



Food Insecurity Among SWOSU Students

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What we will cover today

- Background information
- Results from studies on SWOSU campus
- Implications and Next Steps

Background

What is Food Insecurity?

- Food insecurity is defined in a 2015 report by the United States (U.S.) Department of Agriculture as a household having limited access to adequate food due to a lack of money or other resources

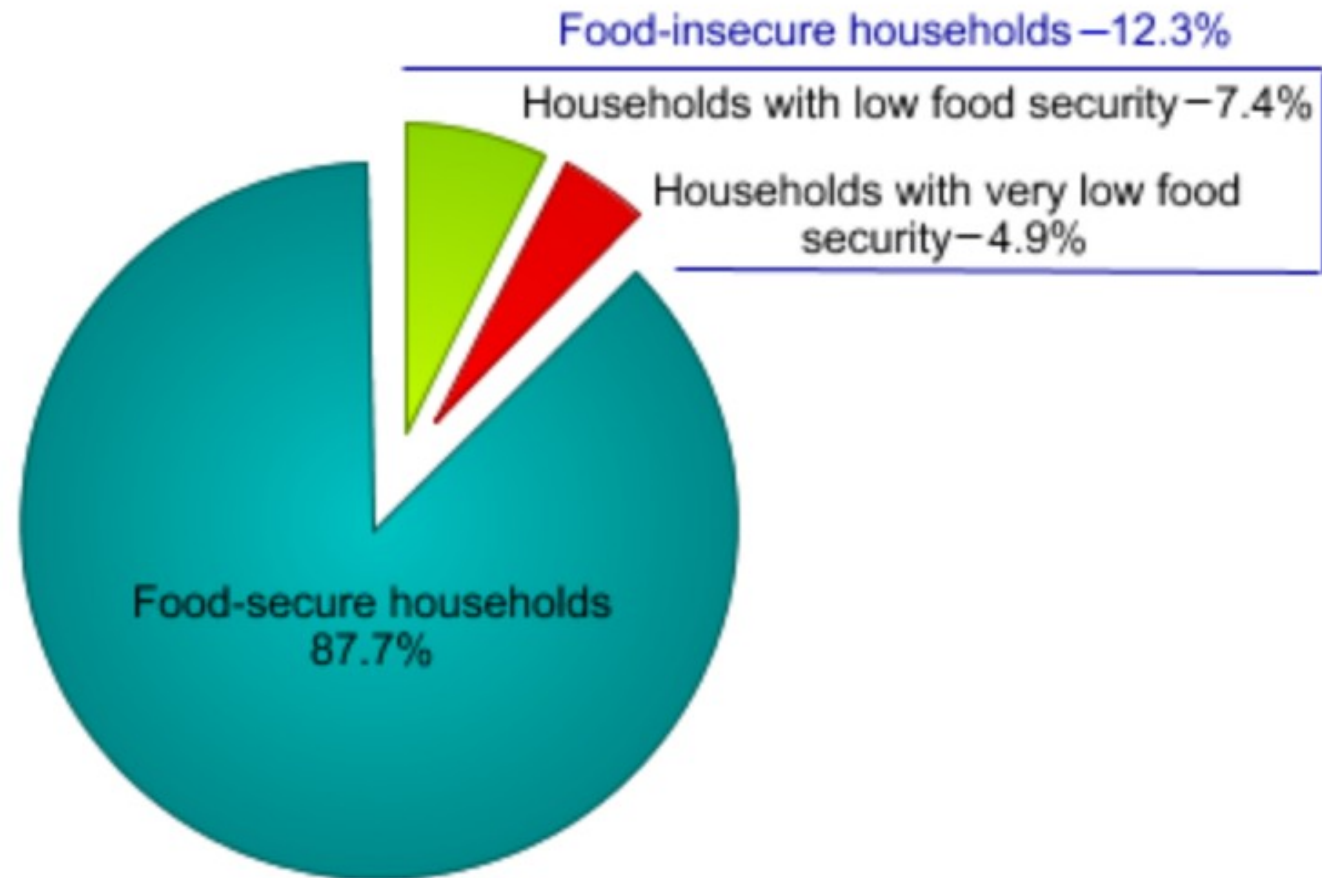


How is it
measured at
the national
level?

