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UBC WELLNESS NUTRITION RESOURCE SURVEY

A CBEL PROJECT CONDUCTED BY JIAJIA GENG, ADRIAN HARDJOJO, CHRISTINE JANUSZ, JACOMIE STRYDOM, SARAH WALTERS, EMILY SUK NAM YUEN

The UBC Wellness Centre provides a multitude of resources to assist students in living their best life. It was an honour to be part of a project that involved in helping UBC Wellness Centre find ways to change their resources that could help increase student's participation. Our community partners, Hillary Stevens (UBC Wellness) and Sally Lin (SEEDS projects), were essential to the success of our project since they informed us on the successes and shortcomings of past resources, which helped provide us with a good starting point for our project. Not to mention, their quick and insightful feedback throughout the process allowed us to stay on track and move forward smoothly.



Using the UBC Survey Tool, we developed a survey to determine what types of nutrition resources UBC students are most interested in. Collecting this information allowed us to provide recommendations to the UBC Wellness Centre on how to create nutrition-related resources that are appealing to UBC students and that encourage them to utilize the resources.

When analysing the survey, we realized that asking multiple questions within a single survey question made it difficult to extrapolate the results. This taught us the importance of creating survey questions that ask only one question at a time in order to ensure the analysis is more straightforward

We utilized public health concepts and frameworks such as the Public Health Ontario's Six-Step Planning Model to implement and evaluate our project. Our project brought to light just how much time and effort goes into planning community programs, and that tools such as the logic model can help keep us organized throughout the process and help us improve our communication and program planning skills along the way.

