

Food Insecurity Among College Students

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EXTENSION 
UtahStateUniversity™

FOOD SNAP-ED
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Objectives

- Attendees will be able to describe food insecurity in the U.S.
- Attendees will be able to discuss the issue of food insecurity on college campuses.
- Attendees will be able to recall the methods and results of the USU food insecurity study.
- Attendees will be able to identify potential programs/ interventions universities can implement to reduce food insecurity among students.

What is food insecurity?

What does it look like?

How would you describe it?

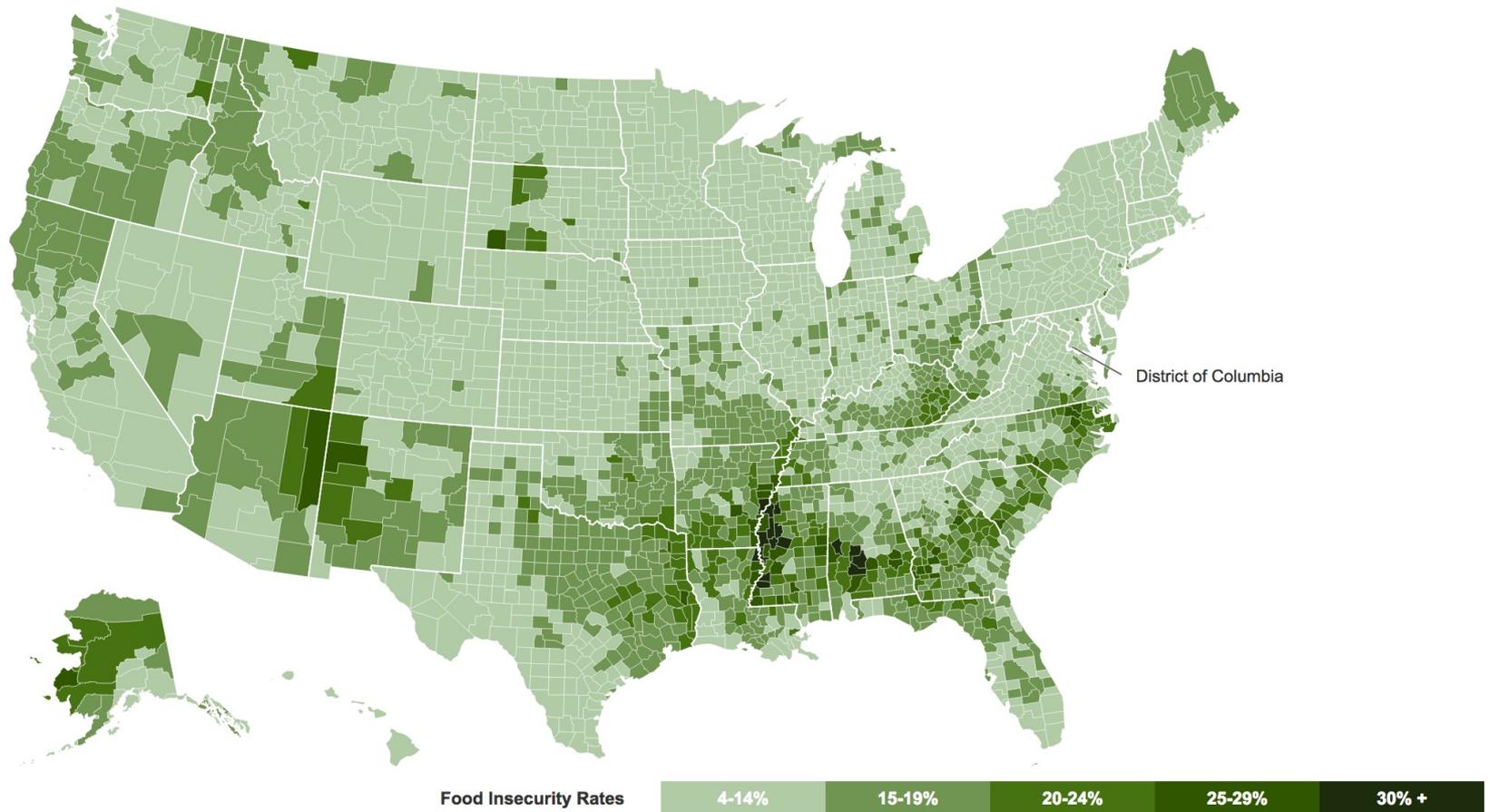
What personal experiences do you have with food insecurity?

Food Insecurity

- Food Insecurity¹
 - Limited or uncertain ability to acquire or consume an adequate quality or sufficient quantity of food in socially acceptable ways.
 - 11.8% of households were food insecure in 2017 (40 million people)
 - Food insecurity rate has decreased since 2016 (12.3%).

