



# Analysis of Young People's Habits and Awareness within the Scope of Sustainable Nutrition and Health

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## Introduction

Sustainable nutrition stands out as an important component of global food systems today. Sustainable nutrition is an approach that aims to both preserve individuals' health and support environmental sustainability and economic well-being. This approach seeks to address the environmental, social, and economic impacts of food intake, production, and consumption in a balanced manner.

Sustainable nutrition aims to address current issues in food systems by efficiently utilizing resources, preserving biodiversity, and ensuring food security. Additionally, sustainable nutrition strategies take into account socio-economic impacts across the entire process from food production to consumption. In this context, issues such as promoting fair food systems, ensuring food security, and reducing income inequalities become significant.

In this study, the importance and necessity of sustainable nutrition will be emphasized. Additionally, various aspects and effects of this approach will be examined, and information will be provided about an awareness-raising program aimed at increasing young people's awareness of sustainable nutrition. Based on data collected from a survey conducted with the participation of young people aged 17-30 and a literature review, special education and awareness programs for young people have been designed to determine their level of knowledge, areas of interest, and levels of awareness regarding sustainable nutrition. As a result, the positive effects of sustainable nutrition on health, the environment, and the economy will be highlighted, and young people will be encouraged to take on leadership roles in this field.

## Scope of Sustainable Nutrition

Sustainability involves meeting the needs of current generations without compromising the availability and quality of resources for future generations. A sustainable nutrition system entails a diet with low environmental impacts that contributes to food and nutrition security for present and future generations to lead healthy lives. Changes in nutrition systems have occurred due to factors such as increasing global population, advancing technology, urbanization, and industrialization. This has led to various health issues, including an increase in chronic diseases, as well as environmental problems such as rising greenhouse gas emissions, depletion of water resources, and land degradation. Nutrition systems are



interconnected with environmental changes. A dietary pattern that includes sufficient amounts of animal-derived foods but is predominantly plant-based can support the sustainability of both health and the environment. (Akay, 2020)

## **1.Conservation of Natural Resources**

Land, water, energy, and other resources are necessary for the production of agricultural products. However, these resources are limited on our planet. Sustainable nutrition aims to preserve these resources for future generations by utilizing them more efficiently. (Gönen, 2023)

## **2.Climate Change and Carbon Footprint**

The agriculture and food sector has a significant impact on climate change. Agricultural activities contribute to greenhouse gas emissions. Particularly, livestock farming is a significant source of methane emissions, one of the greenhouse gases. Therefore, the consumption of plant-based foods is encouraged to reduce the adverse effects on the environment. Thus, sustainable nutrition helps to reduce greenhouse gas emissions and thereby decrease the carbon footprint. (Gönen, 2023)

## **3.Biodiversity and Ecosystem Conservation**

It is predicted that global warming, a consequence of climate change, could have significant effects on human health. It is estimated that approximately 30% of global greenhouse gas emissions come from agriculture and related land use changes. Current agricultural practices can negatively affect natural ecosystems and reduce biodiversity. The preference for local and organic products in sustainable nutrition supports biodiversity conservation. Some countries have developed dietary guidelines promoting sustainability to reduce greenhouse gas emissions and limit environmental impacts. Many countries like Qatar, Brazil, Sweden, and the Netherlands support sustainability in their national dietary guidelines. Their dietary guides advocate for limiting meat consumption and increasing the consumption of sustainably sourced fish. Additionally, food production, transportation, preparation, packaging, and other stages can cause significant harm to the environment. Sustainable nutrition encourages the promotion of local resources to minimize these damages. (Semiha KADIOĞLU, 2022)

The water footprint, which measures the total water consumption throughout the entire supply chain to produce a good or service, encompasses processes from raw



material processing to direct operations and consumer product use. Thus, the concept of water footprint accounts for both direct and indirect water usage in the production process. The water footprint of any animal-based product is larger than that of equivalent plant-based products. Sustainable nutrition significantly contributes to environmental conservation by minimizing the water footprint. (Francesca Harris, 2020)

#### **4. Health and Well-being**

A balanced diet containing a variety of food groups helps maintain our health. Healthy eating also reduces the risk of obesity, cardiovascular diseases, diabetes, and other chronic illnesses. Therefore, sustainable nutrition supports the health and well-being of individuals and society. Sustainable nutrition should be preferred worldwide to ensure food security and raise healthy generations, both by preventing inadequate nutrition and excessive food consumption. (C. Agostoni, 2021)

