

ECONOMIC STABILITY: FOOD INSECURITY FOR COLLEGE STUDENTS

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INTRODUCTION

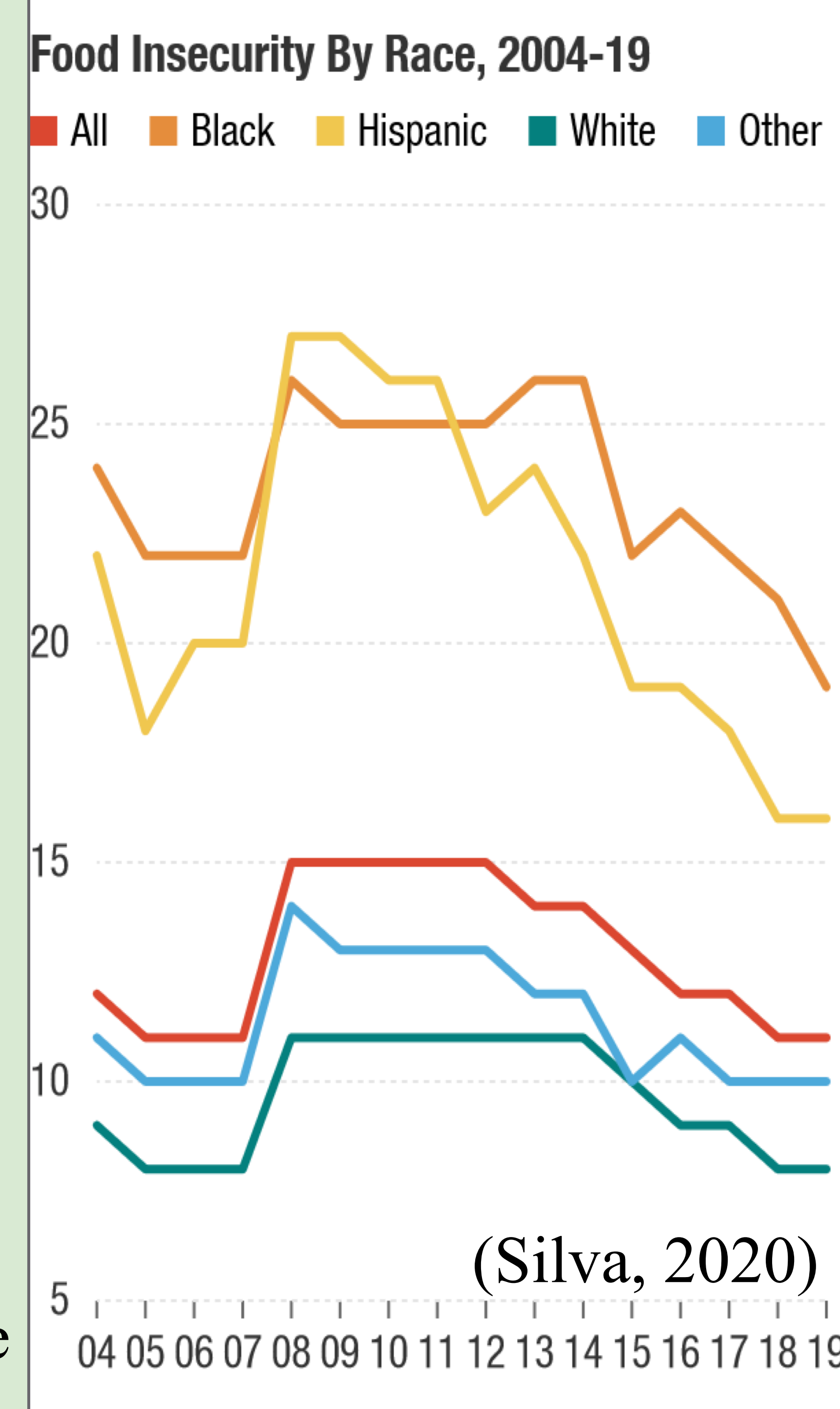
- Economic stability is the ability to afford essentials, such as, healthy foods, health care, and housing (“Economic Stability,” n.d.)
- Many college students experience a lack of economic stability and it can lead to food insecurity
- Food insecurity happens when people do not have consistent access to enough food (“What is Food Insecurity,” n.d.)
- Signs of food insecurity include hoarding of food, antisocial behavior, poor attention span, and sudden weight changes (Schoen, 2018)

SIGNIFICANCE

- 15% undergraduates surveyed at public university reported food insecurity and 16% surveyed reported being at risk (Ordway, 2019)
- 41% of universities and 48% of two-year universities reported food insecurity (Schulman, 2019)
- One in ten people experience economic instability (“Economic Stability,” n.d.).
- Only 56.4% of its students were aware they had a food pantry, and only 22.2% of food insecure students utilized it (Zein, 2019).
- Food insecurity raises the odds of psychological distress by three and a half times (M. B. Becerra & B. J. Becerra, 2020).