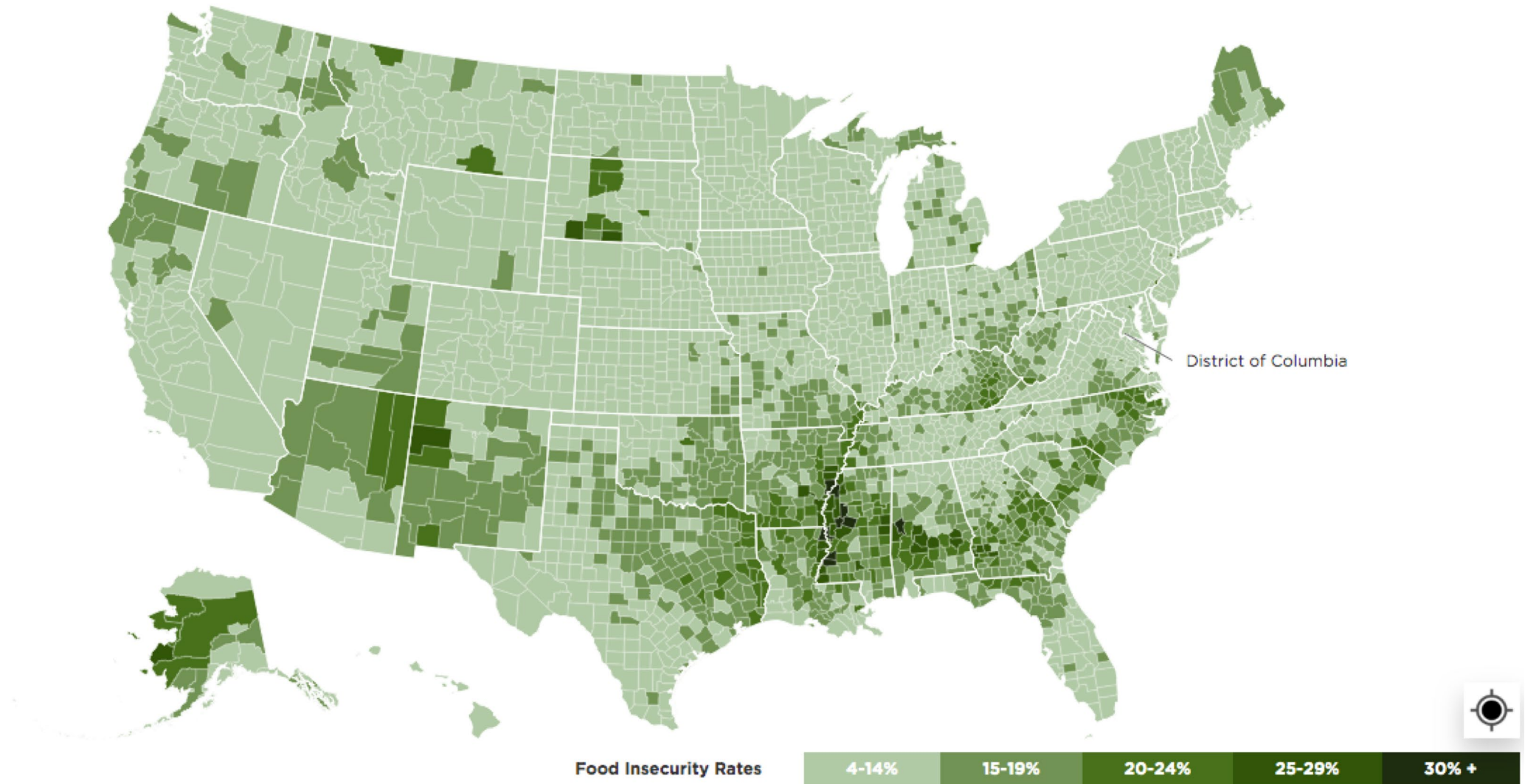
- Food insecurity results from financial resource constraints
 - Cost of food
 - Cost of housing
 - Managing money
 - Managing food
- Food security status
 - No problems acquiring food (food secure)
 - Adjustments in quality of the foods consumed
 - Decrease in the quantity of food consumed

