Nutritional Status Assessment of boarding Students
At Hadhramout University (YEMEN)

Ahmed, A. Farrag and Rawia Rizk Abd El-Ghany
Nutrition and Food Science Department, Faculty of Home Economic, Helwan University
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Abstract
The aim of this study is to evaluate the nutritional status of boarding students at Hadhramout University, to assess the food intake and to obtain the preliminary understanding of the relative level of BMI distribution of students. The present study was carried out on 100 volunteer boarding students randomly selected from Hadhramout University of Science and Technology. The boarding students collected from three boarding houses (35 from El-Dease, 35 from Bokshan and 30 from Teba). Their ages ranged from 19 – 27 years. Anthropometric measurements used in this study included weights and heights from which body mass index (BMI) was calculated. Food intake was conducted to obtain accrete amounts of food consumed by students in the 24 hours recall for three days. Nutritive value of the foods was calculated. The student’s energy and other nutrients requirement was calculated according to age and sex using (RNI). A questionnaire was designed to evaluate student’s nutritional knowledge regarding nutrition and its benefits for body. The results illustrated that, the mean weight of Teba’s students was slightly higher than Bokshan’s students, while El-Dease’s students represented the lowest mean of weight. Also, Teba’s students had higher BMI. Bokshan’s students had excellent score of nutritional knowledge. The results revealed that, the average intakes of energy and fiber as compared to RNI were higher for Bokshan’s students than both of El-Dease and Teba’s students. The mean dietary intakes of calcium, iron and vitamin A for both of El-Dease and Teba’s students were lower than 50% of RNI. They illustrated that, there were insufficient intakes of energy, protein and minerals such as calcium and iron. The results showed that, more than fifty percent of students received 75 - <100% of energy and carbohydrate as compared to RNI. The present results recommended additional nutritional education is required in order to eliminate the errors and misconception related with the food intake.

Introduction

Balanced nutritional intake is essential for human development and health life, thus it should be practiced with every meal. Meal contents and dietary habits play important roles in nutritional intake (Choi, 1999). College students are considered an important segment of the population and are a group inclined to develop poor eating habits. Inadequate intake of nutrients would have a direct effect on both health and performance (Labib et al., 2001).

Cross sectional study was carried out to assess the nutritional status of medical students and to determine its relation to their life style. The study involved students at Ain Shams University. The study revealed that 41.3% of the students were of normal weight, while 9.5% of the samples were underweight. The food frequency questionnaire analysis showed that, most of students consume all food groups items faire. The study concluded that, about half of students were overweight and obese. The most important life style factors responsible for obesity were longer time spent using computer, eating more time between meals. It is recommended to develop nutrition education and physical activities programs to face the problem of increasing the rate of overweight and obesity among university students (Bakr et al., 2002).

Good eating habit is an essential part of a healthy lifestyle. It helps to prevent civilization diseases. The Body Mass Index (BMI) and eating plan analysis are useful in individual’s nutritional assessment (Nieradko-Iwaniecka and Borzecki, 2004). The nutritional knowledge and food habits of Chinese university students were examined and compared them with those of other Asian population. The results showed that, 80.5% of students had a normal BMI, and 16.6 % of students were underweight. The university and college arenas represent the final opportunity for the health and nutrition education of a large number of students from the educator's perspective. The findings suggest the need for strategies designed to improve competence in the area of nutrition (Sakamaki et al., 2005).

The level of nutritional knowledge, lifestyle and food group intake was assessed in the first year students of Agriculture University in Wroclaw, by using nutritional questionnaire. Generally, the level of knowledge of principles of rational nutrition was particularly low. Inadequate low intake of cereals, milk, meat products, Potatoes, fruits and vegetables was noticed in group of women (Wyka, and Zechalk-Czajkowska, 2006).

Nutrition assessment of the students from two European university centers was studied by Miere et al., (2007). The study focused on the analysis of BMI of the students, on the assessment of calorie and nutrients intake per sexes.
and on the determination of the consumption per foodstuff at the main courses and snacks. The results indicated that, no significant differences have been noticed between the two universities students regarding BMI. The results concluded that additional nutritional education is required in order to eliminate the errors and miss-conception related with the food intake.

