

## **Preferred Methods of Receiving Nutritional Information by College Students**

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### **Abstract**

**Background:** Previous studies have suggested that various social media platforms were the most used in the college-aged population, but to what degree does this population use this for nutrition information?

**Objective:** This study examined the preferred distribution method of nutrition information among college students in a Southeastern regional university.

**Methods:** One-hundred and forty-eight participants completed surveys composed of 13 questions about their perceived knowledge of nutrition, most used social media platforms, and how they preferred to find nutrition information. Surveys were distributed electronically through a Google Forms link to professors who then allowed their students access. In addition, the researchers passed out physical copies by hand.

**Participants/setting:** The participants in this study were 148 undergraduate and graduate students at a university in the Southeastern United States.

**Statistical analysis:** The data from the surveys was gathered and analyzed using Qualtrics and SPSS software. Frequency distribution and Chi Square analysis was performed.

**Results:** The results indicated that the top social media platforms used by participants were Instagram (80.5%), Snapchat (79.9%), and YouTube (71.1%). When asked to select all the sources they would prefer to receive nutrition information, participants indicated social media (50.3%), formal class (24.2%), and pamphlet (12.8%) as their top three. In addition topics that students would like to have nutrition information on were maintaining a healthy diet, weight loss and preventing chronic disease.

**Conclusions:** To reach college age students about nutrition one must consider the information they are interested in learning about and use social media platforms they prefer.