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Module Code: BMHN6003

Healthy Eating Policy: University of Wales Trinity Saint David **(UWTSD) Carmarthen Campus**

Executive Summary

The purpose of this policy is to create a university environment that promotes accessible healthy eating, allowing students to make educational informed choices, improving long term-wellbeing. Good nutrition is linked with reduced rates of obesity, improved academic achievement and mental well-being.

We found no current policy following a campus analysis and evidence from student questionnaires. Therefore, this policy has been created with a focus on improving healthy weight, nutrition knowledge, time management and financial accessibility which were shown to be barriers to healthy eating

This policy is in line with Healthy Universities (Healthy Universities, 2025), Working Together for a Healthier Wales, Long Term Strategy 2023-2035 (Public Health Wales, 2023), the Welsh Government Healthy Weight: Healthy Wales strategy (Welsh Government, 2023), and Well-being of Future Generations (Wales) Act 2015 (Welsh Government, 2025).

This policy sets out key aims, objectives and recommendations that will enable optimal health, good nutrition knowledge and accessibility to healthy eating on campus. These include:

- Increasing the number of students within the healthy BMI range from 50% to 80% by 2030.
- 70% of students to have good nutrition knowledge by 2030
- Financial constraints as a barrier to be reduced from 64% to less than 20% by 2030, allowing all to make healthy choices.
- Time constraints as a barrier to be reduced from 63% to less than 30% by 2030, through time efficient strategies.

To achieve such outcomes, the policy includes short and long-term goals, including:

- Workshops/cooking classes every other month promoting and educating healthy eating by December 2026.
- Posters to be placed in all high traffic areas with educational nutritional facts and information by December 2026.
- UWTSD will be the main access of dietary advice, knowledge and guidance for students by 2030.

To achieve these goals this policy highlights the creation of a nutrition support group in collaboration with catering, student union, marketing, finance department and others.

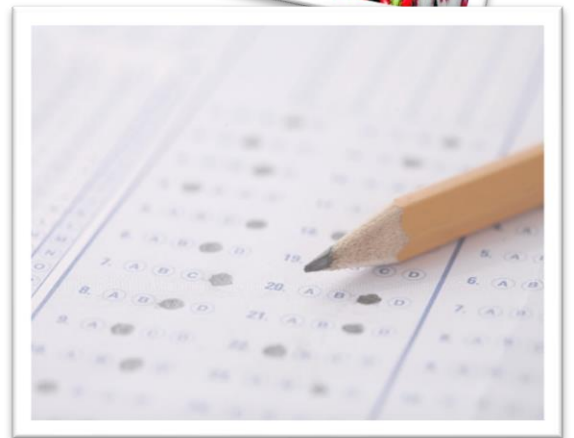
The overarching goal of the policy is to create a university environment that acknowledges the importance of healthy eating, ensuring accessibility of nutritious food, enhancing university experience through improved wellbeing.

Background and Evidence

Research has shown that a healthy, balanced diet is associated with improved concentration, academic achievement and university outcomes in comparison to a health-compromising diet (Ong *et al.*, 2021).

Current evidence suggests that poor mental health is rising among students, from under 1% in 2010/11 to 5.7% in 2021/2022, students face poorer mental health outcomes than the general population (Lewis and Stiebahl, 2024). Improved mental health outcomes are observed with improved dietary habits, such as greater resilience and lower levels of stress (Solomou *et al.*, 2023).

Behaviours that are adopted during university years are often extended into later life, shaping positive behaviours on campus such as healthy weight through good nutrition knowledge is essential for the future health of the students (Daly, O'Sullivan and Kearney, 2022).



What did we do?

- As a small team we held regular meetings evaluating campus facilities, discussions were had with several members of the university community. Following discussions, we found a lack of healthy eating policy at the Carmarthen campus.
- We discussed a policy implementation, and planning of effective methods to gain student feedback and data. Meeting minutes are included in Appendix A.
- 3 questionnaires were developed to gain an understanding of student demographics, eating habits, nutrition knowledge and barriers to healthy eating. The questionnaires were distributed via email to students and on campus via QR code. Copies of the questionnaire are included in Appendix B.



What did we find?

Based on a sample of 44 participants findings revealed that:

- 76% of students are over the age of 25 years.
 - 59% are Female, 29% Male and 12% non-binary.
 - 35% of students live in halls without catering, 6% with catering, 12% live off-campus and 47% live in own property.
 - 71% had not studied an element of nutrition.
 - 59% meet the government guidelines for physical activity, whilst 41% do not meet/ don't know the recommended guidelines.
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- The Body Mass Index (BMI) of the data sample are presented in figure 1 below. 50% of the sample have a healthy BMI, 21% are overweight and 29% are obese.

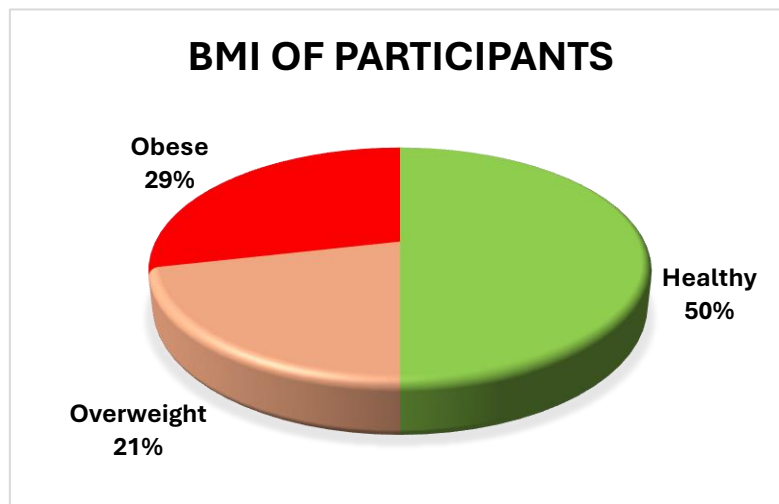
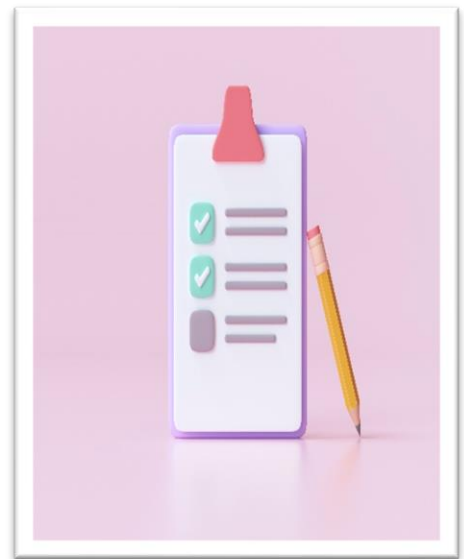


Figure 1. BMI of students in 2025.

- Sources of dietary advice given to students are presented in figure 2 below. Majority of advice comes from unofficial knowledge, 41% from family 36% from friends.

