

**Freshman 15: It's Not Your Fault**

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**University of British Columbia**

**PSYC 321**

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### Executive Summary

Previous studies show that "... nearly one in four freshmen gain at least 5% of their body weight, an average of about 10 pounds, during their first semester" (Freshman 15). Most previous studies have looked at how much weight gain actually occurs between men and women. This study is aimed at tackling the reasons for unhealthy eating behaviors in first year students at The University of British Columbia. The study looked at how varying factors between first year residence areas at UBC were associated with barriers to healthy eating. 150 questionnaires were administered to first year residents' living in Totem Park, Place Vanier, and Walter Gage. Barriers of time, money, and perceived control over healthy eating behaviors were the main focus. We used ANOVA and 2-sample t-test to conduct the statistical analyses. The data suggests that residents from Place Vanier and Totem Park felt the barrier of time less than residents in Walter Gage. Students with a meal plan felt, on average, more deterred from healthy options due to financial pressures and unappealing healthy options provided by the dining hall. Finally students residing in Walter Gage felt more perceived control of healthy eating choices than Place Vanier and Totem Park residents.

### Detailed Report:

**Group name:** Carb Conscious

**Student names:** Evan Loh, Andrew Martin, and Sirinthorn (Shirin) Ramchandani, Joseph Bae, Sunny Gadey

**Project title:** Freshman 15: It's Not Your Fault

### **Research question and hypothesis:**

The research question for this study is: how are varying factors between first year residence areas at UBC associated with barriers to healthy eating? In order to determine the different factors that influence eating behaviors, three different hypotheses were formed in order to target each possible barrier (time, money and perceived control of healthy eating). The hypotheses are as follows:

Hypothesis #1: Residents from Place Vanier and Totem Park will feel the barrier of time (associated with meal preparation and cleanup) less than residents in Walter Gage.

Hypothesis #2: Students with a meal plan will feel more deterred from healthy options due to financial pressures and appeal of healthy options

Hypothesis #3: First year students residing in Walter Gage will have more perceived control of healthy eating than Place Vanier and Totem Park residents.

**Participants:** The participants in this study were UBC students holding first year status who live in Place Vanier, Totem Park, or Walter Gage residence. These participants were approached in each respective resident's common area and were asked to ensure their first year standing, and that they did indeed live in the appropriate residence.

**Conditions:** The conditions in this study are the different residential areas: Place Vanier, Walter Gage, Totem Park. The differences between these three groups are that Walter Gage is geographically closer to the main bus loop, most UBC food services, have access to food storage and a full kitchen. Moreover, students in Walter Gage are not enlisted in a meal plan. In regards to Totem Park and Place Vanier, these housing areas are located further away from the main UBC bus loop, which restricts the ease of commuting off-campus to eat. These two residence

areas are also located further away from the majority of UBC food services, and require all students to register in a meal plan. Finally, similar to food establishments near Walter Gage, Totem Park and Place Vanier have dining halls that provide both healthy and unhealthy food options. Another similarity is that all three resident areas house first year students. Finally, we will also be controlling for age and gender in our data collection as there may be some variability between each resident area.

**Measures:** The main method of data collection for this correlational study was self-report surveys (appendix A). We incorporated questions regarding aspects that we thought may have influence residents' eating behavior such as time, cost, and perceived control over healthy eating choices. The barriers that we suggested in our first hypothesis, which include proximity to healthy on-campus food options and the bus loops, as well as lack of access to personal kitchen facilities and financial restrictions (including meal plans), are reflected in our survey. Questions such as asking where a participant lives will help understand where in terms of on-campus food options and public transport they live. "How much money do you allocate per week" will allow us to gauge each participant's financial restrictions or lack thereof.

The second hypothesis highlights the issue of financial restrains as well as healthy food options within the meal plan. In order to address this prediction, the survey includes questions such as, "At any time I want food, healthy options are available to me" as well as asking participants to identify other on-campus establishments where they may be using their flex meal plan dollars. Finally, the third hypothesis requires data regarding which participants feel that time is a barrier to healthy eating. The survey included questions such as "The process of buying food and making food takes too much time" and "I regularly eat breakfast" to gauge how time may be a factor hindering healthy eating.

In regards to administering the survey, we plan to ask for oral consent and then ask participants to fill out the survey themselves in order to maximize the accuracy of each answer.

