### **Summary Report**

of the STUDENT CITIZENS' ASSEMBLY

on diet

and physical activity

February 2025





### **Preamble**



We are a group of 27 students from Sorbonne Paris Nord University, coming from all horizons, with a wide range of opinions and personal experiences. Gathered together for the first Student Citizens' Assembly of our university, we worked collectively for three days on issues related to diet and physical activity of the student community, with the aim of creating concrete proposals to improve the situation of students at USPN regarding these issues.

Diet and physical activity, central to our daily lives, are essential pillars of health and well-being. However, many students face economic, political, and educational barriers to "eating well" and "moving well". This is highlighted by a recent study conducted by the Observatory of Training and Student Life at Sorbonne Paris Nord University, which reveals a striking result: 46% of USPN students report experiencing food insecurity.

During the Student Citizens' Assembly, which aimed to be as democratic as possible, we first highlighted the difficulties faced by the student community concerning diet and physical activity through individual and collective reflection moments, supported by several studies. We also had the opportunity to exchange ideas with around twenty resource persons, working at the level of the university, the Crous de Créteil, the Department of Seine-Saint-Denis, and the city of Saint-Denis. At the end of the three days, we formulated 42 proposals, all adopted by a majority vote, which are summarized in this report.

These proposals, fruit of our reflections and commitment, are now in the hands of the concerned actors. We hope they will find a favorable response and contribute to a sustainable transformation in the access of our student community to healthy food and appropriate physical activity.

We wish you a good reading and hope that this report will inspire concrete actions that lead to meaningful change.

### **Foreword by Olivier Oudar**

#### Vice President of the Academic Council



We are pleased to present this final report, the result of the collective work carried out by the Student Citizens' Assembly on diet and physical activity. This unprecedented initiative brought together students and researchers committed to collectively explore concrete solutions to address the critical public health, well-being, and lifestyle-related disease prevention challenges.

Over several days, the participants explored, debated, and challenged their ideas, relying on scientific data, expert testimonies, and discussions. They took on an ambitious challenge: to reconcile individual and collective concerns in order to formulate pragmatic, innovative, and accessible proposals for all.

The challenges posed by nutrition and physical activity are immense: tackling the rise of chronic diseases, promoting healthier lifestyles, ensuring equitable access to quality food and sports facilities, and encouraging sustainable cultural change. This report not only reflects the magnitude of these challenges but also the power of creativity and collective intelligence to address them.

The recommendations presented in these pages demonstrate the students' commitment to imagining a better future.

Beyond the proposed solutions, this report highlights the importance of involving students in decision-making on issues that directly affect their daily lives. This Student Citizens' Assembly has proven that participatory democracy is a crucial tool for developing public policies that are in line with the real needs and expectations of the population.

I would like to express my sincere gratitude to all the participants for their involvement, creativity, and willingness to contribute to the common good. I also thank the experts, facilitators, and all the partners who made this initiative possible.

This report is not an end, but a starting point. It provides a solid foundation for taking concrete and lasting actions. I invite decision-makers, local actors, and all members of the academic community to embrace it and work together to bring about the necessary transformations.

With the hope that this work will help build a healthier, more active, and more united society, I hope you enjoy reading this report.

### Foreword by Mathilde Touvier

#### Director of the Nutritional Epidemiology Research Team



Nutrition (diet, physical activity) is a major determinant of our health. Approximately one in five deaths worldwide is linked to nutritional factors. These factors come into play from a very young age. The potential for preventing chronic diseases is immense: for example, it is estimated that 40 to 50% of cancer cases in France could be avoided by changing our lifestyle. Just after tobacco, nutritional factors are the primary levers available to maximize our chances of living in full health for as long as possible.

Upon discovering the result of the work derived from this Student Citizens' Assembly, I was amazed and impressed by the multitude of constructive and relevant proposals that emerged from this dynamic process. Firstly, because the students managed successfully embraced, interpreted, and applied the principles and recommendations of the National Nutrition Health Program, which guides French public health nutrition policy, to their own daily reality. Access to high-quality, minimally processed, seasonal food, as well as promoting physical activity and combating sedentary lifestyles...: they address all of these protective and risk factors through the concrete measures they propose.

I am also enthusiastic because through these proposals, the students demonstrated the need for action on multiple levels. At the individual level, to provide everyone with the tools to make informed daily choices: nutritional information and education, labeling (Nutri-Score), awareness campaigns... to empower individuals to take an active role in their own health. But also, at the collective level, to transform the environment in which they live and the food and physical activity options available to them. On this point, the issue of economic accessibility is crucial, and the proposals associated with it are highly ranked in this Assembly's findings. Diet is a strong indicator of social health inequalities. The recent study by the NGO Foodwatch, showing that the cheapest products on the market are also the most sugary in the same aisle, illustrates the need for a paradigm shift. The most healthy foods must become the cheapest and most accessible to all. Several of the proposals presented in this report allow progress in this direction.

Finally, these proposals reflect a broader vision of nutritional issues, encompassing environmental concerns, as evidenced by measures addressing food waste, short supply chains, and the greening of food offerings.

I sincerely congratulate the students, the coordinating team, and the partners who contributed to the success of this Student Citizens' Assembly, for this work and these inspiring proposals. Dear University Presidents and public health actors within ministries and local authorities, you have before you a wealth of wonderful ideas and concrete proposals that, I hope, you will embrace in the coming weeks and months. This generation is our future; let us do everything we can to help them preserve their health.

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# The Student Citizens' Assembly



## Presentation, mission and guiding principles

The first edition of the Student Citizens' Assembly at Université Sorbonne Paris Nord was held on November 5<sup>th</sup>, 12<sup>th</sup> and 27<sup>th</sup>, 2024, around the themes of "eating well" and "moving well".

It brought together 27 students from all disciplines to reflect, debate, and propose concrete solutions for designing a university that promotes access for the entire student community to "eating well" and "moving well".

Their mandate was clear: to define a set of concrete proposals to improve access for the Sorbonne Paris Nord student community to satisfactory, healthy, and sustainable food, as well as to regular physical activity.

The Student Citizens' Assembly was organized around six guiding principles:

The assembly brings together three communities with diverse experiences and skills

Student

University Civil community Civil society

The assembly is based on deliberation and co-construction.

The idea is to **bring about informed and reasoned viewpoints** through successive discussions in small groups and plenary sessions.

The selection of students for the assembly is based on two principles that ensure the diversity of student profiles:

Volunteering

Random selection

The assembly guarantees the sharing of ideas while maintaining the serenity of discussions and respecting the privacy of students.

The assembly has a guarantor to ensure the respect of its core principles.

A guarantor has been appointed by the assembly Governance Committee to ensure the sincerity, equality, and transparency of the debates, as well as the respect for students' voices.

Sorbonne Paris Nord University is committed to making the proposals fully public and presenting them to the appropriate central councils before the end of the first semester of the 2025-2026 academic year. The university also commits to providing a reasoned response for each proposal, outlining any potential obstacles to their implementation.

### Student Assembly members

The students of the Student Citizens' Assembly were selected in two stages: firstly, through a call for volunteers, and secondly, through a random selection from this group of volunteers.