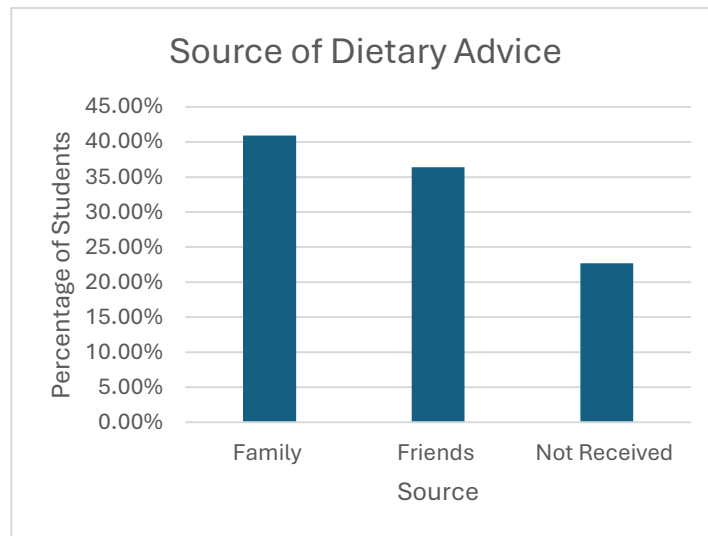


Figure 2. Sources of dietary advice for students in 2025.

- Healthy eating guidance from the university are presented in Figure 3 below. 59% have not received guidance and 12% do not know if the received advice. However, 29% did express that they have received some guidance.

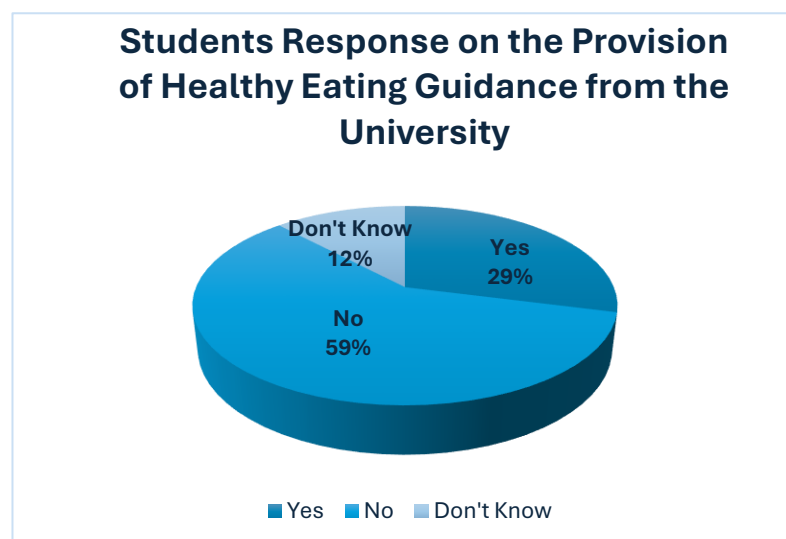


Figure 3. Healthy eating guidance from the university.

- Figure 4 below highlights that 75% of students believe it is important that the university provides accurate and knowledgeable guidance on healthy eating.

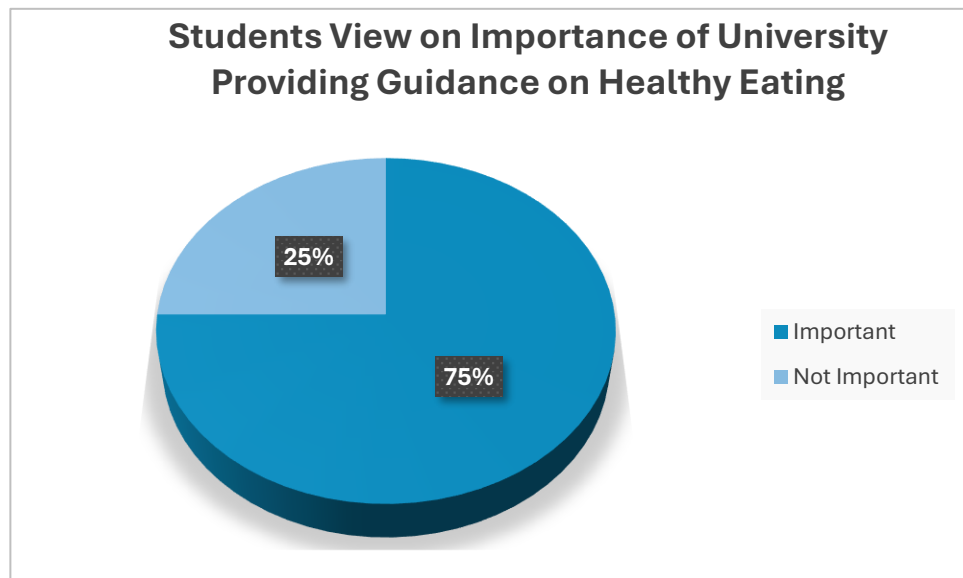


Figure 4. Student's views on university providing healthy eating guidance.

- Figure 5 below highlights that 70% of students strongly agree, 18% agree that adhering to a healthy diet is important for health and well-being.

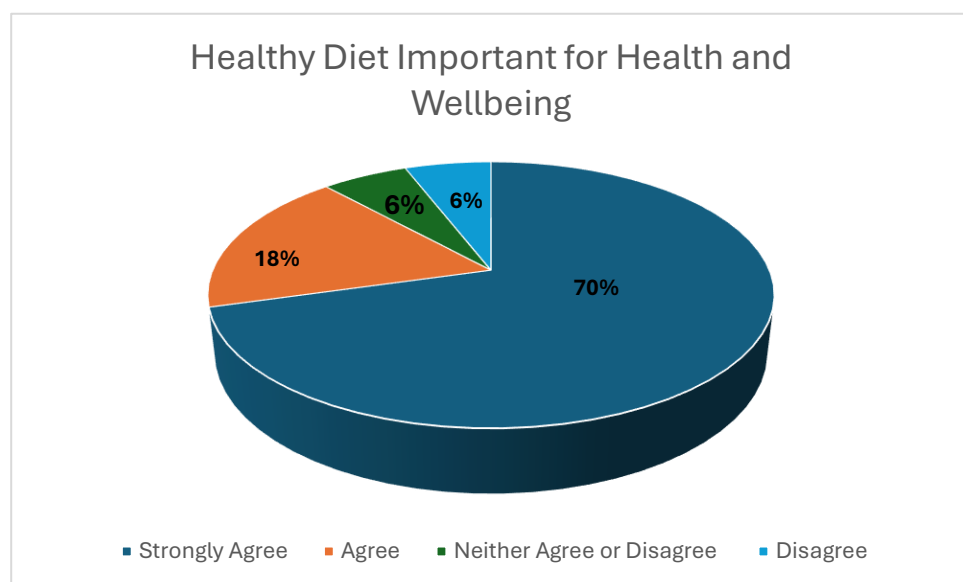


Figure 5. Student's beliefs in the importance of a healthy diet.

- Figure 6 below highlights that 63% of students report time as a barrier to eating healthy on campus.

