

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)
- ❖ “[F]our 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

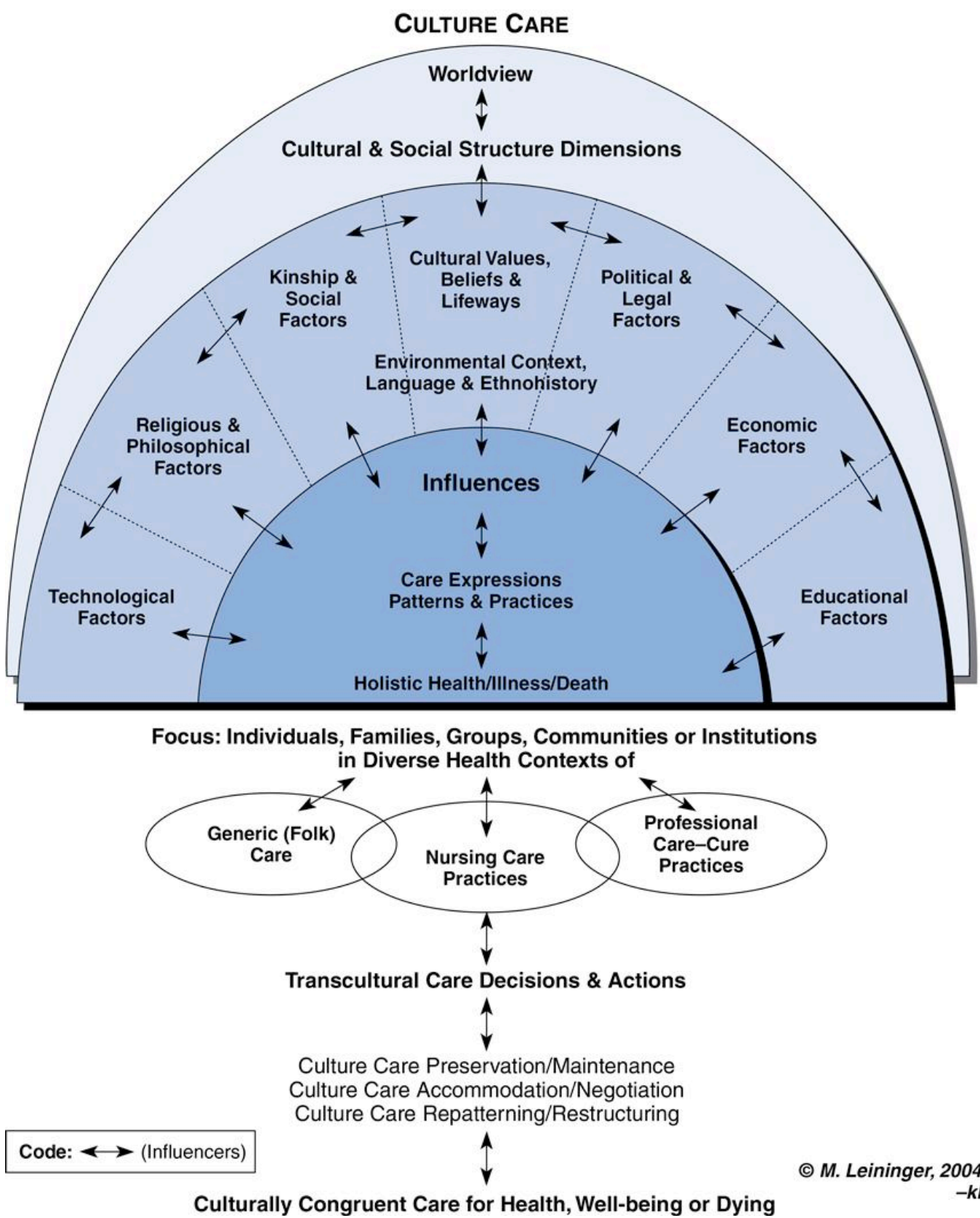


Figure 1: Sunrise model

Methodology

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

Results

- Demographics:
42 participants
- From U.S. and all over the world
 - Ages 18-33
 - Freshman through Senior+Master's student
 - 30.56% born overseas
- Major findings-See Table 1

I like the food of my culture	More culturally-diverse food needed	Cultural food needs met	Nutrition education desired	My food is healthier
83.33% agreed	78.57% agreed	57.14% disagreed	54.77% agreed	50% agreed

Table 1. Major Findings

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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