

Nutritional Knowledge of NCAA Division I HBCU Student-Athletes

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Background: Obesity is a major public health problem. Nutrition education and promotion of healthy food choices may help students-athletes (SA) manage energy intake with some success. General nutrition knowledge may be lacking. Therefore, the purpose of this study was to assess nutrition knowledge of National Collegiate Athletic Association Division I SA at a historically black college or university (HBCU).

Methods: Nutrition Knowledge Questionnaire (NKQ 56-question) administered with Qualtrics to NCAA DI SA (n=300). The NKQ (total score=110) contains four sections: I-Dietary Recommendations (maximum=11); II-Sources of Foods/Nutrients (maximum=69); III-Choosing Everyday Foods (maximum=10); and IV-Diet/Disease Relationship (maximum =20). Participation was voluntary.

Results: Response rate was 21.3% (n=64). Demographics for gender 42.2% male, 57.8% females; ages 18-24 96.9%; single 98.4%; Black African ethnic origin 66.7%. Total NKQ Score was 38.8±24.1. Scores for each section: I-5.3±2.9; II-26.4±17.9; III-3.0±2.3 and IV-4.2±3.3.

Conclusion: Nutrition knowledge in SA at a HBCU is noticeably poor, which may be from a low response rate. However, the findings raise awareness for the need for a registered sports dietitian for nutrition education. Future research will look to develop nutritional programs aimed at improving nutrition knowledge to educate SA about the importance of nutrition and performance.

Preference for type of presentation: Poster

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