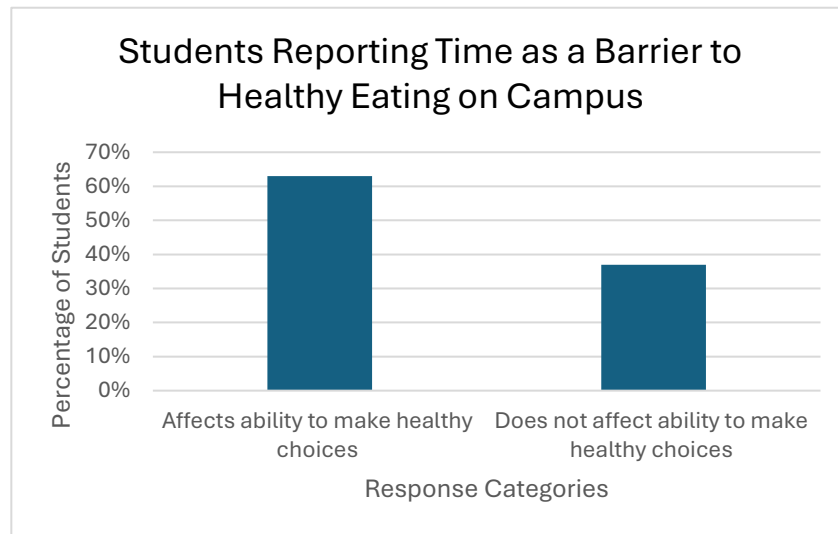


Figure 6. Students reporting time as a barrier to healthy eating.

- Figure 7 below highlights that 64% of students report cost as a barrier to healthy eating on campus.

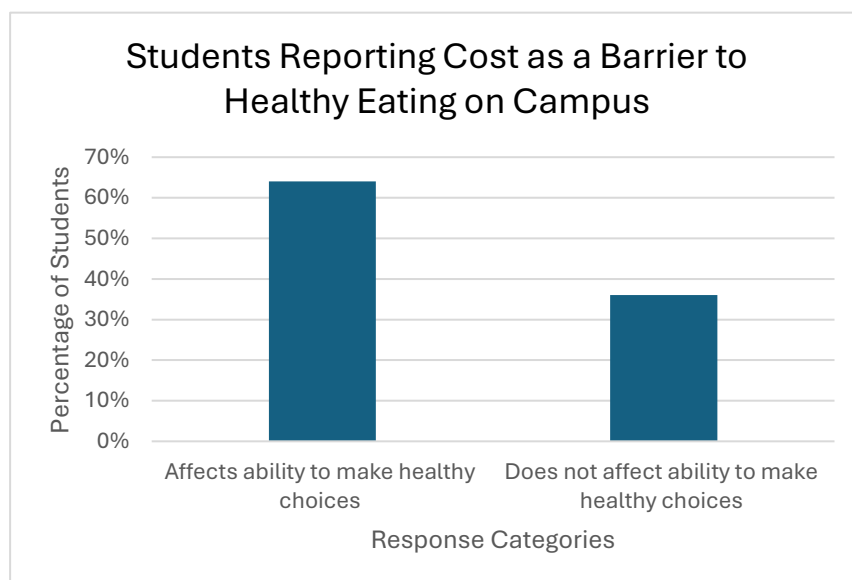


Figure 7. Students reporting cost as a barrier to healthy eating on campus.

- Results highlighted that 52% needed improvement in their nutrition knowledge, as seen below in Figure 8. As a panel of experts we decided that a score of over 50 was classed as good knowledge, over 40 moderate, below 40 poor.

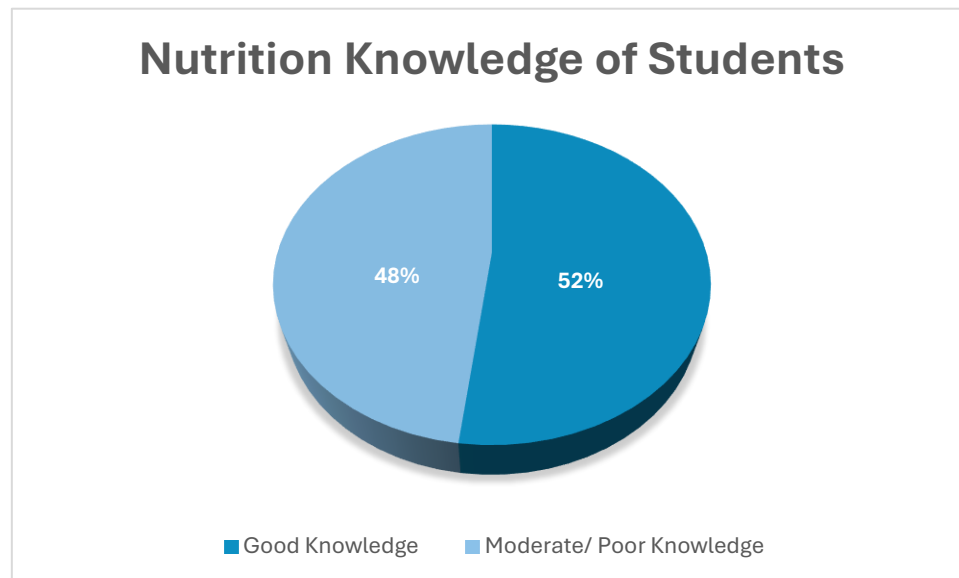


Figure 8. Nutrition knowledge of students.

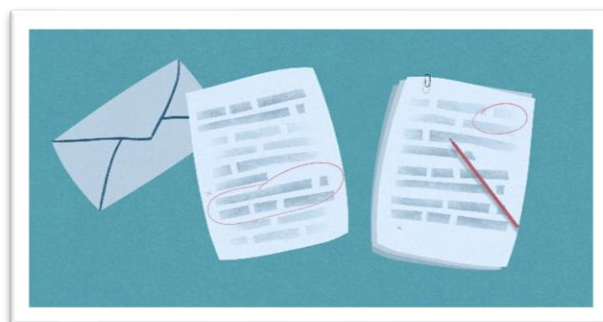
- On assessing cooking facilities, less than 15% were eating in takeaway/fast food venues, the most common place was the canteen and café outlets.
- 40% indicated that they never/rarely use the university catering facilities, a further analysis would need to be carried out to identify why, however time and cost could be a limiting factor.
- Open question revealed that increase in fresh options, wider range, improved signage and cost as ways that would increase healthy eating on campus.

Findings from the questionnaires provides evidence of the need to implement a Healthy eating policy to:

- Enhance and promote healthy behaviours, allowing students to make healthier independent lifestyle choices.
- Create a healthier educational setting at Carmarthen campus through making nutritious food accessible to all, with a range of available options that are convenient and budgeted suitably for students, whilst increasing nutrition knowledge.

This will create a healthy nutritious environment and university community in line with the following strategies and acts:

- Healthy Universities (Healthy Universities, 2025).
- Public Health Wales is Working Together for a Healthier Wales, Long Term Strategy 2023-2035 (Public Health Wales, 2023).
- Welsh Government Healthy Weight: Healthy Wales strategy (Welsh Government, 2023).
- Well-being of Future Generations (Wales) Act 2015 (Welsh Government, 2025).



Aims, Objectives and Recommendations

Overall aim of the Policy

- To support and encourage a healthy university environment that empowers students to develop healthy eating habits through equal opportunities and nutrition education, allowing informed choices, promoting the health and wellbeing of all within the community, with access to affordable nutrition, inclusive across campus.

