

STATE

Nutrition

YOUR WELLNESS.



70% of students have 2 or less servings of fruit and vegetables each day



53% of employees have 2 or less servings of fruit and vegetables each day



58% of employees are trying to lose weight

What We're Doing

Nutrition Consultations

- 19 nutrition consultations completed
- 78% of participants made positive changes to eating habits based on consult

Fresh FAVs Fruit & Vegetable Program

- 465 participants
- 76% increased their fruit and vegetable intake as a result of the program

NutriFest Wellness Fair

- 91% of attendees report they will make positive behavior changes based on information received at the event

Weight Watchers at Work

- At least 25 participants per semester

Data Sources: 2015 National College Health Assessment, Faculty Staff Health Status Survey, and 2015-2016 department data