National Statistics

U.S. households by food security status, 2016



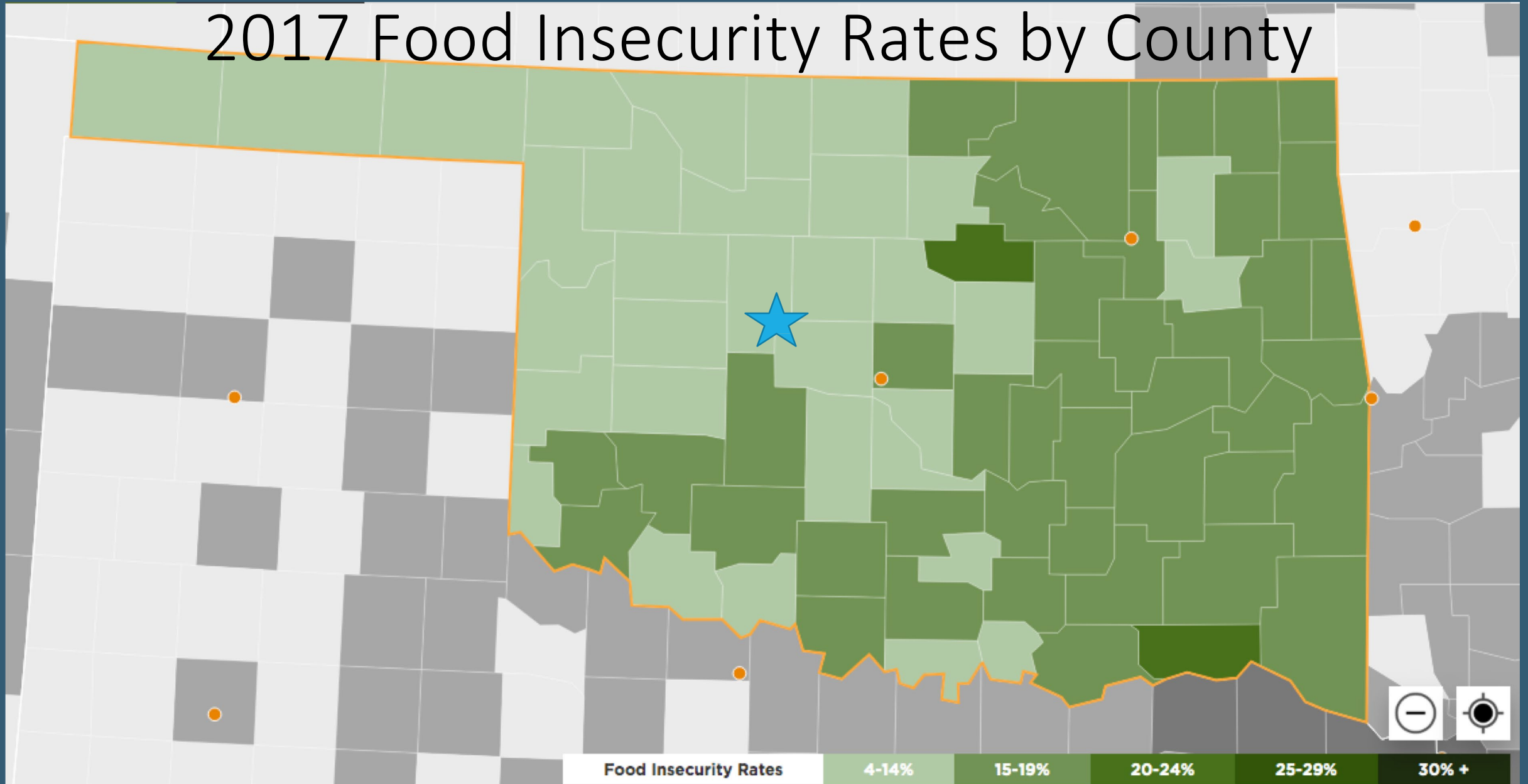
2017 Food Insecurity Rates by County



Oklahoma As a State

The prevalence of food insecurity
in Oklahoma is 16.2%

2017 Food Insecurity Rates by County



Source: <http://map.feedingamerica.org/>

Food Insecurity Among College Students

- College students are at higher risk due to financial and time demands
- Current prevalence is between 35-59%
- Known risk factors:
 - Having a meal plan
 - Having federal financial aid
 - Being of minority race
 - Having a job
 - Living off campus
 - Being independent



Impact of Food Insecurity on College Students

- Academic performance
- Health outcomes
- Psychosocial function
- Self-image
- Conflict resolution
- Dietary choices
- Social health