**Procedure:** Self-report surveys were administered to 140 residents holding first year status (female: 74, male: 66, other: 0) in the commons blocks of the following UBC Residences: Totem Park, Place Vanier, and Walter Gage. The three main conditions require eligible participants from Totem and Vanier who have a meal plan, and eligible Gage participants without a meal plan. All surveys were taken alone during the second week of March, distributing equal numbers in the afternoon and evening, while avoiding eating locations or typical eating times. The survey (Appendix A) consisted of multiple demographic questions, circling the top 3 UBC food establishments they frequent, and questions relating to healthy eating on the Likert scale.

**Results:** Our self-report survey (Appendix A) uses a 1-6 Likert Scale to signify intensity of feelings regarding attitudes and barriers of healthy eating. Within each of the questions, each of the 3 conditions had a mean value  $1 < x < 6$ , using standard error to signify variance. We compared averages between 3 different groups using ANOVA. For direct comparisons between averages, we used a 2 sample t-test. We expect similar variance between conditions. These comparisons require similar participants for each condition, so we will have equal (n), controlling for time of day and day of week. Firstly, we hypothesized that students residing in Walter Gage will have more perceived control of healthy eating than Place Vanier and Totem Park residents. This was done by comparing questions such as "Food establishments near me offer healthy food options that I enjoy eating" (Appendix, Fig. B-2), "I limit my food options based on cost" (Appendix,

Fig. B-6), and “Buying groceries and preparing food at home is an easy process for me.” (Appendix, Fig. B-3). We found strong significance ( $p < 0.0001$ ) in the data showing that Walter Gage residents feel like they can prepare their own food easily, and moderate significance ( $p < 0.08$ ) showing that they feel that they have more healthy options available to them and that they do not limit their meal choices based on cost. Thus, we gathered that this illustrates that Walter Gage residents have more perceived control over healthy eating behavior.

Similarly, in terms of the hypothesis regarding possible financial constraints, this study predicted that students with a meal plan will feel more deterred from healthy options due to financial pressures and appeal of healthy options. This was operationalized as a comparison of average ratings for questions such as: the average healthiness of each participant’s top 3 most visited food establishments, whether or not they limit their food choices based on cost, and an estimate of how much money is spend on food per week (See fig. B-7). In every metric, residents with meal plans reported more unhealthy eating habits, and significantly more financial constraint. This may be related to actual unhealthy eating, but as this research is correlational, we cannot make such conclusions.

Finally, the third hypothesis related to time predicted that residents from Place Vanier and Totem Park would feel the barrier of time (associated with meal preparation and cleanup) less than residents in Walter Gage. After conducting a statistical analysis comparing participant answers to questions such as “The process from buying food, eating, and cleaning up, takes too much time” (Appendix, Fig. B-5), we concluded that there was no statistical significance to these data comparisons, and therefore, amount of time does not seem to be a barrier that is related to eating behaviors.

**Discussions:** The results obtained from the self-report measures were able to determine that students with a meal plan were more likely to be deterred from healthy options due to financial pressures. In addition, those students that were residing in Walter Gage residence, the residence hall without a dining hall, had more perceived control of healthy eating behaviour over Place Vanier and Totem Park. Although the experiment yielded statistical significant results between some factors on the survey, there are various aspects of the design that could have affected the reliability and validity of the study.

Firstly, when looking at our survey, some students may have been unfamiliar with the food establishment choices listed, therefore they may have chosen food establishments that they recognize the most regardless of their actual eating habits. We also did not measure how often they visited these food establishments. We also did not have a comprehensive list that outlined all possible food outlets as a few participants had asked why their most visited food establishments were not listed. The reason for this is because we decided only to include food establishments listed under UBC food services. Moreover, food establishment scores were arbitrary as the divide between healthy and not healthy as this segregation was based on the average healthiness of the food options provided at each establishment.

Secondly, there may have been a selection bias, as we noticed that we only approached participants based on those that were perceived as being first years and mainly avoided people who were in a hurry. Furthermore, prospective students could give preference between three areas as first years were not randomly assigned into each residence building. Also, there may have be a self-presentation bias as the surveys were filled in the presence of the observers, so surveys were not 100% anonymous. The presence of the observers may have had an influence on the participants, as they may have wanted to give a better representation of themselves or to simply feel better about themselves.

There is one major potential confound in our data collection: there was a statistical difference in the average age of Walter Gage residence, who were found to be 6 months older than most students from Place Vanier and Totem Park. The reason as to why we chose first year students was due to the fact that it was assumed that most students had never been away from home. So by assuming this, we ruled out the possibility of more experienced students that were in first year such as transfer students, part time students and students repeating first year. More thorough survey methods in the future would allow us to make less assumptions.

