



# Student Housing Status and Nutritional Habits

Anaida Osipova, Benjamin Rogness, Bridget Fernandez

Department of Family & Preventive Medicine, University of California, San Diego



## Introduction

### Background:

- Unhealthy dietary behavior is one of the top six health risk behaviors identified in college students is (Brunt, 2007).
- Taste, cost, nutrition, convenience (including time and energy), pleasure, and weight control are factors that influence student food choices (Marquis, 2005).

### Objective:

- To determine how housing status at University of California, San Diego affects nutritional habits and preferences.

## Methodology

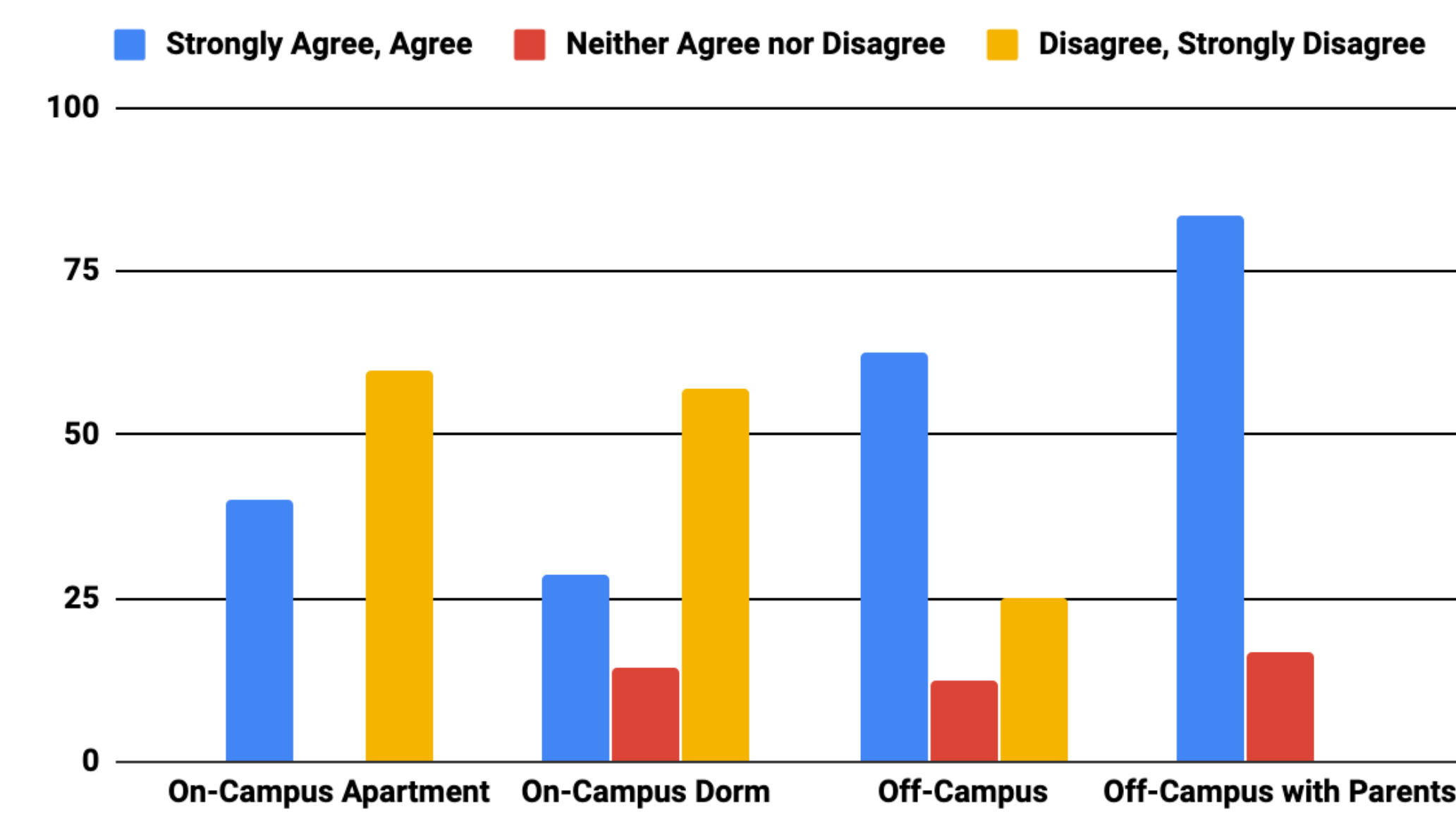
- UCSD Students (18-24 years) completed a Google Forms survey about housing status, nutritional habits (n=65) and potential barriers such as food affordability and variety.
- Bivariate and univariate analysis

## Conclusion

- The housing status of UCSD students affects their nutritional habits and preferences.
- On-campus market affordability, transportation to grocery stores, and time to cook were identified as potential barriers that shape nutritional habits.