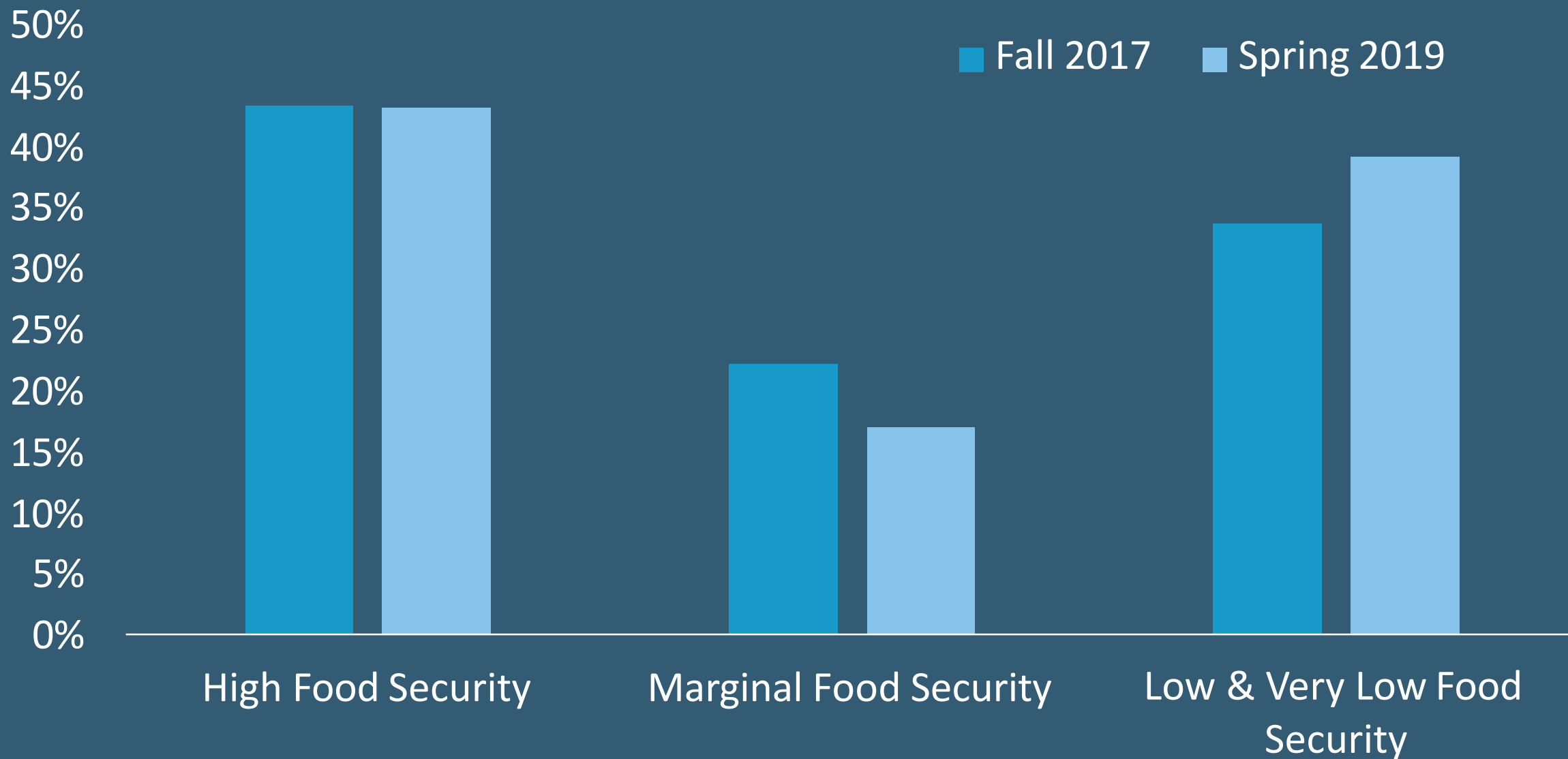
Food Insecurity among SWOSU Students

Scoring Criteria

Based on the U.S. Household Food Security Survey Module (HFSSM) – U.S. Department of Agriculture

Question	Response	Score
In the last 12 months, I worried whether my food would run out before I got money to buy more	Often true	1
	Sometimes true	1
	Never true	0
In the last 12 months, the food I bought just didn't last, and I didn't have money to get more	Often true	1
	Sometimes true	1
	Never true	0
In the last 12 months, I couldn't afford to eat balanced meals	Often true	1
	Sometimes true	1
	Never true	0
In the last 12 months, did you ever cut the size of your meals or skip meals because there wasn't enough money for food	Yes	1
	No	0
If yes how often did this happen	Almost every month	1
	Some months, but not every month	1
