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<b>College *</b>	College of Liberal Arts and Sciences
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<b>Title of Research *</b>	Effect of an Eight-Week Academic Class on Fruit and Vegetable Consumption in First-Year College Students
<b>Other Authors *</b>	Dr. Kathy Mellen (Department of Health and Human Physiology)
<b>Introduction &amp; Purpose *</b>	<p>College students have poor eating habits, especially low fruit and vegetable intake. Poor eating behaviors and choices have influenced the current overweight and obesity status in this population. Interventions have been successful at creating positive dietary behavior changes in populations but this research is limited in college students.</p> <p>The purpose of this study was to examine changes in first-year college students' consumption of fruits and vegetables while enrolled in an eight-week academic class, Food and Your College Experience.</p>
<b>Experimental Design *</b>	A 16- question survey was developed as the main research study tool. The survey was distributed during the first and last week of class. Questions assessed nutrition knowledge; fruit and vegetable consumption; and perception of diet and the "Freshman 15."
<b>Results *</b>	While this study did not indicate statistically significant changes in fruit ( $p=0.15$ ) and vegetable consumption ( $p=0.95$ ), there were increases in consumption of fruit (1 cup to 1.2 cups) and a decrease in the consumption of fruit and vegetable juice (.5 cups to .4 cups). The percentage of students who correctly answered questions relating to recommended intakes of fruits and vegetables increased ( $p=0.06$ for fruit and $p=0.18$ for vegetable). The students' perception of their diet improved and concern of the "Freshman 15" decreased.
<b>Conclusions *</b>	Basic nutrition classes aimed at increasing students' knowledge of healthful dietary choices, in particular, fruits and vegetables, may translate into positive behavior changes. Despite non-significant results in this study, fruit and juice consumption improved. This change can positively affect students' health status. Further research should continue to explore the effectiveness of academic courses to create behavior change in this population.

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