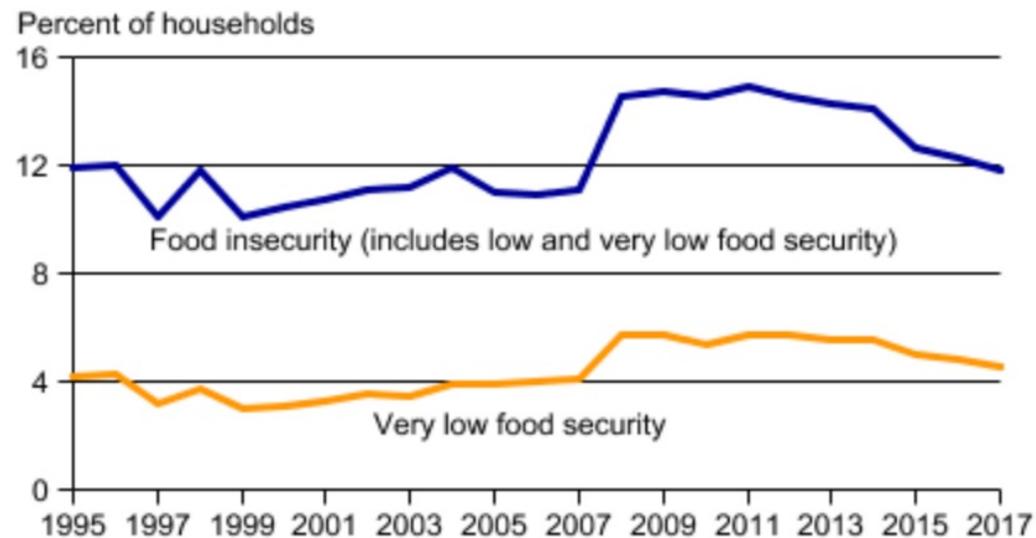


Food Insecurity in the United States



Food Insecurity Trends in U.S.

Trends in prevalence rates of food insecurity and very low food security in U.S. households, 1995-2017



Note: Prevalence rates for 1996 and 1997 were adjusted for the estimated effects of differences in data collection screening protocols used in those years.

Source: USDA, Economic Research Service, using data from Current Population Survey Food Security Supplement.

Who is food insecure in
the U.S.?

Who is Food Insecure in The U.S.?

- Working poor¹
- Low-income single parents and their children¹
- Ethnic minorities¹
- Elderly¹
- College students!



<http://forupon.com/>

The logo for 'TODAY' features a stylized white rainbow with three bands above the word 'TODAY' in a bold, white, sans-serif font. The logo is set against a solid orange background that forms a triangular shape in the bottom-left corner of the image.

TODAY

Negative Impact

- Poor academic performance and outcomes¹
- Cognitive development¹
- Psychosocial development¹
- Higher odds of depression, anxiety, and low self esteem¹

Why is this happening

“To suggest that an undergraduate student is unable to access nutritional food likely conjures up our own memories of occasionally eating ramen noodles for dinner before studying at the library or joining friends at a party. The profile of college students today, however, is much different than that of undergraduates from previous generations.

More of today’s college students are non-traditional: they tend to be older, first generation, from lower-income and communities of color, and attend community colleges. Growing numbers of undergraduates are also post-traditional students who juggle family responsibilities and part- or full-time work while they pursue a college-level certification or degree. These students also face other circumstances that make paying for a college education more challenging, including a decade of state retrenchment from funding public higher education and a significant rise in the cost of tuition, coupled with a general increase in the cost of goods and services.”

-Christopher Nellum, American Council on Education

For students who are not living with relatives or on campus, the poverty rate is nearly 52 percent.

Food Insecurity on College Campuses

- A national prevalence of food insecurity on college campuses has been not yet been determined.¹
 - Literature suggests the rate is four times higher than the national average.²
- Many studies have been conducted across U.S. campuses to determine food insecurity rates at those particular institutions.

Recent Studies

- In 2008-2009 the Wisconsin Hope Lab found that 27% of students were cutting the size of meals or eating less due to lack of food.¹
- A study conducted at City University of New York in 2012 found that 39% of students who participated were food insecure.²
- In 2015 the Wisconsin Hope Lab surveyed students at 10 community colleges and found that 39% of students either had low or very low food security status.³
 - A study with 10 University of California campuses found similar results (42% of students were experiencing either low or very low food security).⁴

USU Hunger Study Methods

- A random sample of 2900 USU students were asked via email to participate in a food security survey in the spring of 2018.
 - Survey was available for 2 weeks
 - Incentive was a drawing to win 1 of 10 \$50 Amazon gift cards
- Students had to be 18 years of age or older and enrolled in classes for the spring 2018 semester.

