



Student Healthy Nutrition Policy

Carmarthen Campus

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1.Summary

This policy paper was developed by the Level 6 Health, Nutrition and Lifestyle students at the University of Wales Trinity Saint David (UWTSD) Carmarthen Campus. For clarity, the authors will refer to themselves as "we" throughout the document.

Between December 2024 and March 2025, we conducted a study to evaluate students' dietary behaviours and assess whether the University aligns with the Healthy Universities Framework (Healthy Universities, 2025) in terms of food provision on the Carmarthen Campus of the UWTSD.

We organised weekly on-campus meetings with our course tutor to plan our study project (see Appendix 1,2,3,4 and 5 for the minutes of our meetings).

Firstly, we began by inspecting the Merlin cafeteria, the Cwad café, the S4C café, and the vending machines in each building (of note, the Café in the TL building is now closed), to evaluate the availability of healthy foods on the Carmarthen Campus catering facilities (see Appendix 6 for the Campus Map). Following investigation of these amenities, we identified some areas of concern, involving opening hours and use of the Merlin cafeteria and Cwad café, the pricey options at the S4C café, and the lack of healthy food options throughout all the outlets. We then proceeded to consult with University stakeholders, staff and student bodies in order to gather information regarding healthy dietary behaviours on the Carmarthen Campus, via, emails, face-to-face informal talks, and an interview with a member of the UWTSD student services on Teams. After gathering evidence from these consultations, we devised 3 questionnaires for the campus students to complete, including students' demographics, nutrition knowledge, and facilities use and barriers to healthy eating (Appendix 7, 8 and 9).

We reviewed the current UWTSD Student Health and Wellbeing Strategy (UWTSD, 2020) and the UWTSD Carmarthen Campus status regarding the Healthy University Framework (Healthy Universities, 2025) in relation to students' health and dietary behaviours, to guide our study. Importantly, we ensured that we complied with the relevant laws, regulations and individual standards before proceeding with our research. Students who took part in our study provided full consent for the use of their data, and were informed that only the researchers would have access to their data, which would solely be used for the purpose of this research.

Analysis of the evidence collected via the questionnaires between December 2024 and February 2025 led to the identification of 5 key issues:

- 1- The prevalence of obesity amongst students.
- 2- Students' lack of nutritional knowledge.
- 3- Time, convenience and cost prevent students from adopting healthy dietary behaviours on campus.
- 4- Students' disapproval of the catering facilities.
- 5- How infrequently students use these facilities.

1.1 Purpose

The purpose of this policy is to reduce students' obesity rates, to engage students in healthy eating, to provide education on nutrition, to encourage collaboration between stakeholders and students regarding healthy dietary opportunities, to increase the variety of healthy food options and limit unhealthy options on the campus, and to popularise the use of the catering facilities, by 2030.

This policy is in line with the Wellbeing of Future Generations act (Wales) 2015 (Future Generations, 2025), the "Healthy Weight: Healthy Wales" Welsh Government Strategy (Welsh Government, 2022), the Healthy Universities Framework (Healthy Universities, 2025), and UWTSD Health and Wellbeing Strategy 2020-24 (UWTSD, 2020), which aims to ensure students and staff's health and wellbeing are prioritised so that "all can flourish and fulfil their potential" (UWTSD, 2020).

1.2 Scope

The policy applies to all Carmarthen Campus University students and all Carmarthen Campus catering facilities, including vending machines, as well as stakeholders and University staff.

1.3 Limitations

Limitations of this study were the low student response rate; the limited time frame to gather evidence; the potential bias towards healthy behaviours due to the fact that the majority of respondents were from the Institute of Management and Health; the challenges we, the researchers, faced in accessing information from relevant staff; and the ambiguity regarding the responsibility for students' health which arose from our research and held up the progress of our study.