This research is purely correlational - while we can make conclusions linking residences and healthy eating behaviors, there is no definitive answer of causality we can give. Future studies that expand our data into experimental methods are listed in the recommendations to our client.

**Recommendations for your client:** Based on our study, there are several recommendations that can be made. Firstly healthy food options in the dining hall need to be less expensive. The survey showed that money was a large barrier for students and this hindered them from purchasing the more expensive but healthier options. In addition to this, there is a limited amount of healthy food options in the dining hall and other food establishments on campus thus there needs to be an increase in the healthy food options in the food establishments on campus. For example, Magdas is an excellent resource for students coming home late and needing to eat. But if the most appealing options are deep fried then students will default to unhealthy options. There are also not enough healthy food establishments near first year residences so there needs to be an increase in these types of establishments on campus.

Future studies also need to be conducted to address certain shortcomings of this correlational survey. There are a number of experimental manipulations which could establish causality between location, price, healthy eating, and kitchen facilities. A longitudinal study that tracks the weight of students living in the first year residences could give more accurate results. With permission, studies could track purchases on the UBC Meal Cards and get accurate data regarding healthy food choices in residence dining halls, and also see if they purchase healthier options if they have no financial constraints. In particular, our research showed that the Vanier residents visited the most unhealthy food establishments of any residence, but the Ponderosa Commons has opened a new health food mini-mart across the street from Vanier since our data collection. If this research was replicated next year, Vanier might visit healthier food establishments on average, giving experimental weight to the barrier of location.

### References:

Freshman 15: College Weight Gain Is Real. (n.d.). Retrieved April 01, 2016, from <http://www.webmd.com/diet/20090728/freshman-15-college-weight-gain-is-real>

Mihalopoulos, N. L., Auinger, P., & Klein, J. D. (2008). The Freshman 15: Is it Real? *Journal of American College Health, 56*(5), 531-534. doi:10.3200/jach.56.5.531-534

### Appendix A: Research Questionnaire



**Dear Participant,**

We sincerely appreciate you taking your time to fill out this questionnaire as it assists us in understanding the attitudes and behaviors of UBC food services and hospitality amongst first year university students. Please fill out the following questions as accurate as possible and return it to the surveyor. We appreciate your time and thank you for participating in this survey.

**What is your gender? Check one.**

Male

Female

Other

**What year were you born?**

\_\_\_\_\_

**Do you have first year standing?**

Yes

No

**Are you on a residence meal plan?**

Yes

No

**How much money do allocate to food per week, give an estimate?**

0-50

50-100

100-150

150-200

200+

**I believe the residence that has most opportunity to eat healthy is**

Walter Gage

Place Vanier

Totem Park

What are your three most commonly visited food establishments on campus outside the dining hall? Circle three.



{ lowercase } < UPPERCASE >



**For the following questions please indicate whether you strongly disagree, disagree, somewhat disagree, somewhat agree, agree, strongly agree.**

I make an effort to eat healthy

- |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly disagree        | Disagree                 | Somewhat disagree        | Somewhat agree           | Agree                    | Strongly agree           |

Food establishments on campus near me offer healthy food options that I enjoy eating

- |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly disagree        | Disagree                 | Somewhat disagree        | Somewhat agree           | Agree                    | Strongly agree           |

At any ~~time~~ I want food, healthy options are available to me

- |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly disagree        | Disagree                 | Somewhat disagree        | Somewhat agree           | Agree                    | Strongly agree           |

Buying groceries and preparing food at home is an easy process for me

- |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly disagree        | Disagree                 | Somewhat disagree        | Somewhat agree           | Agree                    | Strongly agree           |

My friends eat healthier than me

- |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly disagree        | Disagree                 | Somewhat disagree        | Somewhat agree           | Agree                    | Strongly agree           |

The process of buying food and making food takes too much time

- |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly disagree        | Disagree                 | Somewhat disagree        | Somewhat agree           | Agree                    | Strongly agree           |

