

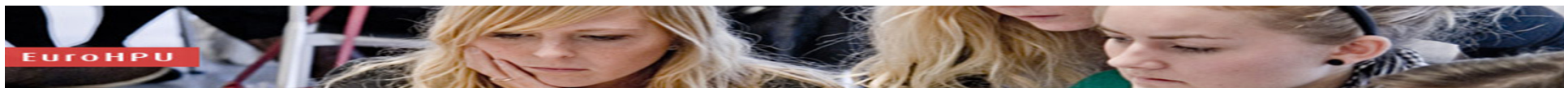
Opportunities for healthy foodscapes at university

– results from interviews and observations at 6
campuses in greater Copenhagen

Abstract: The prevalence of obesity and overweight, type II diabetes and other lifestyle related disorders are increasing and underline the need of creating supportive environments that promote healthy behavior in daily life settings. Universities is one of these settings and with many millions of students and staff, universities offer considerable potential to promote public health. At the same time there is a widespread wish to develop universities into settings for sustainability including the wish to develop sustainable food procurement strategies. The aim of the study was to explore what roll these change agendas play among university students and campus food service staff. The study was carried out in a sample of 6 Danish universities. The project formed a part of a program that investigates opportunities to promote healthier eating and at the same time to improve study environments at campus. Semi-structured face-to-face interviews were carried out with canteen managers and students. Results showed that health and sustainability issues are perceived as important factors among both student and food service staff but that eating environment played an equally important role as a part of students social and study activities. Results showed that price was considered to be the most important factor for the students while making a food choice in university canteens. Taste, freshness and labeling were also found to be factors that influenced the student's food choice. Students expressed interest in nutritional issues as well as environmental topics including organic sourcing. The canteen professionals reported to be aware of these issues and the need to be alert to upcoming consumer expectations but would primarily see the canteen as serving feeding purposes. The findings show that there are good opportunities for developing university foodscapes to comply with current nutritional and environmental advice. The findings also points to the fact that foodscapes at university play an important role in university life and that there are good opportunities for integrating them in a more holistic approach addressing both social and health factors at university.

