FOOD INSECURITY AMONG MIDWESTERN UNIVERSITY STUDENTS LIVING OFF CAMPUS

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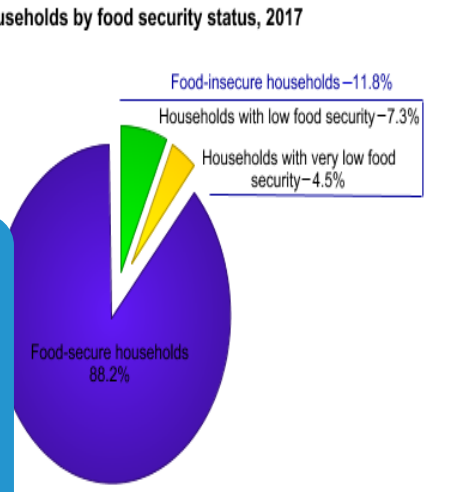
INTRODUCTION



Source: USDA, Economic Research Service, using data from the December 2017 Current Population Survey Food Security Supplement.

Purpose

Identify the level of food insecurity among students living off campus to determine if there is need for an intervention

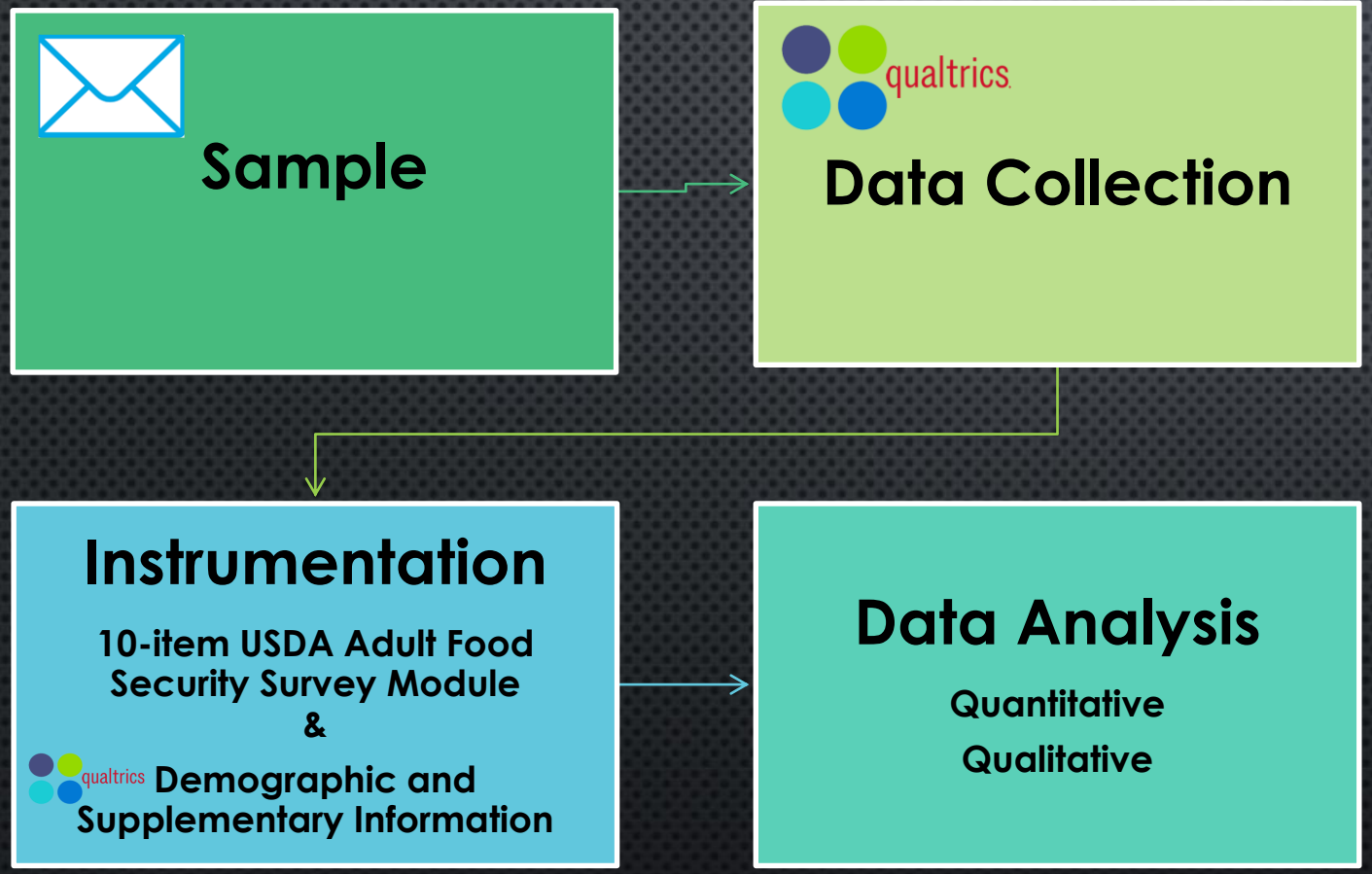
Question 1

What is the prevalence of food insecurity in students living off campus?