List of the 27 students of the assembly:

- Hugo Agniel, <u>Bachelor's year 2 Social carriers</u>, Bobigny campus
- Wassim Ben Braiek, Bachelor's year 1 Law, Villetaneuse campus
- Lilian Bernard, Bachelor's year 2 Engineering science, Villetaneuse campus
- Cyprien Blanchy, Master's Year 1 Economic analysis and policy, Villetaneuse campus
- Camil Canal Master's Year 1 Economic analysis and policy, Villetaneuse campus
- Myriam Chikhi, <u>Bachelor's year 3 Education sciences</u>, Villetaneuse campus
- Daouda Diallo, Master's Year 2 Money, banking, finance, insurance, Villetaneuse campus
- Khoudiedji Diarra, Master's Year 2 Law, Villetaneuse campus
- Bénédicte Ange Chris Djue, Master's Year 2 Arts, literature, and civilizations, Villetaneuse campus
- Marie Djenie Dorlean, <u>Bachelor's year 3 Business and public administration management</u>, Saint-Denis campus
- Mame Diarra Boussa Drame, Master's Year 2 Law, Villetaneuse campus
- Lina El Sayed Ali, Preparatory Year for Health studies, Bobigny campus
- Salssabil Guedidi, Master's Year 1 Biology and health, Bobigny campus
- Papa Madiaw Gueye, Bachelor's year 1 Engineering science, Villetaneuse campus
- Maysoun Hariz, Bachelor's year 3 Education sciences health science, Bobigny campus
- Souleymane Kane, Bachelor's year 3 Geography and planning, Villetaneuse campus
- · Pacino Karkowski, Bachelor's year 3 Education sciences, Villetaneuse campus
- André Leite Ferreira, <u>Bachelor's year 1 History</u>, Villetaneuse campus
- Tamegnon Cédric Rica Lovi, Bachelor's year 2 Health and Social Sciences, Bobigny campus
- Emeline Luciano, Master's Year 1 Public Health, Bobigny campus
- Julien Malartre, PhD in Mathematics, école doctorale Galilée, Villetaneuse campus
- Alice Mirouze, Master's Year 1 Cultural Industries, Villetaneuse campus
- Priscille Ndimba Modjaka, Year 3 Medical Studies, Bobigny campus
- Ashley Russo, Year 3 Medical Studies, Bobigny campus
- Hugo Teyssier—Bertulecci, Master's Year 1 Law, Villetaneuse campus
- Philippine Urvois, Master's Year 1 Public health, Bobigny campus
- Alexis Wicikowski, Master's Year 1 Political science, Villetaneuse campus

### Methodology

#### Governance

of proposals.

The Student Citizens' Assembly was coordinated by the Research Team in Nutritional Epidemiology and was supported by the presidency of Sorbonne Paris Nord University.





The governance committee was responsible for ensuring the design and implementation of the assembly, defining its guiding principles and their application, developing the work themes and the deliberation program, and selecting the resource persons involved in the co-creation

#### Selection of students

The selection of students for the Student Citizens' Assembly was conducted in two stages:

- A call for volunteers from the entire student population
- A random draw from this group of volunteers

The aim of this process was to select a group of 30 students, diverse in terms of gender, study level, campus affiliation, and discipline.

#### Characteristics of the assembly participants

(characteristics of the Sorbonne Paris Nord student community)

Women: 48% (60%) Men: **52%** (40%)

Villetaneuse: **63%** (58%) 33% (35%) Bobigny: Saint-Denis: **4%** (7%)

Bachelor: **52%** (74%) **44%** (24%) Master: Doctorate : 4% (2%)



**Human and Social Sciences: 56%** (36%) Health, Medicine, Human Biology: **30%** (33%) **Engineering Sciences: 11%** (12%) University Institute of Technology: **7%** (19%)

#### Work themes

During the assembly, the students worked in subgroups on 5 predefined themes:

- Reducing the burden of food insecurity among students
- · Improving students' nutritional quality of the diet
- · Reducing the environmental impact of students' diet
- Improving students' relationships with their body, weight, and eating behavior
- Increasing their physical activity and active mobility.

### Methodology

#### Calendar

The Student Citizens' Assembly took place over three days in November 2024:

**November 5** Introductions, presentations, training

**November 12** Deliberations between students

November 27 Co-creation of proposals with a team of resource persons, specialists

in nutrition and physical activity.

#### **Elaboration of proposals**

#### Day 1

The students met, exchanged ideas, and identified the difficulties faced by the student community in "eating well" and "moving well".

To do so, they participated in the "Student food Mural", an educational and interactive workshop designed and animated by students from the Master's program in Human Nutrition and Public Health.

They also took part in small-group training sessions with an expert on one of the five work themes. Finally, each group presented the key points of their training to the rest of the students.

#### Day 2

The students deliberated between themselves in two distinct phases: a first phase devoted to deliberations in small thematic groups to propose preliminary measures, then a second phase in plenary deliberations to consolidate all proposals and elaborate more complete measures.

#### Day 3

This day was dedicated to the presentation of the proposals by the students and to the deliberation with the resource persons.

The goal was to establish a list of proposals co-created by the students and resource persons.

A vote was also organized at the end of the day, as presented below.





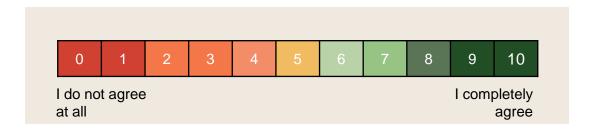


### Methodology

#### **Majority judgment voting**

To allow the members of the Student Citizens' Assembly to express their opinion on the proposals, a majority judgment voting was conducted.

All the proposals were evaluated using a 10-point scale of agreement, with the option to abstain.

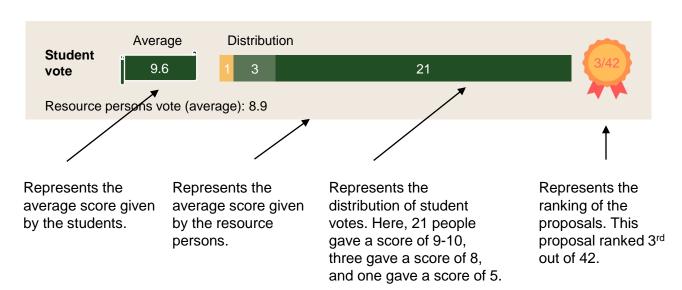


The proposals were evaluated by the students of the Student Citizens' Assembly as well as the resource persons on the final day of the assembly, held on December 5<sup>th</sup>. The vote was conducted anonymously and on paper.

For each proposal, the average votes of both the students' and the resource persons' were calculated.

The Majority judgment voting allowed us to identify the proposals with the strongest support. The proposals will be presented below by theme, and within each theme, according to the level of agreement expressed by the students during the Majority judgment vote.

#### Presentation of the vote results



## Preparatory surveys

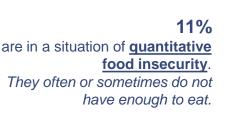


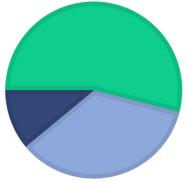
### Results of the OFEVE survey

#### on Food Insecurity at USPN

5068 students from Sorbonne Paris Nord University responded to the survey conducted by the Observatory of Training and Student Life (OFEVE) in 2023\*.

**54%** of students are in a situation of <u>food security</u>. They report being able to eat all the foods they want.





**35%** are in a situation of **qualitative food insecurity**.

They have enough to eat, but not always the foods they would like.

In these two groups, we find a higher proportion of:

- Men (only for the group in quantitative food insecurity)
- · Enrolled at the undergraduate level
- Who completed their baccalaureate abroad
- · Living outside the family home, particularly in collective housing
- · Living in accommodation without sufficient cooking facilities
- Receiving few family food donations
- · Facing significant economic difficulties
- Receiving food aid
- Eating many meals alone
- Cooking less

By extrapolating these figures to the entire university, we can estimate that **11,500 students** are experiencing food insecurity, including **2750** facing quantitative food insecurity, meaning they do not always have enough to eat.

<sup>\*</sup> To improve the representativeness of the sample, weighting was calculated using gender, study level, academic discipline, country of high school diploma attainment, and training status. According to these criteria, the study population is representative of the university's 25,000 students.

### Results of the CoCoNut survey

### on the eating habits of the Sorbonne Paris Nord student community

474 students from Sorbonne Paris Nord University responded to the CoCoNut survey conducted by the Research Team in Nutritional Epidemiology in 2023-2024.



#### Fruit and vegetable consumption

29% consume less than 1 serving per day

47% consume 1 to 2 servings per day

29% consume 3 to 4 servings par jour

8% consume 5 servings par jour

#### Sustainable practices

**4%** voluntarily reduce their meat consumption

**70%** rarely or never consume organic food

#### **Meal conditions**

**94%** occasionally or most of the time eat their meals in front of a screen

29% take their dinner alone

#### Cooking habits

20% cook every day and 59% would like to cook more often

They do not cook more because of lack of time (78%), lack of motivation (37%) and lack of inspiration (31%)

#### **Eating behavior**

24% report having gained weight since starting university

35% have been on a weight-loss diet in the past 12 months

A majority of students adopt eating unhealthy and unsustainable dietary habits, as suggested by their consumption of fruits and vegetables, meat, and organic products.

