MyStudentBody-Nutrition

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PI: Tara Cousineau, Ph.D.

Compared to participants in the control group, those who completed MyStudentBody-Nutrition increased their fruit and vegetable intake. Student using MyStudentBody-Nutrition also improved their motivation to change unhealthy eating behaviors and were also more likely to increase their social support and self-efficacy for dietary change, as well as improve their attitude toward exercise.