Question 2

Which variables are associated with food insecurity?

METHODS



- **SAMPLE**
  - Students from a large midwestern university
- **DATA COLLECTION**
  - Anonymous surveys via Qualtrics link
  - Informed consent
  - Criteria: live off campus
- **INSTRUMENTATION**
  - Qualtrics
  - USDA Food Security Survey Module

Table 1

Module Scores that Determine Level of Food Security

Raw Score	Food security category	Food security status
0	High food security	Food-secure
1-2	Marginal food security	
3-5	Low food security	Food-insecure
6-10	Very low food security	

  - Demographic & supplementary information
- **DATA ANALYSIS**
  - Quantitative:
    - Descriptive statistics
    - Independent t-tests
  - Qualitative:
    - Common Themes

SUPPLEMENTARY/DEMOGRAPHIC INFORMATION

- Meal plan
- Gender
- Relationship Status
- Children
- Ethnicity*
- Receiving food assistance*
- Transportation mode
- School year
- GPA
- Job
- Income
- Support without repayment
- Groceries
- Rent/mortgage
- Transportation cost
- Restaurant/bars
- Phone, internet, entertainment
- Utilities
- Debt/loans *

* Statistically significant where $p<.05$

RESULTS:
QUANTITATIVE

Table 4

Food Assistance and Food Security Status

Food Assistance	Food Secure	Food Insecure	Food Secure (%)	Food Insecure (%)
Yes (*n* 8)	1	7	12	88
No (*n* 126)	77	49	61	39
Total (*n* 134)	78	56	58	42

