Annotated Bibliography

Currie, Janet, et al. "The Effect of Fast Food Restaurants on Obesity and Weight Gain."
EBSCOhost, doi:www.aeaweb.org/aej-policy/. Accessed 12 February, 2018

The American Economic Journal published a study done by Janet Currie et al. The purpose of this study is shared in the thesis to “identify the effect of increases in the local supply of fast food restaurants on obesity rates.” They did fitness and caliper fat tests to determine the overall health of three millions ninth graders and pregnant women. They studied over several years the effects of having a fast food restaurant in proximity to the schools and residences of these individuals. They found that there was a 5.2% increase in obesity when there was a restaurant within .01 miles of a school. There 1.6% chance of gaining over 20 kilograms during pregnancy if there was a fast food restaurant within .5 miles of the residence.

This article is very credible. It is peer reviewed and has a very large sample size. I liked that this study took place over several years. There was a before, during, and after of placing the fast food near a school so the direct effect was easy to see. Although they did not study college students, it is safe to assume that having fast food in close proximity would have an effect on the obesity rates on college campus. I think this will be very useful in my argument for having a
healthier dining option on campus. UVU is primarily indoors and everything is connected which makes fast food very accessible. Jennifer E. and Melissa N. Laska would agree with this study. If there is fast food in proximity, students will eat there often.


Accessed 11 February, 2018

A study to view the effect of having nutritional information on menus was published in the British Food Journal by Charles Feldman et al. In their thesis they say “the purpose of this paper is to evaluate the influence of nutritional information on menu choices in a higher educational setting using a menu designed by the students themselves.” In this study, participants were given a menu with 14 options. Seven labeled as healthy and the remaining labeled as unhealthy. They ran another study with the same menu but with no labeling. They recorded gender, BMI, participation in athletics, and if the student was on a diet or not. After processing all the data, they found that having the nutritional facts made no difference in what people ordered.

This is a peer reviewed article which makes it credible. This took place on a college campus with college students so I would expect similar results on campus at UVU. Overall this article was a little disappointing. I was hoping for it to prove a little more than it did. Rachel M.
Harrington and Melinda J. Ickes did briefly discuss the issue that most students have no interest in improving their health. These articles go well together. In the end college students will eat what they want to eat. I am not sure if I will be using this in my paper. If I do use this it will show that although many students will have no interest in a healthy option on campus, there will be many that will.


In their peer reviewed article in the American Journal of Health Education, Rachel M. Harrington (Eastern Kentucky University) and Melinda J. Ickes (University of Kentucky) share and discuss a study done to assess health habits in college students. Their thesis states, “the purpose of this study was to examine the association between body mass index (BMI) and health behaviors in college students.” They had 758 students take a survey answering questions about physical, mental, emotional, and sexual health. They also reported their BMI and what they thought to be their overall health condition. 34% of the sample reported having an unhealthy BMI. Many claimed they did not eat well and rarely exercised, then reported that they were overall healthy. Harrington and Ickes conclude that there is an issue with college students not eating well or exercising and most do not seem to care about being healthier.
This article overall seemed credible. It is peer reviewed and has many credible sources. I think that this article says a lot about the mindset of a college student when it comes to nutrition. Most may not be aware of their health state or have the knowledge of how to be healthy. Using the findings from Jennifer E. Pelletier and Melissa N. Laska study about the frequency of on campus dining I could prove that there is a problem with students eating on campus. I can also prove that most students may not even realize that they are unhealthy.


In *The American Journal of Health Promotion*, Jennifer E. Pelletier and Melissa N. Laska share the results of a study done on the frequency of on campus dining in college students. The goal stated in the thesis was to “examine the association between college students’ dietary patterns and their purchases of food and beverages from campus area.” This study found that 45% of students brought meals on campus 3 or more times a week. Students who purchased food on campus made poor nutritional decisions leading to a diet high in fats and sugars; they were also more likely to skip meals. The frequent consumption of these foods is a habit that leads to an unhealthy lifestyle and weight gain (85).
This article seemed credible it is peer reviewed. It cited 50 sources that also seemed credible. My intention for this source would be to show how many students are likely to purchase an unhealthy meal on campus each week. I can help prove this with the article from The American Economic Journal to prove that if there is fast food in close proximity, it makes students more likely to eat there. Where UVU is a commuter school, more students live off campus so there are more students that are likely to purchase meals on campus. This will aid in my argument for having more healthy options for eating on campus.


In the College Student Journal, Satya P. Rao and others describe a study done on campus at the New Mexico State University. Their thesis and reason for the study came from results from a study done by the American College Health Assessment where 50% of students said their college had not given them information on how to be healthier. Of those students, 60% said they would like to know more on how to eat better and make healthier decisions (ACHA 2011). New Mexico State University did what they call “Good Choices Make Damn Good Looking Aggies Campaign” They displayed several posters around campus featuring different nutrition and lifestyle health facts. After two weeks, they took a survey where 86% of the participants said
they had learned something from the posters and 75% said it helped them be more aware of things they could do to be healthier.

This article was credible. It is peer reviewed. The only issue with this study is the sample size was small, only 56 students. Although that has no effect on the credibility, it does make it hard to see what effect it would have on a larger scale. Understanding how hard it is to get college students to take surveys of any kind I would believe that this impacted more students than they realized. I liked this study because it was simple, cheap, and gets the attention of students walking past. Having a poster puts no pressure on students and they can read in their own time. My intention for this article is to use it as an example of an easy, cost effective solution to the problem. I think that using data from Jennifer E. Pelletier and Melissa N. Laska about the frequency of eating on campus could help students recognize how bad fast food is. I will also use this with the data from Rachel M. Harrington and Melinda J. Ickes about BMI on college campus to further prove my point that there is a problem and a cost effective way to have an impact on the health at UVU.