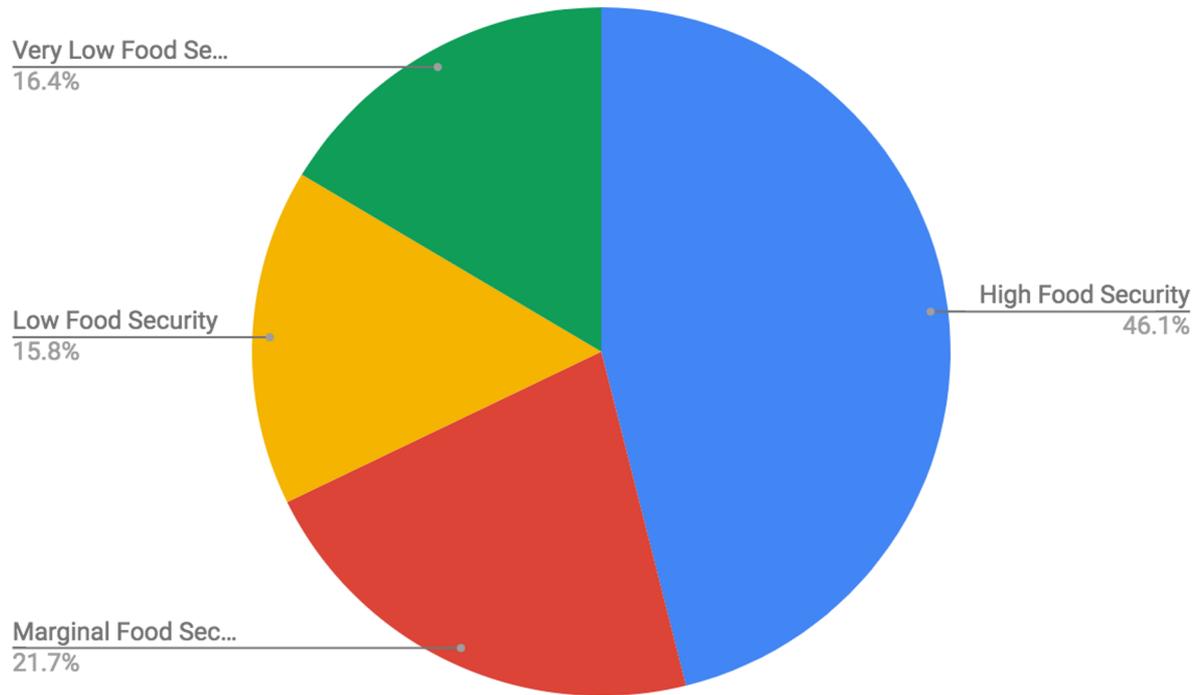
Methods Cont: Survey

- The survey used was based on a previously developed survey by the Wisconsin Hope Lab.
- The survey included questions such as:
 - Demographic questions
 - Enrollment status, year in college, and GPA
 - Financial status, employment status, colleges expenses and participation in assistance programs.
 - The USDA's 10-tem food security questionnaire
 - Nutrition quality, barriers to accessing food, awareness of the campus food pantry

USU Hunger Study Results

- 952 students completed the survey (32.8% response rate)
- Demographics
 - Sex: 49.4% Female, 50.6% Male (n=909)
 - Race/Ethnicity: 89.2% White or Caucasian, 4.3% Hispanic or Latino, all other races/ethnicities are each < 2% of the sample population (n= 900)
 - Year in College: 15.7% 1st year, 23.9% 2nd year, 23.5% 3rd year, 18% 4th year, 7.8% 5th year or more, 11.1% graduate student (n=945)
 - Marital Status: 70.8% single, 28.3% married or in domestic partnership, divorced or widowed each are < 1% (n= 912)

Results Cont.: Food Insecurity at USU



Results Cont.

- Food Insecurity was generally associated with:
 - Being currently employed ($\phi = .084$)
 - Having student loans ($\phi = .199$)
 - Using credit cards to pay for college expenses ($\phi = .132$)
 - Using:
 - SNAP ($\phi = .095$)
 - Free or reduced priced meals ($\phi = .108$)
 - Off campus food pantry ($\phi = .172$)
 - Medicaid or public health insurance ($\phi = .134$)
 - Housing assistance ($\phi = .085$)
 - Transportation assistance ($\phi = .101$)
 - Tax refunds ($\phi = .098$)
 - Veterans benefits ($\phi = .074$)
 - Being Female ($\phi = .081$)
 - Being a racial/ethnic minority ($\phi = .113$)

Results Cont.