Many would like to cook more often and appear to be seeking motivation and inspiration. Around one-third of them have attempted to lose weight over the past year.





### Results of the CoCoNut survey

### on food supply of the student community of Sorbonne Paris Nord

#### **Supply**

**53%** go to fast-food restaurants at least once a week

**78%** never, or only occasionally, order a takeaway meal

36% do their shopping regularly

For **87%** of them, most often in a supermarket or a hard discount store

#### The specific case of lunch



77% eat at university cafeterias (Crous) at least once a week



**42%** bring their own meal at least once a week

#### Most often:

- ➤ Home-cooked meal (73%)
- Sandwich (17%)
- Salad or store-bought meal (11%)



47% buy their meal near the university at least once a week

#### Most often:

- > Fast food (48%)
- Supermarket (36%)
- ➤ Bakery (14%)
- Restaurant (6%)

Few students regularly do their grocery shopping.

They mostly shop at supermarkets when they do. Their visits to fast food restaurants are frequent, but they don't usually order takeaway meals.

The Crous cafeterias and restaurants are visited by most students at lunchtime, while fewer than half bring their own lunch at least once a week or buy it near the university. When they do, they most often bring a home-cooked meal or go to a fast-food restaurant.





### The proposals

of the Student Citizens' Assembly



## Summary of the 42 proposals categorized into six themes

#### Regulations

- Establish a strict set of guidelines for university residences to ensure that every student has access to a fully functional kitchen
- Introduce a deposit system for takeaway meals at university cafeterias and enhance communication about the existing takeaway service
- Create a monthly "mental health day off", outside of exam periods, with access to psychological support
- Include a 1.5-hour weekly slot in students' timetables for a physical activity session provided by the university sports department
- 5 Create a "Mental Health Referent" position

#### Economic access

- Sell unsold food at low prices in university cafeterias
- 2 Update the eligibility criteria for student grants
- Develop partnerships that allow access to discounted physical activity programs or facilities
- Call on the Sorbonne Paris Nord Foundation to organize a fundraising campaign aimed at providing food vouchers to vulnerable students.

#### Welcoming

- Enable people with disabilities to access sports classes on campus
- Organize better flow management in cafeteria areas to reduce waiting times
- Extend the opening hours of university cafeterias to enable students to have dinner there
- Provide more secure bike parking spaces
- Introduce a shuttle system between campuses to increase accessibility to sports facilities in Villetaneuse for students from Bobigny and Saint-Denis
- 6 Organize inter-campus sports events
- Create dining areas accessible to students who have not purchased their meals from university cafeterias
- Reorganize class schedules to lengthen the lunch break
- 9 Create a space and moments for conviviality

#### Information

- Display the Nutri-Score on products from external providers sold in university cafeterias
  - Display the Nutri-Score on meals prepared and sold in university cafeterias
- Communicate the geographical origin of products as well as the supply chain (short or long)
- Implement a calendar of institutional tools related to diet and physical activity

#### Food offer

- Enhance the availability and variety of fruits and vegetables across cafeterias and vending machines
- Revise the €1 or €3.30 menus in university cafeterias to include at least one mandatory serving of fruit or vegetables
- 3 Allow students to select both the portion size and the type of food served
- 4 Provide healthy snack options throughout the day
- Provide more homemade meals prepared with local and seasonal products
- 6 Support short supply chains by connecting students with local producers
- Offer a 100% plant-based dish daily in Crous restaurants and cafeterias, and expand the overall range of plant-based options
- Provide products with a Nutri-Score A to C for all main dishes and A to D for desserts, minimizing the quantity of those rated D
- Introduce one meat-free day per week in university cafeterias

#### Support

- Implement a hybrid format (in-person and online) for the "well-being and mental health" workshops offered by the Sports Department
- Raise awareness about food waste among students and university staff through a dedicated communication campaig
- Create a digital guide offering cooking recipes and practical tips for grocery shopping
- Promote physical activity by integrating daily step or movement goals into the Sorbonne Paris Nord mobile app
- Implement an awareness and training program to help students better manage their daily lives
- Organize regular training sessions and awareness workshops for all students to increase the visibility of existing programs

- 7 Organize monthly cooking classes open to all students
- 8 Create a campaign to raise awareness about social norms surrounding food and body image
- Introduce short, active breaks between classes, led by a student trained for this purpose
- Distribute dietary documentation, including a questionnaire and a personalized guide with weekly meal plans
- Promote simple actions that encourage physical activity and sports practices

### **Proposals**

### Regulations

Changing the regulatory framework is essential to address the main goal of the Student Citizens' Assembly, which is to promote access for the entire student community to "eating well" and "moving well".

We present below **five proposals**, ranked in descending order of priority, to guide regulations related to "eating well," "moving well," and mental health.

These proposals are particularly aimed at better supporting students facing economic, social, or psychological vulnerability, by creating a regulatory framework that protects their health and well-being.

Some of these proposals can be implemented at the local level, while others require action at the regional or national level. Although the latter cannot be implemented at Sorbonne Paris Nord University without national support, we are committed to including them in this report. This is the case, for example, with Proposal No. 1 in this theme, which concerns university residences.

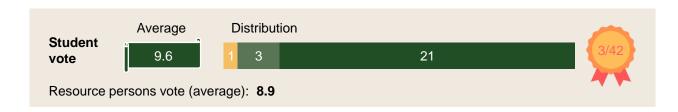


I wanted to highlight mental health as a central theme, convinced that it is a fundamental issue for student well-being. A balanced mental health is indeed an essential prerequisite for engaging in physical activity and adopting healthy eating habits. Throughout the discussions, it became clear that this issue deserved increased attention, as the challenges faced by students are numerous: academic stress, financial insecurity, social isolation, etc. The proposed solutions thus emphasized the need for accessible, sustainable, and tailored support systems to meet the specific needs of students. I hope that this collective reflection can inspire concrete and lasting actions for more effective mental health care within our university.

### Regulations

Establish a strict set of guidelines for university residences to ensure that every student has access to a fully functional kitchen





Being able to store food and cook is essential for adopting healthier eating habits. However, some shared residences do not offer either food storage options nor cooking facilities.

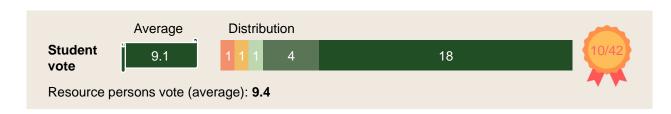
Each student should have access to a functional kitchen –individual or shared–, with storage spaces, refrigeration and cooking equipment, and which ensures satisfactory hygiene standards.

The proposal concerns new housing as well as older housing undergoing renovation.

Services or individuals involved in the implementation: Cnous, Crous de Créteil

Introduce a deposit system for takeaway meals at university cafeterias and enhance communication about the existing takeaway service





The use of plastic packaging must be reduced to address the challenges of sustainable eating. However, many food items sold at the university are packaged in plastic.

The introduction of a deposit system, combined with better information for students, would help reduce the use of plastic packaging.

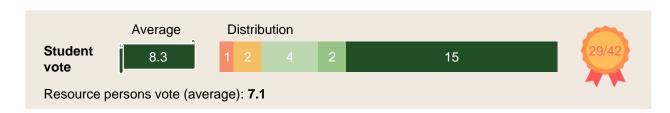
The proposal concerns university restaurants and certain foods sold in university cafeterias.

Services or individuals involved in the implementation: Crous de Créteil

### Regulations

Create a monthly "mental health day off", outside of exam periods, with access to psychological support



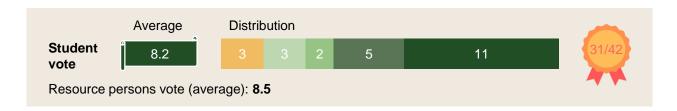


Many students face mental health issues, and there is no "emergency exit' available to them. This proposal aims to provide an immediate outlet along with psychological support.

The proposal consists of offering those who request it the option of taking a mental health day off once a month, outside exam periods, which would include an emergency phone consultation with a psychologist from the student health service (5 min), followed by a medical consultation via Doctolib.