#### **5. Social and Economic Equality**

Preferring local products and shopping from local markets within the scope of sustainable nutrition strengthens the local economy. Additionally, fair distribution of food resources is crucial for ensuring food security. (Gönen, 2023)

### **The Study**

*This study serves as a preliminary investigation into the sustainable eating habits of young people. In this context, a survey aimed at measuring daily habits and knowledge related to sustainable and healthy eating was conducted on 102 participants from January 27, 2024, to February 3, 2024. The survey, consisting of 15 questions, included inquiries about participants' demographic information followed by specific questions about their eating habits, knowledge about sustainable nutrition and health, as well as information regarding projects in this field. The data obtained from the survey results are as follows:*

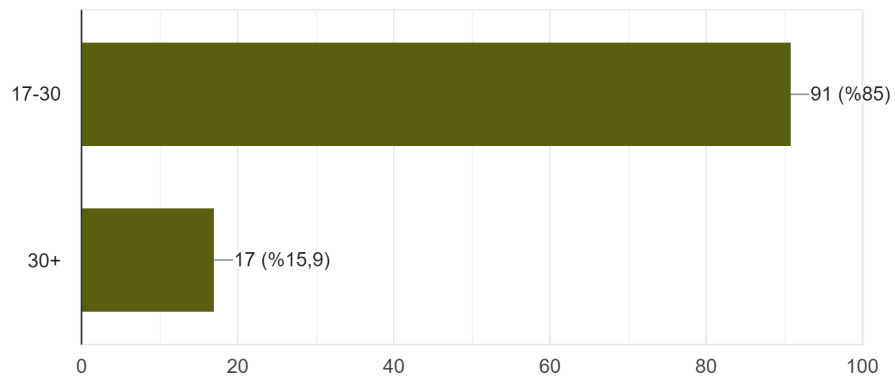
A commonly used scaling method in surveys is the "numeric rating scale," which allows participants to express their opinions, feelings, or experiences using numbers ranging from one to five. This method is typically referred to as a Likert scale. For instance, "1" often represents a negative view such as "strongly disagree" or "very poor," while "5" represents a positive view such as "strongly agree" or "excellent." The numbers in between are used to indicate varying degrees of opinions between



these two extremes. Participants select the number that best reflects their views, allowing them to express their opinions effectively.

## Results

Yaşınız  
107 yanıt



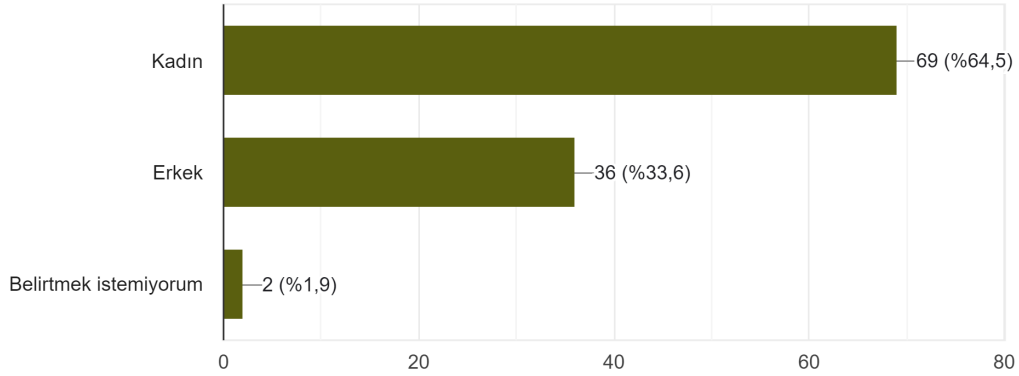
**\*\*What is your age?**

The survey results, with %84 falling within the 13-30 age range, clearly indicate that the target audience is young individuals. This data underscores the importance of prioritizing the needs of young people. Based on this information, it is concluded that projects, products, or services should focus more on meeting the needs and preferences of young people.