	Only 1 or 2 months	0
In the last 12 months did you ever eat less than you felt you should because there wasn't enough money for food	Yes	1
	No	0
In the last 12 months, were you very hungry but didn't eat because there wasn't enough money for food?	Yes	1
	No	0
In the last 12 months, did you lose weight because there wasn't enough money for food	Yes	1
	No	0
In the last 12 months, did you ever not eat for a whole day because there wasn't enough money for food	Yes	1
	No	0
If yes how often did this happen	Almost every month	1
	Some months, but not every month	1
	Only 1 or 2 months	0

Food Security Prevalence Among SWOSU Students



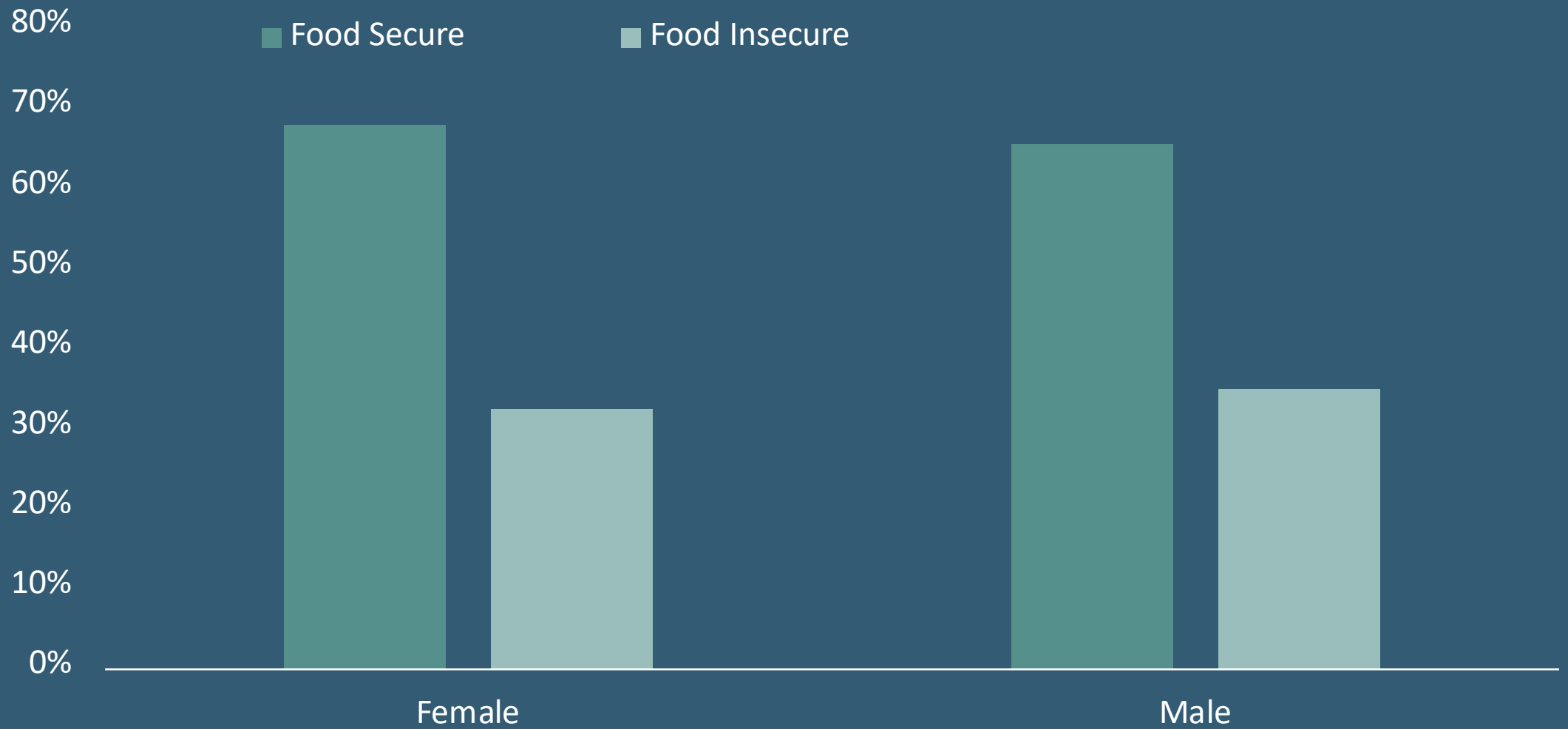
These results suggest that SWOSU students have more than twice the prevalence of food insecurity than typical Oklahoma households