10 NNC, 2012, June 3

Mikkelsen, BE & Fredriksen, N. AAU-MENU



Rationale

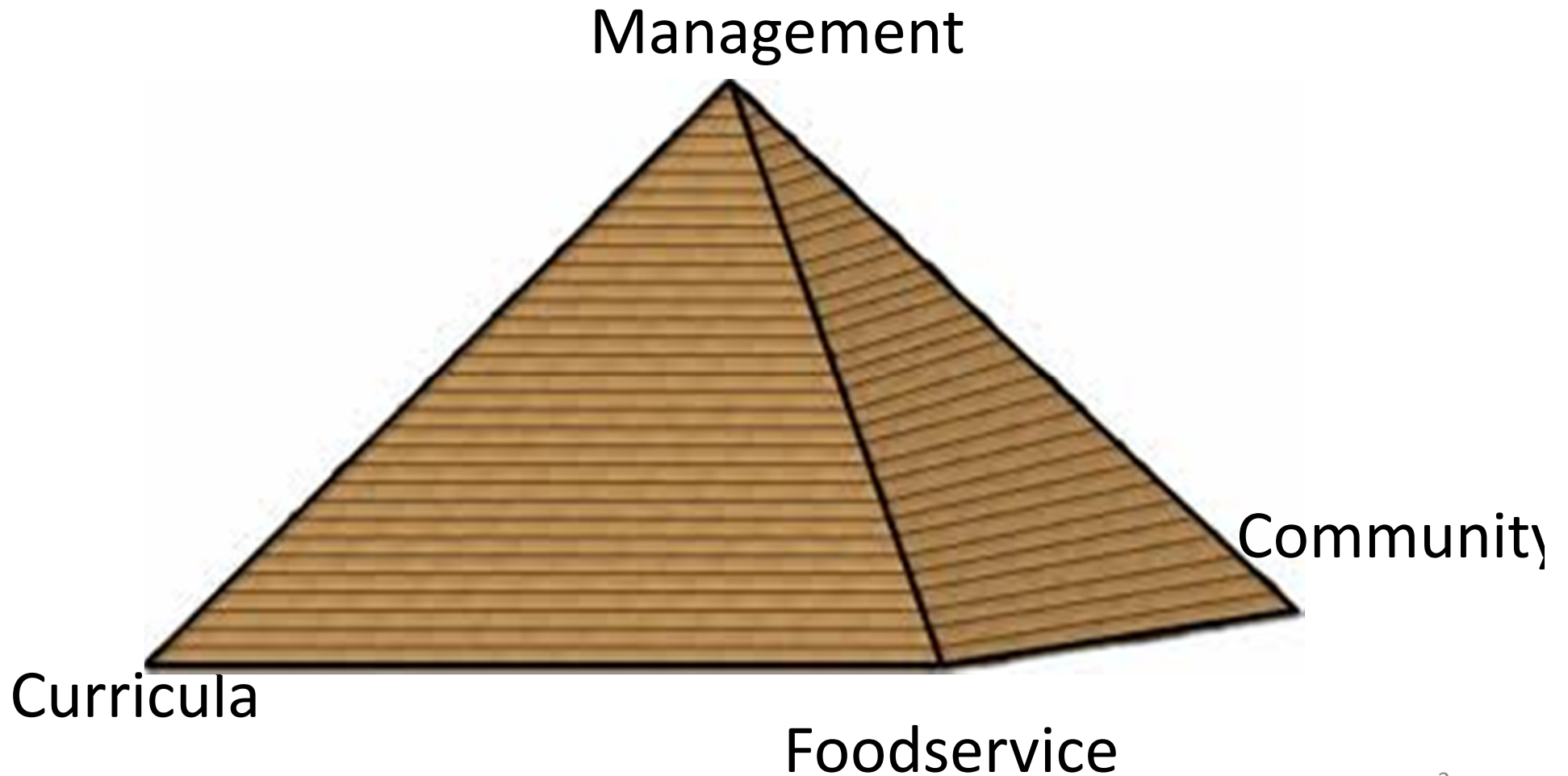
Transition from adolescent education and moving from home to college and university is associated with changes in lifestyle including

- weight gain
- unhealthy eating patterns
- decreased physical activity
- increased stress.

Int. J. Environ. Res. Public Health 2010, Is the Health and Wellbeing of University Students Associated with their Academic Performance? Cross Sectional Findings from the United Kingdom Walid El Ansari & Christiane Stock

Aaron P Crombie¹, Jasminka Z Ilich¹, Gareth R Dutton², Lynn B Panton¹, Doris A Abood¹ The freshman weight gain phenomenon revisited 2009, Nutrition Reviews, [Volume 67, Issue 2](#), pages 83–94, February 2009