2. Background and Evidence

2.1 Background

University life is a critical transition period for students, filled with practical, financial, and time constraints, which can lead to the perpetuation of unhealthy behaviours, such as poor dietary habits (Aydin, 2025). Long-term suboptimal dietary behaviours can have a detrimental impact on students' physical and mental health, wellbeing, and can lead to poor academic performance and increased risk of obesity. Indeed, recent studies have shown that around a third of students are overweight or obese (Al-Awwad *et al.*, 2021; Savage *et al.*, 2024). In light of raising rates of obesity, and its associated risks of metabolic diseases and premature mortality, universities have a responsibility in shaping students' lifelong health behaviours.

UWTSD Students Health and Wellbeing Strategy highlights the University's commitment to supporting the health and wellbeing of all its students. One of its objectives is to facilitate healthy behaviours, and in the context of nutrition, by increasing healthy food choices in its catering facilities, following the guidelines from The Wellbeing of Future Generations Act (Wales) 2015, the Welsh Government, and the Healthy Universities Framework. The Wellbeing of Future Generations Act (Wales) 2015 suggests that colleges and universities take a healthy settings approach, such as only selling healthy foods in catering facilities to encourage healthy behaviours. Similarly, the Welsh Government 'Healthy Weight, Healthy Wales' Strategy aims to enable and support people in making healthy food and drink choices by increasing their availability, appeal and affordability, specifically in Further Education Settings. Furthermore, the Healthy Universities Framework states that a Healthy University should provide a healthy and sustainable learning environment, and should be accountable for the health and wellbeing of their students through education.

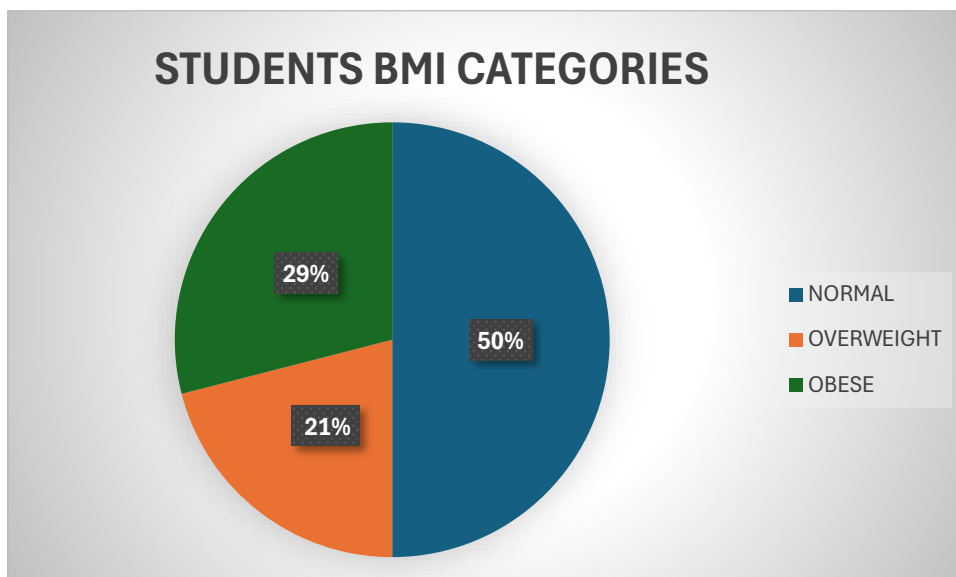
As a group of students in our last year of a Health, Nutrition and Lifestyle degree, we conducted a research project based on these strategies as part of our course. Our study consisted in examining the catering facilities of the Carmarthen Campus in terms of provision and availability of healthy foods; consulting with relevant staff; and assessing students' lifestyle behaviours on the Carmarthen Campus of UWTSD. Questionnaires on students' demographics, students' nutrition knowledge, and a campus facilities and barriers to healthy eating questionnaire (see Appendix 7, 8 and 9) were developed to inform our study.

Following the analysis of the results from our questionnaires, we found 5 key areas in need of improvement, which are discussed in Chapter 2.2 below.

