

# The role that people that seek trust information about food-related myths play as fact-checkers

Carolina Moreno-Castro  
[carolina.moreno@uv.es](mailto:carolina.moreno@uv.es)

Paula von Polheim-Franco  
[paula.von@uv.es](mailto:paula.von@uv.es)

Ana Serra-Perales  
[ana.m.serra@uv.es](mailto:ana.m.serra@uv.es)

Isabel Mendoza-Poudereux  
[isabel.mendoza@uv.es](mailto:isabel.mendoza@uv.es)

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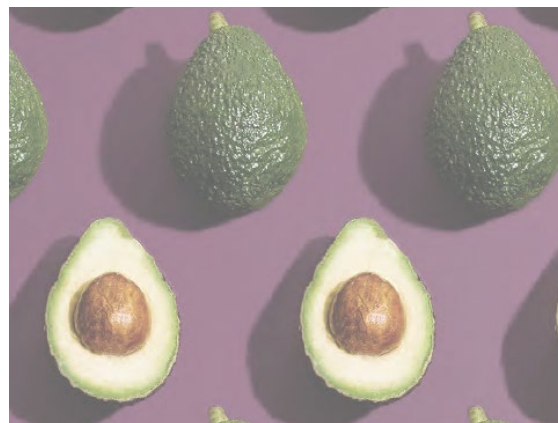
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Creating Common Ground

# ESMODA-ECO Project

The work presented in PCST2023 was carried out as part of the project “Study on food trends through the science communication ecosystem.” (RTI2018-099663-B-I00), funded by MCIN/AEI/10.13039/501100011033

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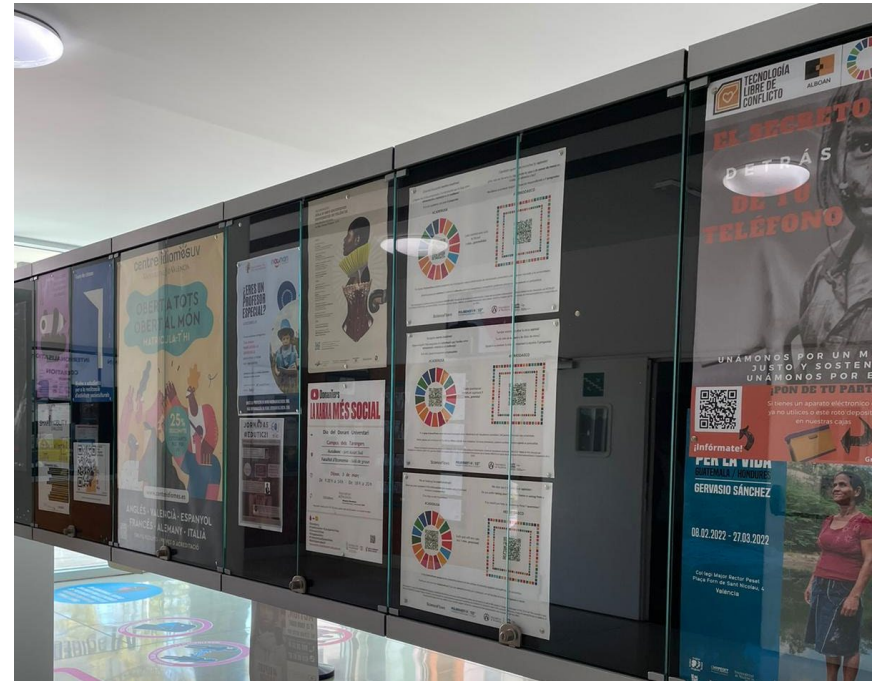
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Looking for the best questions for knowing attitudes and opinions about how Spanish university students check the factual information on nutrition and food, removing fake news and rumours



**Objective:** The primary aim of this research was to know the student's statements on the contrast of information on nutrition according to whether they consider themselves people with an interest in this topic.