WHO IT IMPACTS

- Urban community universities were more likely to experience food insecurity compared to suburban community universities (Ordway, 2019)
- African American, Hispanic, and Asian students faced food insecurity problems more than white students (Ordway, 2019)
- Students at two-year universities and LGBTQ students are more likely to experience food insecurity (Dedman, 2019)
- Individuals with criminal records, prior military service and independent from their parents are at greater risk (Dedman, 2019)



OUTCOMES

- Higher BMI, poor health, decrease in physical activity, and sleep sufficiency (Martinez et al., 2019)
- Depression, as shown through decreased interest, feeling down, and decreased appetite, and disruptions in school work due to depression (Ordway, 2019)
- Decreased GPA, concentration in class, and energy (Zein, 2019).
- Increased perceived stress and disordered eating habits (Zein, 2019).

WHAT CAN BE DONE?

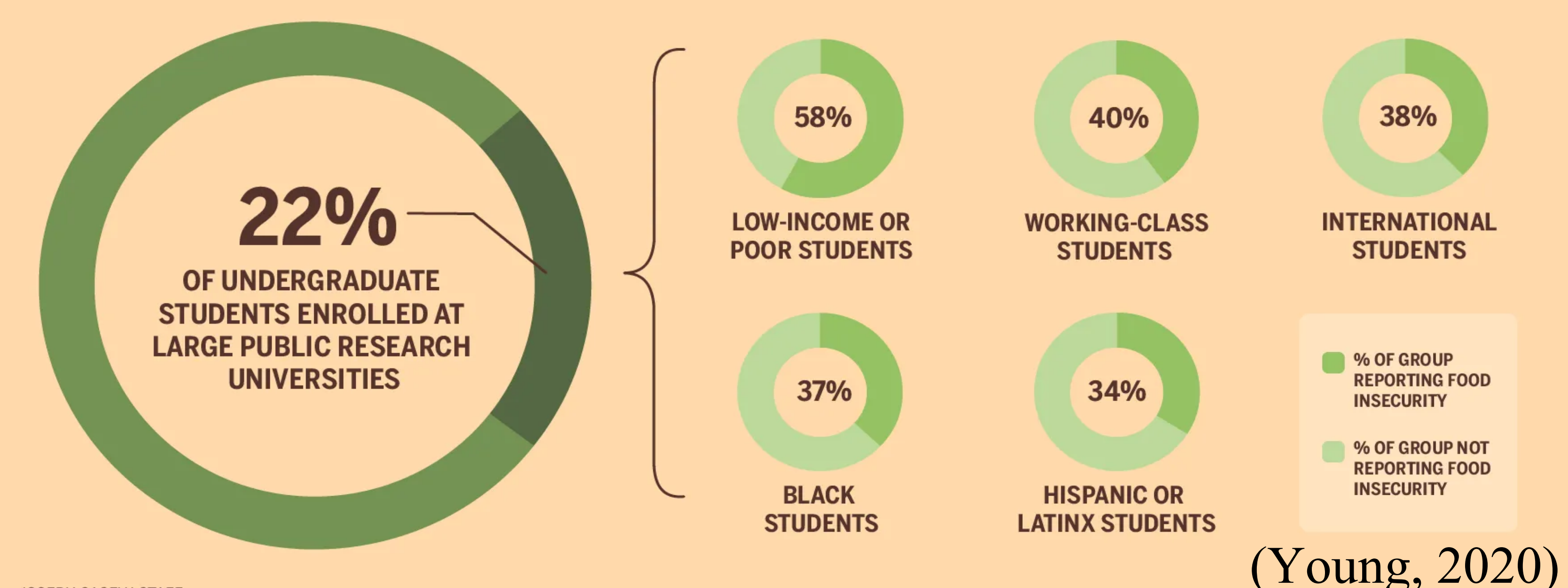
- Early preventive measures are needed, instead of treatments, to get students the help they need.
- Increase food insecurity screening in students (Zein, 2019 & Becerra, 2020)
- Encourage the use of/increase awareness of on-campus food pantries (Zein, 2019 & Becerra, 2020)
- Leave dining rooms open during breaks (Zein, 2019 & Becerra, 2020)
- Increase accessibility to meal plans or offer educational programs on how to enroll in food assistance programs (Zein, 2019 & Becerra, 2020)

INTERPROFESSIONAL EDUCATION

- To have early preventative measures, communication and teamwork is needed from the university
- Environment of safety, such as being able to challenge each others ideas or ask questions to provide the best preventative care for students (“Team Dynamics”, 2019, slide 8)
- Universities could use Integrative Collaboration care plans (identifies student concerns and creates goals) to identify the needs of the students with food insecurities (“Team Dynamics”, 2019, slide 15)

FOOD INSECURITY AMONG UNDERGRADUATE STUDENTS DURING COVID-19 PANDEMIC

PERCENTAGES REPORTING FOOD INSECURITY DURING THE EARLY MONTHS OF THE COVID-19 PANDEMIC:



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