UISC Food Survey

ONLY STUDENTS

1. Your gender

--Click Here--

Female	54.7%
Male	45.3%

2. Your position at UI

--Click Here--

Faculty	0.0%
Staff	0.0%
Student	100.0%

3. If you're a student, your level of study

--Click Here--

Freshman	15.3%
Sophomore	8.4%
Junior	13.2%
Senior	12.6%
Graduate	16.8%

4. If you're a student, please enter your major, or area of graduate study

98.4%

5. When you were deciding what institution of higher education to attend, did you consider the type and quality of food offered?

--Click Here--

Yes, dining options were very important.	4.7%
Yes, dining options were somewhat important.	7.9%
Not really; dining options weren't very important.	20.5%
Not at all; dining options didn't influence my decision.	62.1%
I don't know if dining options affected my decision.	4.7%

General Knowledge/Frame of Mind

1. Where do you get the majority of your information regarding food?

--Click Here--	
Family	45.3%
Internet	23.2%
Magazines	5.3%
Television	5.3%
School	10.0%
Newspapers	1.1%
Books	5.3%
Academic journals	2.1%
Dietician or other physician	2.6%

2. How familiar are you with the following terms?

	Very Familiar	*Somewhat Familiar*	*Not Familiar*
Sustainability	53.7%	38.4%	7.9%
Seasonality	50.0%	38.4%	11.6%
Organic	74.7%	23.2%	2.1%
Fair Trade	43.2%	39.5%	17.4%

3. What is your impression of each of the following?

	Favorable	*Unfavorable*	*Unsure*
Organic foods	75.3%	9.5%	15.3%
Natural foods	86.8%	4.2%	8.9%
Genetically modified foods	21.1%	48.4%	30.5%
Irradiated foods	13.7%	26.8%	59.5%
Locally grown foods	93.2%	0.5%	6.3%
Eating seasonally grown foods	91.6%	1.6%	6.8%
Use of antibiotics in meat and milk	22.6%	52.6%	24.7%
Use of hormones in meat and milk	11.6%	67.9%	20.5%
Food preservatives	25.8%	48.9%	25.3%
Processed foods (i.e., noodle mixes, canned soup, heat'n'serve frozen foods)	42.6%	42.1%	15.3%

Environmental/Social Impacts of Food

1. How often do you consider the environmental impact of the food you eat?

--Click Here--	
Never	17.9%
Sometimes	52.6%
Most of the time	22.1%
All of the time	7.4%

2. When you make a food purchase how much do you know about the journey that foodstuff made to get to your plate? (1 being nothing, 6 being everything)

--Click Here--	
1	14.7%
2	14.2%
3	35.3%
4	23.7%
5	8.4%
6	3.7%

3. How many food miles do you think the "average" American meal has traveled?

--Click Here--	
0-100 miles	1.1%
101-500 miles	15.8%
501-1000 miles	33.2%
1001-1500 miles	30.5%
1501-2000 miles	19.5%

4. How interested would you be in growing your own food in a university community garden?

--Click Here--	
Not interested	30.0%
Somewhat interested	35.8%
Very interested	31.1%
Unsure	3.2%

5. Are you willing to pay more for organically grown produce?

--Click Here--	
Yes	52.6%
No	47.4%

5.1. If yes, how much more?

--Click Here--	
10%	37.0%
20%	30.0%
30%	18.0%
40%	5.0%
50%	4.0%
>50%	6.0%

6. Do you buy food at the Moscow Farmers Market?

--Click Here--	
Yes	57.4%
No	32.6%
I didn't know Moscow had a farmers market	10.0%

6.1. If you buy food at the Farmers Market, why do you shop there? (check all that apply)

It's fun	82.6%
The food is locally/regionally grown	89.0%
I can buy directly from the grower(s)	71.6%
It's cheaper than other local grocery stores	35.8%
It's more nutritious than other local grocery stores	49.5%
I can buy in bulk, or by the box/crate	25.7%
I like to buy/eat seasonally	71.6%