I regularly eat breakfast

Strongly  
disagree

Disagree

Somewhat  
disagree

Somewhat  
agree

Agree

Strongly  
agree

I ate healthier before coming to university

Strongly  
disagree

Disagree

Somewhat  
disagree

Somewhat  
agree

Agree

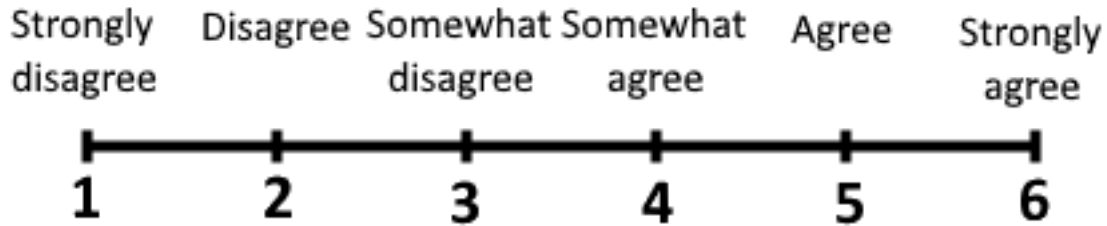
Strongly  
agree

**We sincerely appreciate your assistance in our research and thank you for taking the time to fill out this questionnaire about student attitudes towards first year food services at UBC.**

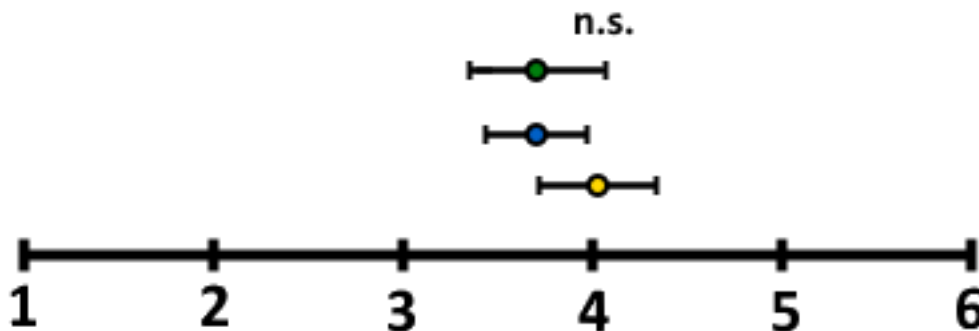
**If you have any comments, feel free to express them in the section below.**

**Thank you|**

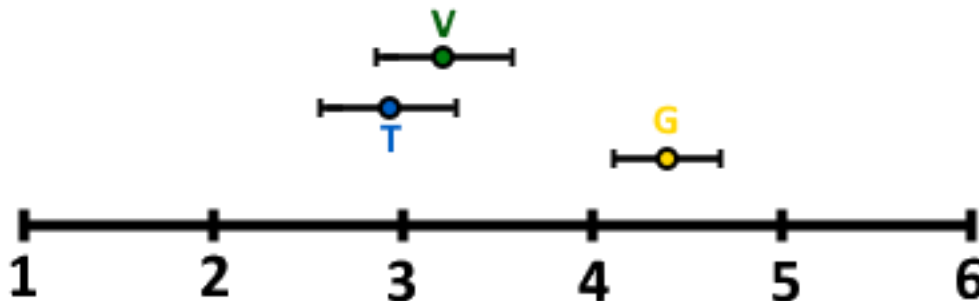
**Appendix B:** Graphs of Likert Scale questions relating to Hypotheses. (n=140).



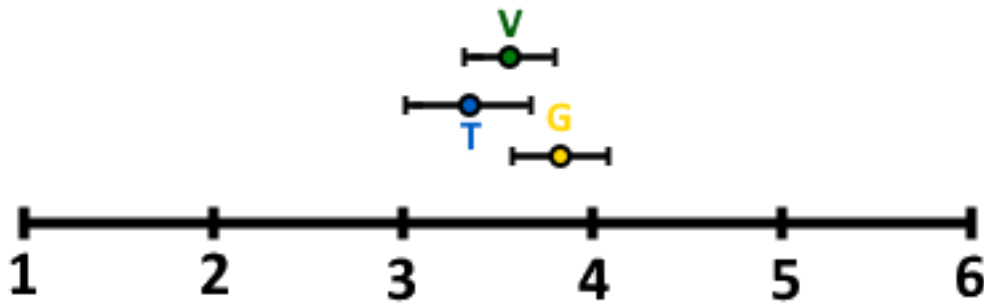
All values are reskinned graphs calculated in Microsoft Excel 2010. Error bars denote Standard Error, and test statistics were calculated using multiple Student’s *t*-test denoted in each caption. Vanier=V=Green, Totem=T=Blue, Gage=G=Yellow.