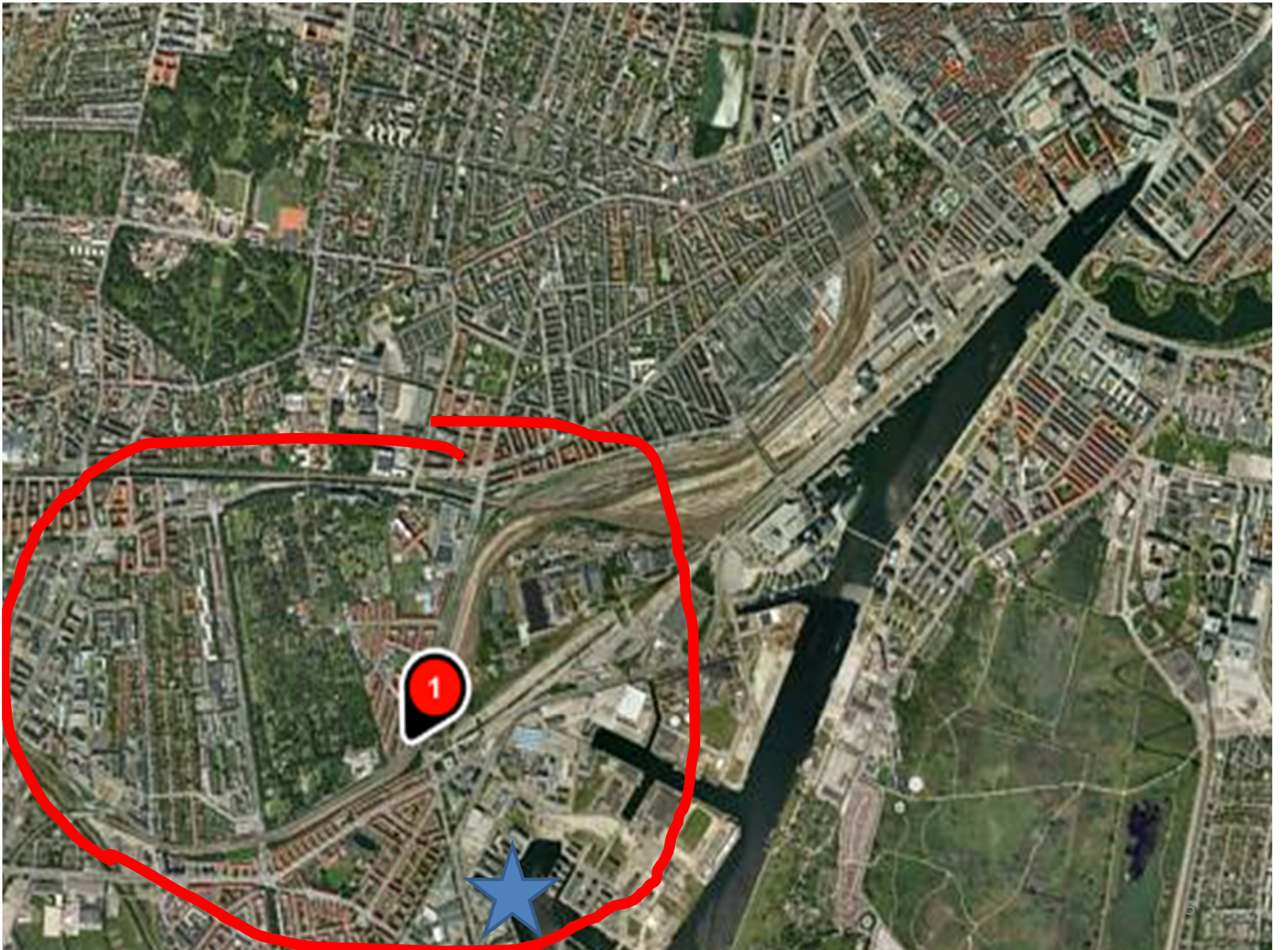
Whole School Approach



The programme

- Campus Foodscape Assessment Scheme (CAFAS)
- Formative research for the Education for Lifeskills intervention protocol (EduLife)
- SUNDIVERSITETET – the healthy lifestyle campus club
- Campus'n Community – Scientific Social Responsibility (SSR) program
- EuroHPU – Health Promoting Universities, Europe





