



ASSESSMENT OF STUDENT SATISFACTION WITH MEALS OFFERED AFTER BLOOD DONATION IN GERMANY

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DISCLOSURE FOR **MEIKE ISABEL VIEWEG**

In compliance with COI policy, Nutrition 2021 requires the following disclosures to the session audience:

| | |
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Presentation includes discussion of the following off-label use of a drug or medical device:

<N/A>

RATIONALE



One third of the German population are blood donors, with students making up the largest proportion. The aim of this study was to evaluate the students' satisfaction with the catering services after blood donation and thus to determine it's relevance.

METHODS

Anonymized, nation-wide cross-sectional online survey (Lime Survey®) in Germany over 3 weeks (14.10 - 04.11.2020) with 18 closed and 16 open questions.

Recruitment was carried out via the student mailing list of the University of Applied Sciences Neubrandenburg (E-Mail), Instagram (Story), Ebay classifieds (ads in: Munich, Stuttgart, Berlin, Mainz) and personal contacts.

Deine Zufriedenheit mit dem Verpflegungsangebot

* Wie zufrieden bist du mit dem Verpflegungsangebot in deiner Einrichtung?

Bitte wählen Sie eine der folgenden Antworten:

- Ich bin voll und ganz zufrieden.
- Ich bin größtenteils zufrieden.
- Ich bin eher zufrieden.
- Ich bin eher unzufrieden.
- Ich bin größtenteils unzufrieden.
- Ich bin sehr unzufrieden.

RESULTS



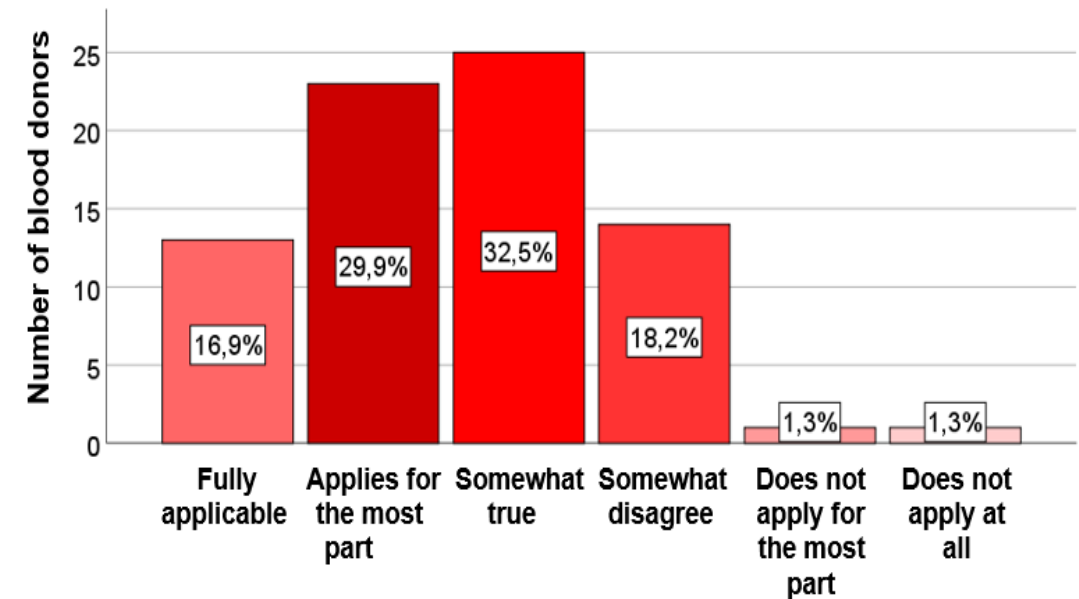
In total, 275 students took part in the survey, 90 of whom donated blood or plasma at least twice in the last two years (33%).

The majority, 86% (n=77) took advantage of the catering offer after blood donation

Basic characteristics of the participants

| Blood Donors | Total n = 90 | Men n = 19 | Women n = 71 | P ♂ vs ♀ |
|--------------------------|--------------|-------------|--------------|----------|
| MW ± SD | | | | |
| Age | 22,8 ± 3,02 | 23,5 ± 3,20 | 22,7 ± 2,97 | 0,301 |
| Body weight (kg) | 71,5 ± 16,1 | 80,7 ± 9,18 | 69,1 ± 16,7 | 0,005 |
| BMI (kg/m ²) | 24,2 ± 5,37 | 24,1 ± 2,04 | 24,2 ± 5,97 | 0,906 |

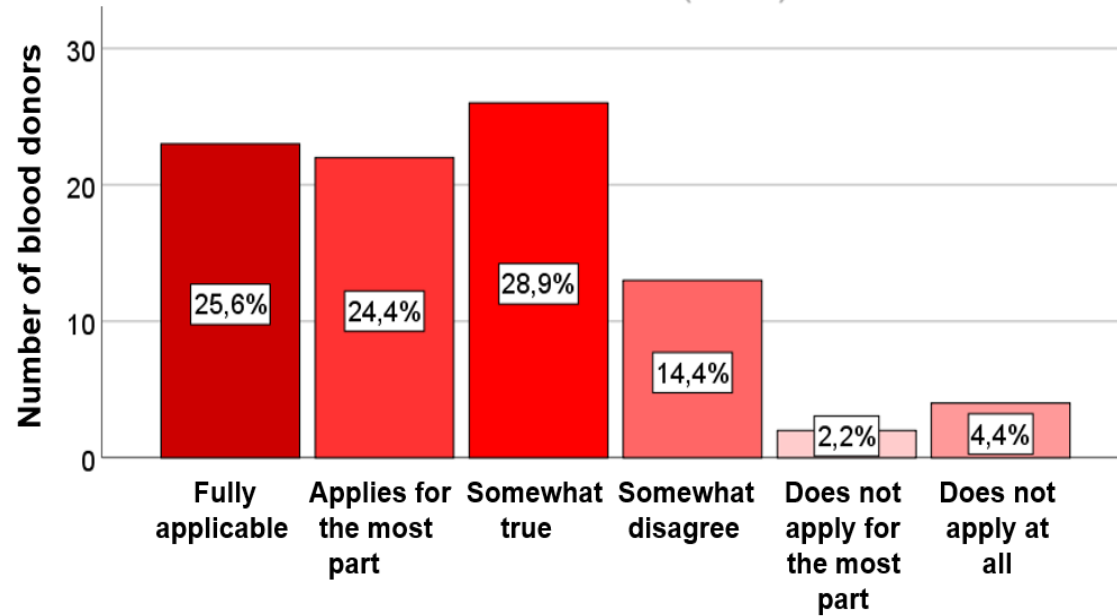
The catering after the blood donation is important to me (n = 77)



t-test of independent samples, check for normal distribution according to Shapiro-Wilk

RESULTS

How satisfied are you with the catering services at your blood center? (n=90)



However, the average donors would like to see more health-promoting foods on offer (79%, n=71/90) for the catering after blood donation. A healthy diet was important to 64% (n=58/90) of the donors.

The current catering offer after blood donation was considered entirely health-promoting by 6.7% (n=6/90) and another 59% (n=53/90) said it was mostly/rather health promoting.

CONCLUSION



The food offered after the blood donation was not a deciding factor for the willingness to donate. For the most part, the donating students were aware of the catering offer and considered it important and already moderately satisfactory. Foods considered to be beneficial to health were still increasingly requested by the donors.

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VIELEN DANK FÜR IHRE
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