Table 3

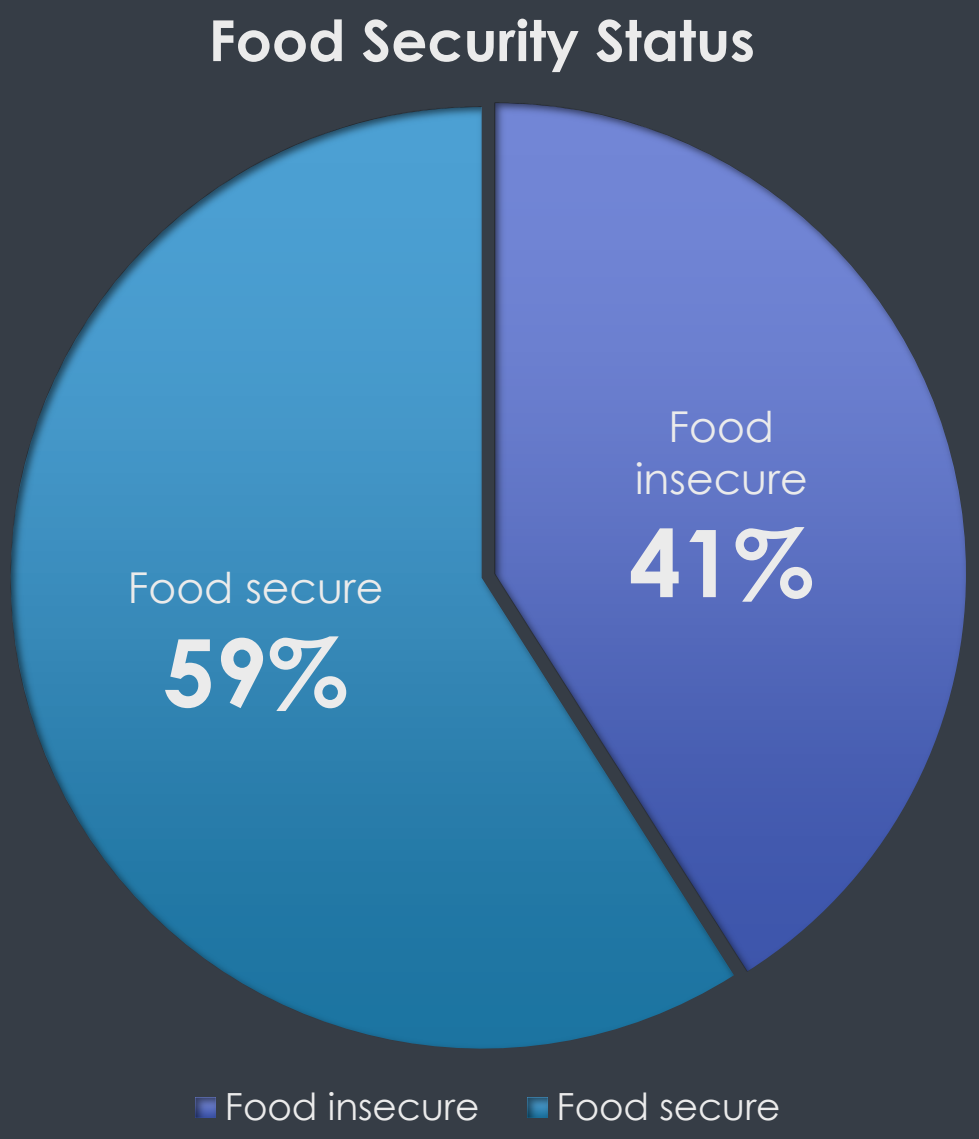
Ethnicity and Food Security Status

Ethnicity	Food Secure	Food Insecure	Food Secure (%)	Food Insecure (%)
White (*n* 105)	68	37	65	35
Hispanic/Latino (*n* 11)	6	5	55	45
Native American/Alaska Native (*n* 2)	1	1	50	50
Asian (*n* 5)	2	3	40	60
Native Hawaiian or Pacific Islander (*n* 1)	0	1	0	100
Black/African American (*n* 4)	0	4	0	100
Other (*n* 3)	1	2	33	67
Prefer not to answer (*n* 4)	1	3	25	75
Total (*n* 135)	79	56	59	41

Table 5

Debt/Loans and Food Security Status

Debt/Loans	Food Secure	Food Insecure	Food Secure (%)	Food Insecure (%)
$0 (*n* 35)	27	8	77	23
$7000-$13,999 (*n* 7)	5	2	71	29
$14,000-$20,999 (*n* 16)	5	11	31	69
$21,000-$27,999 (*n* 16)	9	7	56	44
$28,000-$34,999 (*n* 14)	9	5	64	36
$35,000-$41,999 (*n* 11)	4	7	36	64
$42,000-$48,999 (*n* 3)	2	1	67	33
$49,000-$55,999 (*n* 8)	3	5	38	62
$56,000-$62,999 (*n* 2)	0	2	0	100
$63,000-$69,999 (*n* 2)	1	1	50	50
$70,000-$76,999 (*n* 1)	1	0	100	0
$77,000-$83,999 (*n* 1)	0	1	0	100
$84,000-$90,999 (*n* 1)	1	0	100	0
≥ $91,000 (*n* 0)	0	0	0	0
Total (*n* 117)	67	50	57	43



RESULTS

137 PARTICIPANTS USABLE FOR DATA ANALYSIS OUT OF 172 PARTICIPANTS:

FOOD SECURE: **81** PARTICIPANTS

FOOD INSECURE: **56** PARTICIPANTS

RESULTS
QUALITATIVE

BARRIERS

- Food affordability
- Time
- Money
- Transportation
- Food Spoilage

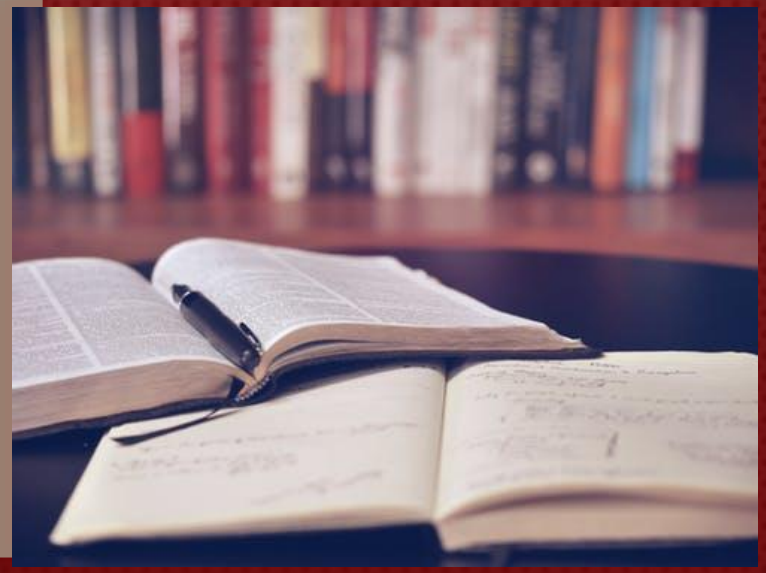
COPING

- Skipping meals
- Buying cheap alternatives
- Planning
- Other
  - Dining center
  - Events with free food

DISCUSSION

FUTURE RESEARCH

- Obtain more qualitative data
- Conduct studies across more colleges and universities targeted towards the students living off campus
- Continue to explore food insecurity-related variables
- Research effectiveness of interventions



CONCLUSION

Due to the high percentage of food insecurity among midwestern university students living off-campus (41%), it can be concluded that this population is in need of an intervention to address this issue.