2.2 Evidence

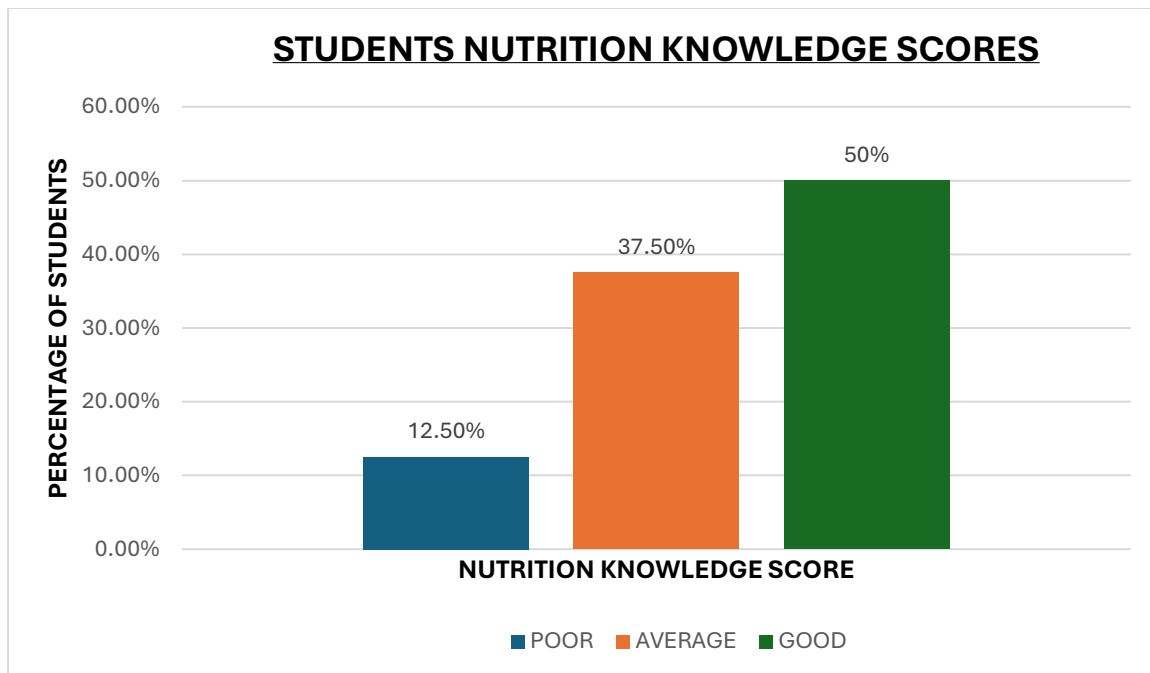
Firstly, our study showed that 21% of students on the Carmarthen Campus who took part in our study were overweight, and 29% were classified as obese (Figure 1), in line with the 26.8% of UK adults living with obesity reported by the World Health Organisation in 2022 (WHO, 2024). Obesity is linked to premature mortality and over 200 chronic diseases (The Obesity Society, 2022). Dietary habits have an impact on weight and overall health, and increasing availability and consumption of ultra-processed foods (UPFs) has been associated with raising obesity levels, increased risks of mental health issues and poor academic performance (Dicken and Batterham, 2024; López-Gil *et al.*, 2025; Moradi *et al.*, 2022; Sazali *et al.*, 2025). However, we found that UPFs are widely available in the university canteen, cafés and vending machines. Students' dietary habits can also affect their academic performance and have an impact on their mental health, according to recent research (Antonopoulou *et al.*, 2020; Burrows *et al.*, 2017). Interestingly, the Mediterranean Diet (MD) has been linked to higher students' academic achievements, and is popular for its many health benefits (Antonopoulou *et al.*, 2020).