<u>Services or individuals involved in the implementation</u>: Student health service, researchers on eating behavior

Include a 1.5-hour weekly slot in students' timetables for a physical activity session provided by the university sports department



Lack of time is the main barrier to engaging in physical activity. Allocating a 1.5-hour time slot per week for physical activity within or near the university would encourage students to engage in this practice.

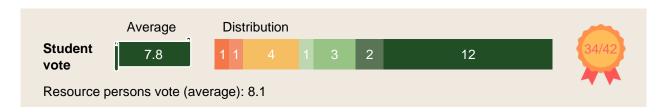
<u>Services or individuals involved in the implementation</u>: university academic departments, university sports department, student associations, and student unions

### Regulations

5

#### Create a "Mental Health Referent" position





Many students suffer from mental health issues and eating disorders, but have limited access to health professionals who can support them. The Mental Health Referent would serve as a key contact for students regarding mental health.

This proposal may require the creation of a position or new responsibilities to be assigned to project officers (for example, SGBV and discrimination).

<u>Services or individuals involved in the implementation</u>: university academic departments, university sports department, student associations, and student unions

### **Proposals**

### **Economic access**

Although student financial insecurity is recognized as a priority in public and university policies, it remains widespread, including within the Sorbonne Paris Nord student community.

We present below four proposals, ranked in descending order of priority, to improve economic access to "eating well" and "moving well".

These proposals aim either to increase students' purchasing power or to make food and physical activity more affordable, through local partnerships.

Some proposals, such as revising the eligibility criteria for student grants, require decisions at the ministerial level. Nevertheless, we wish to express our support for this proposal by including it in this report.



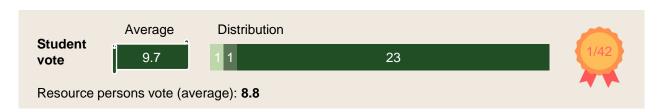
The condition of being a student, whose resources are limited and sometimes very limited, forces me to make choices when purchasing my food that are purely economic. And nutritionally poor products are often the cheapest.



### **Economic access**

Sell unsold food at low prices in university cafeterias





By offering unsold food at reduced prices, university cafeterias could promote **students'** access to health-promoting and sustainable food while also reducing food waste.

This proposal must be implemented in accordance with the hygiene regulations required for collective catering to ensure the health and safety of students.

Services or individuals involved in the implementation: Crous de Créteil

Update the eligibility criteria for student grants





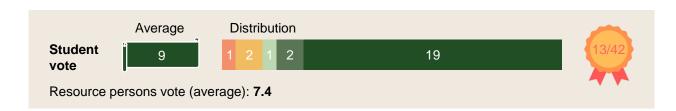
Many students, even though they don't meet the current criteria to qualify for student grants, face financial difficulties. Extending the eligibility criteria would improve their living conditions and their access to nutritious, health-promoting food.

<u>Services or individuals involved in the implementation</u>: Ministry of Higher Education and Research, Cnous, student unions, and associations

### **Economic access**

Develop partnerships that allow access to discounted physical activity programs or facilities





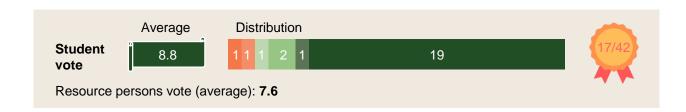
Time constraints and lack of resources are among the most frequently cited barriers to physical activity.

Establishing partnerships with various organizations that facilitate physical activity (gyms, sports associations, bike rental services, etc.) would promote physical activity among students facing financial difficulties.

<u>Services or individuals involved in the implementation</u>: university student life department, university sports department, local authorities - municipalities of Saint-Denis, Villetaneuse, and Bobigny, sports associations

Call on the Sorbonne Paris Nord Foundation to organize a fundraising campaign aimed at providing food youchers to vulnerable students.





Student poverty was highlighted in the public debate during the Covid-19 health crisis. Although many food assistance organizations were strengthened or created during this period, they are not sufficient to meet the needs of all students, particularly the most vulnerable.

A fundraising campaign specifically dedicated to supporting the dietary needs of the most vulnerable students could improve their living conditions and their access to sufficient food. Food vouchers would also give them the opportunity to choose their own food, which is a key aspect of food aid programs.

<u>Services or individuals involved in the implementation</u>: USPN foundation, Crous de Créteil, local authorities for fundraising and donor outreach

### **Proposals**

### Welcoming

Improving the reception of students is an essential first step toward their well-being and academic success. Although campus facilities are regularly maintained, there are still numerous areas for improvement to enhance access to "eating well" and "moving well" for a greater number of students.

We present below nine proposals, ranked in descending order of priority, aimed at improving the reception of students.

These proposals primarily focus on the university facilities. They aim to make them more inclusive, to reduce waiting times at the university restaurant, to create new dining areas that enable interaction between students, and to promote cycling.

These infrastructure proposals are complemented by organizational measures aimed at fostering social connections and conviviality.



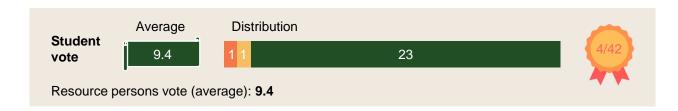
The often long, sometimes very long, queues in front of the restaurant have a discouraging effect, especially since our lunch breaks are usually short. So, I end up relying on the rather limited offerings from the cafeterias and associative shops on campus.



1

### Enable people with disabilities to access sports classes on campus





Students with disabilities face greater difficulties than others in accessing sports sessions adapted to their needs. It is therefore essential to offer such sessions on their campus, allowing them to engage in physical activity beneficial to their health and well-being, and also to foster social ties within the university.

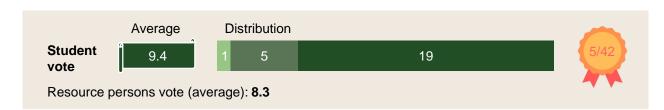
For this purpose, the **equipment must be adapted and accessible**, and the **professors** trained in both physical and mental disabilities.

<u>Services or individuals involved in the implementation</u>: Disability support office, university student life department, university sports department, facilities management department

2

### Organize better flow management in cafeteria areas to reduce waiting times





The limited time allotted for lunch breaks, combined with often long waiting times in university restaurants (estimated at an average of 30 minutes) and cafeterias, drives many students to turn to food options outside the university. These alternatives, often limited in variety and predominantly of low nutritional quality, **force them to make unhealthy and unsustainable choices**.

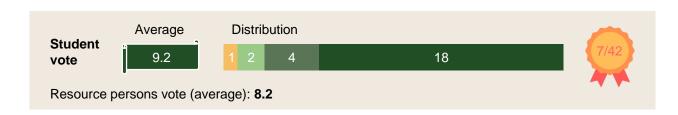
To encourage healthy and sustainable food choices, it is therefore important to reduce waiting times at university cafeterias.

Services or individuals involved in the implementation: Crous de Créteil

3

### Extend the opening hours of university cafeterias to enable students to have dinner there





The university restaurants offer meals at reduced prices compared to traditional food options. This allows students to maintain a balanced diet at discounted prices.

However, at Sorbonne Paris Nord University, these restaurants are not open in the evening, in contrast to some other universities.

Extending the opening hours of university restaurants to include evenings would provide significant support to the most vulnerable students, such as those facing **financial difficulties**, **lacking cooking facilities in their accommodations**, or **experiencing loneliness**.

Services or individuals involved in the implementation: Crous de Créteil

4

#### Provide more secure bike parking spaces





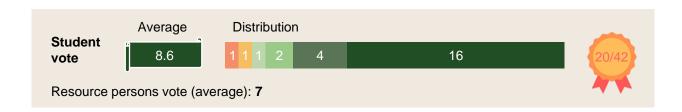
There is a lack of infrastructure on USPN campuses to securely accommodate bicycles.

The absence of secure bike parking is a major barrier to cycling, so it is important to increase the availability of secure bike parking spaces.

<u>Services or individuals involved in the implementation</u>: university student life department, university sports department, student unions

Introduce a shuttle system between campuses to increase accessibility to sports facilities in Villetaneuse for students from Bobigny and Saint-Denis





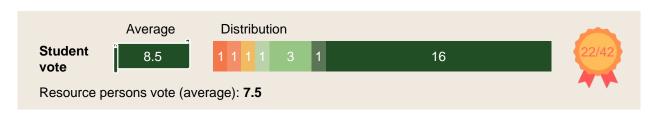
The Villetaneuse campus is better equipped with sports facilities and offers more physical and sports activities than the Bobigny and Saint-Denis campuses.