## Cinsiyet

107 yanıt

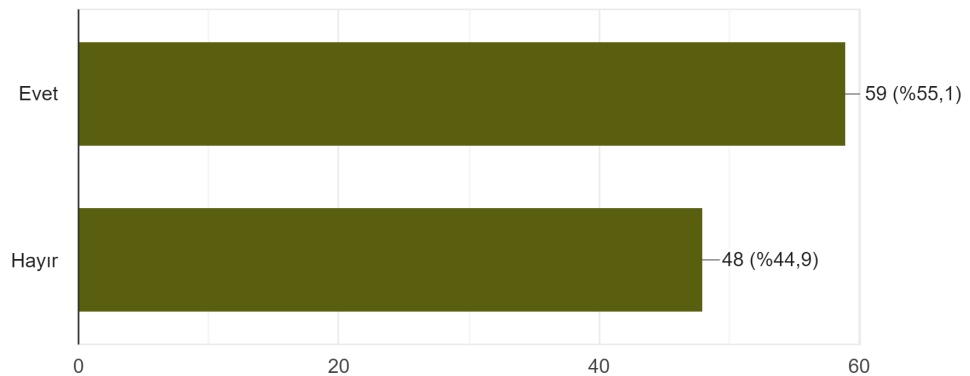


### **\*\*What is your gender? - Female/Male/I don't want to specif**

Considering the gender distribution of the survey participants, it is notable that the proportion of women is higher. This observation suggests that sustainable nutrition and environmental issues tend to attract more interest among women. However, there is also a significant proportion of male participants. The number of participants who prefer not to specify their gender is quite low, indicating that the survey reflects a diverse gender distribution.

Hergün mutlaka bir kere de olsa paketli ürün tüketiyorum (bisküvi, çikolata, noodle gibi her türlü paket ürün)

107 yanıt



### **\*\*I consume one packaged product every day (biscuits, chocolate, noodles, etc.) - Yes/No**

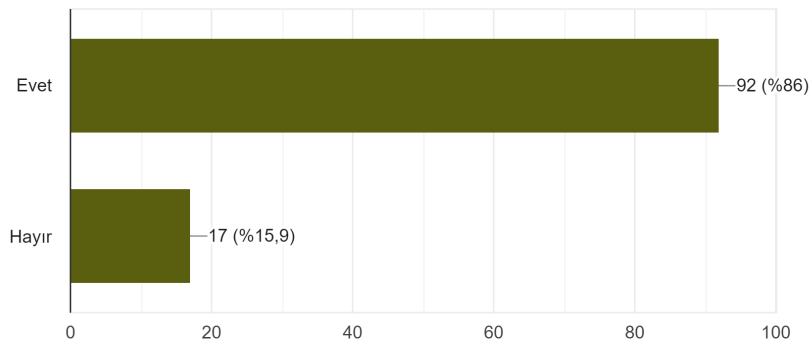


Based on this survey, we can say that 55% of young individuals consume packaged foods at least once a day. Evaluating this result from the perspective of sustainable nutrition is important. Packaged foods often contain high levels of processing, additives, and unhealthy fats, salts, and sugars. Regular consumption of such foods may indicate unhealthy eating habits and can lead to health problems in the long term. A sustainable dietary model typically relies on fresh, natural, and unprocessed foods. These types of foods have higher nutritional values, fewer additives, and generally support a healthy lifestyle.

Therefore, the fact that 55% of young people consume packaged foods every day may be concerning from a sustainable nutrition standpoint. Efforts in education and raising awareness can help young people develop healthy and balanced eating habits. Additionally, increasing the accessibility of healthier alternatives is important. Such efforts can enhance overall community health and sustainability.

Okul, dershane, iş yeri gibi yerler besin seçimimi etkiliyor

107 yanıt



***\*\*Places like schools, classrooms and workplaces influence my food choices - Yes/No***

The fact that 86% of young individuals indicate that places like schools or coaching centers influence their food choices highlights the strong impact of environmental factors on the dietary preferences of young people. These results suggest that the majority of young individuals' daily environments, especially educational institutions, can influence both healthy and unhealthy food choices.

Schools and coaching centers are often places where young people spend a significant amount of time, and the variety, accessibility, and advertising of foods offered in these environments can directly influence the dietary choices of young