1. Healthy Weight

Our findings suggest that 50% of students are within the healthy range of BMI, 21% are within the overweight range and 29% are within the obese range.

Aim 1. Create a university environment that supports healthy weight management through reducing incidence of obesity among students.

Objective 1. Implementing a healthy eating policy that increases the number of students within the healthy BMI range from 50% to 80% by 2030.

Recommendations:

- Collaboration with students within the faculty of Institution of Management and Health, particularly nutrition and sport students to promote physical activity and education on healthy eating.
- Free confidential pop-up wellness clinics held by students of the above degrees every two months, encouraging weight loss through education and individualised support.
- Lecture time to include an encouragement of standing and mini stretch breaks.
- Vending machines around campus to include very few options that are high in fat, sugar and salt, with the addition of healthy alternatives.
- Increase availability of fresh whole foods in canteen and café over processed foods.

- Educational cooking classes and workshops to be run with an emphasis on portion control and whole foods in line with the Eatwell Guide (Public Health England, 2018).

2. Nutrition Knowledge

Our findings suggest that 48% of students have good nutrition knowledge, 71% have not received or do not know if they have received healthy eating guidance from the university, 75% believe that it is important that healthy eating guidelines should come from university.

Aim: Create a university environment that enhances nutrition knowledge of students through providing accessible educational opportunities, to make informed choices.

Objective 1. Implementing a healthy eating policy that allows 70% of students to have good nutrition knowledge by 2030.

Objective 2. All students to have receive healthy eating guidance from the university by 2030.

Objective 3. The university will be the main source of dietary advice for students by 2030.

Recommendations:

- Nutrition learning prompts to be placed around the campus, including a QR code to access more information.
- Education sessions on misinformation from unreliable sources such as social media.
- In the canteen, meal trays to include a under sheet of nutrition facts and healthy swap alternatives.
- Workshops to be held every 3 months within the university either by a qualified professional or competent nutrition students on health promotion education.
- A short induction nutrition module available to all first-year students, highlighting the benefits of good nutrition for education and ideas for cooking healthy quick meals.

- A mobile app designed by the university that provides nutrition educational material and recipes.
- During the first week at university starter packs to be issued with healthy recipe cards and batch cooking ideas.

3. Financial Accessibility

Our findings suggest that 64% of students found cost to be a barrier to healthy eating.

Aim. Create a university environment that allows all students access to affordable healthy options across campus, reducing financial barriers.

Objective 1. A reduction in the percentage of students that identify cost as barrier from 64% to less than 20% by 2030, allowing all to make healthy choices.

Recommendations:

- Canteen and café to have a set number of meals per day that are discounted and healthy, not processed.
- Sustainable discounted healthy meals with produce from local suppliers.
- Growing produce on campus to lower costs, offering cheaper options on meals made with this produce.
- Vouchers available for students that are entitled to bursary on healthy meal options.
- Appropriate labelling of food to allow students to distinguish healthy options and pricing making informed choices.

4. Time Constraints

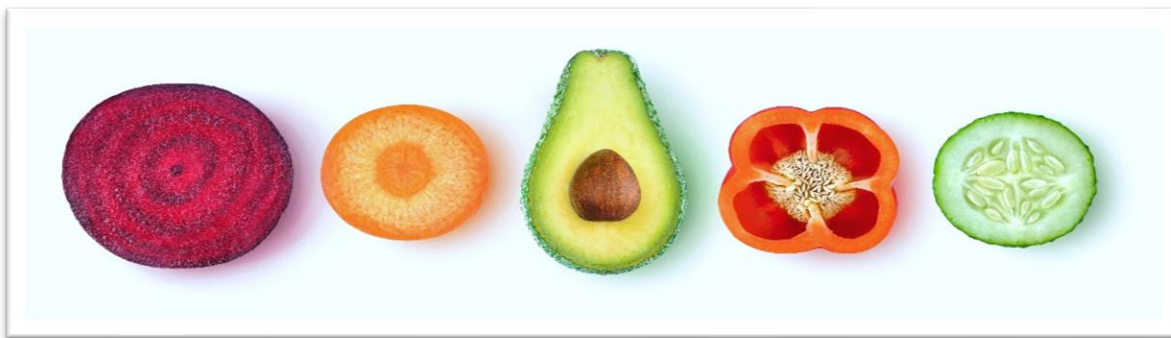
Our findings suggest that 63% of students found time and time management to be a barrier to healthy eating.

Aim. Create a university environment that promotes practical and efficient ways of healthy eating through incorporating healthy eating into the daily academic schedule.

Objective 1. A reduction in the percentage of students that identify time as a barrier from 63% to less than 30% by 2030, through time efficient strategies.

Recommendations:

- Accessible hygienic areas on campus to be able to store and heat up food prepared at home.
- Encouraging mindful eating across campus, leaving adequate time between lectures to have a nutritious balanced meal.
- Cookery workshops on batch cooking for students, encouraging meal preparation at home when possible.
- Changes in canteen opening times for food, extending times later into the afternoon.
- Working with vendors to limit snacks high in sugar and fat, increasing healthier convenient versions.
- During times of academic pressure, café and canteen to have ready to go healthy options.



Implementations

For a successful implementation of this policy and the recommendations highlighted above, a collaborative approach is required with stakeholders, both internally and externally. We encourage the following key stakeholders to collaborate:

- Establishment of a specific nutrition support group is to be implemented. Included within this group are 3rd year nutrition students.
- Finance team to fund materials such as: merchandise, nutrition starter packs, discounts and the development of a produce growing plot.
- Staff within the catering department to lead on the development of menus with the support group, ensuring clear labelling in outlets.
- Student Union to engage with the policy, support group and students promoting cooking workshops, healthy eating promotions, whilst helping to gain feedback.
- Marketing and social media teams to create resources, promoting events and using social media to aid in nutrition education.
- Local suppliers and vending operators to promote sustainable and accessible healthy produce.
- All students at Carmarthen campus for continuous engagement and feedback.



- Lack of compliance could result in poorer health outcomes and widening inequalities within UWTSD, possible impact on academic performance and university not aligning with public health priorities and strategies.

Goals

For this policy to successfully create an environment that is focused on health and wellbeing, encouraging positivity around healthy eating for all students, we have incorporated both short-term and long-term goals.