## Method

### Quantitative

**Title:** Exploratory study about the interest of university students in food issues and information verification

**Sample:** 124 university students from Madrid, Valencia and Malaga

**Survey:** Four multiple-choice and one open-ended questions on how they contrasted information. The questionnaire was responded to by mobile

**R** for data analysis (R Core Team, 2022)

**Date:** Between March and April 2022

## Method

### Qualitative

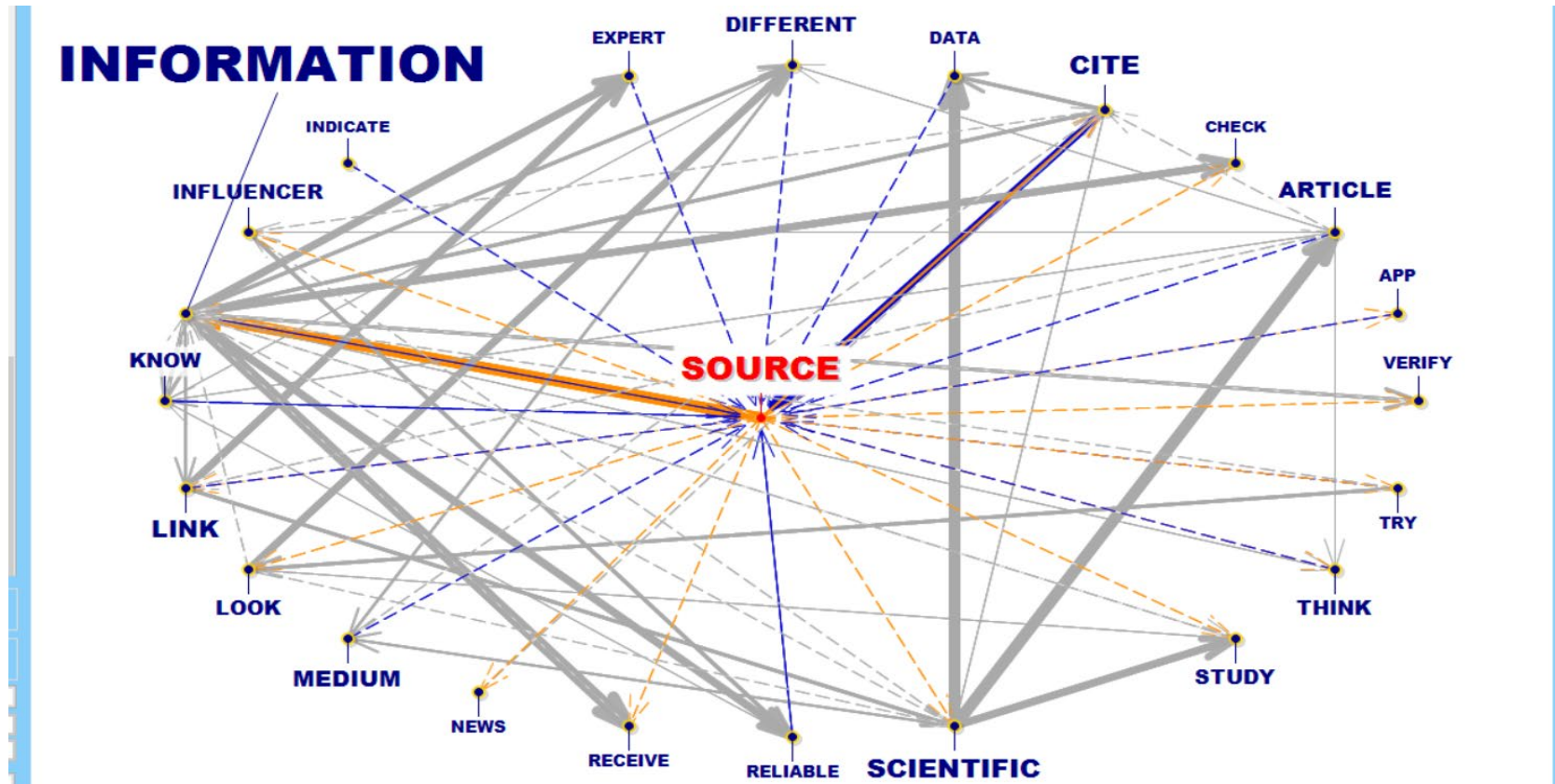
**The additional open-ended question** was the most exciting part of this study.

1. Open question: Indicate how you verified the information you received about nutrition
2. Students sent us a lot of information excellent to know the reliability of the information and the different method they made to check the veracity of data.
3. Qualitative data were analysed with T-LAB PLUS linguistic corpus software

## Quantitative Results

		Interest in food issues		
	No	N = 27	Yes	N = 97
Contrast of information on nutrition and food by participants				
No		22 (81%)		43 (44%)
Yes		5 (19%)		54 (56%)

## Qualitative Results



Students told us that when a food topic was of great interest to them, they checked the information sources and differentiated between published results of a scientific journal and data circulating on social networks. Nevertheless, they checked to see if more studies indicated the same results. In addition, they used to consult verification platforms, significantly when they believed some information could be a hoax.