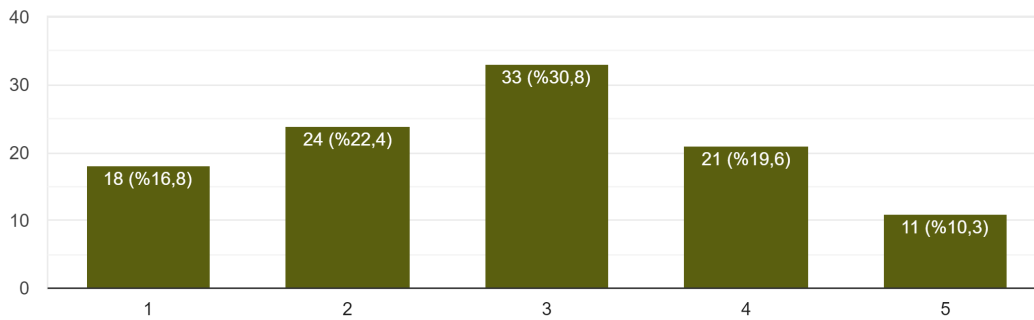


people. For example, the proximity of fast-food chains to school campuses or coaching center surroundings may lead young people to prefer fast-food products.

These findings emphasize the necessity of promoting healthy food options in educational institutions and workplaces to encourage healthy eating habits among young people. Additionally, it is important to educate young people about nutrition awareness and healthy eating habits. Instilling nutrition awareness and healthy habits at an early age can help young people adopt a healthier lifestyle and maintain healthy eating habits over time.

Sürdürülebilir beslenme hakkında bilgi sahibiyim

107 yanıt



*\*\*I have knowledge about sustainable nutrition. (1 represents strongly disagree, 5 represents excellent)*

The responses provided in this survey reflect the participants' levels of knowledge regarding sustainable nutrition.

- **%15.7 responding as 1 (Very Low Knowledge Level):** This group may represent individuals with very little or no knowledge about sustainable nutrition. These individuals may have a low level of awareness regarding sustainable nutrition and may have a need for education or information on this topic.
- **%21.6 responding as 2 (Low Knowledge Level):** This group may represent individuals with limited knowledge about sustainable nutrition. Perhaps they have a general idea about the topic, but they may lack detailed information.
- **%31.4 responding as 3 (Moderate Knowledge Level):** This group may represent individuals with a moderate level of knowledge about sustainable nutrition. These



individuals likely have a general understanding of sustainable nutrition and may be knowledgeable about specific concepts.

- **%20.6 responding as 4 (High Knowledge Level):** This group may represent individuals with a high level of knowledge about sustainable nutrition. These individuals may be knowledgeable about complex issues related to sustainable nutrition and may even have experience in this field.
- **%10.8 responding as 5 (Very High Knowledge Level):** This group may represent individuals with a very high level of knowledge about sustainable nutrition. These individuals may likely be experts in the field or have a professional connection to it.

Based on the survey results, there appears to be generally a low level of knowledge about sustainable nutrition. Particularly, seeing that only %10.8 have a high level of knowledge in this area. This indicates a general lack of awareness about sustainable nutrition within the broader community.

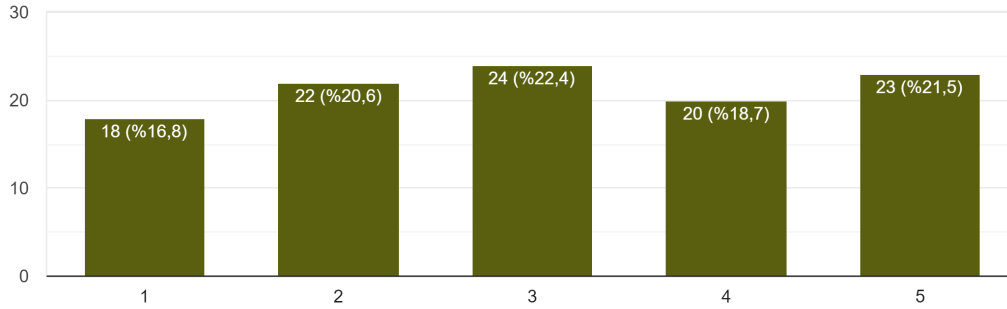
Considering that young people will play a significant role in shaping a sustainable future, increasing their knowledge about sustainable nutrition is of critical importance. This may require taking various measures to enhance awareness among young people about sustainable nutrition, providing education on the topic, and helping them develop conscious consumption habits.

It is crucial for young people to become conscious and responsible consumers regarding sustainable nutrition to ensure a more livable world for future generations. Therefore, making efforts to raise awareness and knowledge levels about sustainable nutrition in society is essential.



Sürdürülebilir beslenme ve ekonomi arasındaki bağlantıyı biliyorum

107 yanıt



*\*\*I know the relationship between sustainable nutrition and the economy (1 represents strongly disagree, 5 represents excellent).*

Based on the survey results, we can evaluate the connection between sustainable nutrition and the economy as follows:

**1.%16.7 Knows Nothing:** This group represents individuals who have no knowledge about the connection between sustainable nutrition and the economy. Their awareness level on this subject is very low, and they likely have no information or experience regarding it.