We will put the following short-term goals in place:

Table 1. Short-term goals of policy

Goal	Timeframe
Workshops/cooking classes will be in action every other month promoting and educating healthy eating.	December 2026
Food labelling will be available on all meals and vending machines, allowing students to have an understanding of available healthy options.	December 2026
First year students will be given nutrition knowledge packs during induction.	October 2025
Posters will be placed around campus in all high traffic areas with educational nutritional facts and information.	December 2026
Collaboration with local suppliers to promote seasonal affordable produce and vendors, with only 40% of options in vending machine to be high in fat, sugar and salt.	December 2026
Produce will be grown on campus, encouraging student collaboration, enhancing knowledge and sense of community through food.	December 2026

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We will put the following long-term goals in place:

Table 2. Long-term goals of policy

Goals	Timeframe
Nutrition knowledge - a target of 70% of students reaching good nutrition knowledge score.	July 2030
Healthy Weight - 80% of students at Carmarthen campus to have a BMI within the healthy range.	July 2030
UWTSD will be the main access of dietary advice, knowledge and guidance for students.	July 2030
Less than 20% of students at Carmarthen camps will acknowledge affordability as a barrier to healthy eating.	July 2030
Academic day and routines will be structured to allow mindful eating, adequate time given to prioritise good nutrition and healthy eating.	July 2030

Evaluation

- Short term goals will be evaluated every 4 months.
- Long-term goals will be evaluated every 12 months
- We will begin this policy with gradual interventions, every 6 months interventions will be reviewed and adjusted accordingly.
- Reviews will include feedback from students via quantitative questionnaires to assess the engagement and effectiveness of the policy and interventions.
- Qualitative interviews will be conducted to gain a better understanding of student's behaviours and expectations, refining any aims or objectives when needed.
- Student's voices will lead interventions and goals, to allow freedom of choice for students in line with the Nuffield ladder of interventions (Nuffield Council on Bioethics, 2007).

Table 3. Evaluation of policy

Theme	Evaluation
Healthy Weight	Data collection of students BMI through wellbeing check-ups.
Nutrition Knowledge	Feedback from workshop sessions and the completion of a nutrition knowledge questionnaire that we will distribute at the beginning of each academic year.
Time Constraints	Feedback in small focus groups and monitoring purchases and student engagement with longer opening times of canteen.
Financial Accessibility	Monitoring engagement with discount incentives and conducting regular audits of rice points around the campus and the uptake of healthy options

Future Monitoring and Improvements

- Increasing student participation will be a future focus due to low response rate, questionnaires will need to be circulated and distributed even further, using digital reminders and incentives when needed.
- Further investigation will be done to identify any inequalities across different degree programmes allowing targeted support.



Word Count: 2342

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Appendices

Appendix A: Minutes from group meetings

FIRST MEETING

DATE: 7th November 2024 (2-4pm)

CHAIR: Dave

PARTICIPANTS: Caz, Hannah, Dave and Steph

MINUTES: (Steph)

We discussed the assignment and decided to focus on Nutrition on campus, providing the other students from the course approve.

We need to organise a plan of action for the weeks to come regarding what data we want to gather, and how we are going to gather it.

We also need to take it in turns to chair the meetings each week: Caz will chair next week's (14th November) and Hannah the following (21st November).

We discussed finding out about who is responsible for designing the menus in the canteen, and who is responsible for the vending machines, and organising meetings with them. We will need to discuss what we want to ask them prior to meeting with them, come up with a list of questions and decide if we all will get involved during the meeting or if one person should be responsible for asking the questions.

Topics we discussed to do with healthy eating/ nutrition on campus were:

- UWTSO catering policy
- What is the organisation around food at the canteen and the ~~Cwsd~~
- Who is responsible for the menus/ what are their limitations
- What are the foundations of nutrition at the canteen/ what are they based on
- Who is responsible for ordering/ budget
- How much waste is there/ is there enough food for everyone
- How many students eat at the canteen (how can we find out)
- Why students might not eat at the canteen (how can we find out)
- Opening times of the canteen and ~~Cwsd~~
- What students like/ dislike about the food (how can we find out)
- What they like/dislike about the environment (how can we find out)
- Sustainability
- What could be improved
- Are there enough healthy options?
- Are there enough vegetarian and vegan options?
- Cost of eating at the canteen
- Vending machines/ healthier options?

- Empty café space in TL building: could it be used by students to cook?
- Yr Egin is run by UWTSD: could they do a discount for students?
- What are the issues associated with poor nutrition
- Implications for students who live on campus

To be discussed during next week's meeting (14th November 2024):

- Does everyone agree with focusing on nutrition for the assignment?
- Who will chair future meetings?
- Delegate roles
- Find out who we need to talk to about nutrition on campus and ask Dave to organise a meeting with them
- Start devising a list of questions to ask them
- Decide on which approach to use regarding gathering data on students and nutrition/ eating on campus: Observation? Questionnaires? Interviews?

TIMETABLE OF MEETINGS 2024:

MEETING DATE	CHAIR	MINUTES
1 ST MEET (7.11.24)	DAVE	STEPH
2 ND MEET (14.11.24)	STEPH	CAZ
3 RD MEET (21.11.24)	CAZ	HANNAH
4 TH MEET (28.11.24)	HANNAH	IZ
5 TH MEET (5.12.24)	IZ	STEPH
6 TH MEET (12.11.24)	STEPH	CAZ

Second meeting

Date: 14th November 2024.

Chair: Steph.

Participants: Dave, Caz, Iza, Hannah. **Online:** Bex, Ria.

Minutes: Caz.

We recapped last week's discussion to update those who were not present. Agreed that we would focus on nutrition within the university. We discussed possible areas we may need to focus on and the broader areas where we need to start collecting information. It was decided that perhaps asking about individual diets would not be helpful as a lot of students provide their own food from home but also if they don't, why don't they? This led to a discussion on whether it would be wise to focus on students who live in halls of residence. Perhaps a future strategy would be to provide healthy eating information in halls? We also talked about meal planning and sustainability within the university. We then went on to discuss that we would need to find broader questions.

- 2) How many students in the university
- 2) How many students live in halls of residence.

We then also discussed maybe the idea of finding out about the role of the [redacted] and whether they provide services and whether we could talk to them. We established that provision of [redacted] within the university would be beneficial for our information. From these discussions we established that to begin with we will look at 4 areas:

- 4) Student opportunities and barriers to healthy eating.
- 4) Sustainability within the catering area.
- 4) Nutrition knowledge of students.
- 4) Access to facilities, opportunities and barriers.

To achieve these goals, tasks were given as follows:

Caz and Steph: Gain information on access to services around the university, including opening times, menus, vending machines, water points, microwaves etc.

Bex and Ria: To collect information on sustainability.

Hannah and Iza: To collect information on nutrition knowledge data collection, are there any questionnaires or ways to develop gaining information from students on their nutrition knowledge. I.E. could we use GNKQ? Or sections?

Emmy to contribute as can and able to.

Each group will report back at next week's meeting on the 21st of November with their findings. Caz to chair. Hannah to take minutes.

To be discussed at next week's meetings.

- Findings from 3 groups.
- Whether a decent data strand has been established to find out about student's nutrition knowledge.
- Discuss any areas that have come to light regarding access to facilities.
- Discuss sustainability.

- Discuss whether any focus has been established from findings so far.

