

Apr 11th, 8:30 AM - 11:30 AM

Evaluation of Breakfast Eating Habits of Female College Students

Vicky Green
Louisiana Tech University

Natalie Harrell
Louisiana Tech University

Tierra Pinkney
Louisiana Tech University

Emily Stephens
Louisiana Tech University

Follow this and additional works at: <https://digitalcommons.latech.edu/ans-research-symposium>

Recommended Citation

Green, Vicky; Harrell, Natalie; Pinkney, Tierra; and Stephens, Emily, "Evaluation of Breakfast Eating Habits of Female College Students" (2019). *ANS Research Symposium*. 45.
<https://digitalcommons.latech.edu/ans-research-symposium/2019/poster-presentations/45>

This Event is brought to you for free and open access by the Conferences and Symposia at Louisiana Tech Digital Commons. It has been accepted for inclusion in ANS Research Symposium by an authorized administrator of Louisiana Tech Digital Commons. For more information, please contact digitalcommons@latech.edu.

Evaluation of Breakfast Eating Habits of Female College Students

Vicky Green¹, Natalie Harrell², Tierra Pinkney², Emily Stephens²

¹Assistant Professor, Nutrition and Dietetics, Louisiana Tech University

²Nutrition and Dietetics Undergraduate Student, Louisiana Tech University

Breakfast eating habits can positively or negatively affect one's health. Skipping breakfast has been associated with weight gain, depressed mood, and overall academic performance. The purpose of this project was to: 1) assess the breakfast consumption habits of female college students, the reasons for specific habits, and the students understanding of the benefits of consuming breakfast; and 2) design an educational intervention to address the findings of the assessment.

Participants for the assessment (n=7) were female college students between 18 and 20 years of age and members of an on-campus sorority. Evaluation was conducted using an 8-question survey instrument. The survey instrument obtained information regarding participants' breakfast eating habits, their reasons for skipping breakfast, and their knowledge of the impact breakfast can have on mood and weight. Only 29% of respondents stated they ate breakfast daily, while 43% stated they consumed breakfast three to six times per week. Those that did not eat breakfast daily cited no appetite, not enough time, and not enough money as their main reasons. The majority of participants, 86%, indicated interest in learning quick and inexpensive healthful breakfast options.

A 20-minute nutrition education intervention was designed to increase participants' knowledge of the benefits of eating breakfast and give to participants examples of low-cost and easy to prepare healthful food options for breakfast. During the educational session, participants were able to take part in a taste testing of different low-cost and easy to prepare breakfast options. Additionally, participants were given recipes of other low-cost and easy to prepare healthful breakfast foods. All participants stated they found the lesson beneficial and stated they were likely or very likely to begin eating breakfast every day. Furthermore, all participants were able to list one example of a healthful ready-made breakfast food option and one inexpensive breakfast food option. All participants were able to identify one benefit of eating breakfast and stated that receiving recipes was a positive aspect of the educational program.

One limitation of this project was its size. Future research and projects should expand to other sororities or groups on campus. Lack of time, resources, and food preparation knowledge is a noted barrier to breakfast consumption for this target audience, and therefore, future educational interventions should not only include basic nutrition education but should also include recipe demonstrations and taste testing of recipes.