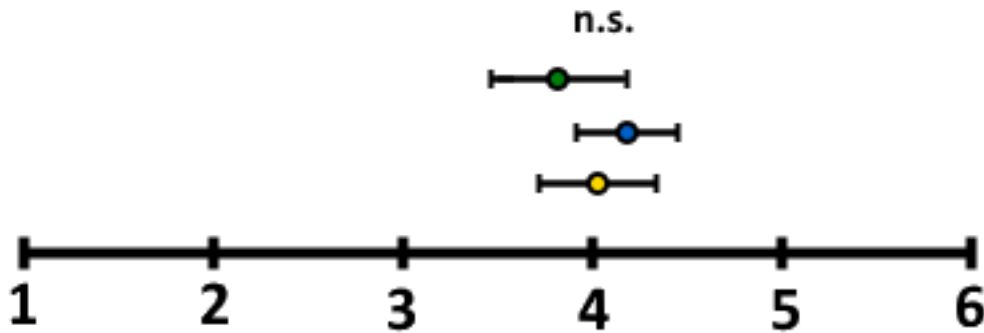
**Fig. B-2.** “Any time I want food, healthy options are available to me.”  $p < 0.24$  (G vs T+V)



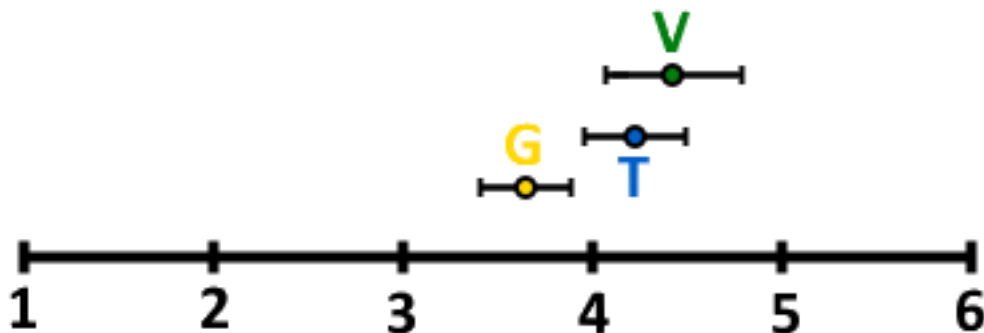
**Fig. B-3.** “Buying groceries and preparing food at home is an easy process for me.”  $p < 0.0001$  G vs T+V; T vs V n.s.) These results correlated moderately with “I make an effort to eat healthy” ( $r = 0.27$ ).



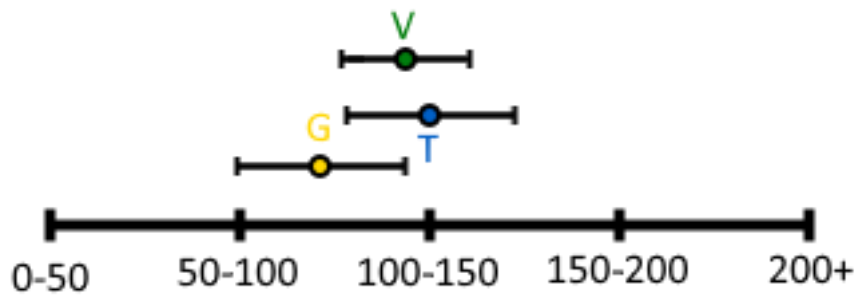
**Fig. B-4.** “Food establishments on campus near me offer healthy food options that I enjoy eating”. Moderate significance:  $p < 0.086$  (G vs T+V),



**Fig. B-5.** “The process from buying food, eating, and cleaning up, takes too much time.” No significant difference or trend.



**Fig. B-6.** “I limit my food options based on cost.” Moderate significance:  $p < 0.07$  (G vs T+V).



**Fig. B-7.** “How much money do you allocate to food per week? Give an estimate.”  $p < 0.02$  (G vs T+V). Scores from Fig. 7 correlate moderately with Fig. 6, with a fit of  $r = 0.37$ .

**Appendix C:** Map of UBC with selection of food establishments. All survey options are UBC Food Services who do not predominantly deal in coffee. Establishments are sorted into categories of “more healthy” in green, and “less healthy” in red.



