“Researchers at Auburn University in Alabama followed 131 students over four years of college and found that a whopping 70% of them gained weight by graduation (an average of 12, and up to 37 pounds). The overall percentage of students found to be overweight increased from 18% to 31%. The researchers noted gains in body fat composition and waist circumference as well. It’s no lie that students gain weight while in college” (O’Conner). Although students gain weight, it is not completely their fault because the university is a major factor to this problem. The food courts are packed with fast-food chains and the vending machines are filled with nothing but high-calorie snacks. There may be salad bars but that is not enough to persuade students from eating the greasy meals. Even the health conscious students are discouraged to go out on their own to buy some nutritious food. Freshmen are so busy with classes, extra-curricular activities, and just getting accustomed to the university. Very few of them have a car which would make them take the bus to Target then take time to buy all the groceries. When they return they would have to fit all into a small shared fridge. The whole process would take over an hour and they wouldn’t be using the meal points they already paid for. There is, however, a solution to this burden. It would be similar to your mom coming down to cook meals for you, but not exactly. Since this is a very diverse university and everyone has different tastes for food, adding new parts into the food courts and bringing in local cooks from different cultures to create authentic healthy meals with organic ingredients while making it priced the same if not cheaper than the other fast food chains would solve the ongoing problem with obesity.
Ideally, these “moms”, or experienced chefs from local restaurants, would know how to create up to ten different recipes that use whole foods and organic ingredients. Indiana University has recently made a new program called Big Red Eats Green (BREG) which is to bring local farm-grown food to students. BREG would be the ideal program to supply these types of ingredients for minimal costs. The cooks would be hired for a marginal time until the average student working under them learns the recipe to serve the customers. Construction workers would work intensely to implement new spaces for these healthy food chains. These healthy chains would consist of different ethnic groups based on a survey taken prior to their implementation. All these new chains would result in many more jobs in different areas.

The central purpose for the university to agree with this solution is that students will eat healthier and will decrease the percentage of students with problems caused by all the greasy meals such as diabetes type 2, obesity, and heart diseases. Also, the university would set the example for universities across the nation to satisfy their students with their needs for a healthy diet. In a recent article “Students request ethnic food in dining halls”, writer Aaricka Washington explains how an Eritrean student found it almost impossible to eat in the dining halls because she was not used to American fast-food. The article states that “Adhanom said she feels that RPS doesn’t do enough to accommodate international students here” (Washington). This serves as a perfect example as to why we need these healthy chains in our dining halls because many international students like the Eritrean student have never eaten American fast-food. In the article, Washington explains how the “Residential Programs and Services Dining Services provides food for students all over campus in 20 different food facilities.” Even though RPS is trying to accommodate the dietary needs for all students, “Adhanom said she’s never seen an RPS survey to voice her concerns about the food services” (Washington).
Moreover, the American culture in college is evolving and more and more students are participating in weight training, aerobics, and dance classes to lose weight and with the well-balanced authentic meals, the students will be nothing but favorable. In a recent study in the *Journal of Community Health Nursing* reported that “cardiovascular disease, including all diseases of circulatory system, are the most common causes of death in the United States” (Klinedinst 93). We are what we eat so students want to eat healthier to complement their workouts. In a recent article “RPS vs. healthy foods” writer Sarah Hann argues that the food courts at Indiana University are packed with unbalanced high-calorie meals. There is a “large amount of unhealthy food choices” (Hann). I live in Wright and eating there is a daily routine. Every time I walk into the food court for lunch, I watch as lines pile up in front of Charley Biggs, Sbarro, and the rest of the fast-food chains while the salad bar is left alone. The only other place I recognize as healthy is the “Eat Healthy” part of the cafeteria where they claim to have heart-friendly foods. Even though it is “healthy”, it comes out more costly than the fast-food chains

On the contrary, some people might believe that adding these healthy ethnic restaurants on campus will come at a high cost and in return be more expensive for the students. I agree with this belief as it might make the cost of meal plans rise but our meal plans are already terribly excessive. The same process to create the fast-food chains will be used to create these fresh beneficial chains. In an article published in the journal *Public Health Reports* states that “colleges and universities have an important role to play in building healthier communities” (Seifer 234). BREG would be a perfect opportunity for the University to bring closer ties with the community of Bloomington by bringing down the cost of organic foods by buying from local farmers.
We can solve the problems caused by obesity during college years by making these healthy meals at low costs available to the young adults before these problems become irreversible. Taking a break from all the greasy meals will be worthwhile. It initiates a healthier lifestyle for all students on campus. Also, it will create more jobs to help the economy and will bring stronger relationships with the community. Campus administrators should push this resolution as it will produce a vast change.
Works Cited