The purpose of this study is to evaluate the nutritional status of boarding students at Hadhramout University, to assess the food intake, to obtain the preliminary understanding of the relative level of BMI distribution of students and to know the students’ opinions toward their served diets.

**Subjects and Methods**

**Subjects:**

The present study was carried out on 100 volunteer boarding students randomly selected from Hadhramout University of Science and Technology. The boarding students collected from three boarding houses (35 from El-Dease. 35 from Bokshan and 30 from Teba). Their ages ranged from 19 – 27 years.

**Methods :**

All students were subjected to the following:

**A- Anthropometric Measurements:**

The anthropometric measurements used in this study included weights and heights (Lohman et al., 1988), from which body mass index (BMI) was calculated:

\[\text{BMI} = \frac{\text{Wt (Kgm)}}{\left(\text{Ht in meter} \right)^2}\]

The grades of obesity utilization the BMI:

- Underweight: \(>18.5\)
- Normal weight: \(18.5 - 24.9\)
- Grade 1 obesity (moderate overweight): \(25 - 24.9\)
- Grade 2 obesity (severe overweight): \(30 - 39.9\)
- Grade 3 obesity (morbid obesity): \(\geq 40\)

(WHO, 1997).
Nutritional Status Assessment of boarding Students

B - Food Intake:

Food intake was conducted to obtain accurate amounts of food consumed by students in the 24 hours recall for three days. Nutritive value of the foods was calculated using food composition tables of National Nutrition Institute, Cairo (1996). The student’s energy and other nutrients requirement was calculated according to age and sex using Recommended Nutrient Intake (RNI, 2001).

C - Student’s nutritional knowledge:

A questionnaire was designed to evaluate student’s nutritional knowledge regarding nutrition and its benefits for body.

Statistical analysis:

Data were analyzed by using SPSS program. Descriptive statistics was calculated to explain data ANOVA which was used to compare the differences between means at P<0.05. Results were expressed as mean ± standard deviation (SD) or number (%).

Results and Discussion

Table (1) shows distribution of students according to age and some anthropometric measurements. The results illustrated that, the mean weight of Teba’s students was slightly higher than Bokshan’s students, while El-Dease’s students represented the lowest mean of weight. On the other hand, the mean height of Bokshan’s students represented the highest mean (168.2 ± 9.71) as compared to both of El-Dease and Bokshan’s students (156.3 ± 5.05 and 157.8 ± 6.25) respectively. Consequently, Teba’s students had higher BMI mean (22.3 ± 4.94).

Distribution of boarding students according to body mass index (BMI) categories was revealed in Table (2). It is noticed that, 69% of the boarding students were normal body weight, while 21% were underweight. Only 7% of the students were overweight and 3% were suffering from obesity.

The present results agreed with Chung, et al., (2003), who studied the anthropometric indices of female college students in Korea. They found that, the average BMI of the study subjects was 20.43 Kg/m², and 6.7 of the students were overweight. Also, Sakamaki et al., (2005) showed that, 80.5% of the students had a normal BMI and 16.6% of students were underweight, with the prevalence of BMI >30 being very low in this study sample.

Table (3) shows the distribution of boarding students according to their nutritional knowledge score. Bokshan’s students who had excellent score of
nutritional knowledge were the highest percentage 37.2%. El-Dease’s students who had good score of nutritional knowledge were 60.0%. In addition, Teba’s students represented the highest percentage of students who had the bad nutritional knowledge (23.3%). Wyka, and Zechalk-Czajkowska, (2006) assessed the nutritional knowledge in the first year students. They found that, the level of knowledge of rational nutrition was particularly low.

Table (4) illustrates the average daily intake of energy and macronutrients and percentages of RNI for the boarding students at Hadramout University. The results revealed that, the average intakes of energy and fiber as compared to RNI were higher for Bokshan’s students than both of El-Dease and Teba’s students (90.29% and 104.40%), (89.88% and 95.62) and (75.65% and 71.20%) respectively. This observation may be due to variations in quality of the served diets and therefore eat more amounts of food.