Select Characteristics by Food Security Status, Fall 2017

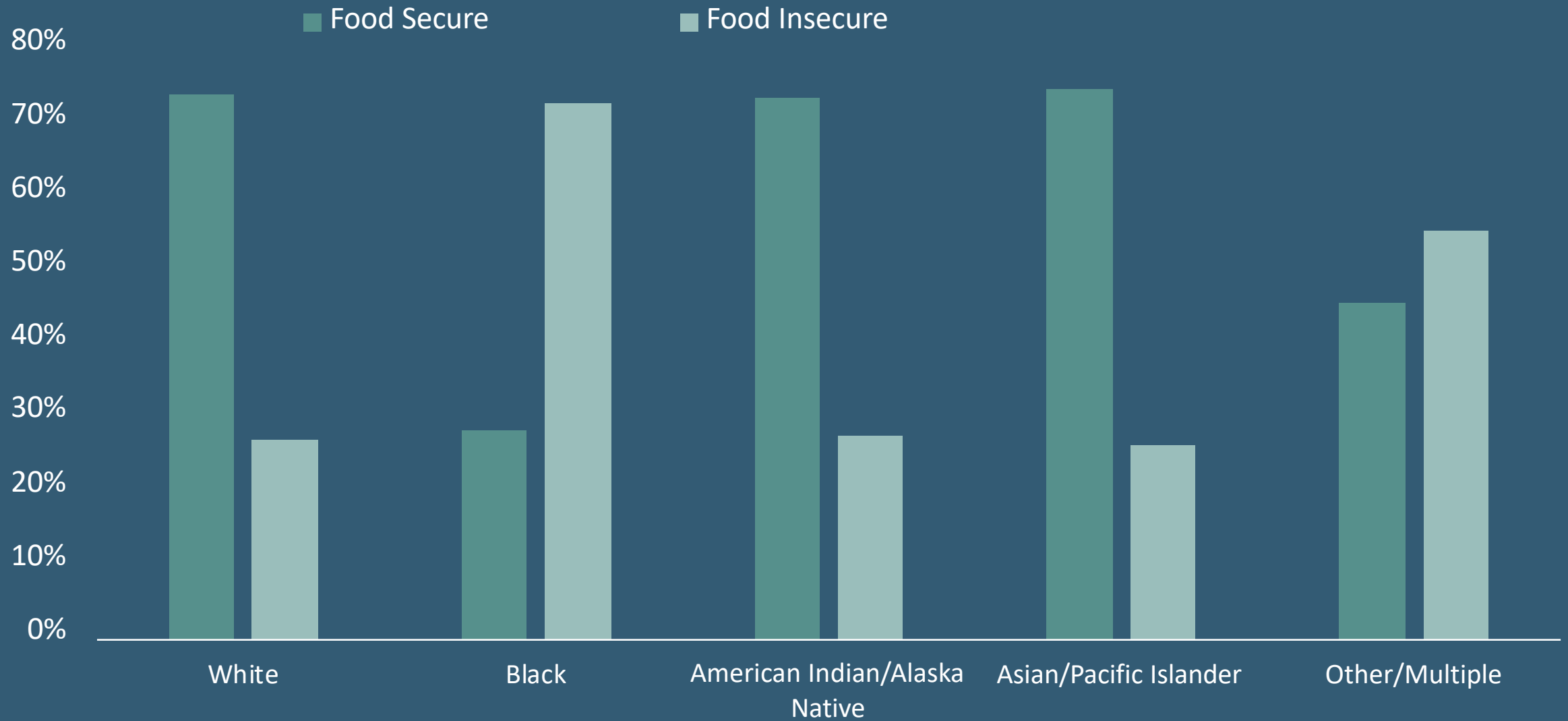
Note: For the following graphs,

- High and marginal food security were combined into one category labeled Food Secure
- Low and very low food security were categorized as Food Insecure