Research questions

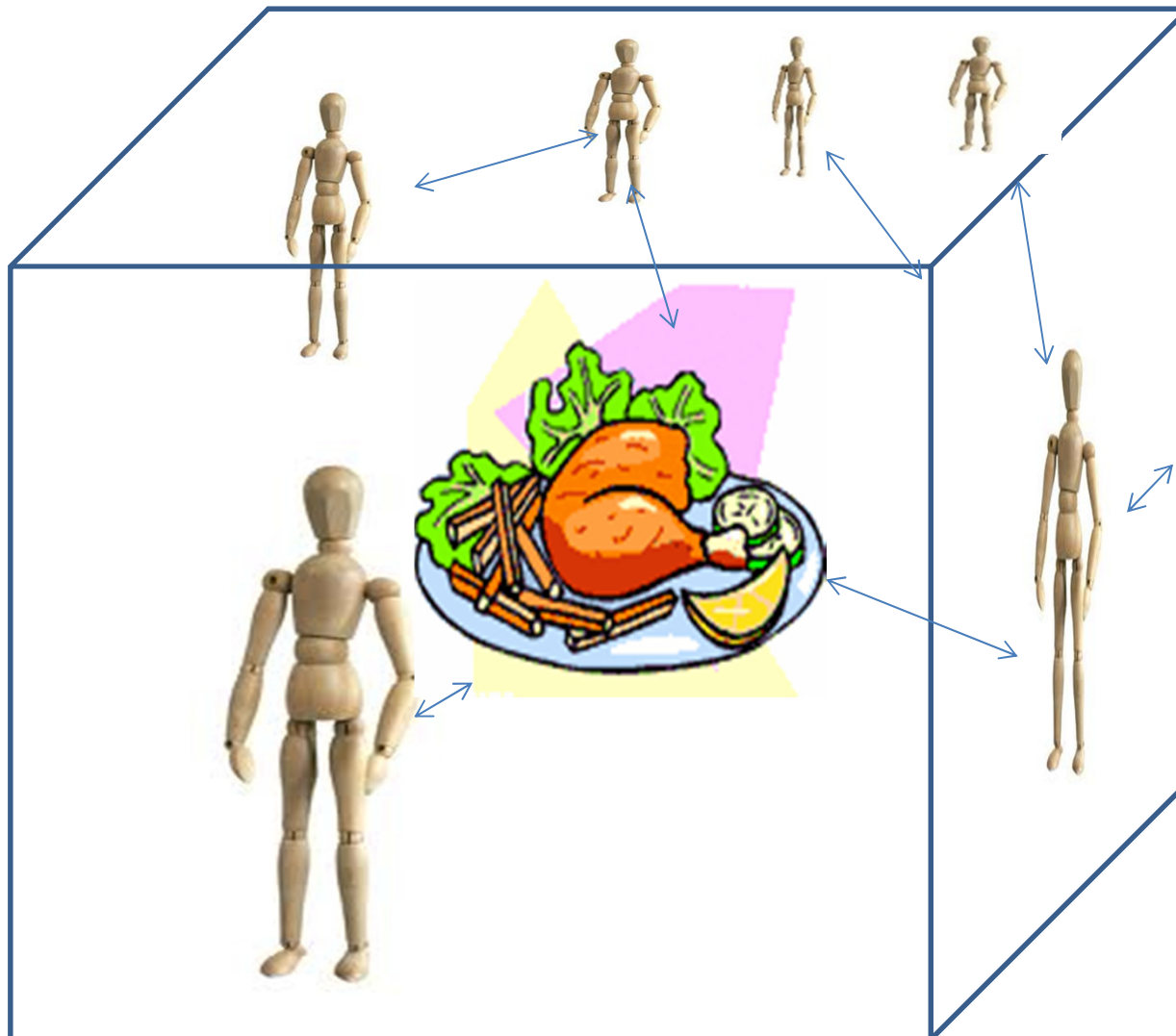
1. What role does food play in campus life?
2. What opportunities exists for healthier foodscapes
3. What are the research needs
4. What are policy implications

Methods

- Interviews
 - Students
 - Catering managers
- Observation
 - Foodscape Walkabout

Foodscapes

People, meals & spaces



- Physical
- Mental
- Social

**IMAGES OF FOODSCAPES -
INTRODUCTION TO FOODSCAPE
STUDIES AND THEIR
APPLICATION IN THE STUDY OF
HEALTHY EATING OUT OF HOME
ENVIRONMENTS**

Mikkelsen, Bent Egberg

. Perspectives in Public Health, 2011

Sample

University/Campus	Informants	Operator
KU Geo (1350 København K)	Canteen manager (male) Student (Danish male)	Fazer Amica
KU Life (1870 Frederiksberg C)	Canteen manager (female) Student (Danish female)	Claus Tingstrøm A/S
CBS (2000 Frederiksberg)	Canteen manager (male) Student (Danish male)	Spisestuerne – in-house
ITU (2300 København S)	Canteen manager (male) Student (Danish male)	Eurest outsourced
DTU (2800 Kgs. Lyngby)	Canteen manager (male) Student (Indian male)	Eurest outsourced
IHS, Cph. (2750 Ballerup)	Canteen manager (female)	Eurest outsourced

Results

thematic issues

- Nutrition
- Sustainability
- Eating environment
- Price

Price

voice of students

“I choose price. I don’t want to pay more than what I can afford”

(Student, ITU).

