Nutritional Needs of Diverse Students on a University Campus
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Research Question
Are Culturally-Diverse students...
1. Getting adequate nutrition?
2. Feeling at home in a foreign land?
3. Needing Nutrition Education?

Literature Review
- International students have "food insecurity" (Hughes et al, 2011)
- "Four overarching themes...moderation is healthy...[African] ways of living are healthy, acquiring American ways is unhealthy, and cultural context is important..." (Turk, et al, 2014)
- "Healthy eating" for American students is not the same for Chinese students (Banna et al, 2016)
- There are differing opinions on "nutritional concepts" between international and American students (Yan et al, 2014)
- "Peer education" (Yan, et al, 2014) or texting nutrition reminders (Brown et al, 2014) is helpful

Nursing Theory
- Nursing Theory: Culture-Care Theory (See Figure 1)
- Founder: Madeline Leininger
  - Preservation
  - Accommodation
  - Repatterning

Methodology
- Exploratory Descriptive Design
  - 12-question online survey
  - Advertisement=4 emails

Demographics:
- 42 participants
  - From U.S. and all over the world
  - Ages 18-33
  - Freshman through Senior+Master’s student
  - 30.56% born overseas

Results
- Major findings—See Table 1

Discussion and Recommendations
- Culturally-Diverse Students are not getting their nutritional or cultural needs met
- Implement...
  - Peer-education program
  - Nutrition education program
  - Texting & social media
  - Changes in campus food service

Limitations
- 30% return of surveys
- Validity/reliability of a new tool
- Convenience sample
- Time constraint

References
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