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Nutritional Status of Nutrition and Dietetic Students and Non-nutrition and Dietetic Students

Abstract:

Objective: The purpose of this study is to explore the differences in the nutritional status of college Nutrition and Dietetics students and Non-nutrition and Dietetic students. Design:

Participants were recruited using a convenience sample of Universities in close proximities to Birmingham, Alabama. Items for the questionnaire were taken from the US Department of Agriculture Diet and Health Knowledge Survey, "What We Eat in America: 1994-1996".

Subjects: Of the 235 recruited, 87 Nutrition and Dietetics majors and 115 Non-nutrition and Dietetics majors successfully completed the questionnaire. Main Outcome Measures: Prior to the

initiation of the study, it was hypothesized that Nutrition and Dietetics students would have a

higher nutritional status than Non-nutrition and Dietetics majors. Statistical Analyses Performed:

Data was analyzed using SPSS, and an independent t-test was run with .05 being used as the

significance level. Results: Results from an independent t-test found that Nutrition majors scored

a mean of (14.46 ± 3.75 , $p < .001$) on the food choices section, (17.41 ± 4.31 , $p < .001$) on the

actual intake section, (14.71 ± 4.19 , $p < .001$) on the food labels section, and a mean total score of

(46.59 ± 9.47 , $p < .001$). Non-nutrition majors scored a mean of (18.90 ± 5.17 , $p < .001$) on the

food choices section, (22.77 ± 6.00 , $p < .001$) on the actual intake section, (21.02 ± 7.02 , $p < .001$)

on the food labels section, and a mean total score of (62.69 ± 14.85 , $p < .001$). Conclusions:

Nutrition and dietetics majors scored significantly lower on all three sections of the questionnaire

and also had a significantly lower total score than the Non-nutrition majors.