Shuttle services between campuses could allow students from Bobigny and Saint-Denis to take part in some of the activities offered at Villetaneuse.

<u>Services or individuals involved in the implementation</u>: university student life department, university sports department, cultural department

**Organize inter-campus sports events** 





Sports events between campuses provide an excellent opportunity to promote physical activity while also strengthening the sense of belonging and social ties between students from different university campuses.

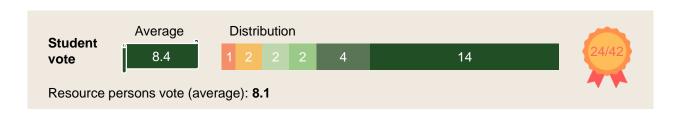
These could be sports competitions or physical activity groups.

<u>Services or individuals involved in the implementation</u>: university sports department, faculty of sports science, education department, sports associations

7

### Create dining areas accessible to students who have not purchased their meals from university cafeterias





Currently, students who do not purchase their meals at university cafeterias are not allowed to use the dining spaces. They are thus forced to eat their meals in the hallways or in classrooms.

Given that university cafeterias is unable to provide meals for all students, **the university does not offer a satisfactory dining solution for everyone**.

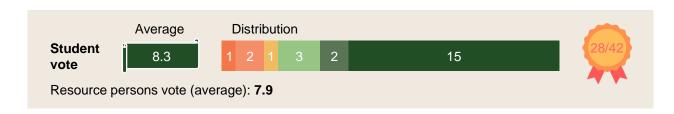
Creating additional dining spaces, equipped with tables, chairs, and microwaves for free access, would allow everyone to have their meal in comfortable conditions.

<u>Services or individuals involved in the implementation</u>: university student life department, Crous de Créteil

8

### Reorganize class schedules to lengthen the lunch break





The length of the lunch break varies between programs and can sometimes be limited to just 30 minutes.

This insufficient time, combined with the waiting times at the Crous (Welcoming #2) and the lack of dining spaces (Welcoming #7), reduces accessibility to healthy and sustainable food choices for many students and makes it impossible for them to have their meal in acceptable conditions.

<u>Services or individuals involved in the implementation</u>: university student life department, academic departments, program coordinators, elected student representatives, student associations



#### Create a space and moments for conviviality





Social isolation is a concerning issue for many students.

Eating and physical activity, as activities that promote social ties, can be effective tools to strengthen cohesion among students.

This could involve extending the opening hours of university restaurants (Reception #3), by creating new social spaces during building renovations, by organizing social events in these spaces, and by purchasing equipment such as a foosball table, a piano, or a TV, as in some student areas.

In addition to fostering social ties, these convivial moments could provide students with opportunities to share solutions for "eating well" and "moving well".

<u>Services or individuals involved in the implementation</u>: Crous de Créteil, university student life department, university sports department, cultural department

### **Proposals**

### Information

Students should have access to clear, understandable, and easily accessible information about the quality of the food available on campus, as well as the programs designed to help them "eating well" and "moving well".

Below, we outline four proposals, ranked in decreasing order of priority, to improve this information is communicated.

These proposals include, in particular, the display of the Nutri-Score at university food outlets and the creation of a calendar summarizing the institutional resources available.

While many information systems already exist, they often fail to reach the entire student body. Improving communication would make the university's existing efforts to promote healthy eating and physical activity more visible and accessible to a broader audience.



When I decided to improve my diet, I faced an immediate challenge: figuring out the nutritional quality of the food I eat. Although there is a wealth of information available, it can be so abundant that it becomes overwhelming. Sometimes, I wish there were resources tailored specifically to students.



### Information

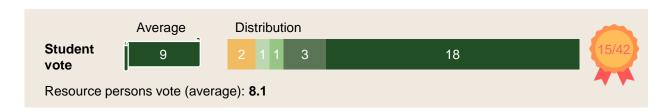
Display the Nutri-Score on products from external providers sold in university cafeterias





Display the Nutri-Score on meals prepared and sold in university cafeterias





Students do not receive sufficient information to make informed food choices within the university.

The Nutri-Score provides **simple and easily understandable information about the nutritional quality** of food and can help them choose healthier options.

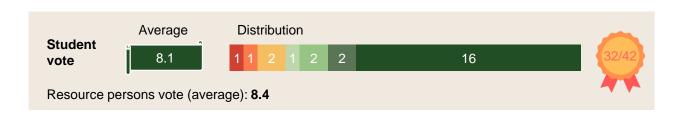
The proposals aim to apply the Nutri-Score to both products from external suppliers and those prepared by university restaurants. They concern the food offerings in university restaurants, cafeterias, and vending machines.

Services or individuals involved in the implementation: Crous de Créteil

### Information

Communicate the geographical origin of products as well as the supply chain (short or long)





Geographical origin and the type of food supply chains are two important factors to consider when improving the sustainability of our diet.

Students should be able to easily identify foods of French origin, as well as those from local short supply chains.

Services or individuals involved in the implementation: Crous de Créteil

Implement a calendar of institutional tools related to diet and physical activity





Students are not sufficiently informed about the existing systems related to nutrition and physical activity. Creating a calendar that consolidates all information regarding these systems would make these resources more visible and accessible to the entire student community.

This calendar could then be communicated to students through various channels: program coordinators and professors, among peers, via social media, and the Sorbonne Paris Nord mobile application.

<u>Services or individuals involved in the implementation</u>: university student life department, student health service.

### **Proposals**

### Food offering

Food offering shapes our eating habits. To guide individual choices toward healthier and more sustainable options, the food offering must evolve.

Below, we present below nine proposals, ranked in descending order of priority, aimed at improving the food available on campus.

The proposals target university restaurants, cafeterias and vending machines. They also address pricing, notably by recommending a revision of the Crous's social-rate menu to promote greater consumption of fruits and vegetables among students.

These structural changes could significantly influence students' food choices. Their implementation will require close collaboration between providers (such as Crous de Créteil) and consumers (students).



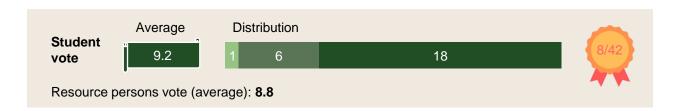
When I decided to rethink my diet, I quickly ran into a challenge as a student: the campus doesn't offer enough options that support a healthy diet. Despite good intentions, during short breaks, we have no choice but to settle for nutritionally poor products.



### Food offering

Enhance the availability and variety of fruits and vegetables across cafeterias and vending machines





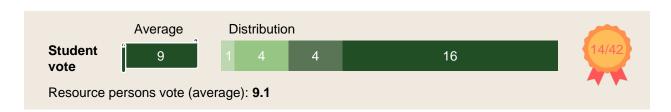
Crous cafeterias and vending machines do not offer enough fruits and vegetables, and the selection available lacks diversity.

Since not all students have access to Crous restaurants (see Reception proposals #2 and #8), it is essential to provide a wider and more varied range of fruits and vegetables in cafeterias and vending machines.

Services or individuals involved in the implementation: Crous de Créteil

Revise the €1 or €3.30 menus in university cafeterias to include at least one mandatory serving of fruit or vegetables





Currently, the social-rate menu can include meals with very limited nutritional quality. This proposal aims to rethink the system by prioritizing state subsidies for healthier foods.

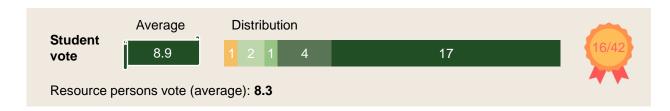
Less healthy options would still be available for purchase, but they would no longer be subsidized by public funds.

Services or individuals involved in the implementation: Crous de Créteil, student health service

Allow students to se

# Allow students to select both the portion size and the type of food served





Currently, students do not always have the opportunity to adapt their meals to their specific needs regarding portion sizes or food types, especially when waiting times at Crous restaurants increase.

This initiative could be implemented in university restaurants and cafeterias through a flexible self-service system, allowing students to select their preferred portions and food items as part of a balanced meal.