Figure 1: Carmarthen Campus Students BMI Status



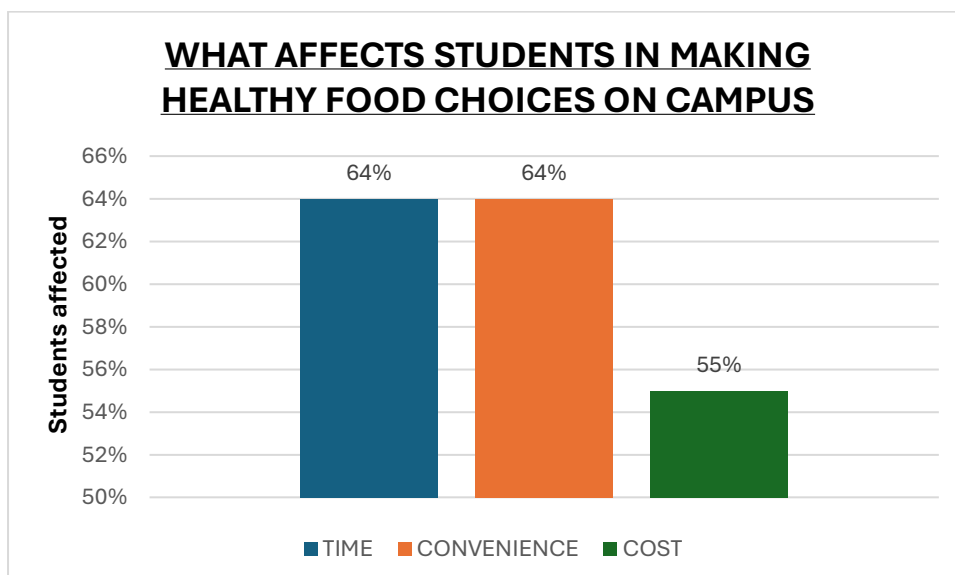
Secondly, regarding nutritional knowledge, 12.5% of students were found to have poor nutritional knowledge, which is a concerning figure (Figure 2). However, 50% of students who responded to our study showed a good level of nutritional knowledge, in accordance with Belogianni *et al.* (2022), who also found that 46.8% of students in their study had a good level of knowledge (Belogianni *et al.*, 2022) (Figure 2).

Figure 2: Carmarthen Campus Students' Nutritional Knowledge Score



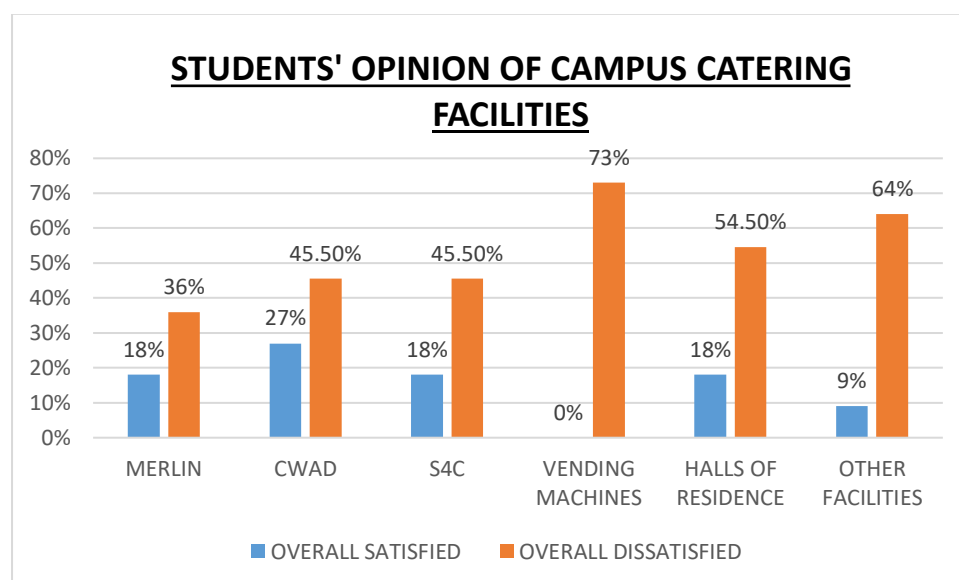
Thirdly, it appears that students make unhealthy food choices despite having a good knowledge of nutrition; rather, convenience, time and cost seem to influence students' nutritional intake (Abraham *et al.*, 2018). Consistent with previous published research, our study found that Carmarthen UWTSD students' healthy food choices are affected by time (64%), convenience (64%), and cost (55%) (Figure 3).

