

PLO #3 Dietary Analysis: *Majors will modify their diets to fall within the ADA guidelines for healthy eating.*

Good nutrition plays an important role in helping students thrive during the college years and beyond. Past assessments demonstrated that college students have limited control over their eating patterns (both times of day and food choices). One finding from the previous study indicated that the Dining Commons was not obligated to feed students according to ADA guidelines, causing students to resort to guesswork regarding healthy eating choices. The Dining Commons has now developed a Student Advisory Board to take concerns to the management regarding the availability of healthy foods and the placement of Nutritional Panels describing the ingredients and macronutrients of food choices. The 2015 follow-up assessment was conducted to determine if students were meeting their target nutrition goals given the above changes, as well as improved instruction in the general nutrition class.

To assess this outcome, we used an updated software program to do pre/post course nutrition analysis. Our benchmark is that eighty percent of students will fall within the standards established by the Academy of Nutrition and Dietetics.

1) What we learned about student learning

The data collected was extensive and can be reviewed under the 2014-2015 annual report. Here is a summary of what was learned:

When applying updated 2015 Academy of Nutrition and Dietetics standards, the 2015 values show that students did meet the PLO for macronutrient values (87% pre-lecture and 86% post-lecture).

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After inclusion of the new 2015 recommendations for sugar and ingested calories versus recommended (the WHO sugar recommendation of sugars being 10% or less of the caloric intake and recommended versus ingested calories falling within 10% of each other), the results dropped dramatically. We found that 14% (standard deviation of .371) of students fell within the recommendations for sugars pre-lecture and 17% (standard deviation of .393) post-lecture.

Only 2 of 29 students ingested a greater number of calories than was recommended. In addition, 27 out of 29 students were not ingesting enough calories.

2) Changes we have made and plan to make to improve student learning

The post-lecture analysis demonstrates that sugar intake as a percentage of total caloric consumption is still extremely high. More emphasis on learning about “hidden sugars” and making wise nutritional choices will be highlighted during

the 2015-2016 year. The importance of meeting their caloric recommendations will be highlighted in the 2015/2016 courses as well.

3) Effectiveness of our current methods for assessing student achievement

We are satisfied with the accuracy of the upgraded software program used. Better instruction about student reporting will increase the reliability of the data.

4) Potential changes to our assessment work

We are considering a follow-up PLO on the issue of student apprehension about increasing caloric intake to meet recommendations.