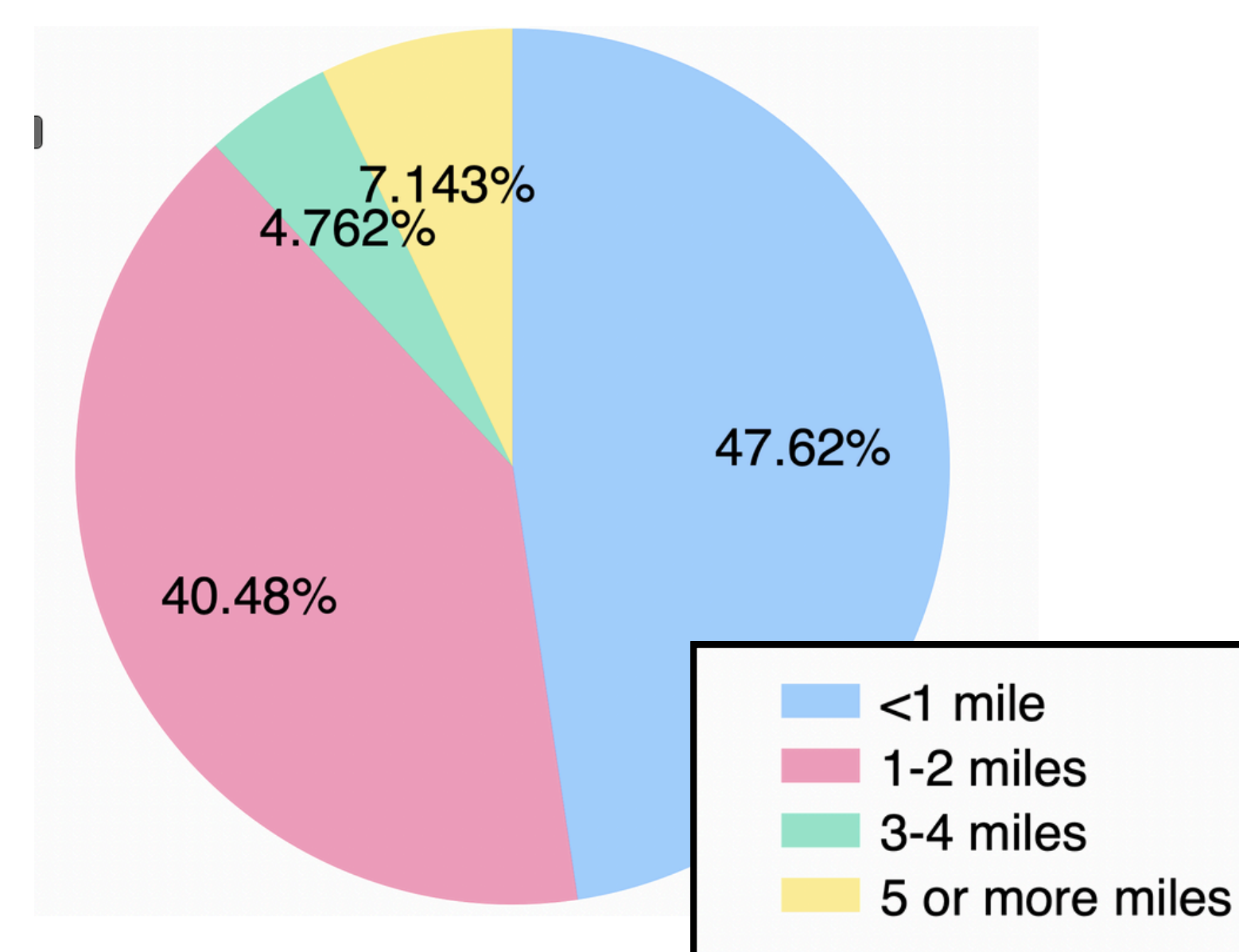
## METHODS

- Cross-sectional, precluding the establishment of causal relationships or directionality
- 8-item survey distributed using Google Forms
- Screening of our participants through asking students their status at UC San Diego and their living status
- STATA SE (ver.18) used for statistical analysis



