



# FOOD INSECURITY

The limited or uncertain access to nutritionally adequate foods acquired in a socially acceptable manner in order to live an active and healthy life.



Individuals are often burdened by periods of unemployment, compromised physical and mental health, alcohol and substance abuse, and chronic poverty. As "part of a complex of potentially serious health and developmental conditions"\* , food insecurity can lead to obesity-related morbidity and mortality.

According to Feeding America, 31% of U.S. households choose between paying for food versus education



**COLLEGE STUDENTS ARE NOT IMMUNE.**

Approximately 14-59% of college students experience food insecurity, which can lead to the following:

- Class Absenteeism
- Poor test performance
- Lowered GPA



Should universities help?

- Mission Driven
- Undeserving Undergraduate
- Wishful Thinking

Attacking the Issue

- Meal plan donations
- Food banks & pantries
- Campus & community gardens

## What do administrators think?

- General sense of concern for student wellbeing
  - Variability in understanding the definition of the issue
- Student and national organizations address issue in community
  - Students "isolated", though surrounding community is affected (SW)
- Student operated food pantry serving 400+ per semester (SW)
- Partial meal plans provided to student athletes residing off-campus (NE)

## What next?

- Expand literary and evidence-based practices platform regarding the growing vulnerability of college students
- Include food security questions based on the U.S. Adult Food Security Survey Module on national assessment tools (i.e. ACHA-NCHA II)
- Advocate for federal benefit program guideline modifications
- Establish federal, state, and local agency buy in

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Jennifer A. Bryant, MS (jbryan24@kent.edu)  
Kent State University – College of Public Health