

# Stages of change in the purchase of ultra-processed snacks among university students after the implementation of the Chilean food law; A multi-center study

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## **Abstract**

The Objective is to determine the stages of change in the behavior of university students regarding the purchase of ultra-processed snacks consumed. Multi-center study (14 Chilean universities). The participants (4,807 students) evaluated were applied a survey to determine the stage of change of behavior regarding the purchase of foods with warning signs. The students were evaluated and classified as (a) Nutrition Students, (b) Healthcare-related Students and (c) Other degree Students. More than 90% of the students were aware of the food regulation and knew the warning signs. More than 60% of Healthcare-related and Other degree students are in the stage of pre-contemplation or contemplation regarding purchase intent of sugary drinks, juices, cookies, sweet snacks and potato chips; this value is twice the percentage of Nutrition students in this stages (Chi<sup>2</sup>,  $p < 0.001$ ). In conclusion there is a high proportion of pre-contemplation and contemplation with respect to purchase intent among the students. © 2021 Archivos Latinoamericanos Nutricion. All rights reserved.

## **Author keywords**

Front-of-package labeling; Stages of change; Sugary drinks; Ultra-processed; University students