THIRD MEETING

DATE: Thursday the 21st of November (2-3:30pm)

CHAIR: Caz

PARTICIPANTS: Hannah, Steph, Caz and Dave

MINUTES: Taken by Hannah

- Last Thursday we had our third meeting, present were myself, Steph, Caz and Dave.
- A quick re-cap on the first part of last weeks meeting, we began by Caz chairing the meeting and reading out meeting minutes from the previous week that was chaired by Steph
- Caz and Steph were looking at students' opportunities and barriers around the university – they both fed back on what they had found. Had found some useful information on facilities number of vending machines, communal areas in TL building that are available for bringing lunch in and the standard of facilities, they acknowledged that some facilities are in need of repair – for example a broken hot water tap upstairs in TL building.
Also lack of washing facilities/ cleaning stuff for microwaves etc. Some drinks in vending machine priced differently such as full sugar coke is actually less expensive than sugar free. They also spoke to [REDACTED] and [REDACTED] gave them some menus. [REDACTED] was very helpful, gave the new menus for winter/ Christmas – loaded fries are on the menu every day – when Caz and Steph [REDACTED] students want and they are popular– however this brought up some questions last week regarding is it what all students want? Or are there students on campus that would like other options but are not going to [REDACTED]. Also are the [REDACTED] looking from a financial view or health of the students view with the selling of popular items such as loaded fries?
- Caz and Steph also found the name of the [REDACTED] however was unavailable on campus last week, Steph and Caz also got a map of the campus, however we spoke last week about how it would be good to code the map with where vending machines, water coolers etc are – this brought up that it would be good to have water drinking prompt on the water machines for students.
- Caz and Steph [REDACTED] no one was present.

- Hannah – feedback on what herself and Iza had found – we were looking at questionnaires for students’ knowledge and understating on health and nutrition – had found some good questionnaires that could potentially be used, which would give us a good picture on how important health and nutrition are to students and also food insecurity at the university in halls.
- No individuals were present at the meeting to discuss areas of sustainability

Moving forward from this last week and looking at the completed tasks that had been set from 2 weeks ago, our discussion last week was mainly focused on the questionnaire.

- We discussed the format of the questionnaire
- Possibly looking at a section on demographics, the nutrition knowledge and practice, the facilities and their use with a subsection for those that are in halls such as fridge/freezer space etc and food insecurity. We agreed that we should focus on looking at using 15-20 questions, and breaking the questionnaires up into a few little questionnaires that are sent out.
- We discussed ways to disseminate the questionnaire – using QR codes/ email
- We agreed that it would be good if we could get 1st part of the questionnaire out before Christmas or even a trial questionnaire that we could use on us/ sport students, if we leave the first part until January then could leave tight on time and students are in exam period, if we can push to get the questionnaires out before Christmas gives us the chance to push it again after Christmas if we don’t get much feedback or the response that we hope for.
- We will need ethical approval, however Dave will be able to sign off ethics for us
- We discussed how other universities are using incentives cards that are included in the tuition fees, allow a discount off food in the university – this could potentially be something that we eventually look at we could be used on campus – such as cards that have discount off food on campus – these could maybe be restricted to certain healthier options.

We concluded last weeks meeting with the knowledge that we needed to do some fact finding and contact relevant people to get the questionnaire rolling.

TASKS FOR THE WEEK

1. We needed to get information on how we can get the approval and the questionnaires sent out to student via email - Hannah, Caz and Steph spoke to [REDACTED] last Thursday – very helpful. We asked if they could send out emails for us with the questionnaire – they said that they couldn’t as they get too many requests for emails to be sent out but told us that students union could potentially do this for us.

2. We discussed how we need to get hold of [REDACTED]. Email was sent [REDACTED] in [REDACTED] – to arrange a meeting with her. A meeting [REDACTED] can discuss and get a better picture what [REDACTED] are doing regarding health of students – is there a student welfare officer and if they could send out the questionnaires for us.
3. Email was sent to [REDACTED] to find out number of students that are on Carmarthen campus and those staying in halls, [REDACTED] as given us this email – Hannah
 - Questionnaires – Hannah emailed questionnaire over to Dave we can look through the questions and come up with a questionnaire that we can put together.

This Week

- **If we begin by seeing if there are any updates from those that were contacted**
 - [REDACTED] – Next Thursday the 5th – Steph will reply
 - Update from [REDACTED] – number of students? No current update have had an email back to say that they will get back to me in their timeframe, when we spoke to the [REDACTED] he did say that it can take a couple of weeks to get the information, Sent another email out to [REDACTED] to see if we can get numbers from there no response yet. – accommodation email **Caz**
 - A great place to begin going forward today, it to have a look at the printed questionnaires and start to put sections and questions together.
 - A update on sustainability from Ria and Bex and Emmy.

Meeting MINUTES Iza

DATE: 28TH November 2024 (2-4pm)

CHAIR: Hannah

PARTICIPANTS: Dave, Steph, Caz, Hannah, Ria, Izabela

MINUTES:

During this meeting we have found out that Steph received an email back from the group [REDACTED]. She responded that she is happy to meet up with us through a Teams meeting to answer our questions. Therefore, Steph will respond to her by asking her when a suitable time for the meeting would be. Also, Hannah has tried emailing the [REDACTED] out how many students stay at the halls and how many are studying at the campus. however, she had an automatic response saying they will get back to us within the next 20 working days. We need to send another email [REDACTED] asking if they could send out our Questionnaire to all the students in order for us to gather the data. Caz agreed to send an email to the [REDACTED] regarding student halls and how many students live on the campus.

We have discussed the potential questions that we could ask [REDACTED] during the Teams meeting. During the meeting we will have one person taking notes/ key points of the answers rather than engage in the discussion.

Hannah and Caz emails– still ongoing.....

The potential questions for [REDACTED]:

1. Does the [REDACTED] have any part in student health and nutrition?
If not, are you aware of who does?
2. Are there any partnerships with organizations or initiatives, or policies promoting healthy eating internally or externally to the university?
3. What challenges does the campus face in providing a wider variety of healthy food options?
4. How can students provide ongoing feedback about the food options on campus?
5. Are there forums or channels where students can suggest improvements or highlight issues?

6. What is the [REDACTED] understanding of students' expectations regarding healthy eating on campus?
7. Would you be willing to send out our questionnaire to people on Carmarthen campus for us?
8. Are you aware of the Healthy universities scheme?

We have all agreed that everyone knows how to use Microsoft Forms. We will split the sections of the questionnaire between us all so that everyone can contribute to putting the questionnaire together.

The sections include:

1. Demographics - 16 questions
2. Knowledge and practice – 20 questions
3. Use of facilities – limitations – student experience for healthy eating 10/15 questions

We aim to put the questionnaire together and run a trial before Christmas. This will give us enough time to collect the data. If unsuccessful, we will send the questionnaire again after Christmas.

I have put together a summary of what and why we are doing the research. This can be copied and pasted into all emails and the questionnaire for everyone to understand the aim of the project.

The summary is as follows:

The research focuses on understanding the nutritional landscape at UWTSO and identifying opportunities for improvements. The aim of this research is to evaluate the nutritional environment, dietary habits and food accessibility on the campus. Through this research, the goal is to identify potential gaps in nutrition offerings and raise awareness about healthy eating.

Us students from the 3rd year undertaking the Health, Nutrition and Lifestyle course decided to carry out a research project through the following steps: Observing campus facilities - by visiting dining areas, analyzing the menu; variety, pricing, health-conscious options and noting the accessibility of dining facilities during various times of the day. Also, having the knowledge on nutrition, we will conduct a nutritional assessment by analyzing the calorie content and macronutrient balance of commonly served meals. Additionally, we will compare the costs of healthy vs. less nutritious options. We also decided to survey students by creating a questionnaire to

ask about their eating habits, preferences, satisfaction with on-campus nutrition and whether students rely more on off-campus dining. By engaging with campus services, we want to interview dining staff or food service providers to better understand their approach as well as reviewing existing policies will give us a clear answer to whether UWTSD has policies/guidelines/aspiration related to healthy eating.

