

Key Summary of Survey Findings

The recommended topics for nutrition resources:

Topic 1: Practical strategies for healthy eating.

For example, students are interested in topics such as meal-prep, cooking in residence, cooking on a budget, eating during stress, and managing food cravings.

Topic 2: Specific nutrition-related concerns.

For example, students are interested in learning about healthy eating for active individuals and for those with specific diets (vegan & vegetarian), as well as learning more about fad diets and myth busting.

The recommended format for the delivery of these resources:

Format 1: Hands-on cooking workshops.

For example, recipes could be cooked at the workshops and important nutritional aspects, such as how to follow Canada's Food Guide plate model, could be incorporated into the workshops.

Format 2: Web-based material that students can easily assess.

- Some of our ideas include:
 - A "Nutrition" tab could be included on the UBC Wellness Center's website that contains recipes and one-page 'cheat sheets' on specific nutrition topics, such as veganism, vegetarianism, fad diets, and myth busting.
 - An interactive website can be created that follows the idea of a "Dear Abby" advice column where Wellness team members or volunteers such as nutrition or dietetics students can help answers student's nutrition-related questions in a blog or newsletter format.
 - An email subscription program can be created where students can sign up to get regular e-mails that encourage and/or inform them about living a healthy life.