**2.%18.6 Has Very Little Understanding:** This group represents individuals who have very little knowledge about the connection between sustainable nutrition and the economy. They may have a basic idea but lack detailed understanding or knowledge.

**3.%23.5 Knows Something Average:** This group represents individuals who have average knowledge about the connection between sustainable nutrition and the economy. They may have a general understanding and some knowledge about specific concepts.

**4. %18.6 Above Average Knowledge Level:** This group represents individuals who have above-average knowledge about the connection between sustainable nutrition and the economy. They may have conducted more in-depth research on the topic or have experience in this field.

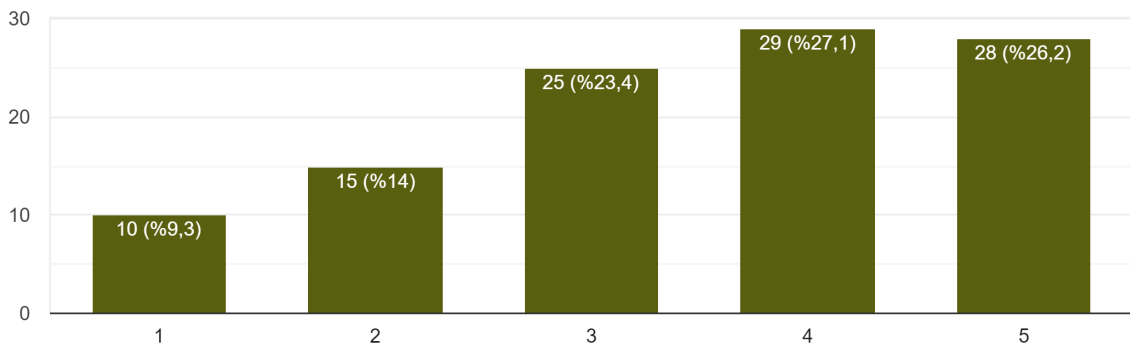


**5. %22.5 Knows Everything:** This group represents individuals who have a very high level of knowledge about the connection between sustainable nutrition and the economy. They may be experts in this field or have professional connections.

In conclusion, while the overall knowledge level about the connection between sustainable nutrition and the economy is average, there is a need for efforts to raise awareness and increase knowledge levels. Particularly, it is important to educate and raise awareness among those with less knowledge because understanding the relationship between sustainable nutrition and the economy is crucial for a more sustainable future.

Sürdürülebilir beslenmenin insan sağlığına etkisini biliyorum

107 yanıt



**\*\*I know the impact of sustainable nutrition on human health. (1 represents strongly disagree, 5 represents excellent)**

The conclusions drawn from the survey results are highly significant and noteworthy. Participants demonstrate a higher level of knowledge about the impact of sustainable nutrition on human health, indicating that the health aspect of sustainable nutrition is gaining more recognition in society.

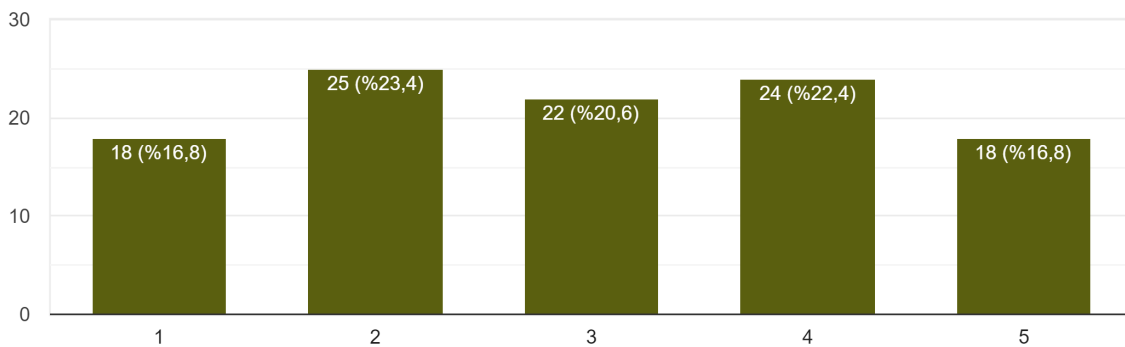
This situation indicates that people have a positive perception that sustainable nutrition is beneficial for health. However, compared to previous survey results, it is noted that the overall level of knowledge about sustainable nutrition is lower, indicating that there is still a young population that needs to be educated on this



topic. This contradictory situation emphasizes the importance of the health aspect of sustainable nutrition while highlighting the need to increase general awareness and knowledge about it. Emphasizing the health benefits of sustainable nutrition can contribute to its greater adoption and implementation in society.

