



# AMERICA'S UNIVERSITIES RECEIVE POOR GRADES ON THE SUBJECT OF GLUTEN-FREE

A recent survey from the National Foundation for Celiac Awareness (NFCA) shows the majority of colleges and universities provide limited access to gluten-free dining options, posing a health threat to students. NFCA surveyed nearly 1,000 gluten-free students throughout the country.



## At Home

Almost one in two or **42%** of students weren't diagnosed until arriving at college.



## Inside the Classroom

**58%** students surveyed identified themselves as having celiac disease.

**39%** identified themselves as having non-celiac gluten sensitivity.

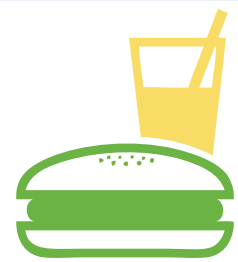


## On Campus

**89%** students were not offered housing that would give them access to a kitchenette that could be kept gluten-free.

**64%** students said there is no gluten-free club on campus.

## Dining Hall



**61%** said the Dining Services Director was not aware or only somewhat aware of nutritional information related to a gluten-free diet.

**61%** said they are uncomfortable eating in the dining hall.

**40%** who contacted a university administrator felt the official did not have sufficient knowledge about their gluten-free diet.

**38%** said they never eat in the dining hall.

### Glutened:

The act of unintentionally ingesting gluten in a food product. Symptoms of glutening include fatigue, gastrointestinal upset, migraines, and joint pain. Symptoms can last for hours or days.



## University Slow to Expand Vocabulary

**60%** of students said they have been glutened from eating at a dining hall or foodservice establishment on campus.

**42%** reported missing class as a result of being glutened.

**15%** of students said they visited Health Services due to gluten ingestion.



According to The College Board, the average costs of tuition, fees, room and board for a private, non-profit 4-year college was **\$39,518** for 2012-2013.

The cost for a university to complete gluten-free training and become an NFCA GREAT School is as little as **\$150**.



The College Board's Trends in College Pricing, 2012