

FOOD FOR THOUGHT: NUTRITION, SLEEP & SUCCESS

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SNAC



SNAC UCLA ENCOURAGES STUDENTS OF ALL AGES TO TAKE CONTROL OF THEIR BODIES, BRAINS AND MOST IMPORTANTLY, THEIR STOMACHS TO IMPROVE THEIR OWN HEALTH AND THE HEALTH OF OUR GENERATION (AND GENERATIONS TO COME).

BACKGROUND

SNAC is UCLA's Student Nutrition Advocacy Club which focuses its efforts on educating students on and off-campus about the importance of nutrition and healthy habits. We want to spread our messages throughout the university ecosystem as we students see for ourselves that when faced with time crunches and deadlines, healthy behavior is usually the first to go. SNAC promotes easy, inexpensive ways college students can make lifestyle changes to lead a healthier, more efficient path towards success. We have bootstrapped our programs and events thus far to a \$0 budget meaning all of our initiatives are extremely cost-effective. We are passionate students from a myriad of disciplines from sciences to humanities to business looking to start a food revolution to bring nutritional education, a topic not touched upon since elementary health class, back on the table for discussion.

OUR OBJECTIVES

The college experience is not complete without students facing the necessity to prioritize. SNAC UCLA created this project Food for Thought, in order to determine where on the priority list students most often place their general wellbeing. Through hosting events and surveying students, we focus our efforts on fostering an environment in which health and wellness is the priority. We believe that in times of high-stress, students are under the false impression that they must focus their time and energy into solely on the stressor, placing everything else, including health, as no longer a priority but a burden.

OUR GOALS WITH THIS PROJECT ARE TWOFOLD:

- 1) ENCOURAGE STUDENTS TO REMAIN ATTENTIVE TO THEIR BODY, ESPECIALLY UNDER STRESS.
- 2) EDUCATE STUDENTS ON SIMPLE AND QUICK WAYS TO ESTABLISH HEALTHY HABITS.

OUR GAMEPLAN

BUDGET=\$0

FINALS WEEK WELLNESS SURVEY

To finish off the quarter, SNAC created an online survey to learn the wellness behavior of students in order to better ourselves as health resource. By asking a series of questions in exchange for another free nutrition bar, we obtained 192 student responses through social media push with a variety of ages and living situations from the dorms to apartments. The goal with this was to figure out where the educational void was in terms of health.



FOOD FOR FINALS

Finals week during the quarter system creates a high-stress, on-the-go environment for students in which other priorities often trump general well-being. We created a program to fill the nutritional void often instigated by busy schedules (ie finals).

To combat this issue, with the support of our corporate sponsor Oatmega, SNAC members fed over 1700 students by distributing flavorful Oatmega nutrition bars containing 14g of grass-fed whey protein, 7g of fiber, 300mg of EPA NDHA omega three's and a variety of micronutrients, all under 5g of sugar. For students who were on-the-go and didn't have the time or want to spend more money on expensive protein bars, it was a great match and a huge success. We will now be running this event quarterly due to the level of positive response we garnered.

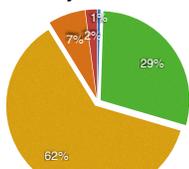
FOOD FOR THOUGHT PANEL: HOW NUTRITION IS TIED TO SUCCESS

Co-hosted by SNAC UCLA and VENTURE: The Entrepreneurial Society @ UCLA, this event showcased a variety of panelists beginning with a seminar by Metta World Peace and Brother POLIGHT and finishing with a Q&A with the students. Each panelist was a treasure trove on unique information pertinent to students with general wellbeing topics ranging from snacking to veganism. Our diverse panelist selection was based on the hopes that everyone would find someone to look up to. The panelists highlighted how they were able to put a focus on nutrition and wellness while pursuing success without it being detrimental, as success is a balance. With nearly 250 student, faculty, and LA community member attendees, this diverse panel proved to be an amazing resource and personable figurehead on nutrition for the audience—many students were even spotted taking notes!

