

# Fighting the Freshman Fifteen

Rachel Blakely (BCB), Deanna Cavallaro (BME),  
 Madeleine Gomel (BME), Jesse Lehman (BB), Rachel Pineda (BME)  
 Advisor: Professors Jill Rulfs (Biology) and Helen Vassalo (Management)



## Introduction

Every year a new freshman class comes to WPI and battles the stress of rigorous academics and a new style of life with an all you can eat buffet.

This leads to WPI students gaining the notorious freshman fifteen, which can easily be prevented. Poor eating habits in college can be the start of lifelong problems such as Obesity or Diabetes.

- Eating unhealthily raises the chance of Obesity
- Obesity means having a BMI (body mass index) of 30 or higher.
- BMI is a measurement that uses height and weight to measure body fat.
- The higher your BMI, the higher your chance of getting diabetes.
- If you are obese you have a more than 50 percent chance of getting diabetes.

## Need

- To combat the freshman fifteen at WPI
- To address the rising Obesity and Diabetes rates in America

## Approach

- Survey a focus group of WPI freshmen regarding their food choices in Morgan Dining Hall and knowledge of proper nutrition and portion size
- Raise awareness regarding proper nutrition
- Determine if providing nutritional information in Morgan Dining Hall would help students make “better” choices for proper nutrition

## Methodology

- Surveyed a focus group of 33 students on their knowledge of proper nutrition and their experiences at Morgan Dining Hall
- These students were given an anonymous survey of ten questions to have been answered immediately and returned
- In this way, we maintained the integrity of the survey

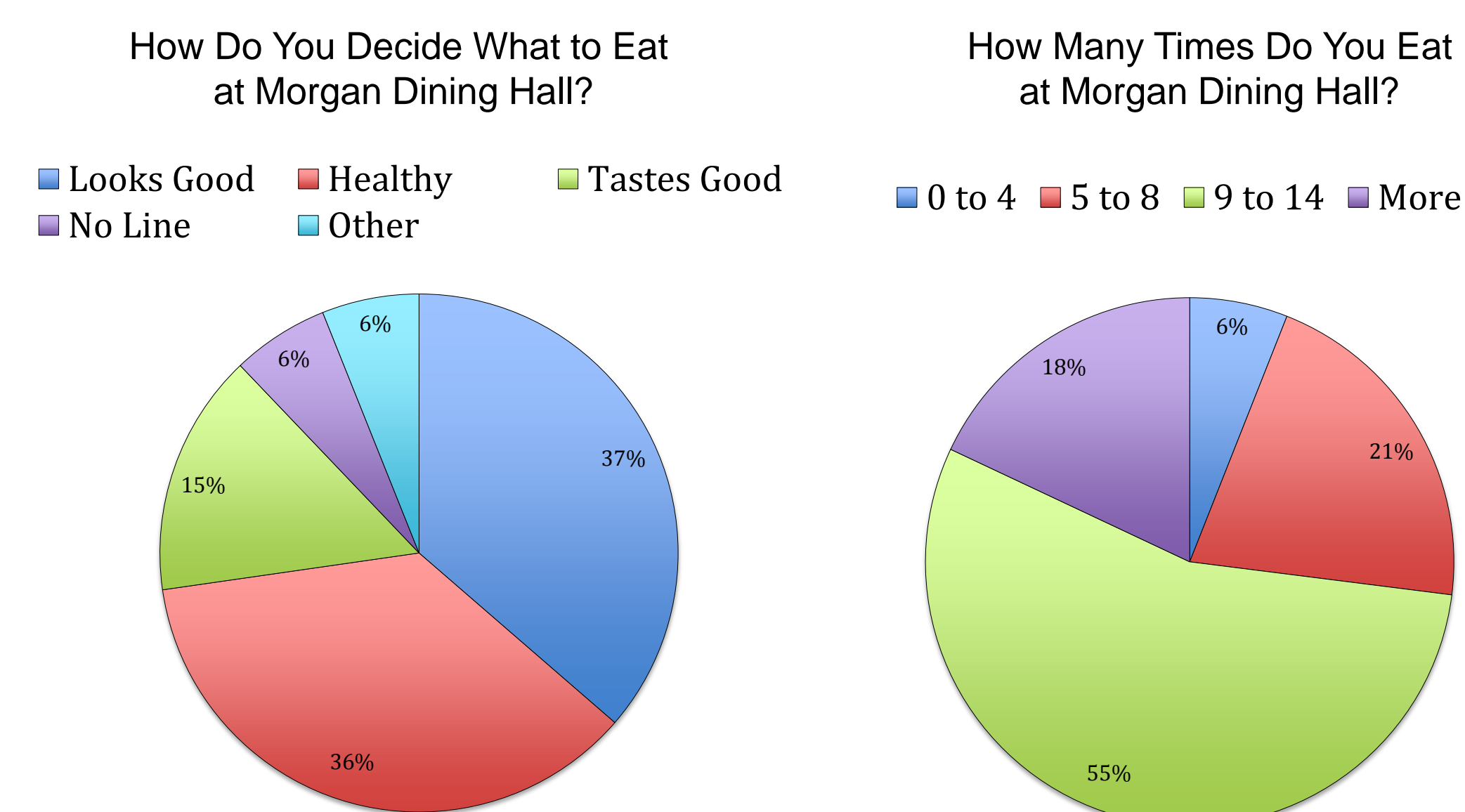
## Conclusions/Recommendations

- The results of the survey were inconclusive
- There was not a statistically significant percentage interested in practicing proper nutrition to justify displaying nutritional information in Morgan Dining Hall
- There is a lack of knowledge regarding what students need to function properly
- There is a significant proportion of the population questioned who did not know where to find the nutritional information for Morgan Dining Hall
- Had a larger and more diverse population of freshmen been surveyed, there may have been more significant results

