Nutrition and Academic Performance:
An Overview of the Impact Food Has on the Academic Performance of College Students

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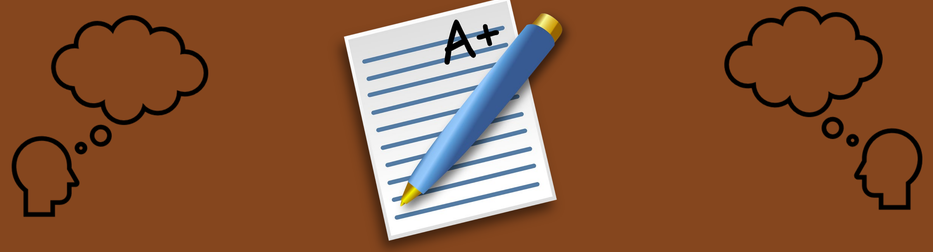
HYPOTHESES

1. College Students who do not skip meals throughout the day will perform better academically, as shown by a higher-grade point average.

2. College students who prioritize breakfast will perform better academically as opposed to college students who do not eat breakfast.

Both hypotheses are formed under the belief that college students with higher nutrition levels will achieve more academic success.



PARTICIPANTS

- 44 Bowie State University Students
- 14 Men (32%), 30 Women (68%)
- Average Age of Participants = 23.62 years old
- Race
  - African American (N = 40, 91%),
  - Latino or Hispanic (N =2, 5%),
  - Native American (N = 1, 2%),
  - Biracial (N = 1, 2%)

MEASURES

- GPA
  - Range: 1.0 – 4.0;
  - Mean = Between 3.0 and 3.4999
- How often do you eat unhealthy foods?
  - Range: 3 - 12 with 3 = frequently chooses healthy food options & 12 = frequently chooses unhealthy food options
  - Mean = 7.7

RESULTS

- It was expected that individuals who did not skip meals and took better care of their personal health would report higher grade point averages than those who did.

- However, tests utilizing bivariate correlation suggest a non-significant relationship between total health and academic performance
  - r (44) = -.142, p =.357; Non-significant

DISCUSSION

The results of this study suggest the following:

- The number of times an individual eats in a day has no significant correlation to their performance on an academic level.
- While the Bivariate correlation suggests no significant relationship between Bowie State University students. these results can be misleading due to the survey being distributed mainly among seniors.
  - Students with extremely unhealthy eating habits may not have reached their senior year and thus, would have made them ineligible for this study.

CONCLUSION

- More studies must be made to better understand the complex relationship between health, diet, and GPA.
- College students and college administrators must better understand healthy diets to optimize overall well-being and academic performance on their respective campuses.