Metta World Peace: NBA Athlete of the Los Angeles Lakers
Brother POLIGHT: Author and Speaker
Justin Pang: Google Partnerships and The Clinton Foundation
Dr. Luke Buccì: PhD CCN CNS US Olympics Committee & Ritual
Dolores Hernandez: RD UCLA Nutrition Education Coordinator
Koyna Webb: Celebrity Wellness Coach and Fitness Model
Amar Vanmali: UCLA Alumni '13 and Goldman Sachs
Ike Shehadeh Mission: Founder of the Famous Ikes Place
EVENT POWERED BY: Pyur Solutions, Oatmega Bar, Blackstone Launchpad, Startup UCLA, X-Cel University, and UCLA ORL.

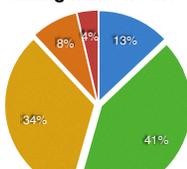
SURVEY RESULTS

"How many meals per day do you usually consume?"



● 1 meal ● 2 meals ● 3 meals ● 4 meals ● 5 meals

"How many meals per day do you usually consume during finals week?"



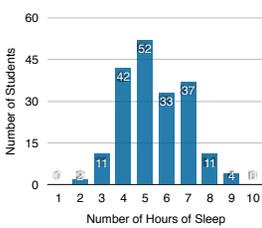
● 1 meal ● 2 meals ● 3 meals ● 4 meals ● 5 meals

"What can UCLA do to help prevent meal skipping?"

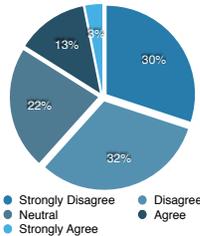
- Free food
- Food at libraries
- To-go Options
- More snacks options
- Dining halls open longer

The percent of students eating 3 meals a day drops drastically from 62% to 34% as the percent of students eating 2 meals a day radically increases from 29% to 41% and those eating 1 meal a day from 1% to 13%.

"On average, how many hours of sleep do you get a night during finals week?"

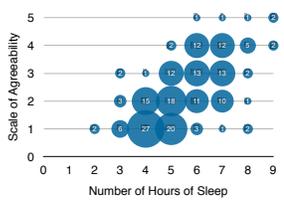


"Do you feel like you get enough sleep during finals week?"



● Strongly Disagree ● Disagree ● Neutral ● Agree ● Strongly Agree

Correlation Between Hours of Sleep and How Much Students Feel They Need



IMPLICATIONS

There is a lack of applicability of nutritional and wellness information and resources. UCLA students know what the standards of their own health should be, however students are still cutting corners. When times of stress such as finals week approaches, students eat less and sleep less, despite knowing they should do more of both, which can be seen by the pie chart depicting that a majority of students don't believe that they get enough sleep during finals week. In preventing meal skipping, students have arrived at a variety of different solutions that logically can help resolve this campus issue, avenues in which we at SNAC are exploring.

FUTURE DIRECTION

With the conclusions made by this survey, SNAC will pursue initiatives to ease meal skipping on campus as it is a college disorder not often discussed. During our next Food for Finals week we are incorporating 10th week as well, and will survey those students to determine whether meal skipping is solely attributed to the finals week schedule, or if it is related to the stresses caused by finals.

Bottom line: it is up to the students to make their choices. SNAC UCLA aspires to be the student's health advocate in order to lead students to make healthy choices to achieve their individual passions and successes.



A SPECIAL THANKS TO

Thank you to Jane and Terry Semel for their vision and support for the Healthy Campus Initiative, and for the HCI leadership, including Gene Block, Scott Waugh and Wendelin Slusser. Additionally, thank you to the SNAC team, VENTURE: The Entrepreneurial Society team, Eve Lahijani and all of our partners for allowing us to complete these initiatives with a completely bootstrapped, \$0 budget.

58% of students receive less than the recommended 7 hours of sleep during finals week.
 49% of students receive on average 4-5 hours of sleep during finals week.
 62% of students don't believe they receive enough sleep during finals week.
 67% of those receiving less than the recommended 7 hours of sleep know they are not getting enough sleep.