**Appendix D: Statistical Analysis**  
**Fig. D-1 – Averages and Standard Error**

QUESTIONS:	G									T									V									"Trad"									DIFFERENCES			
	AVG			STD			SE			AVG			STD			SE			AVG			STD			SE			AVG			STD			SE			G vs T	G vs V	T vs V	G vs Trad
	AVG	STD	SE	AVG	STD	SE	AVG	STD	SE	AVG	STD	SE	AVG	STD	SE	AVG	STD	SE	AVG	STD	SE	AVG	STD	SE	AVG	STD	SE	AVG	STD	SE	AVG	STD	SE							
I make an effort...	4.42	1.162158	0.164354	4.265306	1.113843	0.157521	4.4	0.699854	0.098974	4.332653	0.92582	0.130931	0.154694	0.02	-0.13469	0.087347																								
Food establishments...	3.86	1.069236	0.151213	3.346939	1.1646	0.164699	3.66	0.960655	0.135857	3.503469	1.072606	0.151689	0.513061	0.2	-0.31306	0.356531																								
Any time I want food...	4	1.26168	0.178429	3.653061	1.051804	0.148748	3.64	1.273914	0.180159	3.646531	1.163327	0.164519	0.346939	0.36	0.013061	0.353469																								
Buying groceries and	4.36	1.381511	0.195375	2.959184	1.322233	0.186992	3.2	1.564922	0.221313	3.079592	1.447565	0.204717	1.400816	1.16	-0.24082	1.280408																								
My friends eat healthier	3.48	1.281581	0.181243	3.632653	1.093425	0.154634	3.1	1.073807	0.151859	3.366327	1.11075	0.157084	-0.15265	0.38	0.532653	0.113673																								
The process from....	4.04	1.228239	0.173699	4.183673	1.252888	0.177185	3.86	1.484752	0.209976	4.021837	1.377515	0.19481	-0.14367	0.18	0.323673	0.018163																								
I regularly eat break...	3.7	1.798525	0.25435	3.979167	1.536639	0.217314	3.88	1.66157	0.234982	3.929583	1.594126	0.225443	-0.27917	-0.18	0.099167	-0.22958																								
I ate healthier before	4.26	1.352398	0.191258	4.229167	1.275624	0.1804	4.4	1.26168	0.178429	4.314583	1.264886	0.178882	0.030833	-0.14	-0.17083	-0.05458																								
I limit my food options	3.72	1.325419	0.187443	4.1875	1.248936	0.176626	4.42	1.415512	0.200184	4.30375	1.33477	0.188765	-0.4675	-0.7	-0.2325	-0.58375																								

**Fig. D-2 – t-test Scores Gage vs. Trad Style Housing**

HYPOTHESIS 1: Perceived Control				ttest 4 questions gage vs trad:			
	gage	trad					p<
Food establishments	3.86		3.503469388				0.086437152
"Any time I want food,	4		3.646530612				0.24072657
buying groceries	4.36		3.079591837				1.53591E-06
I limit food options	3.72		4.30375				0.07264678
HYPOTHESIS 2: Trad need \$/appeal				p<			
	gage	trad					
Food establishments	3.86		3.503469388				0.086437152
I limit food options	3.72		4.30375				0

**Fig. D-3 – Average Age Differences between Resident Areas**

	ttest gage vs totem/vanier	~avg:		
AGE	8.90027E-08	Gage	Totem	Vanier
	ttest gage vs totem	1996	1997	1997
	5.32406E-05			

**Fig. D-4 – ANOVA test**

Healthiness of FE:	Anova: Single Factor						
	SUMMARY						
	Groups	Count	Sum	Average	Variance		
	Gage FE scores (0-3)	44	56	1.27273	0.621564		
	Totem FE scores (0-3)	47	76	1.61702	0.893617		
	Vanier FE score (0-3)	48	30	0.625	0.494681		
	ANOVA						
	Source of Variation	SS	df	MS	F	P-value	F crit
	Between Groups	24.1105889	2	12.0553	18.00016	1E-07	3.06
	Within Groups	91.08365571	136	0.66973			
	Total	115.1942446	138				