- ▣ Food Insecurity was negatively correlated with:
 - ▣ GPA ($r = -.137$)
 - ▣ Hourly wage ($r = -.211$)
 - ▣ Parent's highest level of education ($r = -.111$)
 - ▣ Student loan amount ($r = -.131$)

What can be done?

- On Campus food pantries
- Food recovery
 - Food recovery network
 - Campus kitchen
- Partnerships with Campus Dining
 - [Swipe Out Hunger](#)
 - [Share Meals](#)

SNAC

Student Nutrition Access Center



located in
tsc 333

Free bread, canned food, refrigerated items, and fresh produce for USU students, staff, or faculty in need.

Visit us once per week with your USU ID and reusable bags.
No questions asked!

open most
weekdays*

*Check servicecenter.usu.edu/programs/snac for up-to-date hours of operation



how to find snac



volunteers needed

We always need help staffing the pantry, stocking the shelves, gathering food donations, fighting food waste and getting food to hungry folks!

Log into AggieSync to join SNAC, Food Recovery Network, or Campus Kitchen at USU, or visit our website:

servicecenter.usu.edu

230 chapters since 2011. 2.7 million pounds recovered.
2.2 million meals donated. 2.4 million kilograms of CO2 emissions prevented.

x



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[CHAPTERS](#)

[OUR NETWORK](#)

[FOOD RECOVERY VERIFIED](#)

[EVENTS](#)

[OUR STORIES](#)

[SHOP](#)

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FOOD RECOVERY NETWORK

Fight waste. Feed people.

[START A CHAPTER](#)

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THE
CAMPUS
KITCHENS
PROJECT™

The National Program of DC Central Kitchen



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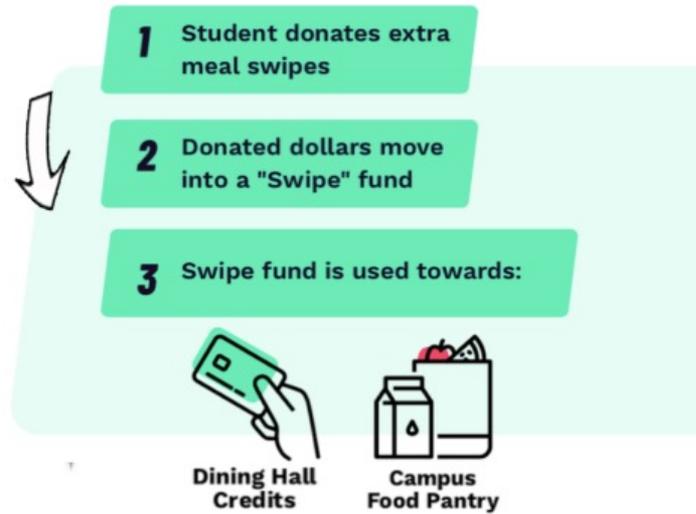
BRING A CAMPUS KITCHEN TO **YOUR** **SCHOOL**

[LEARN MORE](#)

STUDENT HUNGER IS REAL

UNIVERSITIES CAN HELP END IT

HOW WE WORK



Chicago Tribune Forbes  Los Angeles Times GOOD The New York Times npr

DONATE

Our Initiatives



Feed the Rock Survey

We harness the power of memes to gather statistical data on unused meal plans in a viral, self propagating way. The scale of unused swipes is made more accessible by translating first into the Big Mac Index and then to a professional wrestler's 4,000 calorie a day diet.



Open Kitchen

The Open Kitchen is a series of free community cooking classes where we show students foundational skills in cooking, sanitation, nutrition, and shopping. Each class is centered around a cultural cuisine and after we cook together, we eat together.



Packathon

We redirect excess club funding to purchase ingredients and pack 150+ sandwiches for our fellow students. We stock existing community fridges around campus as a way to provide extra nutrition during stressful times, like final exams.



Trailblazers

Undergraduate students learn the skills to plan, communicate, and execute change in social impact areas they are passionate about. They attend closely crafted workshops and travel across the country to lead workshops themselves. [Read More](#)



USU Hunger Solutions Institute

□ Purpose

A central research and academic organization dedicated to generating hunger research and aggregating and disseminating best practices in fighting hunger, especially in Utah.

□ Goals

- Unite efforts across diverse USU colleges to multi-sector collaborations and coalitions to address Hunger in Utah, removing redundancies in work
- Aggregate and disseminate the latest knowledge, research, and best practices to those who address hunger
- Convene and educate professionals to make food security a priority in the state
- Mobilize USU students to fight against hunger at the university, state, and federal level

References

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