Figure 3: Factors which Influence Students' Food Choices on the Carmarthen Campus



Fourthly, evidence from our questionnaires regarding the use of catering facilities on the Carmarthen Campus show that 73% of students are dissatisfied with the vending machines available on campus, and almost half of students are dissatisfied with the overall catering facilities (Figure 4).

Figure 4: Students' Opinion of Campus Catering Facilities



Consequently, and lastly, 9% of students who responded confirmed never eating at the campus canteen, 45% eat at the canteen less than once a month and only 18% eat at the canteen weekly (Table 1). The restricted opening times for the canteen and cafés, together with their limited healthy food options, and the high cost of food options in the S4C café, could explain the low usage of these facilities.

Table 1: Percentage of students who use the campus catering facilities

HOW OFTEN DO YOU EAT AT THE CAMPUS CANTEEN	NEVER	LESS THAN ONCE A MONTH	WEEKLY
PERCENTAGE OF STUDENTS	9%	45%	18%

Results from our research show students' high levels of overweight and obesity, poor dietary behaviours and lack of opportunity to engage in healthy behaviours on campus. The following section highlights the aims and objectives of this policy in order to encourage healthier behaviours on the Carmarthen Campus of UWTSD.

3. Aims, Objectives and Recommendations

3.1 Aims

Our study raised the issue of the prevalence of overweight and obesity amongst students on the Carmarthen Campus, which is a great concern for students' health and wellbeing. Diet plays an important part in preventing and reducing obesity rates; therefore students need to acquire sufficient nutritional knowledge to make the necessary changes and adopt suitable lifestyle behaviours to improve their health. Healthy dietary behaviours can promote optimum physical, mental and wellbeing outcomes, and can lead to increased academic achievements. Moreover, the University plays a critical role in providing healthy nutritious foods to its students; therefore a whole system approach should be considered to ensure the provision of adequate dietary options for its students, with the University Health and Wellbeing Team, Student Services, Students' Union, caterers and nutritional experts working in collaboration.

Our ambition to achieve the best outcomes for the students on the Carmarthen campus led to the development of four main aims:

1. To reduce obesity levels in order to enhance students' health and wellbeing.
2. To raise students' awareness and knowledge of nutrition to empower them to make the best choices for their long-term health.
3. To improve students' healthy dietary behaviours in order to boost personal and academic outcomes.
4. To upgrade and increase the use of the campus catering facilities in order to provide optimum nutrition.

3.2 Objectives

This policy fosters the prospective attainment of the following objectives:

- To broaden the availability of healthy food options in all catering facilities by 2030.
- To reduce access to unhealthy, ultra-processed foods on campus by 2026.
- To include nutritional literacy education for all students and staff by 2026.
- To extend the opening hours of the campus canteen and cafés by September 2025.

3.3 Recommendations

We recommend that the university governing bodies implement the following measures to improve the students' health and wellbeing in the University, based on our research findings:

- To adopt a Mediterranean Style Diet in the campus canteen and cafés.
- To display the nutritional values of meals on offer.
- To revamp the canteen to make it more inviting.
- To swap unhealthy vending machines for healthier options such as fruit and unprocessed snacks.
- To reopen the TL café.
- To reduce the cost of healthy meals and increase the cost of unhealthy foods.
- To use digital apps for nutritional information, and loyalty cards and vouchers to encourage students to opt for healthy meal options.
- To improve the campus Halls of Residence catering facilities.
- To provide nutrition literacy classes for all students and staff.
- To create a campus "Healthy Eating Club" where students can share their skills, ideas and knowledge of healthy eating, and inspire the whole student population to adopt healthy dietary behaviours.
- To establish a "Grow Your Own" allotment project for students and staff on the campus.
- To encourage communication between stakeholders and student bodies to follow the Healthy University Framework.
- To give students the opportunity to give feedback and make suggestions to adopt and/or improve healthy behaviours via surveys and questionnaires.