## RESULTS

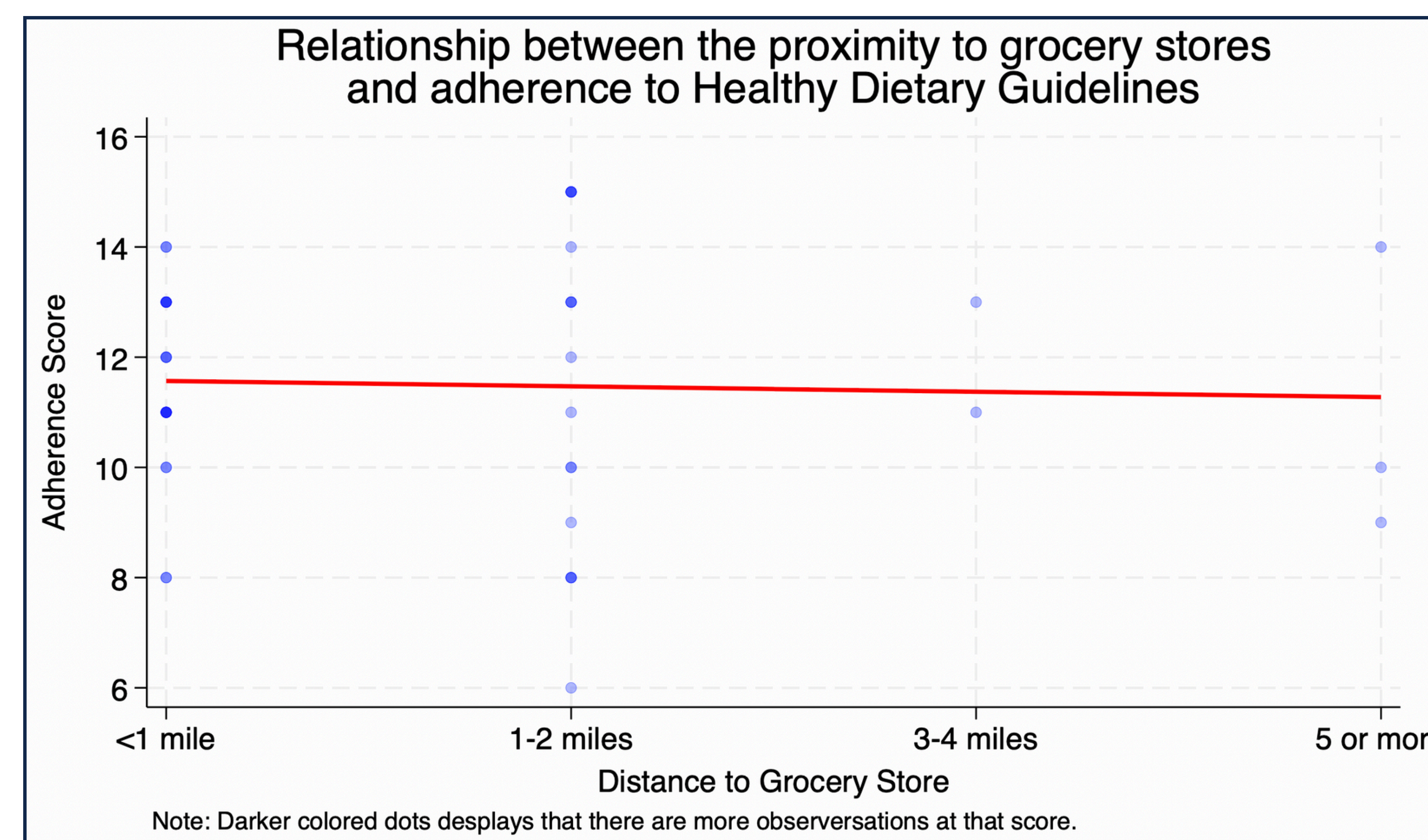
### EXPOSURE DISTRIBUTION (DISTANCE TO GROCERY STORE)



	Percentage(%)
Age	
18 to 19	2.4
20 to 21	69
22 to 23	23.8
24 and over	4.8
Race	
Asian	45.2
Black	2.4
White	26.2
Hispanic	19
Native Hawaiian or other Pacific Islander	2.3
Other (Mixed, etc.)	4.8
Gender	
Male	31
Female	64.2
Non-binary	4.8
SNAP or Public Assistance	
Receives SNAP	40.5

### ADHERANCE SCORES

- Adherence scores are the sum of the scores assigned to each food groups in the survey: fruits, vegetables, grains, proteins, and dairy
- For each food group, a participant was given a score of 1 for consuming them never/rarely, 2 for occasionally, and 3 for often/always



Pearson's correlation demonstrated a weakly negative correlation between the distance to grocery stores and adherence scores. ( $r = -0.0078$ )  
This results were not statistically significant. ( $p\text{-value} = 0.9604$ )

## CONCLUSION



- Final Result: Closer proximity to grocery stores resulted in a slight decrease in adherence
- Not enough data on distances surpassing two miles
- Most participants lived close to grocery stores



## POLICY IMPLICATION

- Allocate more funding to research that explores the complex relationship between food access and dietary habits among off-campus college students
- Implement subsidized transportation services, such as free or discounted buses, trolley passes, and ride-sharing programs to improve off-campus students' access to grocery stores with nutritious food options.
- Expand campus-based food assistance programs to support off-campus college students.