“It’s mostly the price and then the attractiveness and taste”

(Student, KU Geo).

Sustainability

Voice of canteen managers

*“I like organic food. I eat organic food at home. Here also students like it, but It will be expensive for us”
(Canteen manager, KU Geo.). “*

*...If I have organic food it will be expensive
and there will be less sale”
(Canteen Manager, KU Life).*

AMICA

29,9 % økologi i
kantinen i Marts
måned.



Mål 30 %

kr 3,00
kr 4,00
kr 2,00
kr 2,50
kr 2,50
kr 3,75
kr 11,00
kr 5,00
kr 30,00

kr 8,00
kr 15,00
kr 24,00
kr 8,00
kr 14,00

kr 5,00
kr 8,00
kr 18,00
kr 17,00
kr 18,00
kr 10,00
kr 8,00
kr 15,00
kr 18,00
kr 8,00
kr 14,00
kr 5,00
kr 5,00

Sustainability

voice of students

*“ ...I think it will be expensive
to buy it here”
(Student, CBS).*

*“Not for me, I’d still
check the price”
(Student, ITU).*



25,9 % økologi i kantinen i Marts måneden.



Mål 30 %

15





Nutrition

voice of students

I think I may change my eating patterns”.

(Student, CBS).

“Yes it’ll be nice. I don’t have to use the machine”

(Student, DTU).



Nutrition

voice of catering managers

Concerning the nutritional quality of the food served in the canteens half of the canteen managers said that they have reduced the amount of fried foods and instead have begun using the oven for cooking. None of the universities visited have applied for the new “key hole” (nøglehulsmærket) or reported to perform nutritional calculations of the food they serve on a routine basis.

“We try to do most things in the oven to cook the vegetables and meat...”

(Canteen manager, KU Life).

“...I don't have time for it. I'm a chef and my job is to make food”.

(Canteen manager, KU, Geo)



Nutrition

voice of students

“Yeah, I know about the 8 kostråd, you’ve to drink lots of water, eat less fat and stuffs like that” (Student, KU Life),

*“I just know that I should eat variety of food and eat less junk”
(Student, Ku Geo).*

Nutrition

voice of students

*“I think they should have it.
“if they have labels then I
would certainly choose that
(Student, KU Geo) “*

*“...Yes I would like to see such kind of
information...”
(Student, KU Geo)*

Eating environment voice of students

reading, doing assignments and as a common area for the students

*We are here every day when we are in the
university. If we are free we sit here”
(student, ITU)*

*“...we don't have that much space in the
library so most of the students use it for
reading also”
(student, CBS).*

Eating environment

voice of catering managers

*“...that’s not in my hand, it’s a university, I only make food. If I can I would put more colorful paints and put some green plants”
(Canteen manager, KU Life).*

“...The eating area here is nice I think. It is an open place with much of the daylight coming in...” (Canteen manager, ITU).

Eating environment voice of students

“Well, it’s just ok, I mean the building is not too open and pretty small.






We don’t get much of the sunlight in the canteen and during lunch break, it’s really crazy here, too much noise”

(Student, KU Geo).

Conclusion

- Social significance of eating at campus
- Foodscapes are all over but fragmented
- Foodscapes needs to be integrated in campus life
- Foodscapes needs integration in wellness and health policies
- Such policies needs a healthy lifestyle curricula of its own
- "Health in all policies" as argued by WHO

The new foodscape

- Apply keyhole 
- Apply whole grain 
- FV – firmafrugt 
- Implement tap water fountains 
- Implement menu board labelling 

Thanks for your attention



And my co workers

Anita Ghimire, Kiran Shrestha Pradhan,
Xiu Qin Ma, Armando Perez Cueto & Nadja Frederiksen

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www.menu.aau.dk

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