



Mid Atlantic Regional Chapter of the American College of Sports Medicine

Annual Scientific Meeting, November 1st – 2nd, 2019
Conference Proceedings

International Journal of Exercise Science, Volume 9, Issue 8



A Survey of Nutritional Knowledge in College-Aged Students

Elizabeth A. Berdahl, Meaghan M. Dwyer, Emily J. Sauers. East Stroudsburg University. East Stroudsburg, PA.

The knowledge on nutrition of an individual often dictates their overall health. This lack of knowledge often leads to poor nutritional choices further leading to significant health concerns. Many factors in college can lead to one making poor nutritional choices, one of the biggest factors is a lack of nutrition education or implementation prior to college or even while enrolled in college. **PURPOSE:** The purpose of this research is to assess the knowledge of general nutrition in college students. **METHODS:** Following approval from the East Stroudsburg University (ESU) internal review board, subjects were recruited from the ESU library, cafeteria, and coffee shop at on various days and times. Following informed consent, subjects were presented with a questionnaire. The questionnaire included two sections: demographic information and ten true or false nutritional knowledge questions related to general nutrition, macronutrients, and weight management. Subject proficiency was established as having 70% correct responses. Paired sample t-tests were conducted to determine significant findings. Significance was set at $p < 0.05$. **RESULTS:** One hundred subjects were tested. Overall, the results indicated only 41% of students demonstrated proficiency in nutritional knowledge. In the area of general knowledge (four questions), subjects did not provide more incorrect (288) than correct (114) responses ($p = 0.10$). In the area of macronutrients (three questions), subjects had statistically more incorrect (176) than correct (124) responses ($p = 0.03$). In the area of weight management (two questions), subjects had statistically more incorrect (104) than correct (96) responses ($p < 0.001$). **CONCLUSION:** It can be concluded that students have a basic level of nutritional knowledge and should be more educated on eating a balanced diet along with how to properly maintain their weight. Future studies should consider utilizing more detailed questions regarding where individuals receive their nutritional, weight loss and fitness lifestyle information.