Highlighting the health benefits of sustainable nutrition can increase awareness, particularly among young people and broader segments of society. In this regard, various methods such as educational campaigns, informative events, and communication strategies emphasizing the health aspect can be employed. Consequently, a more widespread awareness about the health benefits of sustainable nutrition can be created in society, and the adoption of this approach can be encouraged.

Sürdürülebilir beslenme ve gıda güvenliğinin bağlantısını biliyorum  
107 yanıt



**\*\*I know the relationship between sustainable nutrition and food security. (1 represents strongly disagree, 5 represents excellent)**

Based on the survey results, it is evident that young people have a general understanding of the connection between sustainable nutrition and food safety, but they lack detailed knowledge on this topic.

Food safety is a fundamental requirement for maintaining a healthy lifestyle, and understanding the details is crucial. It involves minimizing the risks to human health throughout the processes of food production, processing, storage, and consumption. Therefore, it is essential for individuals to be aware of food safety and have accurate information on this topic.

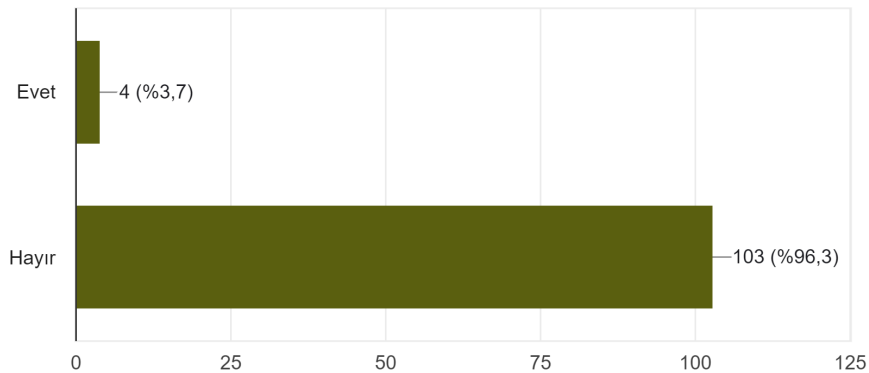


Raising awareness among young people can help them make safe and healthy food choices and become more conscious members of society regarding safe food production and consumption. To achieve this goal, educational programs, informational campaigns, and interactive activities targeting young people can be organized to increase their awareness of food safety.

Furthermore, emphasizing the connection between sustainable nutrition and food safety can help young people understand the importance of these issues not only for their own health but also for the health of future generations and the planet. In this way, young people can become more informed consumers and members of society, contributing to the widespread adoption of food safety and sustainable nutrition practices and thereby enhancing overall health and well-being in society.

Sizce sürdürülebilir ve sağlıklı beslenme ile ilgili, gençleri bilgilendirmeye yönelik yeteri kadar proje yapılıyor mu?

107 yanıt



**\*\*Do you think there are enough projects to inform young people about sustainable and healthy nutrition? - Yes/No**

Based on the survey results, it is indicated that there haven't been enough projects addressing sustainable and healthy nutrition specifically targeted towards young people. These findings are quite noteworthy and underscore the need for further support and education for young people regarding sustainable and healthy nutrition.

It is crucial for young people to adopt healthy eating habits and embrace the principles of sustainable nutrition for both their own health and the future of the



planet. Therefore, there is a necessity for more projects, programs, and activities tailored to young people focusing on healthy and sustainable nutrition.

These projects can be designed in various ways to increase young people's awareness of nutrition, promote healthy eating habits, and teach them about sustainable nutrition principles. Methods such as organizing nutrition education workshops, sharing healthy recipes, and conducting public awareness campaigns can encourage young people to become more conscious about these issues and adopt healthier lifestyles.

These results underscore the importance of providing more support for young people in the areas of healthy and sustainable nutrition and emphasize the significance of taking steps in this direction. It is essential to educate and support young people more comprehensively to build a healthier and more informed society for the future.

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