The Crous should ensure that food quantities are sufficient to minimize inequalities in food choices and the quality of food available to students.

Services or individuals involved in the implementation: Crous de Créteil

4

#### Provide healthy snack options throughout the day





Cafeterias and vending machines currently offer very few healthy snack options.

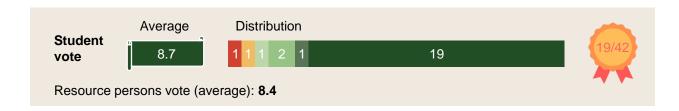
Providing a more substantial and varied selection of **easy-to-consume foods throughout the day** could encourage students to adopt healthier eating habits.

<u>Services or individuals involved in the implementation</u>: Crous de Créteil, food assistance associations

5

### Provide more homemade meals prepared with local and seasonal products





**Ultra-processed foods are overrepresented in Crous outlets**. Since these foods are less healthy and less sustainable, it is important to replace some of them with homemade alternatives.

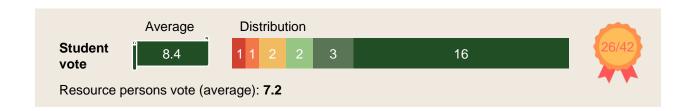
Promoting homemade foods will also facilitate the shift towards local and seasonal products.

Services or individuals involved in the implementation: Crous de Créteil, student associations

6

# Support short supply chains by connecting students with local producers





Students have limited access to healthy and sustainable foods, primarily due to **significant** budget constraints and limited time for grocery shopping.

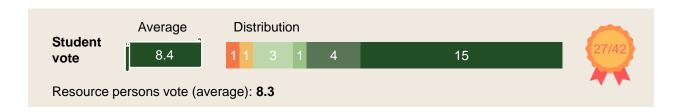
Connecting students directly with producers could reduce intermediaries and improve access to healthy and sustainable products. This connection could be facilitated through a dedicated mobile smartphone application.

Services or individuals involved in the implementation: student associations, local producers

7

Offer a 100% plant-based dish daily in Crous restaurants and cafeterias, and expand the overall range of plant-based options





Crous restaurants and cafeterias do not offer enough plant-based alternatives, and the options that are available lack variety.

For a range of reasons (religious, ethical, health-related, environmental...), many students wish to reduce their consumption of animal products and increase their intake of plant-based foods.

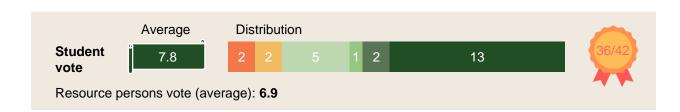
It is therefore essential to improve both the availability and the diversity of plant-based options on campus.

Services or individuals involved in the implementation: Crous de Créteil

8

Provide products with a Nutri-Score A to C for all main dishes and A to D for desserts, minimizing the quantity of those rated D





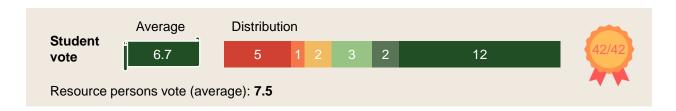
Nutri-Score is a simple tool for indicating the nutritional quality of food. By ensuring that foods with higher nutritional value are available for sale, the Crous can guide students toward healthier food choices.

Services or individuals involved in the implementation: Crous de Créteil

9

### Introduce one meat-free day per week in university cafeterias





**Based on the 'Green Monday' model** already implemented in some Crous restaurants, this proposal suggests offering meat-free meals one day per week.

Introducing a day without meat products could help reduce the carbon footprint of university restaurants, encourage the consumption of plant-based foods beneficial to health, and promote a shared culture that places plant-based foods at the center of the plate.

Services or individuals involved in the implementation: Crous de Créteil

# Proposals Support

Strengthening knowledge and skills in nutrition and physical activity is not sufficient on its own to sustainably change behaviors, but it is a crucial first step. Combined with the changes to food offering and infrastructure proposed in this report, improved education can play a key role in helping students "eating well" and "moving well".

Below, we present **eleven proposals**, ranked in descending order of priority, to enhance students' education in these two areas.

The proposals involve organizing workshops, launching communication campaigns, and using digital tools to strengthen student motivation.



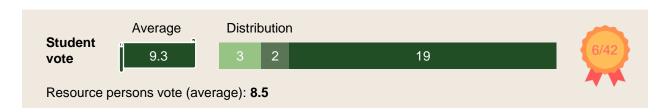
Through our various discussions, I have noticed that most students are not sufficiently informed or educated about the benefits of a balanced diet. The proposals to organize cooking workshops and nutrition awareness campaigns will be highly beneficial in encouraging students to adopt healthier eating habits.



2

Implement a hybrid format (in-person and online) for the "well-being and mental health" workshops offered by the university Sports Department





Mental health and well-being workshops (such as "Stress Management," "Meditation," "Express Relaxation," "Sophrology," "Stretching Relaxation") are currently **offered almost exclusively on the Villetaneuse campus**.

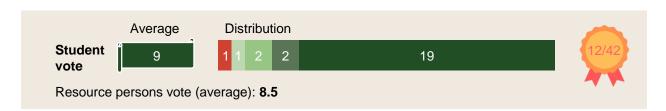
To address the needs of students on the Bobigny and Saint-Denis campuses, it would be beneficial to develop a hybrid format combining in-person and online sessions. This approach would allow for broader participation and offer greater flexibility for participants.

Implementing such a format would require obtaining facilitators' consent to broadcast the workshops, as well as the installation od appropriate technical equipment.

Services or individuals involved in the implementation: university sports department

# Raise awareness about food waste among students and university staff through a dedicated communication campaign





Reducing food waste is a major challenge for collective catering services.

While it can be addressed through structural measures see (Economic Access Proposal #1), raising awareness among the public about the scale of food waste is also essential.

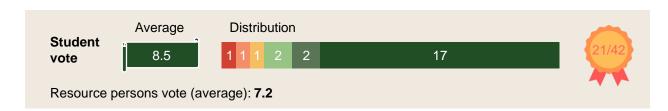
A communication campaign targeting users of Crous restaurants (including both student community and university staff) could contribute to reducing food waste.

<u>Services or individuals involved in the implementation</u>: Crous de Créteil, local authorities, student unions, student associations

3

Create a digital guide offering cooking recipes and practical tips for grocery shopping





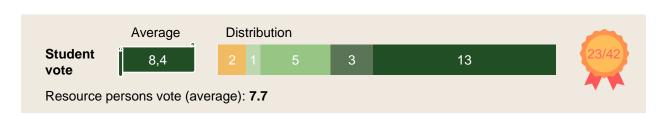
A significant number of students report lacking the time or skills needed to prepare meals.

A guide featuring simple, budget-friendly recipes, along with practical grocery shopping tips, could encourage students to cook more often, ultimately supporting healthier and more sustainable eating habits.

<u>Services or individuals involved in the implementation</u>: Students, student health service, associations, Crous de Créteil

Promote physical activity by integrating daily step or movement goals into the Sorbonne Paris Nord mobile app





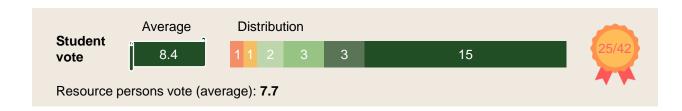
Goal-setting is an effective strategy for maintaining motivation and increasing levels of physical activity.

The new Sorbonne Paris Nord mobile application could serve as a platform for students to set both individual and group goals, thereby supporting them in adopting habits that benefit their health and well-being.

<u>Services or individuals involved in the implementation</u>: Student health service, university student life department, IT department, university sports department

Implement an awareness and training program to help students better manage their daily lives





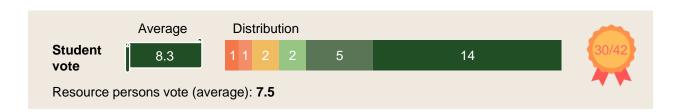
Lack of time and motivation are significant barriers to physical activity and meal preparation.

Students, especially those who have recently left their parental home, often struggle to manage their daily routines. A training program focused on time management, maintaining motivation, and improving self-esteem could help them adopt healthier lifestyle habits.

