



TLHS

Tufts Longitudinal Health Study

February 2001



[HTTP://TLHS.TUFTS.EDU](http://tlhs.tufts.edu)

Spring Forward!

As the new year begins and Spring break looms only two months away, many students have made resolutions concerning their food choices. Unfortunately, data from the TLHS Assessments last April reveal that many Tufts students find it is difficult to eat healthfully on campus.

Almost 60% of TLHS participants say they think their diet is less healthy at Tufts than before they came to school. Most report that they face several barriers to choosing healthy foods.

The top four factors TLHSers say prevent them from making healthy food choices

- [social situations](#)
- [low availability of healthy foods on campus](#)
- [lack of time](#)
- [temptation from less healthy foods](#)

Although we may think that college is just a phase when we're too busy to eat right and forced to eat dining hall food that we perceive as unhealthy, the reality is that things don't change much once we're let loose in the real world. Many American adults report the same barriers to healthy food choice as

Tufts students. They feel constrained by social situations, especially at

work, and feel they have too little time to cook healthy meals. The over abundance of convenience foods that tend to score low in terms of healthfulness has been cited as one of the most influential forces shaping our increasingly overweight population. Learning how to deal with these universal barriers to healthy eating **NOW** will help healthy habits continue after college too.

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What can students do at Tufts to boost good eating habits?

1. Get the facts! For those who have meal plans, dining services offers basic nutrition information at <http://www.tufts.edu/dining/nutrinfo.html> on the major entrées served on campus each day. Also, **free** one-on-one nutrition counseling with a registered dietitian is available at Health Services.
2. Ask RA's in your dorm to have speakers come and talk about food and diet related topics that concern you. Propose a cooking demonstration as a dorm event so that those who have the skills can share them. Knowing just a few key things about how to maneuver in a kitchen (or even just your dorm room) can go a long way towards being able to make healthy, yummy meals in a flash.
3. Get educated! Whether it is taking Nutrition 101 or checking out some reliable web-sites, you can keep up to date with the latest nutrition news. Try <http://www.nutrition.gov/>, <http://navigator.tufts.edu/>, or <http://commentator.tufts.edu/>. These sites are packed with info on food, nutrition, supplements, weight management, cooking, and health!

ASSESSMENT DAY 2001

Mark your calendars for this spring's Assessments: April 9 – 13th!
Watch for the next TLHS flier for details