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## Behavior change through photovoice: A St. Paul University Manila exemplar

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It has been observed that food wastage is high among the St. Paul University Manila dormers and canteen customers. This study analyzed the reasons behind food wastage and attempted to elicit behavior change by the use of photovoice methodology as an innovation in a biphasic study—the descriptive analytical technique and analysis of narratives. The study was anchored on the core values of Paulinian education specifically on the wise use of resources and Fogg's 2012 Behavior Model. The research participants were 20 dormers of the university. They were asked to take the photo of their food before and after eating. Their views towards the photos they have taken were consequently asked. The data gathered through the informal interview were analyzed qualitatively. They generally felt that food is an important resource that should not be wasted. However, they added that the reasons why they did not consume the food that they have taken on their plates was because it was "Not Delicious" nor appetizing. The food being served is prepared in university cafeteria kitchen. The views of the dormers towards the way the food is being prepared and served has been imparted to the cafeteria administration. A dialogue has been facilitated to heighten awareness on the food wastage issue. The findings indicated that students were open to change their behavior towards food wastage. The use of photovoice is a promising way to bring out behavior change.

### Biography

Irma Bustamante has been in nursing practice and nursing education for the last 35 years. She rose up from a community health nurse, staff nurse, senior nurse, and director of nursing services; in education, she moved from instructor to full professor and has taught in the Diploma Program, Bachelor's Program, Master's and PhD Programs for Nursing. Her interest in research includes both quantitative and qualitative methodologies. Currently, she is the Dean of St. Paul University Manila's College of Nursing and Allied Health Sciences. She acts as the corresponding author for this conference.

Jecily Juliana Escorpiso is a student of St. Paul University Manila and has stayed in the University Dormitory for more than one year. Being a Psychology student, she developed an interest in human behavior and interventions to improve health. She has acted as a student research assistant to two university funded research including the current study. She is now enrolled as a second year student in the Department of Psychology.

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