<u>Services or individuals involved in the implementation</u>: students, student health service, university student life department

Organize regular training sessions and awareness workshops for all students to increase the visibility of existing programs





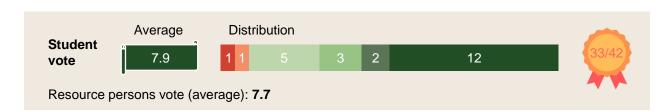
The university offers numerous programs related to nutrition and physical activity; however, students are not always aware of them.

Therefore, this proposal aims to increase the visibility of these existing programs by organizing regular workshops to present the available services.

<u>Services or individuals involved in the implementation</u>: student associations, university student life department, student health service

### Organize monthly cooking classes open to all students





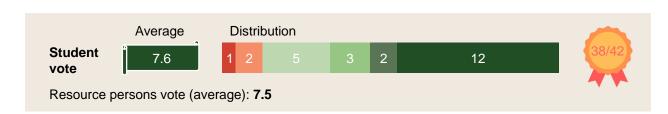
Cooking workshops help strengthen students' culinary skills and nutritional knowledge, as well as foster social interactions and a sense of community.

These workshops could be held in a collective kitchen nearby the campus, following the model of those already organized by the Student Health Service.

<u>Services or individuals involved in the implementation</u>: gastronomy students, chefs, university student life department, student health service, student associations, Crous de Créteil

### Create a campaign to raise awareness about social norms surrounding food and body image





Food and body image are influenced by numerous social norms that can negatively affect eating behaviors and self-esteem. Weight-related stereotypes entrenched in society and can lead to the stigmatization and discrimination of individuals living with overweight or obesity.

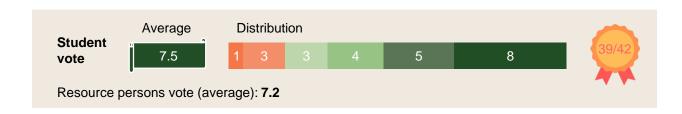
This proposal aims to launch a communication campaign to raise students' awareness of social norms related to food and body image, and to encourage critical thinking about dominant societal narratives.

<u>Services or individuals involved in the implementation</u>: Communication department, students trained in communication, Crous de Créteil for funding, associations involved in health education

10

Introduce short, dynamic breaks between classes, led by a student trained for this purpose





Students remain sedentary for much of the day, and short active breaks would benefit their health, well-being, and learning.

Having these breaks led by a trained student would help ensure their effective implementation and acceptance among the student body.

<u>Services or individuals involved in the implementation</u>: sports department, training department, program coordinators, students

Distribute dietary documentation, including a questionnaire and a personalized guide with weekly meal plans





Students often lack nutritional knowledge. Tailored and personalized documentation would **provide high-quality information** to those interested.

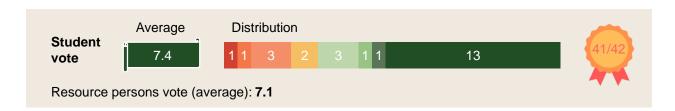
This documentation could be shared via a newsletter, a dedicated section on the ENT platform, the Sorbonne Paris Nord mobile application, academic staff, or program coordinators.

<u>Services or individuals involved in the implementation</u>: university student life department, student health service, communication department, student associations

11

### Promote simple actions that encourage physical activity and sports practices





Many students have low levels of physical activity and spend too much time being sedentary.

This proposal aims to launch a communication campaign encouraging simple daily actions to increase physical activity and reduce sedentary behavior.

<u>Services or individuals involved in the implementation</u>: students, university student life department, student health service, university sports department

# Conclusion



### Conclusion

As the 27 members of the Student Citizens Assembly, we recognize that our proposals may sometimes be difficult to understand and even harder for the student community to accept. The changes to the food offering, in particular, which aim to provide healthier and more sustainable options, could introduce new constraints on students' daily meals.

After three days of collaborative work, we are proud to have developed 42 well-founded proposals intended to better welcome, educate, and inform students, propose new regulations, improve their economic access to food and physical activity, and enhance the food options available on campus.

We believe these proposals are essential for achieving the goal of improving access to "eating well" and "moving well" for the entire Sorbonne Paris Nord student community.

We now believe it is important for students to engage with all the topics addressed during the Student Citizens' Assembly. We encourage them to support our proposals by voicing their opinions to university staff and student representatives.

The success of the Student Citizens Assembly will only be complete if the University Presidency seriously considers the proposed measures and if their implementation is discussed with all relevant actors.

This assembly has been a wonderful personal and collective experience for us. We hope it will inspire future Student Citizens' Assemblies on key issues for our university and its students, enabling them to be heard more effectively and involved in the decisions that affect them.

The members of the Student Citizens' Assembly on diet and physical activity

# **Appendices**



# List of people involved in the organization

### **Organization committee**

Alice Bellicha, Associate Professor in nutrition and public health, coordinator

Henri Dehove, PhD student

Inaara Haidaraly, Project manager

Malo Mofakhami, Associate Professor in economic sciences

Abdouramane Soumaré, Research assitant

### **Governance committee**

Carole Baeza, University Professor in education sciences

Laurent Bauer, President of the Departmental Committee for Health Education of Seine-Saint-Denis

Alice Bellicha, Associate Professor in nutrition and public health, coordinator

Henri Dehove, PhD student

Vanessa Dewallers, Certified Educator

Jean-Luc Dumas, University Professor

Aude-Marie Foucaut, Associate Professor in sports sciences

Emilie Frenkiel, Associate Professor in political science, Université Paris Est Créteil

Olivia Gross. Associate Professor in education sciences

Céline Guerrand. Director of Communications

Inaara Haidaraly, Project manager

Goran Kaymak, Vice-President for Students\*

Nathalie Lidgi-Guigui, Vice-President for Sciences With and For Society\*

Malo Mofakhami, Associate Professor in economic sciences

Pascale Molinier, Vice-President of the Research Committee\*

Olivier Oudar, Vice-President of the Academic Counsil

Raphaëlle Pistoresi, Head of the Cultural Department

Rouguy Thiam-Sy, Director of the University Student Life Department

### **Guarantors**

Yann Chapin, Lab3S Sols, Savoirs, Saveurs association Lucile Vigouroux, Lab3S Sols, Savoirs, Saveurs association

<sup>\*</sup> During the design phase of the Student Citizens' Assembly

# List of experts who contributed to the training

Henri Dehove, PhD student, Université Sorbonne Paris Nord, CRESS-EREN lab Serge Hercberg, University Professor, Université Sorbonne Paris Nord, CRESS-EREN lab Emmanuelle Kesse-Guyot, Research Director, Inrae, laboratire CRESS-EREN lab Sandrine Lioret, Inserm, Research Director, CRESS-OPPaLE lab Malo Mofakhami, Associate Professor, Université Sorbonne Paris Nord, IRIS lab Jean-Michel Oppert, University Professor, hôpital Pitié-Salpêtrière, CRESS-EREN lab Bernard Srour, Researcher, Inrae, CRESS-EREN lab

Marie-Pierre Tavolacci, University Professor, Clinical Investigation Center, Université Rouen Normandie













### List of resource-persons engaged

#### Researchers



Julia Baudry, Researcher, CRESS-EREN lab
Pauline Paolassini-Guesnier, PhD student, CRESS-EREN lab
Jérôme Bouchan, PhD student, CRESS-EREN lab

#### **University staff**

I T É

Hamid Limani, Project Officer for Campus Life Mourad Ferguenis, Student Life Manager Dieynaba Ndiaye, Training Department Elsa Paillard, Dietician, Student health service

**Djamel Melliti**, Psychologist, Student health service

Khadija Saidy, Nurse, Student health service

Ludovic Raffin-Marchetti, Director of University Sports Department

**Marc Lalvée**, Head of Collection Development and Documentation Policy, Edgar Morin Library

#### **Civil society**











Maxime Krywecky, Project manager, Crous de Créteil

Ju-Yi Qi, chef, Crous de Créteil

Gabriel Rupert, Vice-Pesident for Students, Crous de Créteil

**Ari Brodach**, Director of the Delegation for Ecological Transition and Resilience, Departmental Council of Seine-Saint-Denis

Lauriane Gabelle, Territorial Food Project Manager, Plaine Commune

Léna Krieff, Higher education department, Plaine Commune

**Richard Gallera**, Vice-President in Charge of Youth and Higher Education, Est Ensemble

**Olivier Cordin**, Chef de service Enseignement Secondaire et Supérieur, Mairie de Saint-Denis

**Abderamane Baguidi Seidou**, Coordinator for the Solidarity Grocery at the Villetaneuse Campus, Alter'Nature association

Chloé Liboureau, Vice-President for Ecological Transition, RESES

Marie Cavaniol, Coordinator, Association Crisalim

**Cécile Peltier**, Secretary-General in charge of Health Prevention and Promotion, FAGE

Vanessa Charlotte, Project and Development Manager, Coordination EAU Ile-de-France

### Participatory research

### **DACCORD** Project

**Deliberation on University Food** and Co-Construction of a Responsible and Sustainable Offer

DACCORD is a participatory research project built around the Student Citizens' Assembly. It is coordinated by the Research Team in Nutritional Epidemiology (Université Sorbonne Paris Nord).