Average daily intake of some vitamins and minerals as a percentage of RNI for the boarding students according at Hadramout University presents in Table (5). The mean dietary intakes of calcium, iron and vitamin A for both of El-Dease and Teba’s students were lower than 50% of RNI (395.9 ± 54.19 mg, 6.88 ± 0.45 mg and 166.86 ± 28.75 µg) and (322.2 ± 32.28 mg, 6.15 ± 1.16 mg and 177.24 ± 31.5 µg) respectively.

The results of the present study are agree with those of Shimbo, et al., (2004), who assessed the nutritional health among girl university students. They illustrated that, there were insufficient intakes of energy, protein and minerals such as calcium and iron. Also, Martinez, et al., (2005) assessed the nutritional status in young adults. They found that, calcium and vitamin A with levels below the recommended. They advised to increase food intake in order to cover for the insufficient intake of some nutrients.

Table (6) shows mean energy and nutrients intake as a percentage of RNI for all boarding students according at Hadramout University. The data indicated that, the mean of energy, fat, fiber, calcium, iron zinc and vitamin A were lower than 90% of RNI and presented (85.31%, 76.25%, 64.80%, 36.06%, 39.44%, 78.57% and 28.30%) respectively. It was cleared that, boarding food services did not care for the nutritional needs of students. Low Calcium and vitamin A contents of diets served to boarding students may be due to insufficient of milk and dairy products which considered the main available sources of calcium. Also, insufficient of vegetables and fruits which are good sources of vitamin A and fiber.

Percentages distribution of boarding students by adequacy of their diets regarding selected nutrients illustrates in Table (7). The results showed that,
more than fifty percent of students received 75 - <100% of energy and carbohydrate as compared to RNI. About 54% of students get ≥ 100% of RNI from protein. It was cleared that, 6% only of students get more than 100% of RNI of calcium and iron. More than one quarter of students get calcium and vitamin A in amounts < 50% of RNI and about 57% of them covered their RNI from vitamin C.

Generally, university food services should do their best in order to prepare and serve varied nutritious and appetizing. Attention should be paid to decrease the amount of energy from carbohydrate rich foods. Calcium and vitamin A rich foods must be increased to avoid osteoporosis in future years by increasing milk consumption instead of carbonated soft drinks. The present results recommended additional nutritional education is required in order to eliminate the errors and miss-conception related with the food intake.
References


**Nutritional Status Assessment of boarding Students**

Table (1): Distribution of boarding students according to age and some Anthropometric measurements.

<table>
<thead>
<tr>
<th>Parameters</th>
<th>El-Dease Mean ±SD</th>
<th>Bokshan Mean ±SD</th>
<th>Teba Mean ±SD</th>
<th>Mean Mean ±SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (Year)</td>
<td>21.9 ± 1.49</td>
<td>21.6 ± 1.65</td>
<td>22.3 ± 1.86</td>
<td>21.9 ± 0.29</td>
</tr>
<tr>
<td>Weight (Kg)</td>
<td>52.8 ± 7.07</td>
<td>54.6 ± 7.1</td>
<td>55.1 ± 12.7</td>
<td>54.2 ± 1.99</td>
</tr>
<tr>
<td>Height (Cm)</td>
<td>156.3 ±5.05</td>
<td>168.2 ± 9.71</td>
<td>157.8 ± 6.25</td>
<td>160.8 ± 5.29</td>
</tr>
<tr>
<td>BMI (Kg/m²)</td>
<td>21.6 ± 3.18</td>
<td>21.34 ± 3.83</td>
<td>22.3 ± 4.94</td>
<td>21.97 ± 0.29</td>
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</tbody>
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Table (2): Distribution of boarding students according to their body mass Index (BMI).

