

ABSTRACT

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Title: ASSESSING THE IMPACT OF IMPLEMENTING A NUTRITIONAL INTERVENTION ON NURSING STUDENT KNOWLEDGE REGARDING NUTRITION

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Nutrition is an integral part of human existence. During the college years, increased freedom, crunched time spans, and more decision-making capabilities serve as a crucial time when dietary habits are established (Schwartz & Richardson, 2015). Appropriate distribution and understanding of nutritional information is needed amongst this vulnerable population. College students have a particularly high susceptibility for receiving inadequate and possibly inappropriate nutritional intake. The purpose of this study was to assess nursing students' knowledge pertaining to the nutritional content of selected food items and to determine if providing an educational intervention of displaying accurate nutritional content of the selected food items would influence participants' future food purchasing intentions. This quasi-experimental pre and post-test design explored the current baseline nutritional knowledge of undergraduate baccalaureate junior and senior nursing students. Nutritional knowledge and future purchasing intentions were both measured using the *Caloric Knowledge and Food Purchasing Intention Survey* tool developed by Dr. Victoria Zigmont (2015). Overall, students' nutritional knowledge was low regarding nutritional content. An odds ratio test determined a participant was about 50% likely to change his/her purchasing intentions having been exposed to the educational intervention of displaying accurate nutritional information for the selected food items. However, the majority of students in this study indicated that they were unlikely to change their future purchasing decisions.