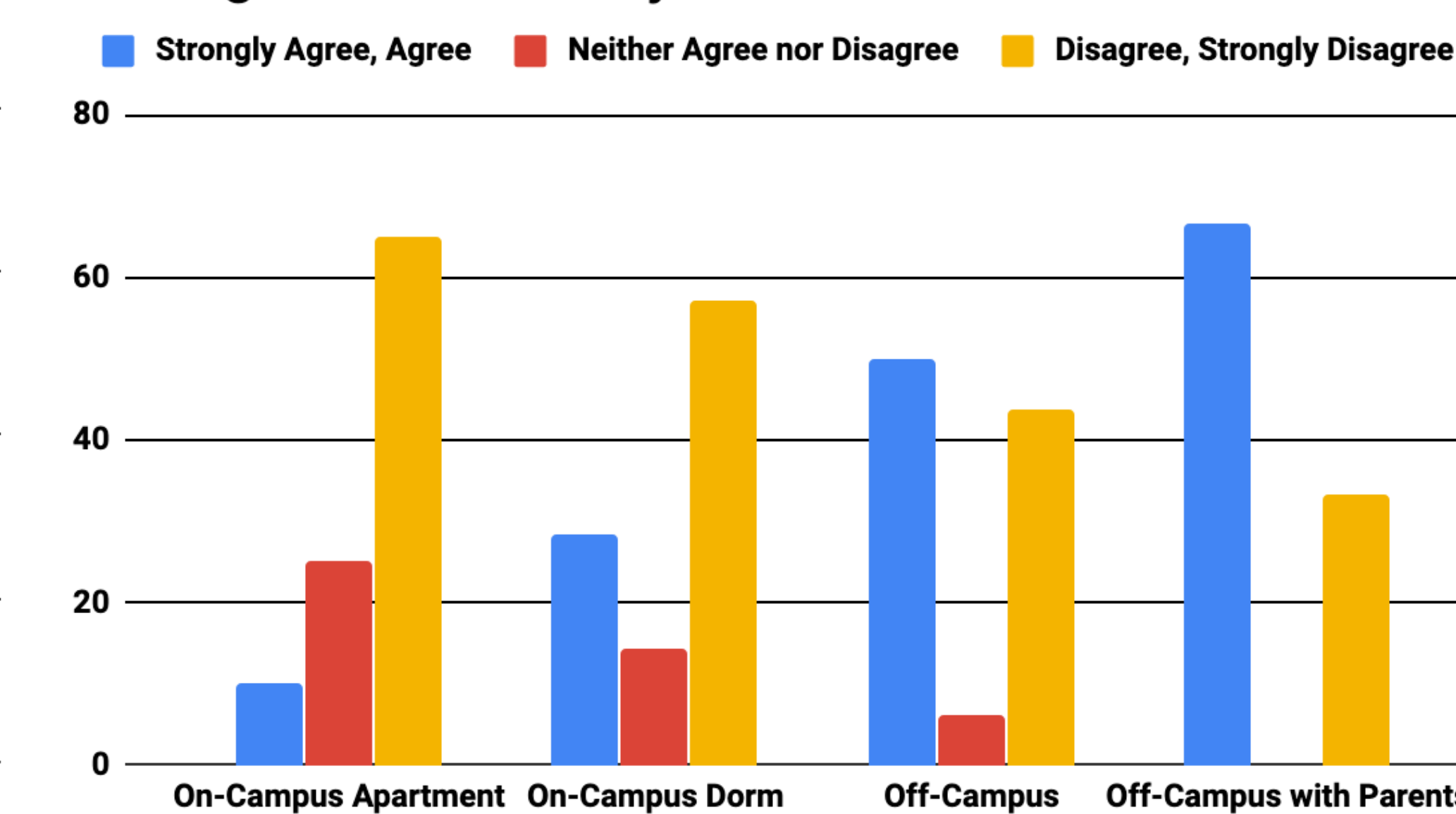
## Results

**Housing Status vs. Eating Well**



