

# Eating habits of college students

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Eating Habits of College s ment of problem and purpose of the study Eating is a daily practice for all people and is essential not only for survival but also for accomplishing other social and cultural aspects. Various studies have demonstrated that college students have poor eating behaviour (Deshpande, Basil, M. & Basil, D. 2009). They tend to eat foods rich in calorie and fat and low vegetables and fruits. Also, studies have shown that only about 7. 3% of the college students take five or more servings of fruits and vegetables (Gerson, Goto, Wolff & Giovanni, 2013). The transition to college life results in deterioration of eating habits among the students and the consequent weight issues particularly during their first year in college and the subsequent years. Various studies have established a relationship between psychographic and demographic features with the dietary habit of college students (Farrell, 2010). However, there are some differences between the upper and the lower students about dietary habit that could indicate that practices developed in the early years of college are likely to reflect in the later years. Also, there is a relationship between where a student lives and the eating habit and diet-related health. For instance, the students living off-campus exhibit higher energy from the protein, high total cholesterol ratio to high lipoprotein as well as serum triglyceride (Farrell, 2010). This implies that off-campus students are choosing different lifestyle from those residing on campus. There is a slight gender difference among the students living on the campus and those living off-campus. In both cases, female students tend to consume more fat than male students. The studies on eating habits among the college students have established various factors responsible for poor eating habits among the college students (Gerson et al., 2013). The most common factors include pleasure, price, weight concerns and convenience.

Although some students are aware of the consequences of poor eating habit, there are other issues such as budget, taste, convenience and time sufficiency acted as barriers to healthy eating. Inadequate nutritional knowledge was also an important factor responsible for poor eating habit among the college students. United States is one of the nations with the highest level of social inequalities that is a contributing factor of poor eating habit among the college students (Gerson et al., 2013). The purpose of this study is to examine various causes of poor eating habits among the college students and how this affects their health. Also, it demonstrates how adequate understanding of consequences of poor eating habits can improve the health of the students and the entire nation.

## 2. Research question(s), rationale and qualifications,

This study aims to answer various issues relating to eating habit of the college students. For example, how does food quality of campus cafe affect eating habits of the college student? What factors influence the eating habit of the college students? Is there a relationship between campus life and eating students eating habit? Does poor eating habit among the college students have any effect on their health? What is the link between the level of health dietary awareness and students eating habit?

## 3. Outcomes and impact

The rate of overweight and obesity in the United States has been rising at an alarming rate as well as the prevalence of lifestyle diseases such as cardiovascular, diabetes and so on. Various studies have shown that the most affected population are those between the age of 18 and 29 years, and an unfortunate majority of these are the college, students. Also, about 36% of the college students are either overweight or obese (Farrell, 2010). The <https://assignbuster.com/eating-habits-of-college-students/>

menace of overweight or obesity among the college students has been contributed by unhealthy eating habits. The college environment has also made significant influence on the eating habits of the students because of the availability of large portions of high calorie and fat foods as well as buffet style cafeteria (Deshpande et al., 2009). The college students have limited food choices because of their limited income and busy lives that put the limit on their time hence they have to balance various errands and activities. Most of the college students have the preference for food rich in calories and fat but consume few fruits and vegetables on daily basis. However, the change of lifestyle that encourages consumption of local, sustainable and organic foods can influence the eating habit resulting in a consumption of healthier foods.

#### 4. Significance of the Study

This study is great importance to the students and the entire nation because health individuals contribute to economic growth because of high productivity. Healthy eating habit can contribute to a healthy society by reducing the number of various diseases and increasing the productivity of its people (Farrell, 2010). It is the prerogative of the government to promote health of its people; therefore, promoting healthy eating habit will improve the welfare of the nation and help the government to save cost of treating various illnesses caused by poor eating habit.

#### References

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