

Healthy Eating in Campus

By Group 15B: Fam Sze Khiong

MIA170032

Teh Ru En

MIA170126

Nurin Azizah Binti Ismail

MIA170093

Pon Suek Xuan

MIA170139

“How Healthy are You?” Survey Results and Analysis

Respondents: 50 students studying in University Malaya

The amount of water that you drink per day is...

50 responses

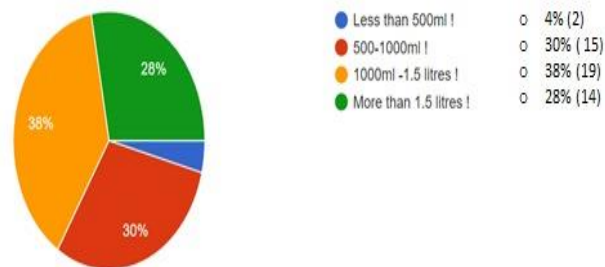


Figure 1: Daily water consumption of students

How many meals do you eat everyday?

50 responses

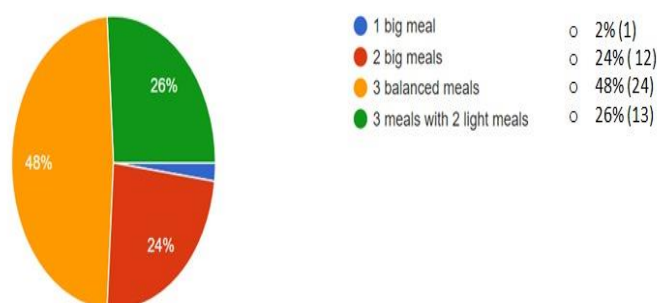


Figure 2: Number of meals that students take daily

Your main meals are usually

50 responses

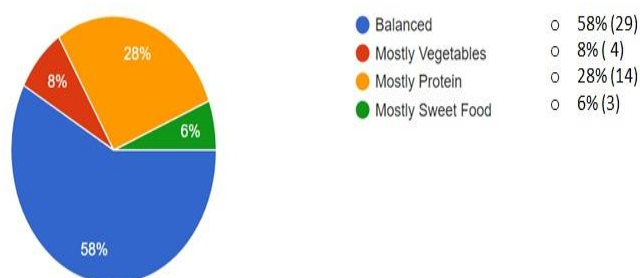


Figure 3: Food composition in students' meal

References:

- <https://www.onemedical.com/blog/live-well/daily-water-intake/>
- <http://www.euro.who.int/en/health-topics/disease-prevention/nutrition/a-healthy-lifestyle/benefits-of-a-balanced-diet>
- http://www.breastcancer.org/tips/nutrition/healthy_eat
- https://en.wikipedia.org/wiki/Healthy_diet
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3905922/>

Introduction

Healthy Eating is defined as eating a wide variety of food that contains all the essential nutrients needed by our body in order to maintain and improve our general health.

It is hard for university students to practice healthy eating habits as they do not have time and convenient access to healthy meals.

An electronical survey was conducted among 50 random students in University of Malaya to understand their eating habits. From the results obtained, we have suggested some ways to promote healthier eating amongst university students.

Interventions to promote Healthy Eating in Campus

Healthy Food Fair

Objective: To introduce and showcase the wide variety of simple healthy foods that can be better alternatives for students.

This food fair provides a platform to educate students about healthy eating. Various stalls will be selling and displaying easily made yet healthy and delicious meals. Booklets containing healthy food recipes will also be distributed. Furthermore, several certified nutritionists will be invited to give informative talks about healthy eating.

Free Water Dispenser

Objective : To provide free drinking source that is readily available around the faculty and residential colleges for students to stay healthy and hydrated.

Water is essential to flush out toxins from the body and relieve fatigue. By having easily accessible water dispensers around the campus, students can drink more water to keep themselves hydrated. To ensure the cleanliness of the dispensers, regular cleaning and maintenance will be conducted.

Food Apps

Objective : To allow students to obtain relevant information about food apart from promoting and educating students about healthy eating.

This app will display available food around the campus together with their latest price. This can make it easier for the students decide and opt for a healthy meal and save their time looking for food. This Food App also has a calculator feature which allows students to measure their food calorie intake. Students could also provide feedback to restaurants or cafes in terms of the food they serve for continuous improvement to provide customers with balanced and healthy meals.

Literature Review

Water represents a critical nutrient whose absence will be lethal within days. Water's importance for prevention of nutrition-related noncommunicable diseases has emerged more recently because of the shift toward large proportions of fluids coming from caloric beverages. [Popkin, B. M., D'Anci, K. E., & Rosenberg, I. H. (2010). *Water, Hydration and Health. Nutrition Reviews*, 68(8), 439–458.] We estimate that most of those who consume more than 2 liters per day are afforded adequate protection, because the margin of safety estimated for the contaminants is sufficient to offset excess water consumption. [National Research Council (US) Safe Drinking Water Committee. *Drinking Water and Health: Volume 1. Washington (DC): National Academies Press (US); 1977. 1, Approach to the Study.*]

A key challenge in human nutrition is the assessment of usual food intake. 3), 98–101.]

Although the problem of obesity is being addressed through a variety of strategies, the use of mobile apps is a relatively new development that could prove useful in helping people to develop healthy dietary habits. Though such apps might lead to health behavior change, especially when relevant behavior change theory constructs are integrated into them, the mechanisms by which these apps facilitate behavior change are largely unknown. [West, J. H., Belvedere, L. M., Andreasen, R., Frandsen, C., Hall, P. C., & Crookston, B. T. (2017). *Controlling Your “App”etite: How Diet and Nutrition-Related Mobile Apps Lead to Behavior Change. JMIR mHealth and uHealth*, 5(7), e95.]

Conclusion

From our survey, it was found that only 28% of students drank more than 1.5 litres of water a day (Figure 1). This is significantly lower than the recommendation of National Academy of Medicine which suggests that the public should consume at least 3.7 litres for males and 2.9 litres for females per day (One Medical, 21ST August 2017). Therefore, we encourage the instalment of more water dispensers around the campus to promote healthy drinking among students. Next, only 48% of our respondents responded that they are eating three balance meals per day (Figure 2). Opting for a balanced, adequate and varied diet is an important step towards a happy and healthy lifestyle. (WHO, 2017). Therefore, our food app aims to provide on stream information for students to have their choices sorted out to fit their dietary needs. Finally, only 58% of our respondents have balanced composition of food in their meals (Figure 3). Hence, we propose a healthy food fair with the aim to increase healthy eating awareness amongst university students.