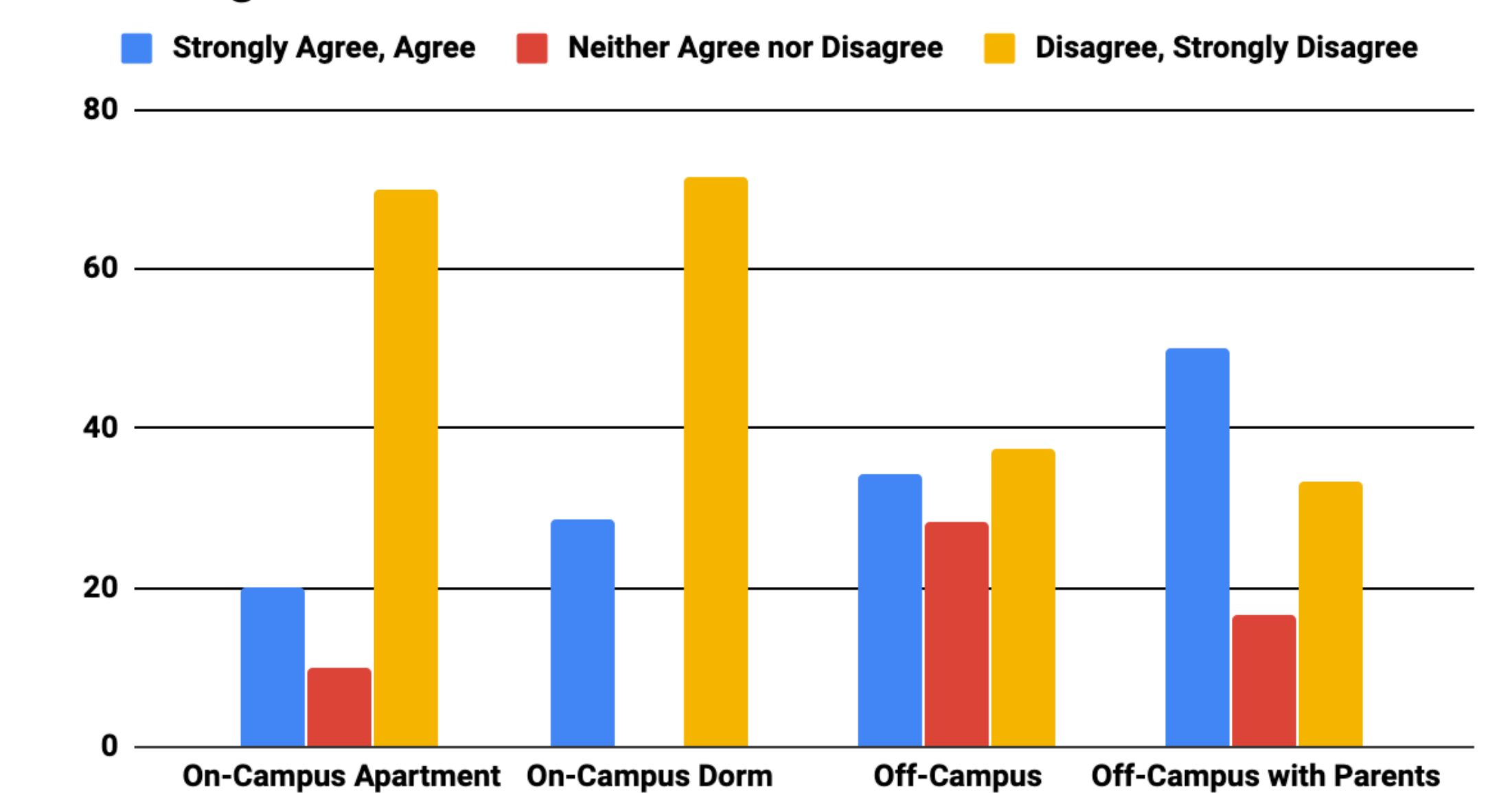
**Figure 1:** Off-campus students were more satisfied compared to on-campus.