<table>
<thead>
<tr>
<th>BMI</th>
<th>El-Dease (n = 35)</th>
<th>Bokshan (n = 35)</th>
<th>Teba (n = 30)</th>
<th>Total (n = 100)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No.</td>
<td>%</td>
<td>No.</td>
<td>%</td>
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<td>Under weight</td>
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<td>65.7</td>
<td>27</td>
<td>77.2</td>
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<td>8.6</td>
<td>2</td>
<td>5.7</td>
</tr>
<tr>
<td>Obese</td>
<td>-</td>
<td>-</td>
<td>2</td>
<td>5.7</td>
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</table>
Table (3) : Distribution of boarding students according to their nutrition Knowledge.

<table>
<thead>
<tr>
<th>Nutritional Knowledge</th>
<th>El-Dease (n = 35)</th>
<th>Bokshan (n = 35)</th>
<th>Teba (n = 30)</th>
<th>Total (n = 100)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No.</td>
<td>%</td>
<td>No.</td>
<td>%</td>
</tr>
<tr>
<td>Bad</td>
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<td>14.3</td>
<td>4</td>
<td>11.4</td>
</tr>
<tr>
<td>Good</td>
<td>19</td>
<td>60.0</td>
<td>18</td>
<td>51.4</td>
</tr>
<tr>
<td>Excellent</td>
<td>9</td>
<td>25.7</td>
<td>13</td>
<td>37.2</td>
</tr>
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</table>

Table (4) : Average daily intake of energy and macronutrients and percent of RNI for the boarding students .

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>El-Dease</th>
<th>Bokshan</th>
<th>Teba</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean ± SD</td>
<td>% Of RNI</td>
<td>Mean ± SD</td>
</tr>
<tr>
<td>Total energy (Kcal.)</td>
<td>1977.3 abc ± 95.3</td>
<td>89.88</td>
<td>1986.4 abc ± 96.37</td>
</tr>
<tr>
<td>Protein (gm)</td>
<td>69.2 abc ± 13.0</td>
<td>119.31</td>
<td>77.4 a ± 6.74</td>
</tr>
<tr>
<td>Fat(gm)</td>
<td>59.3 a ± 11.0</td>
<td>82.36</td>
<td>57.1 abc ± 6.72</td>
</tr>
<tr>
<td>Carbohydrate (gm)</td>
<td>379.6 a ± 52.97</td>
<td>115.3</td>
<td>309.4 ab ±11.38</td>
</tr>
<tr>
<td>Fiber (gm)</td>
<td>23.9 ab ±5.5</td>
<td>95.60</td>
<td>26.1 ac ±14.2</td>
</tr>
</tbody>
</table>
Table (5): Average daily intake of some vitamins and minerals as a percentage of RNI for the boarding students.

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>El-Dease</th>
<th>Bokshan</th>
<th>Teba</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean ± SD</td>
<td>% Of RNI</td>
<td>Mean ± SD</td>
</tr>
<tr>
<td>Calcium (mg)</td>
<td>395.9 ± 54.19</td>
<td>39.59</td>
<td>363.06 ± 86.81</td>
</tr>
<tr>
<td>(mg)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron (mg)</td>
<td>6.88 ± 0.45</td>
<td>38.22</td>
<td>8.23 ± 1.02</td>
</tr>
<tr>
<td>Zinc (mg)</td>
<td>5.77 ± 0.40</td>
<td>82.43</td>
<td>6.25 ± 0.59</td>
</tr>
<tr>
<td>Vitamin A (µg)</td>
<td>166.86 ± 28.75</td>
<td>27.81</td>
<td>162.36 ± 25.19</td>
</tr>
<tr>
<td>Vitamin C (mg)</td>
<td>41.4 ± 25.4</td>
<td>92.00</td>
<td>59.2 ± 23.1</td>
</tr>
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</table>

Table (6): Mean energy and nutrients intake of boarding students as a Percentage of RNI for the boarding students.

