## Combatting the Obesity Epidemic: Eating Habits in College Students

their eating habits<sup>3</sup>. Students mentioned they began to eat irregularly when beginning school, such as opting for -you-can-eat"

layout provided by many dining halls and contributed this unrestricted freedom to their weight gain. Colleges should acknowledge their role in guiding healthy eating behaviors and create a healthy environment for the students. A study at South Dakota State University found that in the fall 2014 and spring 2015 semesters, 85% of the food offered in dining halls was considered unhealthful<sup>2</sup>. In the fall and spring, over 90% of the food chosen by students in dining halls was the unhealthful option. Nutrition professionals within universities should design programs to help students to be more motivated to choose healthy food. Cornell has also studied food purchases at the high school level and determined that a lunchroom that makes healthier options more convenient increases the purchase of healthier options, and therefore should be applied to college-aged individuals<sup>3</sup>. Overall, university environment can have both a positive and negative influence on eating habits. If universities are driven to promote healthier habits, students will be more conscious of their dietary and overall lifestyle decisions.

BARRIFRS		
	Individual-Jewal	1
Not geratero . Not geratero . A antro bashgitu toor		
The second secon	ume varse ans analeta seutut Meel plannin	്രം് മാത്ര് ശ്രാംഗ്രംഗ്രംഗ്രംഗ്രംഗ്രംഗ്രംഗ്രംഗ്രംഗ്രംഗ്ര
vience fragi		an and income
Print and	A.C. STOTATION	۱۳۳۲ And العالم المالية المالية مستقدمة المالية
	SOCIAL-NEVR.	
	Elendersteenum Docorie Terr	Friends messessen of infines

Table 1: Barriers and enablers for student dietary choices<sup>3</sup>

## References

- 1. Fruh, S. M. (2017). Obesity. Journal of the American Association of Nurse Practitioners, doi:10.1002/2327-6924.12510
- Leischner, K., McCormack, L., Britt, B., Heiberger, G., &; Kattelmann, K. (2018). The healthfulness of entrées and students' purchases in a university campus dining environment. Healthcare, 6(2), 28. doi:10.3390/healthcare6020028
- 3. Sogari, G., Velez-Argumedo, C., Gómez, M., &; Mora, C. (2018). College students and eating habits: A study using an ecological model for healthy behavior. Nutrients, 10(12), doi: 10.3390/nu10121823