

Topic: Unhealthy eating habits among university students.	Author: Enrique A. Pabón	Date: 02/06/2023
<p><i>Problem Background:</i></p> <ul style="list-style-type: none"><li>• A survey found that over 70% of university students consumed unhealthy food, like fast food, daily.</li><li>• Naturally, such high consumption of such foods can cause issues like obesity, diabetes, poor nutrition, and other related health problems.</li></ul>		<p><i>Countermeasures:</i></p> <ul style="list-style-type: none"><li>• Increase the availability of healthy food options on and near campus through partnerships with local businesses and community organizations.</li><li>• Provide education and resources to students on the importance of healthy eating habits and how to make healthier food choices.</li><li>• Implement incentives and discounts for healthier food options to make them more accessible and appealing to students.</li></ul>
<p><i>Target:</i></p> <ul style="list-style-type: none"><li>• The goal is an increase in the consumption and availability of healthy food options in and around campus.</li><li>• The target is to have launched a campaign the informs students, about the importance of healthy eating habits, how to make healthy food choices and the consequences of unhealthy food habits, by the end of this semester.</li></ul>		<p><i>Check/Evaluate:</i></p> <ul style="list-style-type: none"><li>• Succeed will be measured by the increase in the availability of healthier food options on and near campus, as well as an improvement in the understanding of healthier eating habits and choices in students, and a general increase in the consumption of healthier foods.</li></ul>
<p><i>Causes:</i></p> <ul style="list-style-type: none"><li>• Limited access to healthier food options, with a high concentration of fast-food joints around campus.</li><li>• The higher cost of the healthier food options can make them less accessible and appealing to students.</li><li>• Limited awareness and understanding of the importance of healthy eating habits and the consequences of unhealthy diets.</li></ul>		<p><i>Act/Standardize:</i></p> <ul style="list-style-type: none"><li>• Regular monitoring and evaluation of the effectiveness of the educational resources and incentives.</li><li>• Continued engagement with local businesses and community organizations to ensure the sustainability of healthy food options on and near campus.</li><li>• Student feedback about the educational resources and incentives will be utilized to improve them.</li></ul>