The DACCORD study will aim to answer the following question: "To what extent does a deliberative approach, based on the Student Citizens' Assembly model, enable student and university communities to embrace the health, societal, and environmental issues related to food?".



The students who participated in the Student Citizens' Assembly

What does participation in the DACCORD study involve?

#### Before the Student Citizens' Assembly

- ⇒ Completing online questionnaires
  - · On profile, living conditions, and citizen practices
  - On food consumption
  - On sustainable dietary practices
  - On knowledge regarding diet
- ⇒Optional: Participate in an individual interview about dietary and supply habits

#### After the Student Citizens' Assembly

- ⇒ Completing the same online questionnaires
- ⇒ Completing a new questionnaire on their perception of the assemby
- ⇒ Optional: Participate in an individual interview similar to the first one

https://etude-daccord.fr

























### **Testimonials**

"My experience with the Student Citizens' Assembly on diet and physical activity was more than positive. I can't imagine a better organization to frame this discussion. The speakers who came to deepen our understanding of the topic were all relevant, concise, and pedagogical, and the students tasked with supporting our work were accessible, attentive, and fair in their comments. The different approaches that helped us develop our proposals were fun and enabled us to make rapid progress, allowing us to later deepen our discussions and refine our proposals. The setting was so conducive to dialogue that we were slightly short on time to fully complete our discussions, which could frustrate me, but this testifies to a desire to approach the topic in depth rather than an unfinished project. I was sad to see our sessions come to an end, because, on top of that, this assembly was an opportunity to socialize with students from different backgrounds, meet new people, and build a sense of community as students of Sorbonne Paris Nord University. Now, I think we're all looking forward to seeing our proposals come to fruition."

Wassim

"As someone who enjoys being involved in various aspects of university life, I thought the Student Citizens' Assembly might interest me, as it would give me the opportunity to meet students from different fields and also discover new working methods. During this assembly, I was surprised by the kindness of everyone involved, whether it was the organizers, speakers, or students. I am also glad to have participated in group work aimed at finding solutions to a specific problem, using a wonderfully structured method proposed by the organizers. This assembly has provided me with a 'life experience,' a boost to overcome my shyness, a broader understanding of university life, and a more global perspective on issues such as access to a healthier diet, physical activity, and better housing and economic conditions for students. I signed up without knowing exactly what to expect during the assembly, and I don't regret taking part. A big thank you to the entire team."

Lilian

"This year, my goal was to get involved in group activities at university. I was honored to have been selected for the Student Citizens' Assembly. This experience deeply impacted me. I had the opportunity to engage in enriching discussions on two key topics: "eating well" and "moving well" within the university. This event allowed me not only to share my concerns and ideas but also to discover the perspectives and solutions proposed by my peers. The exchanges were fruitful and led to concrete suggestions for improving students' quality of life on campus.

It is clear that, to "eat well" and "move well", there needs to be active collaboration between students, the university administration, and catering and sports services, a point that the organizing team emphasized by inviting stakeholders so we could present our proposals. I particularly appreciated the organization, the warm welcome, and the freedom of expression. I sincerely hope that our recommendations will be taken into account and that we will soon see positive changes at our university."

Marie Djenie

### **Testimonials**

"My participation in the Student Citizens' Assembly is part of my ongoing involvement in student associations this year. I also wanted to take part because of the close links between health, nutrition, and physical activity. It seems essential to me to adopt a holistic approach to student well-being, without isolating these interconnected themes. The richness of this assembly precisely lay in this holistic approach, which fostered cross-cutting reflection and concrete proposals. Beyond the intellectual aspect and the collective reflection carried out, I particularly appreciated the diversity of the participants' profiles. These meetings and exchanges, enriched by various perspectives, allowed the debates to flourish and led to relevant proposals tailored to student realities. Finally, this experience was also significant because it gave students the opportunity to directly contribute to the University's strategic reflections. Student inclusion in decision-making processes is a fundamental lever for a more democratic university that listens to its members. This approach undeniably strengthens our attachment to the institution and its values."

Ashley

"My participation in the Student Citizens' Assembly was an opportunity for me to discover student life and the community within it, the issues we can share, as well as to understand those of other students. This is my first year at university, so I was able to connect with topics that have long mattered to me on a personal level, and even more so as a Master's student in Nutrition. I was pleasantly surprised by the level of engagement from students regarding this area, the strong exchanges that took place, the desire to be heard, and even the hope of realizing that changes could result from the topics we discussed. The richness of the exchange came from the diverse backgrounds, fields, and levels of study of the participants.

The organization and the flow of the SCA went smoothly from my perspective as a participant. I was particularly happy with the final in-person collective meeting with the different stakeholders involved in the issues we addressed, and to see the commitment and responsibility they held in improving student life. As a student, having the opportunity to speak up, to be heard, and to be listened to is not a trivial matter, and being able to share my opinions with my colleagues taught me a lot both personally and professionally.

I would like to think that things will change for the better as a result of this SCA, and that we will be able to benefit from being listened to and given more space in future discussions."

**Philippine** 

### **Testimonials**

When I read the participation booklet for the Student Citizens' Assembly at the university, I first thought it wasn't for me, that I wouldn't be able to do it. The idea of engaging in such an initiative seemed intimidating.

I had just arrived in France for my first year of undergraduate studies, and adapting to this new academic environment was still a challenge. However, it seemed essential to me to take part in an initiative aimed at improving student life and building, together, a more inclusive and fulfilling framework. So, driven by curiosity and a sense of commitment, I decided to take the plunge.

From the very first day, in a place that was both ecological and citizen-oriented, I fully realized the importance of my presence. I was fortunate enough to meet and learn from wonderful individuals who are dedicated to the well-being of students. It was an extraordinary day, which marked the beginning of a human and formative adventure.

On another day, we had the opportunity to exchange ideas with the co-construction stakeholders. These discussions were truly eye-opening: seeing committed individuals working hand in hand to build a more solidary and participatory academic future deeply inspired me.

And what can I say about the event coordinator, her colleagues, and all the students from the Master's program in NHSP? Their boundless energy, passion, and kindness made this experience even more intense. Every moment spent with them, from work sessions to lively discussions and convivial snacks, was an explosion of ideas, exchanges, and laughter. These moments of sharing gave this adventure a unique flavor, strengthening the spirit of cohesion and collective commitment.

Today, I fully recognize the impact this experience has had on my academic and personal journey. It has strengthened my self-confidence and my desire to actively engage in student life. I come out of this adventure transformed, grown, and with an even stronger determination to contribute to meaningful projects.

To you, the reader of this testimony, if the opportunity to participate in such an experience presents itself to you, don't hesitate! Get involved, dare to step out of your comfort zone. Every encounter, every exchange, every challenge is an opportunity to learn and grow. University is a place of knowledge, but also a space for engagement and action: seize this chance and make your voice heard!

Best regards,

Sincerely,

**Papa Madiaw Gueye** 

### **Acknowledgements**

#### **Students**

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#### **Organizers**

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### STUDENT CITIZENS' ASSEMBLY

# on diet and physical activity of the Sorbonne Paris Nord student community

cce@eren.smbh.univ-paris13.fr https://www.univ-spn.fr/convention-citoyenne-etudiante/

























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