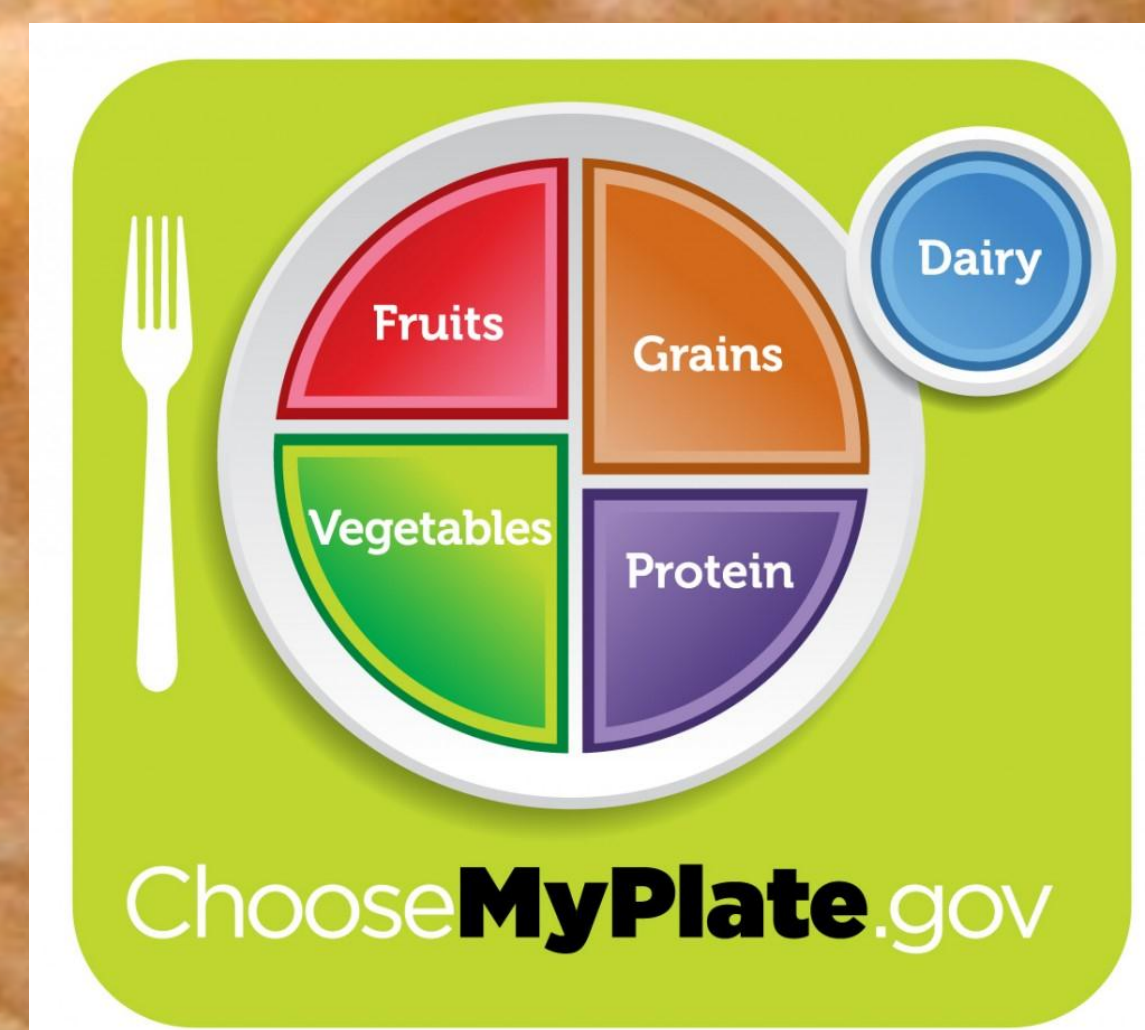
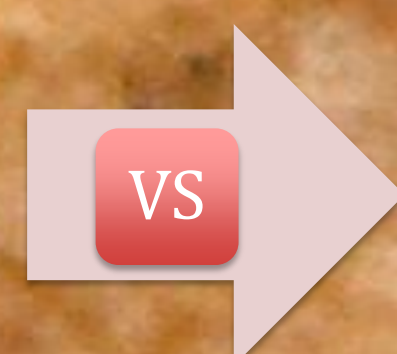
## Proper Serving Sizes

Food Group	Serving/Day	Example
Grains	6-11	Slice of bread, ½ cup of oatmeal, rice or pasta, small bagel
Veggies	3-5	½ cup raw or 1 cup cooked, ¾ cup of juice
Fruits	2-4	½ cup, medium banana, ¾ cup juice
Dairy	2-3	1 cup milk/yogurt, 1 oz. cheese
Protein	2-3	4 oz. (the size of a deck of cards)

## Results/Outcomes



- 61% did not know the correct amount of calories required for a college student
- 97% of those surveyed did not know where to find nutritional information in Morgan Dining Hall
- 61% said they would use the Nutritional information if it were available in Morgan Dining Hall
- 61% said they want to learn more about Nutrition
- Of those who wanted to learn more about nutrition, 85% said they would use the knowledge to change their diets
- 61% said knowing the nutritional information of food in Morgan Dining Hall would make them more conscious of what they eat



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