LEFT CONTEXT	KEY-WORD	RIGHT CONTEXT	ID
Generally, it is usually information that appears in the media carried_out by	SCIENTIFIC	studies.	2
Social networks bombard me with many opinions on the same subject, most of which are often hoaxes. Th...	SCIENTIFIC	articles on the subject in PubMed.	5
I usually have doubts about the information I receive Via the web Endocrinology doctor I try to look for	SCIENTIFIC	literature that_is free of bias or conflicts of interest on the web and respects bodily diversity.	14
Reference websites Social profiles of people knowledgeable in the field, aka	SCIENTIFIC	influencers.	15
I take for granted the information I read from	SCIENTIFIC	studies such_as nutritionfacts. org.	29
I go to different sources and try to ensure that the primary source is	SCIENTIFIC	research.	32
Free text answers indicating preferences to know if the information received is true or false: I would like t...	SCIENTIFIC	article I would like to watch any social media videos with links to specialised magazines or scientific ...	35
I want a specialised journal or a	SCIENTIFIC	article rather_than a video that, in the end, anyone could imitate ( with fake news ) the model and be...	38
I would like that whenever information related to nutrition appears, either on websites or social networks, th...	SCIENTIFIC	articles on which it is based.	43
If it comes from social media, I would only trust the account of a verified professional or if	SCIENTIFIC	articles are cited in the explanation.	52
I would like to see the sources from which the information disseminated was taken attached Cite the sourc...	SCIENTIFIC	media that can be trusted.	55
It would_be nice if influencers could provide the sources of information. In any case, I don_t know to what ...	SCIENTIFIC	articles, as Carlos Ríos did ( I don_t know if he still does ). So this can lead to the deliberate choice o...	57
Let that person be an expert and contrast it with valid and	SCIENTIFIC	information.	59
I would like to see Instagram stories and reels about healthy food with links to a specialised magazine or a	SCIENTIFIC	article. I think it would_be a good idea for social networks to cite the information source, especially th...	60
I would like to see Instagram stories and reels about healthy food with links to a specialised magazine or a	SCIENTIFIC	article.	62
I would like to see Instagram stories and reels about healthy food with links to a specialist magazine or	SCIENTIFIC	article.	63
Links to specialist journals/	SCIENTIFIC	articles Links to specialised media I would like to see more fact-checking content on nutrition on soci...	70
I would like to see stories or reels, as_well_as social media posts with links to	SCIENTIFIC	articles or official nutrition and health websites so_that I can easily verify the information and/or expa...	73
For Instagram stories I would like to see Instagram stories and reels about healthy foods with links to a spec...	SCIENTIFIC	article.	74
It is good that the	SCIENTIFIC	article or the source is cited, but it is also good that specialists are involved in disseminating this infor...	89
I would like more	SCIENTIFIC	data about it instead_of influences promoting a healthy product.	92
More	SCIENTIFIC	knowledge would_be nice It would_be nice to have links to scientific media and sources to back it u...	93
The most convenient solution would_be an APP, like yuka, that reinforces your assessment with	SCIENTIFIC	information adapted for the general public.	94
I don_t trust social networks to inform me about food and even less so influencers. There is an excess of u...	SCIENTIFIC	data.	100
Knowing the origin and a	SCIENTIFIC	explanation adapted to the general population is essential. There should also be a specific legal filter ...	104
I would like to be able_to see it in specialised journals or	SCIENTIFIC	articles.	106

## Conclusion

Most students are interested in the information they receive about food; check the information they receive, especially if it comes to them through social networks such as Facebook or Instagram, but also what they receive through the media.

Tools, platforms, and apps empower students to check the channels and sources of information about diet, food and nutrition and allow them to remove fake news and rumours.

My final question is, what about the role of the media in disinformation? Students stated they needed to check the information because they needed more trust..

Qualitative data yielded more valuable information in this pilot study than quantitative data.

Final statement: Students stated they needed to check the information because they needed more trust. what about the role of the media in disinformation?

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# THANKS FOR YOUR ATTENTION!!!

Carolina.moreno@uv.es