

"Enhancing Interprofessional Collaboration and Learning for Strengthening Primary Health Care"

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Title	DIETARY TRENDS AMONG STUDENTS IN HIGHER EDUCATION AND THE INFLUENCES OF COVID-19 CONFINEMENT 2019-2020
Type	Oral Presentation <i>High-Quality Learning and Collaborations in the Health Workforce</i>
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Abstract N ^o	TUFH659
Content	<p>Going to university is a tremendous transition during a student's life(Dinger et al., 2014). Seen favourably as a basis for sustainable healthy lifestyle practices (Hiza and Gerrior 2002). Nevertheless, there's a gap in the Irish context literature (University of Limerick 2019). Ireland's rise in non-communicable diseases and health inequities prompted the government to establish a Healthy Ireland action plan towards a healthier Ireland (Department of Health 2013). The Healthy University of Limerick campus initiative was launched to respond to healthy Ireland, "healthy eating" was discovered and included within the framework (University of Limerick 2019). In 2016, only 26% of the Irish population reported consuming the recommended five or more fruit and vegetable servings daily, and 65% consumed sugar-containing beverages or snacks daily (Ipsos 2015). Furthermore, poor eating habits due to the unpredicted COVID-19 pandemic have occurred (Ammar et al. 2020; Di Renzo et al. 2020). A quantitative, observational cross-sectional study was designed to explore the students' health-related behaviours in UL and analyse changes due to COVID-19. A stratified cluster design was used—data collected using closed-ended surveys distributed online to eligible under/postgraduate students 18+ years. Data analysed using SPSS for descriptive and statistical regression analysis. Results will be presented in narrative, tabular and diagram format. We hypothesis that students do not consume the daily recommended fruit and vegetable servings due to unavailability on campus. Results will imply recommendations towards a healthier UL campus to enable healthier choices for the students and the broader community.</p>