To do for next session - (due on the 12th)

Review questionnaires – come up with questions for student experience for healthy eating

Answers from this week written up

Review the questionnaires ready for [REDACTED]

6TH MEETING

DATE: 5TH December 2024

CHAIR: Iz

PARTICIPANTS: Iz, Hannah, Ria, Caz, Dave and Steph

MINUTES: Steph

Hannah filled in the demographic's questionnaire on Microsoft [Forms, and](#) will send a link to everyone.

Caz and Steph to finish the knowledge and practice questionnaire ready to send out after Christmas.

Another questionnaire for facilities will need to be devised next year.

Teams meeting

Iz led the [REDACTED] The questions we asked her were:

- What is the role of the [REDACTED] in healthy eating in the university? [REDACTED] is to respond to [students](#) requests about the vending machines on [REDACTED]. Students reach out to her to request specific drinks or snacks they want to have access to. There are no other food facilities there.
- Is she aware of any partnerships and policies? No, but she will find out for us.
- Is she aware of any challenges? [REDACTED], it is based on students' feedback and on demand options. [REDACTED] not provide any food, unless there is an event organised specifically.
- Are the students able to give feedback? If so, how? During the staff and students meeting, the [REDACTED] /feedback etc.
- Is the [REDACTED] for any involvement regarding healthy eating? [REDACTED] is responsible for students' welfare. No [REDACTED] at the moment, but [REDACTED]; however, no involvement in healthy eating apart from the vending machines as [REDACTED]. [REDACTED] who is based in [REDACTED].
- Is [REDACTED] aware of the healthy universities' initiative? No, but she will find out about it.

Dave will find out who the vending machines operator is for the Carmarthen campus.

We need to organise a [REDACTED].

Steph to [REDACTED] thank her for taking part in the meeting. (DONE)

As regards the facilities questionnaire, we need to include limitations, students' experiences and expectancies regarding healthy eating on campus; including students in halls.]

To be discussed during next week's meeting

Appendix B: Questionnaire 1 - Demographic Questionnaire 2- Barriers and Facilities Questionnaire 3 - Nutrition Knowledge

Demographic Questionnaire Healthy University/Public Policy

Thank you for taking time to complete this survey that has been developed by Level 6 students on the BSc Health, Nutrition and Lifestyle degree to investigate Healthy Eating on the Carmarthen Campus of UWTSD. Your responses are entirely confidential and will only be used as part of a student assignment and summarised to be reported to the University, through the Staff / Student committee for the School of Sport and Healthy Living. Please check below to provide consent so your responses can be used as part of this survey analysis.

* Required

1. Please tick below before proceeding with the questionnaire:

☐ I consent for my responses to be used within this survey.

2. Which of the following age ranges applies to you? *

☐ Under 25

☐ Over 25

3. Do you identify as? *

☐ Male

☐ Female

☐ Non-binary

☐ Prefer not to say

4. Where do you live during term-time? *

☐ Halls of residence without catering

☐ Halls of residence with catering

☐ Off-Campus (rented accommodation)

☐ At parental/guardian home

☐ Own property

☐ Other

5. What programme of study are you currently enrolled in? *

6. Have you ever completed any formal studies in human nutrition? This may include a University subject, University course, a specialised course, an online course. *

☐ Yes

☐ No

7. Do you meet the government guidelines for physical activity? *

☐ Yes

☐ No

☐ I don't know what the guidelines are

8. What is your weight in kilograms?

9. What is your height in metres?

10. Have any of these individuals ever given you dietary advice? Tick all that apply *

☐ Athletic trainer

☐ Coach

☐ Dietitian

☐ Doctor

☐ Nutritionist

☐ Family

☐ Friends

☐ University

☐ No one

11. Does the university provide you with guidance or information on healthy eating? *

- ☐ Yes
- ☐ No
- ☐ I don't know

12. How important do you think it is that the university provides you with information and guidance on healthy eating? *

- | | Extremely important | Somewhat important | Neither important nor unimportant | Not important |
|-------------|-----------------------|-----------------------|-----------------------------------|-----------------------|
| Statement 1 | ☐ | ☐ | ☐ | ☐ |

13. Is your dietary identity mainly? *

- ☐ Omnivore/ Pescatarian (eat meat or fish, plants and dairy)
- ☐ Vegetarian (do not eat meat or fish)
- ☐ Vegan (No animal products)
- ☐ Other

14. How would you rate your own nutrition knowledge? *

- ☐ Very good
- ☐ Good
- ☐ Fair
- ☐ Poor

15. Adhering to a healthy diet is important for health and wellbeing? *

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree

16. How would you describe your cooking skills? *

- ☐ Excellent
- ☐ Good
- ☐ Fair
- ☐ Poor
- ☐ Very poor

17. Overall, would you say that what your diet is..... *

- ☐ Very healthy
- ☐ Fairly healthy
- ☐ Neither healthy nor unhealthy
- ☐ Fairly unhealthy
- ☐ Very unhealthy

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Cooking Facilities and Barriers to Healthy Eating Questionnaire

Thank you for taking time to complete this survey that has been developed by Level 6 students on the BSc Health, Nutrition and Lifestyle degree to investigate healthy eating on the Carmarthen campus of UWTSO. Your responses are entirely confidential and will only be used as part of a student assignment and summarised to be reported to the University, through the Staff / Student committee for the School of Sport and Healthy Living. Please check below to provide consent so your responses can be used as part of this survey analysis.

* Required

1. Please tick below before proceeding with the questionnaire: *

- ☐ I consent for my responses to be used within this survey

2. Where do you live during term-time? *

- ☐ Student Halls
- ☐ Own accommodation
- ☐ Term-time accommodation other than student halls

3. Is "healthy cooking" important to you? *

- ☐ Yes
- ☐ No

4. Do you ever do any food preparation or cooking in your term time kitchen? *

- ☐ All the time
- ☐ Occasionally
- ☐ Rarely
- ☐ Never

5. When you are not cooking meals at home, how often do you eat? Please select all that apply *

	Several times a week	Weekly	2-3 times a month	Monthly	Less than once a month	Never	Don't know
In a restaurant	☐	☐	☐	☐	☐	☐	☐
In a pub/bar	☐	☐	☐	☐	☐	☐	☐
In a café, coffee shop or sandwich bar	☐	☐	☐	☐	☐	☐	☐
In a canteen such as university or work	☐	☐	☐	☐	☐	☐	☐
A takeaway	☐	☐	☐	☐	☐	☐	☐
From fast food outlet	☐	☐	☐	☐	☐	☐	☐
From mobile food van/stall	☐	☐	☐	☐	☐	☐	☐
From entertainment venue (cinema)	☐	☐	☐	☐	☐	☐	☐

6. Do you feel confident to cook a meal from scratch/using basic ingredients? For example, using unprocessed fruit, vegetables, eggs, meat or rice without the use of readymade sauces, spice mixes or processed meat such as chicken nuggets or burgers? *