**Housing Status vs Variety of Food Consumed**



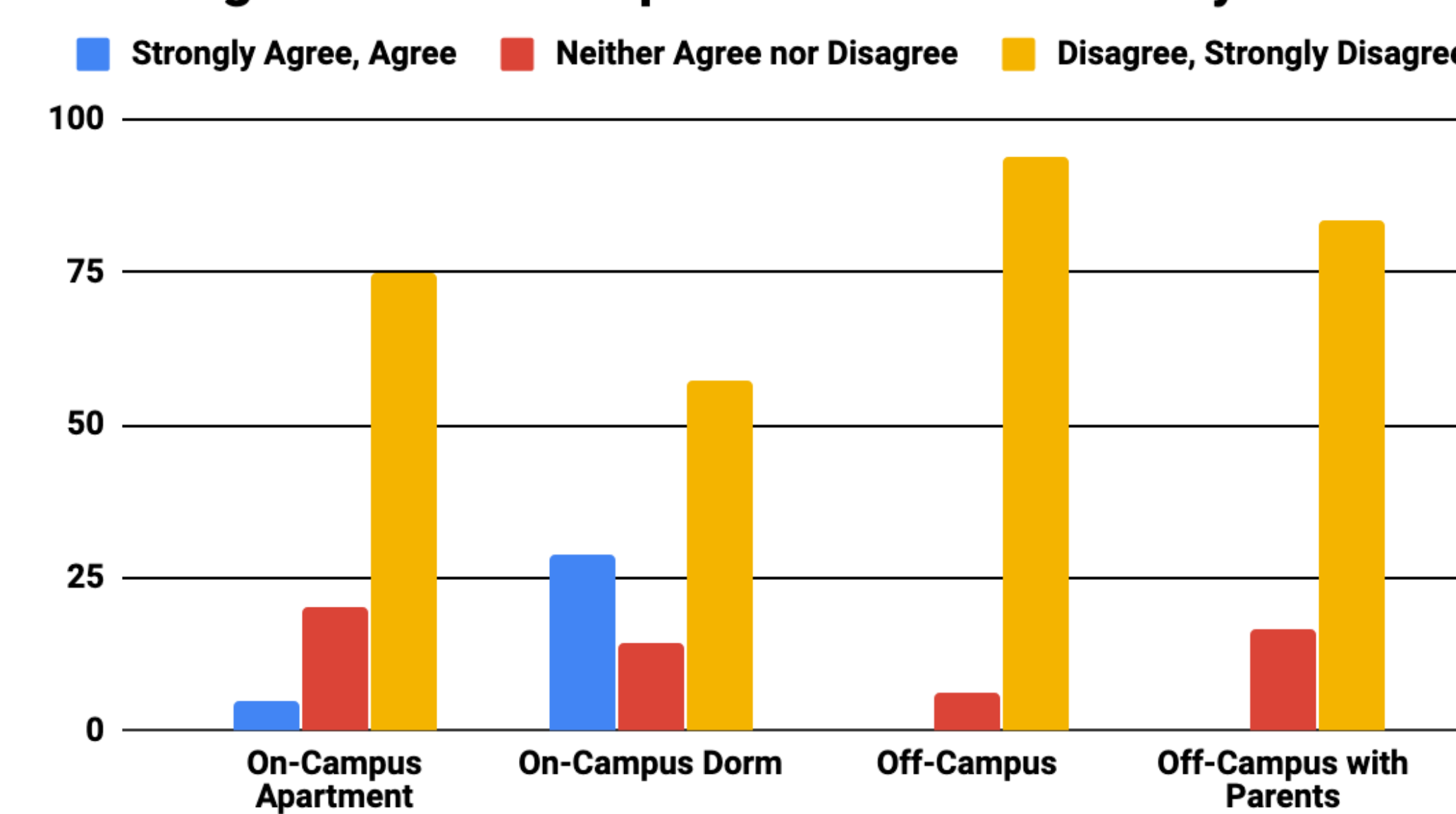
**Figure 2:** On-campus students had a less varied diet compared to off-campus.

