

**Title: Point-of-Selection Nutrition Education Improves Student Food Choices and Perceptions of Campus Dining**

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**Background:** College-aged students are vulnerable to making poor food choices, consuming more than the recommended amounts of saturated fat, sodium, energy-dense foods, as well as lower amounts of fruits and vegetables.

**Purpose:** This study was conducted to implement an in-person education session at campus dining to assess changes in student food choices and perceptions; addressing the gap in understanding knowledge on the usefulness of in-person nutrition education as a successful method of intervention.

**Methods:** This mixed-methods study was conducted using repeated measures sampling for four separate nutrition education sessions at a campus dining hall. This study included both intervention and control groups. Graduate student researchers conducted nutrition education sessions which consisted of a MyPlate education and individualized food selection assessment. Minitab was used to analyze data based on survey responses; t-tests were calculated to obtain p-values to determine the statistical significance of findings.

**Results:** Statistical significance was found between the intervention group pre and post in perceived food variety (p-value = .032), ability to build a well-rounded meal (p-value = .045), the frequency of utilizing two or more food service lines in the dining hall (p-value = .041), and food quality (p-value = .041). No changes were seen from pre to post in the control group.

**Conclusion:** Point-of-selection nutrition education intervention was found to improve student food choices and perceptions of campus dining related to food variety, quality, ability to build a well-rounded meal, and the frequency of utilizing two or more food service lines in the dining hall.

**Conflict of Interest/Funding Disclosure Statement:** There is no conflict of interest and no funding was provided.