Food Security by Gender

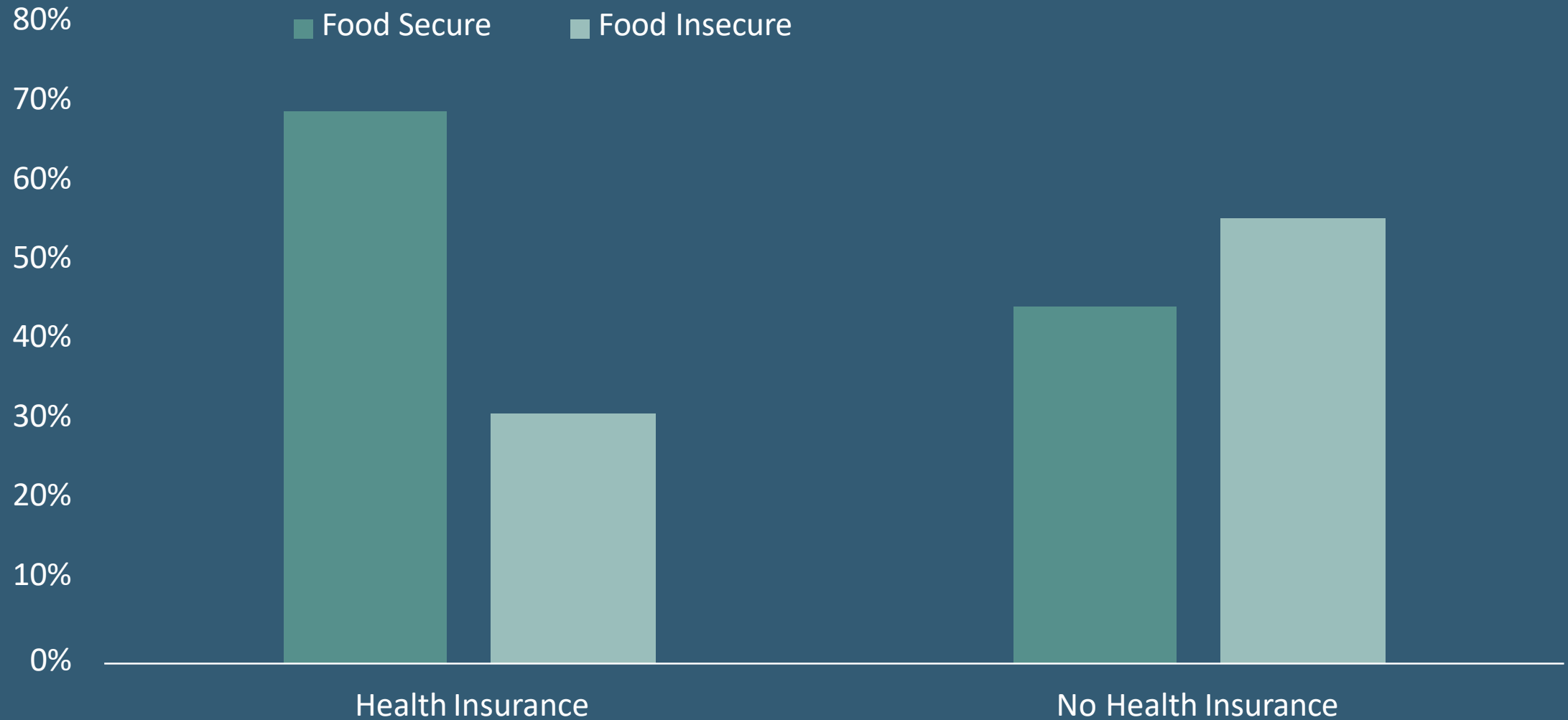


Food Security by Race*



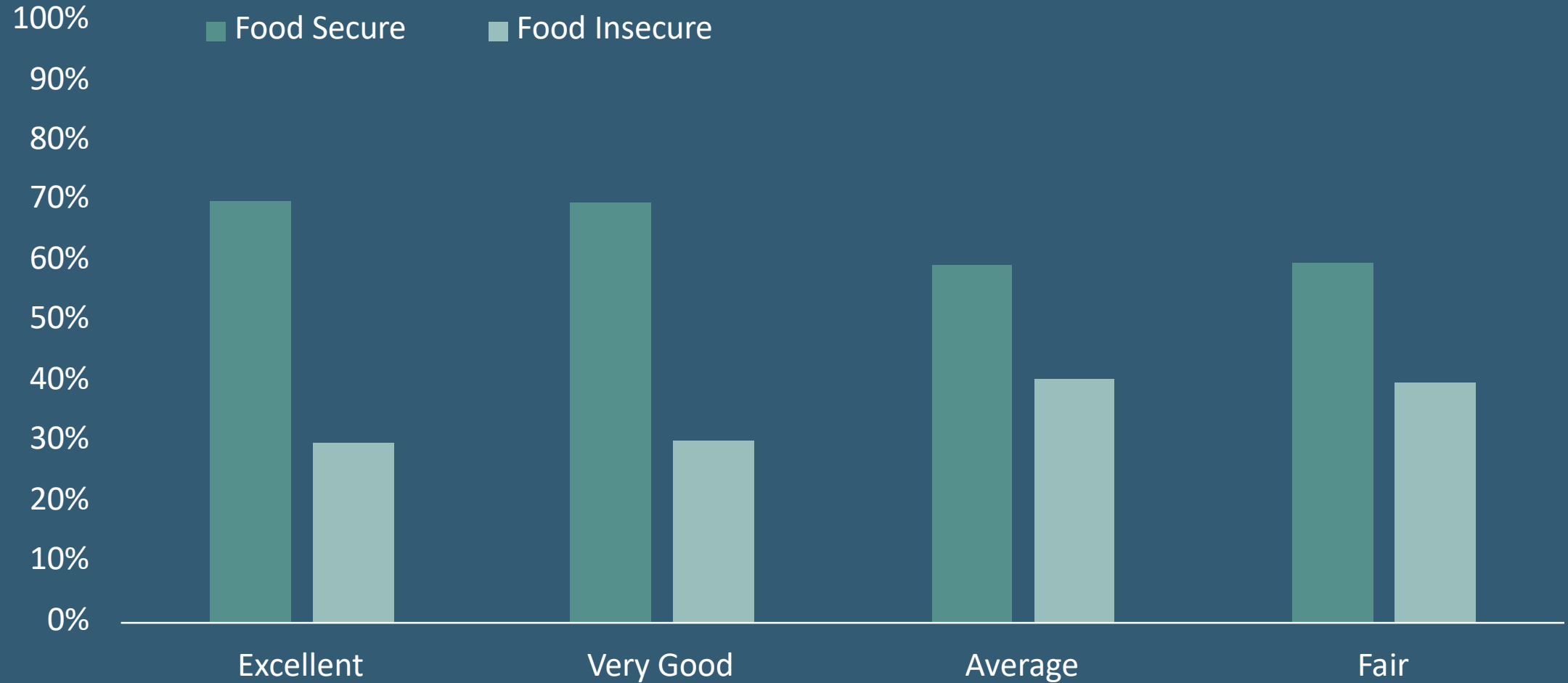
*Results statistically significant, $p < 0.05$

