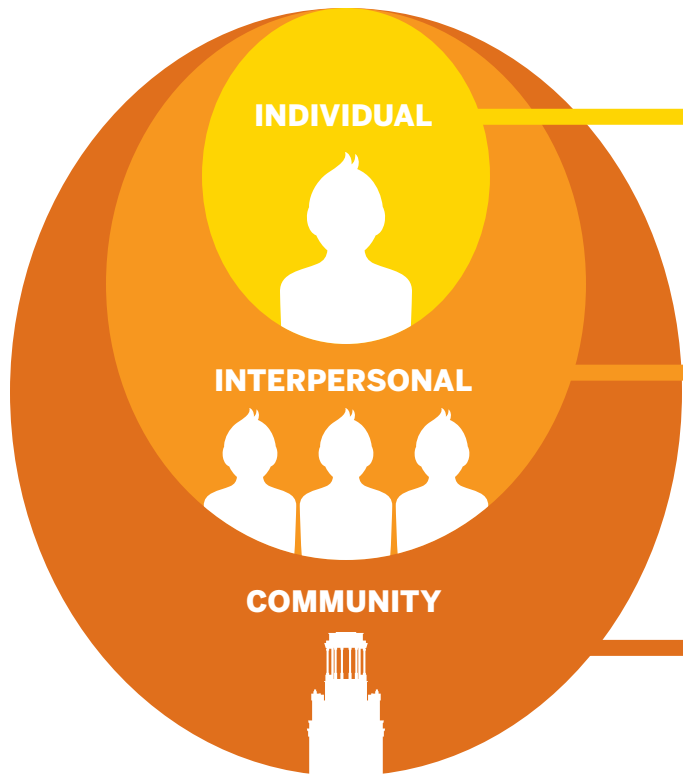


WELLNESS NETWORK ISSUE BRIEF

Nutrition



Despite Dietary Guidelines for Americans recommending at least 4 to 5 servings of fruits and vegetables per day:

68% of UT students eat 2 or fewer servings per day.

Research shows that eating meals together can lead to increased bonding and a greater sense of community and support. Despite this nearly

50% of people surveyed said they sometimes to always eat evening meals alone.

Food insecurity not only leaves people feeling hungry and anxious, but it is also negatively related to health and access to healthcare.

19.3% of adults in the US are affected by food insecurity.

WHAT'S UT DOING TO ADDRESS THE ISSUE?

Healthyhorns Peer Educators:

A student volunteer group dedicated to providing interactive and educational outreach activities that positively impact student health, including workshops focused on promoting healthful and mindful eating in moderation.

Nutrition Services and Educational Outreach:

University Housing and Dining offers nutrition appointments with registered dietitians, nutrition presentations for resident groups, and monthly nutrition events and activities to promote healthful eating.

The Body Project:

A peer led, group-based prevention program designed to help female identified college students feel better about their bodies and prevent eating disorders. The Project is a collaboration between the Counseling & Mental Health Center (CMHC) and the Longhorn Wellness Center (LWC).

UT Outpost: An on campus food pantry for the UT community which combats food insecurity by making nutritious food readily available.

Nutrition Clinic: The University Health Services (UHS) is an accredited, low-cost, on-campus health care facility that has a Nutrition Clinic and offers consultations with a registered and licensed dietitian.

The Mindful Eating Program: A Counseling and Mental Health Center (CMHC) program for students dealing with food, weight, and body image concerns that offers assessment, guidance, and outreach & prevention.

Farm to Work (FTW): In collaboration with local non-profit the Sustainable Food Center, FTW offers fresh, local produce to students, faculty, and staff on a weekly basis.

GET INVOLVED WITH THE WELLNESS NETWORK

Healthy Dining Committee