- ☐ Yes
- ☐ No

7. How often do you cook a meal from scratch? For example using unprocessed fruit, vegetables, eggs, meat or rice without the use of readymade sauces, spice mixes or processed meat such as chicken nuggets or burgers? *

- ☐ Daily
- ☐ 2-3 times weekly
- ☐ Weekly
- ☐ Less than once a week but more than once a month
- ☐ Once a month
- ☐ Less than once a month, but more than 4 times a year
- ☐ Less than 4 times a year
- ☐ Never

8. Do you feel your ability to cook is affected by the cooking facilities you have access to? *

- ☐ Yes
☐ No

9. Is the type or quantity of food you purchase, prepare, or cook, ever limited by the availability of the following facilities? *

- ☐ Food preparation area
☐ Fridge space
☐ Freezer space
☐ Cupboard space
☐ Eating area
☐ Cooking area
☐ Equipment such as pans and sharp knives
☐ None of the above

10. In your kitchen area, to what extent do you agree or disagree that there is enough space ... *

	Agree	Neither agree nor disagree	Disagree	Strongly disagree
For food preparation	☐	☐	☐	☐
For food storage	☐	☐	☐	☐
For eating food	☐	☐	☐	☐
In the fridge	☐	☐	☐	☐
In the freezer	☐	☐	☐	☐

11. How do time, convenience, and cost affect your ability to make healthy food choices on campus? *

	Affect me a lot	Affect me a little	Do not affect me
Time	☐	☐	☐
Convenience	☐	☐	☐
Cost	☐	☐	☐

12. How satisfied are you with current provision of catering facilities on campus? *

	Very satisfied	Somewhat satisfied	Neither satisfied nor dissatisfied	Somewhat dissatisfied	Very dissatisfied	Does not apply
Vending machines	☐	☐	☐	☐	☐	☐
Merlin cafeteria	☐	☐	☐	☐	☐	☐
Cwad cafe	☐	☐	☐	☐	☐	☐
S4C	☐	☐	☐	☐	☐	☐
Halls of residence	☐	☐	☐	☐	☐	☐
Self catering other than halls	☐	☐	☐	☐	☐	☐

13. Do you have any suggestions on changes that could be made in the university to improve catering provision? *

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Nutrition Knowledge Questionnaire

Thank you for taking time to complete this survey that has been developed by Level 6 students on the BSc Health, Nutrition and Lifestyle degree to investigate healthy eating on the Carmarthen campus of UWTSD. Your responses are entirely confidential and will only be used as part of a student assignment and summarised to be reported to the University, through the Staff / Student committee for the School of Sport and Healthy Living. Please check below to provide consent so your responses can be used as part of this survey analysis.

1. Please tick below before proceeding with the questionnaire:

☐ I consent for my responses to be used within this survey

2. Do health experts recommend that people should be eating more, the same amount, or less of the following foods? (tick one box per food).

	More	Same	Less	Not sure
Fruit	☐	☐	☐	☐
Food and drinks with added sugar	☐	☐	☐	☐
Vegetables	☐	☐	☐	☐
Fatty Foods	☐	☐	☐	☐
Processed red meat	☐	☐	☐	☐
Wholegrains	☐	☐	☐	☐
Salty Foods	☐	☐	☐	☐
Water	☐	☐	☐	☐

3. How many servings of fruit and vegetables per day do you think experts are advising people to eat as a minimum? (One serving could be, for example, an apple or a handful of chopped carrots)

4. Which fat do experts say is most important to cut down? (Tick one)

- ☐ Monounsaturated
- ☐ Polyunsaturated
- ☐ Saturated Fat
- ☐ Not sure

5. Do you think these are high or low in added sugar (tick one box per food)

	High	Low	Not sure
Bananas	☐	☐	☐
Unflavoured yoghurt	☐	☐	☐
Ice cream	☐	☐	☐
Orange squash	☐	☐	☐
Tomato ketchup	☐	☐	☐
Tinned fruit in natural juice	☐	☐	☐

6. Do you think these are high or low in fat? (tick one box per food).

	High	Low	Not sure
Pasta (without sauce)	☐	☐	☐
Low fat spread	☐	☐	☐
Baked beans	☐	☐	☐
Processed meat	☐	☐	☐
Honey	☐	☐	☐
Scotch egg	☐	☐	☐
Nuts	☐	☐	☐
Bread	☐	☐	☐
Cottage cheese	☐	☐	☐
Polyunsaturated margarine	☐	☐	☐

7. Do you think these foods are high or low in starch?

	High	Low	Not sure
Cheese	☐	☐	☐
Pasta	☐	☐	☐
Butter	☐	☐	☐
Nuts	☐	☐	☐
Rice	☐	☐	☐
Porridge	☐	☐	☐

8. Do you think these are high or low in salt?(tick one box per food)

	High	Low	Not sure
Sausages	☐	☐	☐
Pasta	☐	☐	☐
Fish	☐	☐	☐
Red meat	☐	☐	☐
Frozen vegetables	☐	☐	☐
Cheese	☐	☐	☐

9. Do you think these are high or low in protein? (tick one box per food)

	High	Low	Not sure
Chicken	☐	☐	☐
Cheese	☐	☐	☐
Fruit	☐	☐	☐
Baked beans	☐	☐	☐
Butter	☐	☐	☐
Cream	☐	☐	☐

10. Do you think these are high or low in fibre/roughage? (tick one box per food)

	High	Low	Not sure
Comflakes	☐	☐	☐
Bananas	☐	☐	☐
Eggs	☐	☐	☐
Red meat	☐	☐	☐
Broccoli	☐	☐	☐
Nuts	☐	☐	☐
Fish	☐	☐	☐
Baked potatoes with skin	☐	☐	☐
Chicken	☐	☐	☐
Baked beans	☐	☐	☐

11. According to experts the maximum intake of red meat is?

- ☐ Less than 70g/day
- ☐ 71-150g/day
- ☐ No maximum recommendation
- ☐ Don't know

12. Which of the following foods do you think are ultra-processed (Tick as many boxes as you think)?

- ☐ Sausages
- ☐ Greek yogurt
- ☐ Pizza
- ☐ Flavoured yogurt
- ☐ Ham
- ☐ Pasta
- ☐ Mince
- ☐ Eggs
- ☐ Nuts
- ☐ White bread

13. How often do you consume...

	Every day	Most days	2-3 times a week	About once a week	Occasionally	Never
White meat	☐	☐	☐	☐	☐	☐
Red meat	☐	☐	☐	☐	☐	☐
Processed meat	☐	☐	☐	☐	☐	☐
Fruits	☐	☐	☐	☐	☐	☐
Sugar sweetened beverages	☐	☐	☐	☐	☐	☐
Vegetables	☐	☐	☐	☐	☐	☐
Confectionary/sweets/chocolate	☐	☐	☐	☐	☐	☐
Biscuits/cakes/crips	☐	☐	☐	☐	☐	☐
Chips	☐	☐	☐	☐	☐	☐
Deep-fried foods	☐	☐	☐	☐	☐	☐
Fish	☐	☐	☐	☐	☐	☐
Wholegrains	☐	☐	☐	☐	☐	☐
Beans and pulses	☐	☐	☐	☐	☐	☐

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