**Housing Status vs Time to Cook**



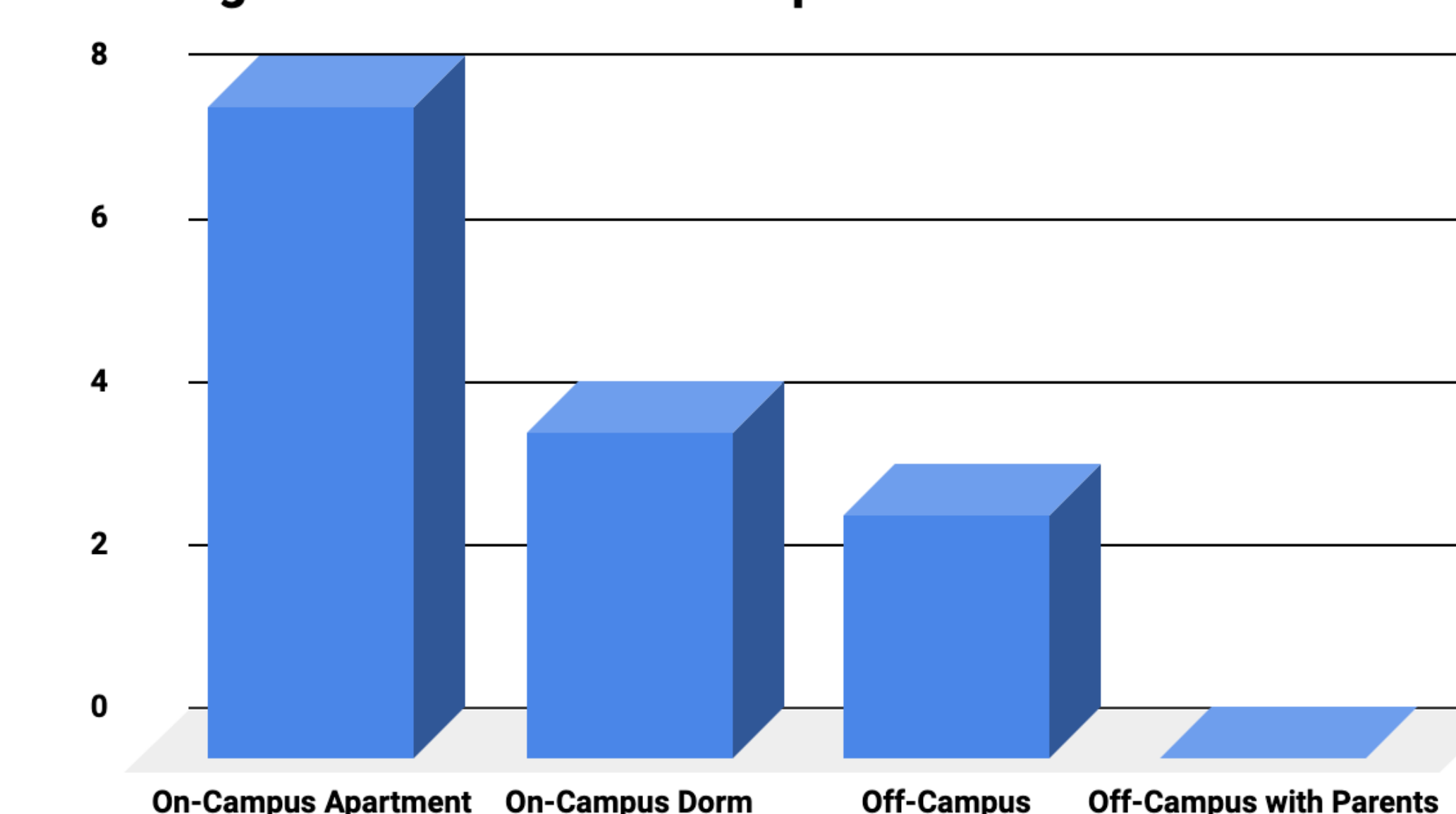
**Figure 3:** On-campus students perceived having less time to cook compared to off-campus.

