

Student Project Proposal on Health Issues

Title:

The Effects of Poor Nutrition on College Students' Mental Health

Student Name:

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Course/Subject:

Health and Wellness Studies 102

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Introduction:

This project will investigate how poor nutrition affects the mental health of college students. With the increasing pressures of academic life, many students neglect their diet, which can lead to physical and mental health issues such as stress, anxiety, and depression. This study will focus on understanding the link between unhealthy eating habits and mental health problems in students, providing insights on how dietary improvements can positively impact mental well-being.

Objectives:

- To examine the relationship between poor nutrition and common mental health issues like stress, anxiety, and depression among college students.
- To identify the most common dietary habits contributing to poor mental health.
- To provide recommendations for promoting healthy eating habits to improve mental health.

- To evaluate how students' awareness of nutrition impacts their food choices and mental well-being.

Project Scope:

This project will focus on college students between the ages of 18-25 and will use a survey to gather information on their eating habits and mental health status. The study will analyze common mental health issues such as stress, anxiety, and depression and relate them to dietary habits. This project will not cover other health factors such as exercise or sleep, and it will not include students outside of the college age range.

Methodology:

1. Survey:

- Distribute a questionnaire to 150 college students to collect data on their daily food intake, consumption of fast food and processed foods, and awareness of nutritional guidelines.
- The survey will also ask students to rate their levels of stress, anxiety, and depression over the past six months.

2. Data Analysis:

- Use **Excel** to analyze the collected data and identify patterns linking poor nutrition (e.g., high sugar, low nutrient intake) to reported mental health issues.
- Compare the nutritional habits of students who report higher stress levels with those who have lower levels of stress and anxiety.

3. Interviews:

- Conduct in-depth interviews with 10 students who report significant mental health issues and explore their eating habits, challenges with nutrition, and their understanding of the role of food in mental health.

Timeline:

- **Week 1:** Design and distribute the survey to students.
- **Week 2:** Collect and analyze survey responses.
- **Week 3:** Conduct interviews with selected students to gain qualitative insights.

- **Week 4:** Write the project report and provide recommendations based on findings.
- **Week 5:** Submit the final project proposal and report.

Resources Needed:

- **Survey Platform:** Google Forms to design and distribute the survey.
- **Data Analysis Software:** Microsoft Excel to compile and analyze data.
- **Participants:** A group of 150 college students for surveys and 10 students for interviews.

Expected Outcomes:

This project expects to find a direct correlation between poor nutrition and higher levels of stress, anxiety, and depression in college students. Students who consume diets high in processed foods, sugars, and low in fruits and vegetables are likely to report more mental health issues. The project will also highlight the importance of a balanced diet in improving mental well-being and academic performance.

Conclusion:

This project will provide critical insights into how poor nutrition contributes to mental health challenges among college students. The study's findings will emphasize the importance of healthy eating for maintaining mental well-being and provide actionable dietary recommendations to reduce stress, anxiety, and depression.

References:

- "The Impact of Diet on Mental Health in Students," Journal of College Health
- American Psychological Association (APA) research on nutrition and mental well-being
- National Institute of Mental Health (NIMH) reports on diet and mental health.