

Perceived barriers and facilitators to fruit and vegetable intake among CSULB students receiving CalFresh benefits

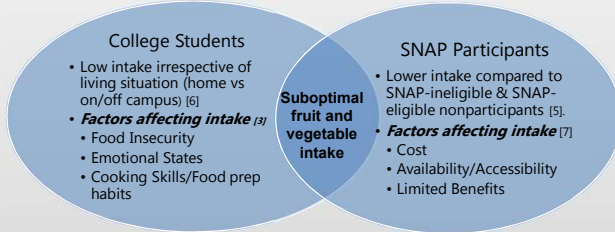
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Introduction

Dietary quality of Americans across all socioeconomic classes is not sufficiently meeting current recommendations [4]. An important component of diet is fruits and vegetables, and insufficient intake has been related to the inadequate diet quality of Americans [1]. Certain segments of the population, including college students and people who receive food assistance benefits, are reported to consume fewer fruits and vegetables than the general population [2,5]. Little research exists on the intake of those who fit in both segments: students who receive food assistance benefits.

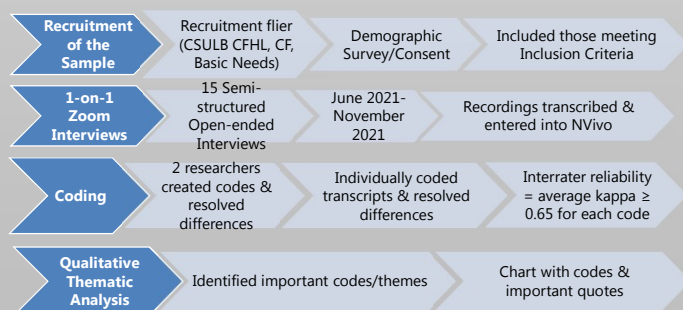
Background



Research Questions

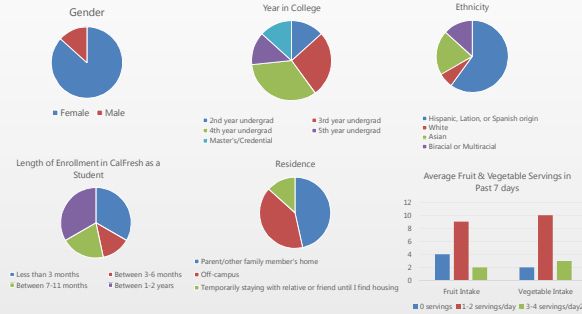
1. What factors do student CalFresh recipients perceive to affect their purchase and consumption of fruits and vegetables?
2. How has the global pandemic from COVID-19 affected fruit and vegetable consumption of student CalFresh recipients?
3. How do student CalFresh recipients describe their access to fruits and vegetables?
4. What interventions or resources do student CalFresh recipients believe would improve fruit and vegetable intake?
5. What interventions or resources do student CalFresh recipient believe promote their fruit and vegetable intake?

Methods



Results

Demographics of Study Participants (n=15):



Key Findings:

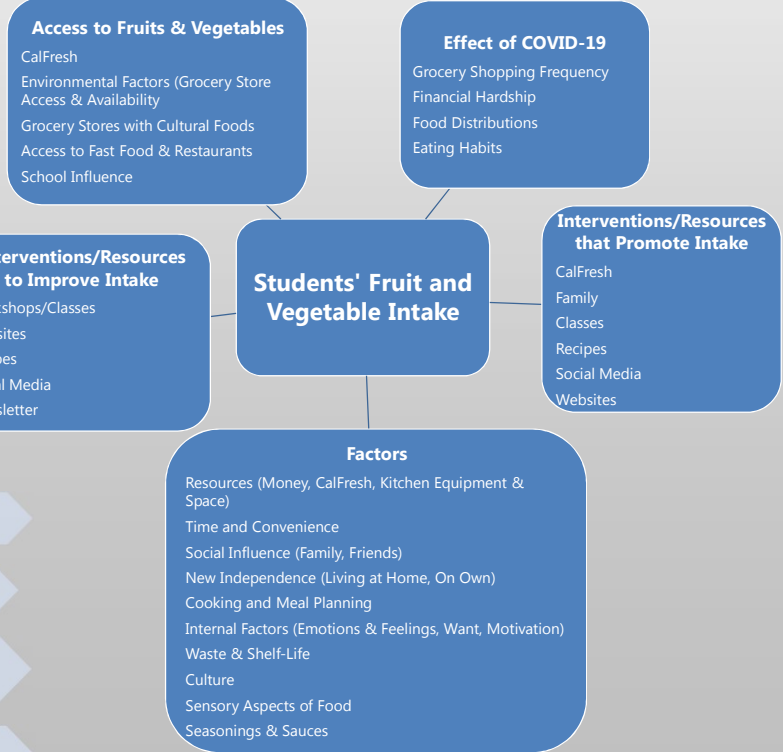
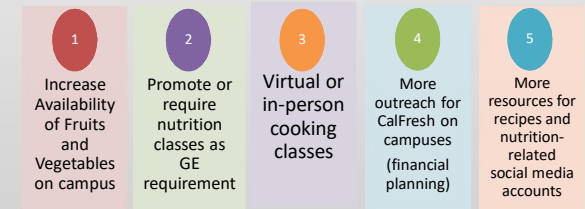


Table 1. Quotes highlighting unique findings.

Theme/Code	Quotes
Accessibility	135: "It's really hard for me to get the vegetables I want because I like the specific Asian vegetables and its not that easy to find here, at least a decent price, like I might as well get lettuce at this point."
CalFresh	101: "Now I can get bananas, I can get strawberries, or I can get blueberries...Now I'm not restricted to one thing. I can buy more than one thing because, with the help of CalFresh."
COVID-19	124: "When COVID happened, I basically had to sign up because I couldn't afford to buy three meals a day, especially on the financial aid award and federal work study budget."
Social Media	109: "I was watching videos of...influencers who eat healthy food. They go to grocery and they choose what...and I just see what they're eating and I want to try that and I should eat that."
Stress	106: "When I'm stressed out...and when I'm like sad or mad or those kind of moods, I can't think about the foods [fruits and vegetables]."
Time	109: I don't have time to cook a meal that takes two hours. So it's mainly quick and easy either, just like microwavable stuff or just foods that take just under 20 minutes to make."

Conclusions and Implications



References

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Figure 1. Perceived barriers and facilitators to fruit and vegetable intake among CSULB students receiving CalFresh benefits.