4. Implementations

We recommend the following implementations:

- All catering outlets to introduce food labelling on all meals, with nutritional values stated clearly, including traffic light labelling system, by 2026.
- Access to a digital nutrition app for all students, which enables quick and easy meal orders, by 2026.
- University stakeholders to establish an affordable “Healthy Meals” scheme for all, taking into consideration the cultural and dietary needs of all students, using technological tools such as apps, digital membership cards and vouchers, by 2026.
- University teaching bodies to introduce compulsory nutrition literacy classes for all students and staff to attend, by 2026.
- Nutrition Students and lecturers, in collaboration with the Student Union, to run nutrition and cooking workshops, with digital meal vouchers or discount vouchers as a reward for taking part, by 2026.
- Nutrition Students to hold regular Health Promotion events and a “Healthy Eating Club” on campus in partnership with the Student Union, by 2026.
- Catering facilities to work in partnership with local growers and food charities to subsidise fresh, affordable ingredients for the preparation of healthy meals in the canteen and cafés, by 2026.
- University stakeholders to consult with relevant organisations to adopt an on-site “Grow Your Own” project, by 2026.
- University stakeholders to increase the availability of resources required to enable the implementation of the above suggestions, by 2026.

The Carmarthen Campus University has the advantage of already providing a Health, Nutrition and Lifestyle course; therefore, its students and lecturers could contribute to the accomplishment of these implementations. In order to achieve this policy’s aims and objectives, it is essential that the University adopts a whole system approach, with the full support of the University governance bodies, and aligns with the Healthy University Framework (2025), the Wellbeing of Future Generations Act (Wales) 2015, and the “Healthy Weight: Healthy Wales” Strategy.

5. Goals and Evaluation

5.1 Goals

Organisational: A whole system approach between the University leading bodies and Students' Services will enable the implementation of this policy. The University Health and Wellbeing Team will work in partnership with the catering bodies, Students' Services, Students' Union and nutritional experts (including campus lecturers and students). The University will reframe its Health and Wellbeing Strategy to be in line with the Healthy Universities Framework, the "Healthy Weight: Healthy Wales" policy, and the Wellbeing of Future Generations Act (Wales) 2015, with an emphasis on healthy nutrition for all.

Social: Access to affordable healthy food options will increase to 100% throughout the whole campus by 2026. Consumption of unhealthy and ultra-processed foods on campus will be reduced to almost zero. The campus canteen and cafés will offer Mediterranean inspired nutritious meals and snacks from 8am until 6pm Monday to Sunday. All campus food outlets will be inviting, welcoming and affordable. There will be labels on all foods stating the nutrient contents according to the Welsh Government nutrition legislation. The campus catering facilities will be used by a minimum of 80% of students daily. As a result, students' obesity rates will be reduced by >20% in the next 5 years.

Educational: Students will acquire the knowledge required to adopt a healthy lifestyle through nutritional education classes and will participate in regular workshops and Health Promotion campaigns to extend their knowledge. Students will have the opportunity to take part in a "Healthy Eating Club" and get involved in a "Grow Your Own" on-campus project to provide fresh food for the catering facilities and for themselves. Students' wellbeing and academic achievement will improve to above national standards as a consequence.

Technological: Digital meal vouchers and loyalty cards, food tracking apps, and online nutritional resources will be available for all students to encourage engagement in healthy nutrition. Students will be able to pre-order their meals via a digital app, which will provide a quick, easy and convenient access to healthy foods. The majority of students on campus will adopt lifelong optimum healthy dietary behaviours as a result.

5.2 Evaluation

Yearly surveys will be conducted, and data from the digital meal pre-order apps will be collected to evaluate the students' dietary intakes, and to gather students feedback on facilities and availability of healthy food options.