Appendix E: Raw Data Collected

GAGE, evening	Dates: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25																										
Questions:																											
Gender (m,f)	f	f	m	m	m	m	m	m	m	f	f	f	f	m	m	f	m	f	f	m	m	m	f	f	m	f	m
Birthyear (xxxx)	1997	1997	1997	1997	1997	1996	1996	1996	1996	1996	1996	1996	1996	1996	1996	1996	1996	1996	1996	1996	1996	1996	1996	1996	1996	1997	
First year? (y,n)	y	n	y	y	y	y	y	y	y	y	y	n	y	y	y	y	y	y	y	y	y	y	y	y	y	y	
Meal Plan? (y,n)	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	
Money/wk? (1-5)	1	1	2	4	5	2	1	4	4	3	2	3	2	3	4	1	3	1	2	2	3	3	1	3	2		
Best rez? (1,2,3)	1	3	1	1	1	1	1	1	1	1	3	2	2	2	2	1	1	2	1	1	3	2	1	1	1		
Food establishments:	mercante	pita	pita	pita	triple o	mercante	pita	other	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o		
	2 subway	pie r	booster	flip side	point grill	pie r	mercante		subway	booster	booster	booster	booster	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o		
	3 point grill	uppercas	subway	berito	sushi	flipside	uppercas		ikes	berito	berito	berito	berito	flipside	flipside	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas		
FE scores (0-3)	2	1	3	2	0	0	1			2	2	2	2		0	1	1	1	1	1	1	1	1	1	1		
(Here on: 1-6)	5	4	6	5	3	3	4			5	5	5	5		3	4	4	4	4	4	4	4	4	4	4		
I make an effort...	5	4	4	5	4	5	6	4	5	5	5	4	6	4	4	4	5	5	6	2	4	4	4	5	6		
Food establishments...	5	3	4	3	3	4	4	4	2	4	5	4	2	5	2	4	4	5	3	5	4	3	4	4	3		
Any time I want food...	5	2	6	5	1	5	4	6	5	3	5	5	6	5	6	5	3	5	3	5	2	4	4	4	4		
Buying groceries and	6	1	5	5	1	5	5	4	4	3	4	3	6	3	2	6	4	4	2	6	4	5	6	4	5		
My friends eat healthier	4	2	5	3	5	4	2	3	2	5	3	4	1	2	4	4	2	3	5	4	3	3	5	3	2		
The process from...	3	6	4	6	6	4	2	5	6	5	4	5	2	4	5	5	4	4	5	3	3	5	3	4	4		
I regularly eat break...	4	1	3	3	6	6	6	1	1	2	4	4	4	6	2	5	6	4	6	4	5	4	1	2	3	6	
I ate healthier before	4	6	4	6	6	6	4	3	6	5	5	2	2	5	1	4	5	2	3	6	5	6	3	4	2		
I limit my food options	6	4	3	1	4	4	4	4	4	3	2	3	2	5	4	4	4	3	3	4	4	5	5	4	4		
Comments:	maybe ubc can find a supermarket on campus near gage																										
GAGE, afternoon	Dates: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25																										
Questions:																											
Gender (m,f)	f	f	m	f	m	f	f	f	m	f	f	f	f	m	m	f	f	f	f	m	f	m	f	f	f	f	
Birthyear (xxxx)	1997	1990	1996	1996	1996	1997	1997	1996	1996	1996	1996	1996	1996	1996	1996	1996	1996	1996	1996	1996	1996	1996	1997	1997	1997		
First year? (y,n)	y	y	y	y	y	y	y	y	y	y	y	y	y	y	y	y	y	y	y	y	y	y	y	y	y		
Meal Plan? (y,n)	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n	n		
Money/wk? (1-5)	1	1	4	3	4	3	3	2	3	1	2	1	5	3	3	2	2	2	2	2	2	3	1	2	3		
Best rez? (1,2,3)	2	2	1	1	1	1	1	1	1	2	1	1	1	1	1	1	1	1	1	1	1	2	1	2	1		
Food establishments:	triple o	triple o	ikes	bj	mercante	ikes	pita	point	bj	subway	bj	mahony	triple o	triple o	mercante	bj	triple o	triple o	triple o	triple o	bj	triple o	subway	bj	triple o		
	2 mercante	pie r	subway	point	point	triple o	point	flip	flip	flip	flip	berito	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o	triple o		
	3 subway	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas	uppercas		
FE scores (0-3)	1	1	1	2	2	0	2	1	0	1	0	1	3	2	1	3	0	2	1	3	0	2	1	2	2		
FE scores	6	1	5	4	6	4	4	5	4	3	5	4	6	4	2	6	4	5	3	5	4	4	6	2	3		