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Mean ± SD</th>
<th>% Of RNI</th>
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<tr>
<td>Total energy (Kcal.)</td>
<td>1876.8 ± 149.5</td>
<td>85.31</td>
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<tr>
<td>Protein (gm)</td>
<td>69.4 ± 6.4</td>
<td>119.66</td>
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<tr>
<td>Fat (gm)</td>
<td>54.9 ± 4.7</td>
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<tr>
<td>Carbohydrate (gm)</td>
<td>312.8 ± 53.2</td>
<td>94.78</td>
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<tr>
<td>Fiber (gm)</td>
<td>16.2 ± 8.76</td>
<td>64.80</td>
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<tr>
<td>Calcium (mg)</td>
<td>360.6 ± 30.1</td>
<td>36.06</td>
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<td>Iron (mg)</td>
<td>7.1 ± 0.86</td>
<td>39.44</td>
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<tr>
<td>Zinc (mg)</td>
<td>5.5 ± 0.76</td>
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<tr>
<td>Vitamin A (µg)</td>
<td>169.81 ± 20.77</td>
<td>28.30</td>
</tr>
<tr>
<td>Vitamin C (mg)</td>
<td>53.74 ± 10.1</td>
<td>119.42</td>
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Table (7): Percentages distribution of boarding students by adequacy of their diets regarding selected nutrients.

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>El-Dease (n = 35)</th>
<th>Bokshan (n = 35)</th>
<th>Teba (n = 30)</th>
<th>Total</th>
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<tr>
<td></td>
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<td>%</td>
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<td>17.14</td>
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<tr>
<td>75 - &lt; 100 %</td>
<td>20</td>
<td>57.14</td>
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<td>65.72</td>
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<td>25.72</td>
<td>10</td>
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</tr>
<tr>
<td>Protein</td>
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<td>0.00</td>
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</tr>
<tr>
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<td>10</td>
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<td>50 - &lt; 75 %</td>
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تقييم الحالة الغذائية لطلابات السكن الجامعي

بجامعة حضرموت للعلوم والتكنولوجيا - (اليمين)

أحمد عبد العزيز برهان

قسم التغذية وعلوم الأطعمة - معهد الاقتصاد المالي - جامعة حلوان

المتخصّص العربى

أجرت هذه الدراسة بهدف تقييم الحالة الغذائية للطلابات المقيمات بالسكن الجامعي التابع لجامعة حضرموت. وقد أُجريت عينة البحث (100) طالبة مُتنوعة من بين طالبات السكن الجامعي من ثلاث مساقط: سكن الدوّس، سكن بقان وسكن طلبة. تراوحت أعمارهن ما بين (16-27) سنة. صممت استبيانات واستمارات تحديد (المأخوذ من الغذاء في اليوم، الطول والوزن) مدى الثقافة الغذائية لدى الطالبات. استخدم استرجاع 24 ساعة لمدة ثلاث أيام مختلفة. وتم حساب متوسط المأخوذ من العناصر الغذائية ومقارنته بالتصويبات الغذائية ببعض للعمر والجنس، وحساب مؤشر تكلفة الجسم لتقييم مدى انتشار النحافة أو السمنة. وظهرت نتائج الدراسة أن متوسط بقان الطالبات في سكن طبّية طول على من متوسط أوران طالبات سكن بقان بينما سكن الدوّس. ظلّت سكن الدوّس الأقل في متوسط وشكلها للجسم لدى الطلاب بمتوسط سكن طبّية في سكن طبّية من طبّية جيدة. ظلّت طبّية بالتصويبات الغذائية بالنسبة لطالبات سكن بقان على

معلمة المأخوذ من الياقات، وبدلاً من الياقات، سكن الدوّس وطبّية. بلغ متوسط المأخوذ من الكالسيوم والدهون وفيتامين A

للطالبات المقيمات بسكن الدوّس وطبّية أقل من 60% من المتوقع. كما اُوقفت النتائج عدم طبّية المأخوذ من الياقات والبروتينات والكالسيوم والدهون. انخفض أن أكثراً من الطالبات، حصلن على 70% من الطالبات، ووصفت بالتصويب، وتوصي الدراسة بشروط، وتشديد تقييم

طلابات الجامعة لمتابعة الصور المفصلة التي تتعلق بتحديات وطبّية المأخوذ من الأطعمة المختلفة

وجوانب صدّر منها للجسم. كما توصي الدراسة أيضاً بضرورة وجود اداة مستقلة للتصويب في السكن الجامعي عامًا وفي أماكن موضوع الدراسة خاصة.