Catering facilities will share their sales data with the University stakeholders to track students' food purchases and assess healthy dietary behaviour uptake.

Students will be encouraged to share their health status in relation to dietary practices via self-reported questionnaires.

A review will take place once a year with the relevant University staff and student bodies to report important changes and improvements, to suggest adjustments and make new recommendations.

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7. Appendices

Appendix 1: Minutes from the first meeting

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:

- UWTSD catering policy
- What is the organisation around food at the canteen and the Cwad
- 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 Cwad
- 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

Appendix 2: Minutes from the second meeting

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.

- 1. 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 student union and whether they provide services and whether we could talk to them. We established that the provision of food and services within the university would be beneficial for our information. From these discussions we established that to begin with we will look at 4 areas:

- 1. Student opportunities and barriers to healthy eating.**
- 2. Sustainability within the catering area.**
- 3. 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 will contribute when she can if she is 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.

Appendix 3: Minutes from the third meeting

THIRD MEETING

DATE: Thursday 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 of the first part of last week's 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, there is a lack of washing facilities/ cleaning stuff for microwaves etc. Some drinks in vending machines are priced differently such as full sugar coke is actually less expensive than sugar free. They also spoke to [REDACTED] in the Merlin restaurant 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 questioned [REDACTED] about this – she replied with that it is what the 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 the Merlin due to this. Also is the university catering department looking from a financial point of view, or the health of the students' view, with the selling of popular items such as loaded fries?
- Caz and Steph also found the name of the catering Manager - [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 had gone to SU – 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 week's 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 Hwb 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 SU ASAP; Email was sent to [REDACTED] in students union – to arrange a meeting with her. A meeting with SU we can discuss and get a better picture what the students union 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 freedom of information to find out number of students that are on Carmarthen campus and those staying in halls, HWB has 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**
 - Start with [REDACTED] – Next Thursday the 5th – Steph will reply
 - Update from FOI – number of students? No current update but I have had an email back to say that they will get back to me in their timeframe. When we spoke to the HWB he said that it can take a couple of weeks to get the information. I sent another email out to the registry and accommodation to see if we can get numbers from there- no response yet. – accommodation email Caz
 - A great place to begin going forward today is to have a look at the printed questionnaires and start to put sections and questions together.
 - An update on sustainability from Ria and Bex and Emmy.

Appendix 4: Minutes from the fourth meeting

FOURTH MEETING

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

CHAIR: Hannah

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

MINUTES: (Iza)

During this meeting we have found out that Steph received an email back from the [REDACTED] student union – [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 registry to find 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 withing the next 20 working days. We need to send another email to student services asking if they could send out our Questionnaire to all the students for us to gather the data. Caz agreed to send an email to the student accommodation 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 union 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 by 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 student union's 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 UWTSD 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 of the questionnaires ready for [REDACTED]

Appendix 5: Minutes from the fifth meeting

FIFTH 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 with [REDACTED] from Student Union:

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

- What is the role of the SU in healthy eating in the university? [REDACTED]'s role is to respond to students' requests about the vending machines on the London campus where she is based. 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? On the London campus, it is based on students' feedback and on demand options. The SU does 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 student's rep of each course is able to voice any issues/feedback etc.
- Is the SU responsible for any involvement regarding healthy eating? The SU is responsible for students' welfare. No representative on Carmarthen campus at the moment, but [REDACTED] used to be and organised the Technogym initiative; however, no involvement in healthy eating apart from the vending machines as far as [REDACTED] is aware. [REDACTED] suggested we talked to [REDACTED] who is based in Lampeter.
- Is [REDACTED] aware of the healthy universities' initiative? No, but she will find out about it.