Health/Nutritional Benefits of Food

1. How often do you consider the nutritional value of the food you eat?

--Click Here--	
Never	2.1%
Sometimes	26.3%
Most of the time	44.7%
All of the time	26.8%

2. Do you know your recommended daily caloric intake?

--Click Here--	
Yes	63.7%
No	36.3%

3. Do you know your recommended daily fat intake?

--Click Here--	
Yes	42.1%
No	57.9%

4. Do you track the number of calories you consume daily?

--Click Here--	
Yes	10.0%
Sometimes	37.4%
No	52.6%

5. How do you view your weight?

--Click Here--	
Underweight	6.3%
Just right	39.5%
Could lose 5 to 10 pounds	37.4%
Overweight	15.3%
Obese	1.6%

6. How do the following factors impact the balance and nutrient quality of your food intake?

	Greatly impact	*Somewhat impact*	*No impact*
The cost of food	58.4%	35.8%	5.8%
Poor eating habits	27.4%	53.2%	19.5%
Not enough time to cook	44.2%	41.6%	14.2%
Not enough time to eat	28.4%	44.7%	26.8%
Lack of nutritional information	11.6%	32.1%	56.3%
Healthy food choices unavailable	28.4%	41.1%	30.5%
Lack of knowledge about healthy food	7.4%	27.9%	64.7%
Don't like healthier food options	5.3%	26.3%	68.4%
Special diet limits food choices	9.5%	19.5%	71.1%
Food portions served/purchased are too large	15.8%	39.5%	44.7%
Taste of food	54.7%	32.1%	13.2%
Religious requirements	2.1%	7.4%	90.5%

7. For the following foods check whether you try to actively include or actively avoid them in your diet, or whether you do neither.

	Include	*Avoid*	*Neither*
Vegetables	87.9%	2.6%	9.5%
Fruits	90.5%	1.6%	7.9%
Whole grains	83.2%	3.2%	13.7%
Legumes (beans, peas, lentils)	56.8%	7.9%	35.3%
Vegetarian dishes	37.4%	20.5%	42.1%
Chicken & other poultry	81.1%	6.8%	12.1%
Fish & other seafood	68.4%	16.8%	14.7%
Beef, pork, & other meats	71.1%	14.2%	14.7%
Dairy	83.2%	7.4%	9.5%
Organic food	51.1%	8.9%	40.0%
Salt/sodium	33.2%	25.8%	41.1%
Sugar	33.2%	25.8%	41.1%
Fat	21.1%	32.1%	46.8%
Soda, soft drinks	20.5%	55.3%	24.2%
French fries. chips, & other salty snacks	25.8%	40.0%	34.2%
Pastries, cakes, cookies, pies, & other baked goods	33.2%	29.5%	37.4%

8. How many cups of fruit do you eat each day?

--Click Here--	
0	10.0%
1/2	26.8%
1	21.1%
1 1/2	10.5%
2	15.3%
2 1/2	3.2%
3	7.9%
3 1/2	0.0%
4	3.2%
4 1/2	0.5%
5	1.1%
>5	0.5%

9. How many cups of vegetables do you eat each day?

--Click Here--	
0	6.8%
1/2	21.6%
1	16.8%
1 1/2	12.1%
2	19.5%
2 1/2	3.2%
3	7.4%
3 1/2	1.6%
4	5.3%
4 1/2	1.6%
5	2.1%
>5	2.1%

10. On a scale of 1 to 6, rate the healthfulness of your diet.

--Click Here--	
1 (Very unhealthy)	3.7%
2	8.9%
3	28.4%
4	34.7%
5	18.9%
6 (Very healthy)	5.3%

11. Would you be interested in a free cooking class that focuses on preparing healthy and affordable dishes?

--Click Here--	
Not interested	17.9%
Somewhat interested	45.8%
Very interested	35.3%
Unsure	1.1%

12. How confident are you in the United States' ability to regulate and monitor foods such as meat, dairy, and produce for safety?

--Click Here--	
1 (Not confident at all)	13.7%
2	21.1%
3	25.8%
4	23.7%
5	10.0%
6 (Absolutely confident)	5.8%