

BARRIERS TO HEALTHY EATING AMONG UNIVERSITY STUDENT

Profile of Primary Stakeholders

The primary stakeholders for this dashboard are university administrators, health services, and student organizations who are responsible for student wellness initiatives. This dashboard provides them with a data-driven view of the common barriers students face when trying to eat healthily, such as time constraints, financial limitations, and lack of healthy options. Students themselves are also key stakeholders, as the visual insights empower them to better understand the challenges they share with peers and explore practical solutions. Ultimately, the dashboard serves as a centralized tool to guide informed decisions and collective actions to promote healthier eating habits across campus.

Value Proposition

- Identifies the Most Common Barriers to Healthy Eating: The dashboard allows stakeholders to see which challenges, such as high food prices or lack of nutrition knowledge, affect the largest portion of the student population. This helps prioritize the areas where support or intervention is most urgently needed.
- Enables Program-Specific Analysis: By segmenting data between Diploma and Degree students, the dashboard helps identify if certain programs face specific challenges more than others. This allows for more personalized wellness strategies and targeted communication.
- Improves Decision-Making Through Interactive Insights: With interactive charts and filters, stakeholders can explore different views of the data and make real-time decisions. This enhances collaboration across departments and encourages evidence-based planning.

Decision Model for Targeted Stakeholders

- Resource Allocation: The dashboard helps administrators decide where to allocate budgets. For example, more affordable healthy food options in cafeterias, based on which barriers impact students most.
- Program Development: Health units and student organizations can use the insights to create educational workshops, such as cooking classes or nutrition seminars, that address specific student challenges.
- Monitoring and Evaluation: Over time, the dashboard can be used to track changes in student behavior and evaluate the impact of wellness initiatives. This continuous feedback loop supports ongoing improvement.

Justification of The Selected Tools

- User-Friendly Interface: Looker Studio offers an intuitive platform for stakeholders with limited technical expertise.
- Data Integration: Support connections to Google Sheets files and other data sources for real-time updates.
- Customization: Allow stakeholders to tailor the dashboard to their needs
- Real-Time Updates: Ensures stakeholders access the most recent healthy eating barriers data.

Visualization Techniques

- Sankey Diagram: Shows the flow between student programs (Degree/Diploma) and barriers. Helps visualize how widespread each challenge is across categories.
- Bar Chart: Displays the number of students affected by programs. Useful for identifying the most common program at a glance.
- Pie Chart: Represents student distribution between the number of students and barriers. Helps stakeholders understand who the data represents.

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