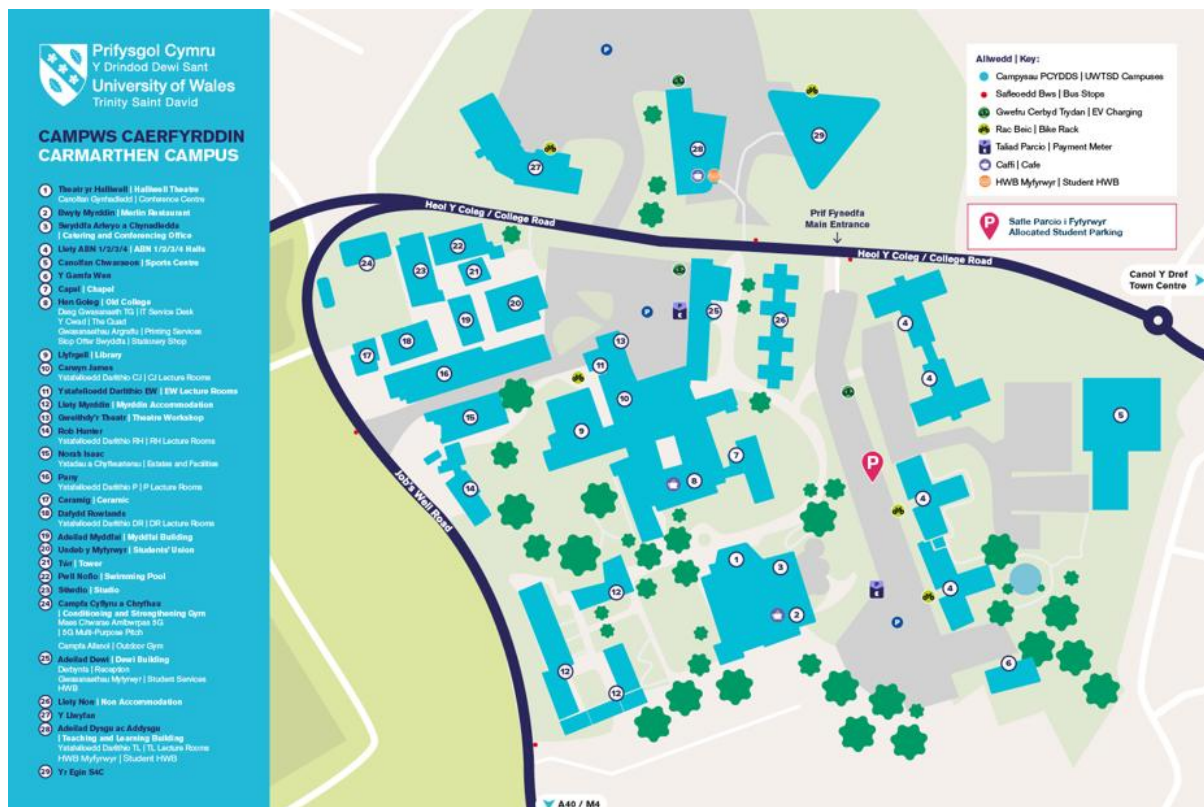
Dave will find out who the vending machines operator is for the Carmarthen campus.

We need to organise a meeting with [REDACTED].

Steph to email [REDACTED] to 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.

Appendix 6: Map of Carmarthen Campus



Appendix 7: Questionnaire on Students' Demographics

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.

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

* 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

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

Appendix 8: Questionnaire on Students' Nutritional Knowledge

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).

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

Not sure

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

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)

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?

Cheese

Pasta

Butter

Nuts

Rice

Porridge

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

Sausages

Pasta

Fish

Red meat

Frozen vegetables

Cheese

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

Chicken

Cheese

Fruit

Baked beans

Butter

Cream

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

Cornflakes

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: (Everyday/ Most days/ 2-3 times per week/ About once a week/ Occasionally/ Never)

White meat

Red meat

Processed meat

Fruits

Sugar sweetened beverages

Vegetables

Confectionary/ Sweets/ Chocolate

Biscuits/ Cakes/ Crisps

Chips

Deep-fried foods

Fish

Wholegrains

Beans and pulses

Appendix 9: Questionnaire on Cooking Facilities and Barriers to Healthy Eating

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 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. 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? *