**Housing Status vs. Campus Market Affordability**



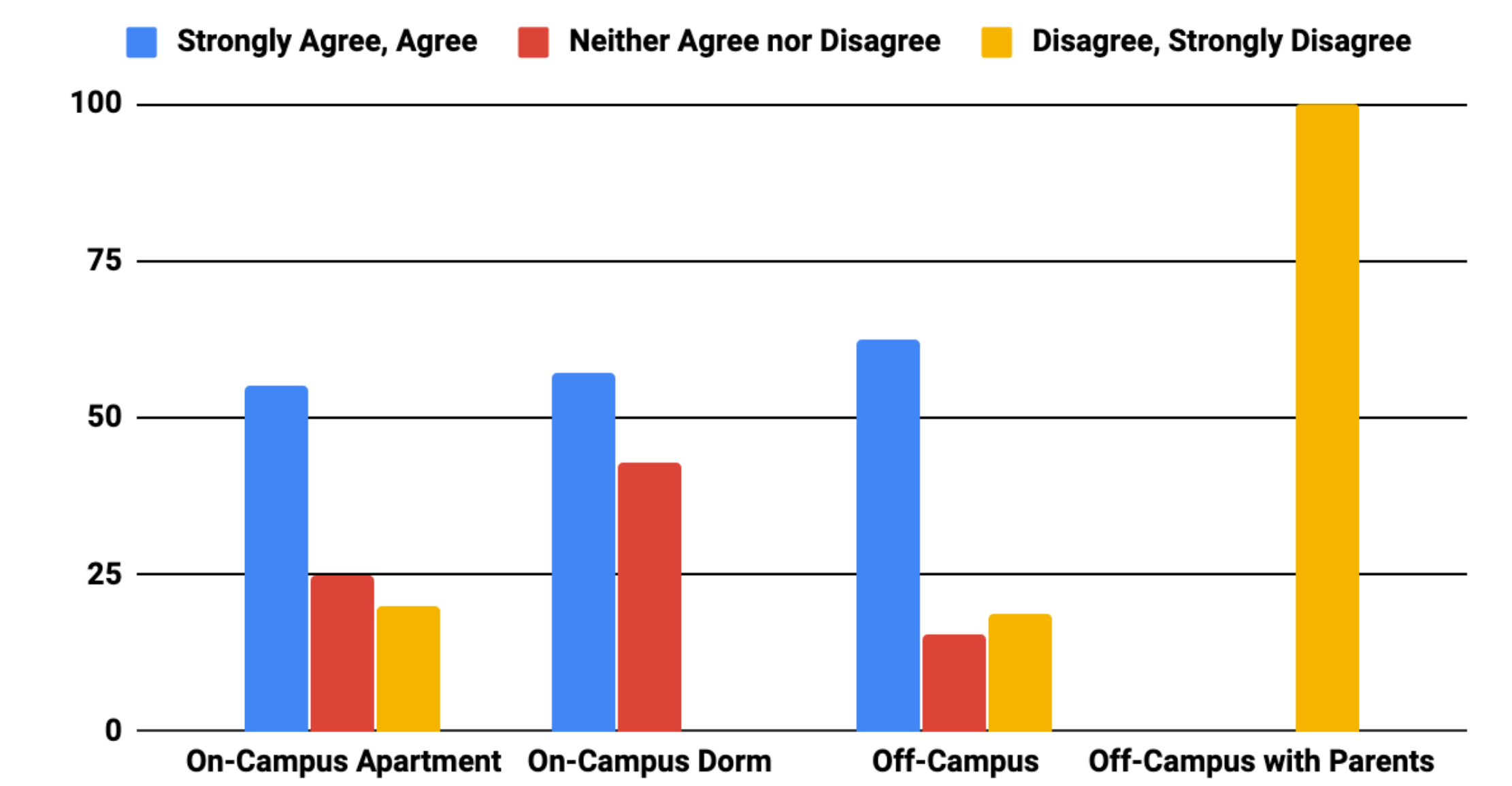
**Figure 4:** Vast majority of respondents find the UCSD dining to be unaffordable.

**Housing Status vs. Public Transportation Use**



**Figure 5:** On-campus students have an increased reliance on public transportation to get to a grocery store.

**Housing Status vs. Proposed Rideshare Program**



**Figure 6:** There is general support for a school rideshare program.

## Policy Implications

- **Affordable On-Campus Markets:**
  - Reducing the prices of food items while providing healthier options at the campus markets and dining halls could increase the number of students eating well and having a varied diet.
- **Ride-Share Programs:**
  - A shuttle program through UCSD to allow students to have access to off-campus grocery stores, and also provide transportation for students who live off-campus.
- **Nutrition Education:**
  - Weekly emails to UCSD faculty and students with healthy recipes, exercise tips, and events could promote healthy living.

## Acknowledgements

- ❖ Under the Supervision of:
  - ❖ Eric Leas, PhD, MPH
  - ❖ Haley Ciborowski, MPH
  - ❖ Emily Eshraghian

## References

- Brunt, A. R., & Rhee, Y. S. (2008). Obesity and lifestyle in U.S. college students related to living arrangements. *Appetite*, 51(3), 615-621. <https://doi.org/10.1016/j.appet.2008.04.019>
- Marquis, M. (2005). Exploring convenience orientation as a food motivation for college students living in residence halls. *International Journal of Consumer Studies*, 29(1), 55-63. <https://doi.org/10.1111/j.1470-6431.2005.00375.x>