

## **Problem Statement: Dietary Awareness and Health Among College Students**

In today's fast-paced academic environment, college students often struggle to maintain a balanced and nutritious diet. Irregular schedules, academic stress, limited access to healthy food options, and a lack of awareness about proper nutrition contribute to unhealthy eating habits. These dietary patterns can negatively impact students' physical health, mental well-being, and academic performance.

Despite the availability of food services on campus, many students report skipping meals, consuming excessive junk food, and having minimal intake of fruits and vegetables. Universities often lack real-time insights into students' dietary behaviors and do not have structured mechanisms to monitor and improve them.

The absence of actionable data and visualizations makes it challenging for educational institutions to design effective interventions. Without proper analysis and understanding of student eating habits, it becomes difficult to promote healthier lifestyles and provide personalized dietary guidance.

This project aims to bridge this gap by leveraging Tableau for comprehensive data visualization and analysis of college food choices. It will enable stakeholders—such as administrators, health services, and nutritionists—to understand dietary patterns, identify areas of concern, and develop strategic, data-driven solutions to enhance student health and nutrition awareness.