I make an effort...	1	4	5	3	5	4	4	5	4	3	4	5	4	3	4	5	4	5	1	4	6	4	5	3	5		
Food establishments...	1	4	5	5	5	3	3	3	4	2	4	5	4	3	5	6	4	5	3	4	3	3	4	2	5		
Any time I want food...	3	4	4	5	6	4	2	3	5	5	6	6	6	4	3	5	5	6	6	5	3	5	6	3	5		
Buying groceries and	1	4	3	4	4	3	2	2	3	4	5	5	3	5	5	1	4	4	6	2	4	5	2	5	5		
My friends eat healthier	4	4	3	3	5	5	4	6	4	5	4	2	1	5	4	2	5	4	2	5	2	4	3	5	4		
The process from...	2	4	4	2	1	6	1	6	6	5	3	1	5	3	2	3	2	6	3	6	4	2	6	5	2		
I regularly eat break...	1	5	3	5	5	4	5	6	5	5	4	3	4	4	3	5	4	4	6	5	5	4	5	5	3		
I ate healthier before	2	3	5	5	4	4	5	6	5	5	3	5	4	1	5	3	1	3	3	6	5	4	5	1	2		
I limit my food options	2	3	5	5	4	4	5	6	5	5	3	5	4	1	5	3	1	3	3	6	5	4	5	1	2		
Comments:	Good luck with your study!! ps. sorry about the hot sauce on the paper																										
TOTEM	Dates: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25																										
Questions:																											
Gender (m,f)	f	m	m	m	f	f	f	m	f	f	f	m	m	m	f	f	f	f	m	f	m	f	f	m	m		
Birthyear (xxxx)	1997	1997	1997	1996	1994	1995	1997	1997	1997	1997	1996	1997	1997	1997	1997	1997	1997	1997	1997	1997	1997	1996	1997	1997	1998		
First year? (y,n)	y	y	y	y	n	n	y	y	y	y	y	y	y	y	y	y	y	y	y	y	y	y	y	y	y		
Meal Plan? (y,n)	y	3	3	1	3	3	3	4	3	2	3	2	3	4	3	3	3	2	3	3	3	3	2	4	3		
Money/wk? (1-5)	2	3	3	1	3	3	3	2	3	2	3	2	3	4	3	3	2	3	3	3	1	3	1	3	1		
Best rez? (1,2,3)	3	1	3	2	1	3	2	3	3	2	3	2	3	2	3	3	2	3	3	3	1	3	1	3	1		
Food establishments:	The Point Grill	TripleOs	TripleOs	TripleOs	ikes	Booster Juice	Mercante	Pita Pit	Mercante	TripleOs	TripleOs	TripleOs	Mercante	TripleOs	Pita Pit	TripleOs	TripleOs	Juice	Mercante	Mercante	Mercante	Pita Pit	TripleOs	ikes	Pier2	TripleOs	
1- unhealthy	Uppercas	ikes	ikes	Bento Sush	Subway	Pita Pit	Point Grill	Subway	Point Grill	Pier2	Pita Pit	Booster Juice	Pier2	The Point Grill	The Point Grill	Point Grill	The Point Grill	Pita Pit	Subway	Pier2	Point Grill	Subway	Pita Pit	Mercante	Subway	Mercante	
2- healthy	Bento Sush	Magdas	Magdas	Uppercas	Bento Sush	Magdas	Peko-peko	Bento Sush	Uppercas	Bento Sush	Bento Sush	Uppercas	The Point Grill	The Point Grill	Point Grill	Bento Sush	Bento Sush	Bento Sush	Bento Sush	Point Grill	Subway	Uppercas	Pier2	Bento Sush	Point Grill	Magdas	
FE scores (0-3)	1	1	1	1	3	2	1	3	0	1	2	1	0	0	2	1	3	2	1	2	2	1	2	1	2	1	
Total score on FE (Here on: 1-6)	4	4	4	4	6	5	4	6	3	4	5	4	3	3	5	4	6	5	4	5	5	4	5	4	3		
I make an effort...	4	3	5	4	4	5	5	4	6	5	5	3	4	5	4	4	5	3	4	5	5	4	3	4	3		
Food establishments...	3	2	4	5	3	5	5	4	4	3	3	4	5	5	3	2	2	3	4	4	3	5	4	4	3		
Any time I want food...	4	4	2	5	3	3	5	3	4	3	4	4	4	4	2	2	3	3	4	5	3	5	4	5	4		
Buying groceries and	2	1	3	2	4	4	2	4	2	3	2	3	2	2	2	3	5	4	4	5	4	2	5	5	4		
My friends eat healthier	3	4	2	3	2	3	4	2	3	4	5	4	3	3	3	4	4	5	4	2	5	6	5	4	2		
The process from...	6	4	3	4	3	4	2	4	5	2	5	4	4	2	3	5	3	6	4	6	4	4	5	4	6		
I regularly eat break...	5	6	3	5	2	5	6	4	6	6	3	6	4	4	3	3	6	4	5	4	4	2	4	3	4		
I ate healthier before	3	6	4	4	3	6	5	5	2	4	6	5	3	4	3	4	4	4	4	6	4	6	4	2	4		
I limit my food options	5	5	4	4	3	5	6	4	5	2	3	5	4	3	5	4	5	6	2	5	6	5	5	4	4		
Comments:	Magdas need to offer more variety of healthy food and less sugary foods																										
	No spinach in dining hall :(																										



