Introduction

Background:
- Unhealthy dietary behavior is one of the top six health risk behaviors identified in college students (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.

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.

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References