Food Security by *Health Insurance Status

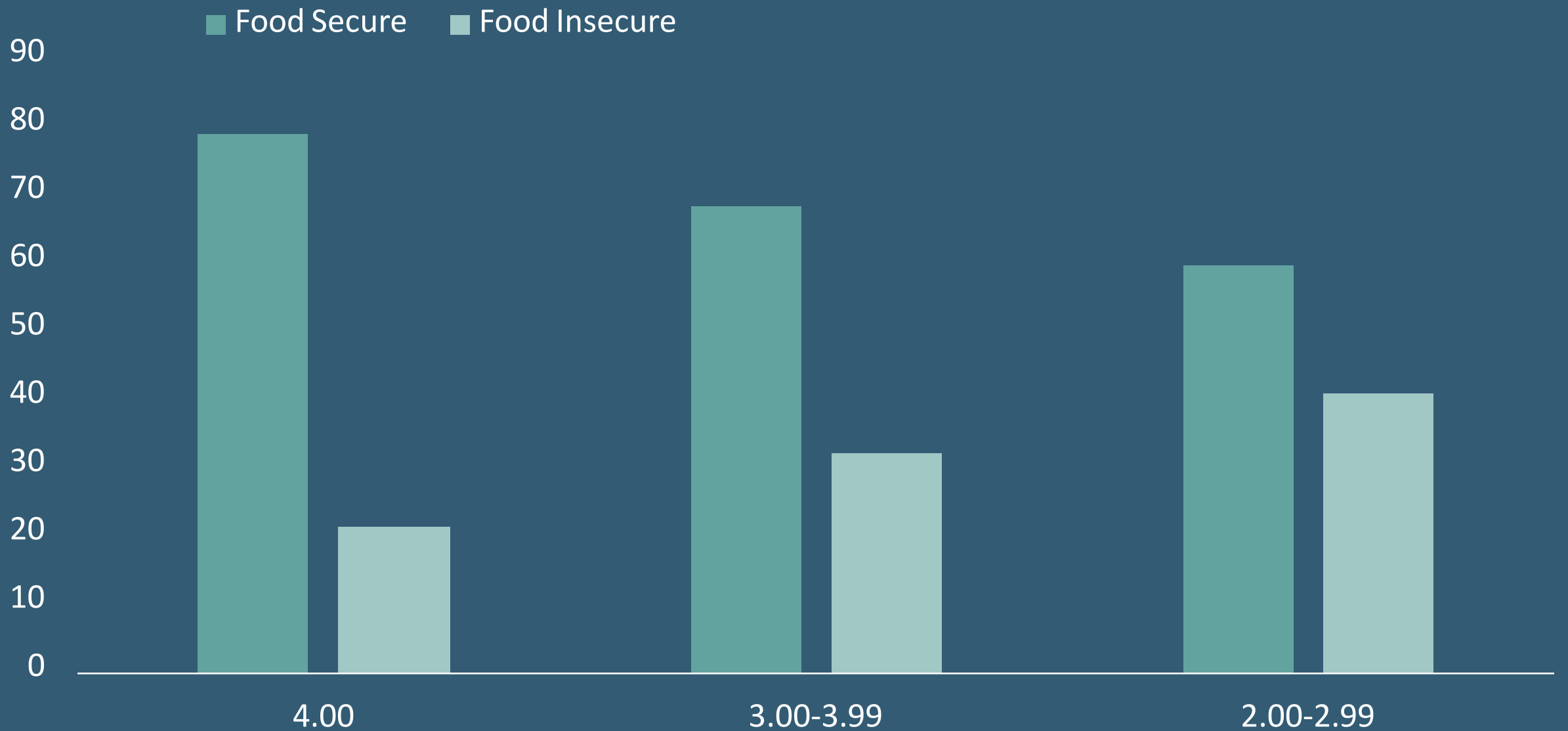


*Results statistically significant, $p < 0.05$

Food Security by Overall Health Status



Food Security Status by GPA



Awareness of Resources, Spring 2019

Resources



Weatherford
Food and
Resource
Center



Ministerial
Alliance Food
Pantry



First Baptist
Church of
Weatherford



Baptist
Collegiate
Ministry



Church of Christ
Student Center

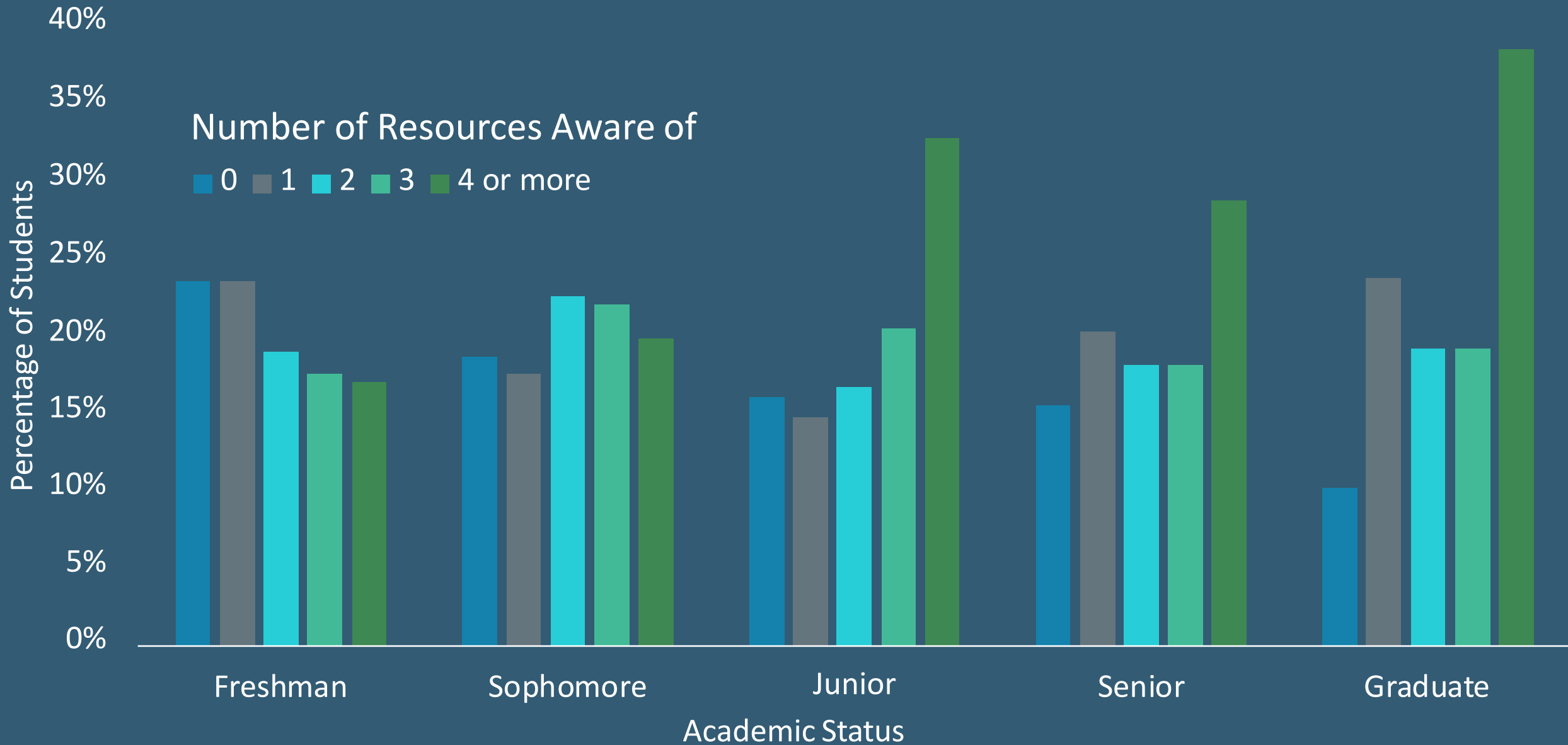


Wesley
Foundation

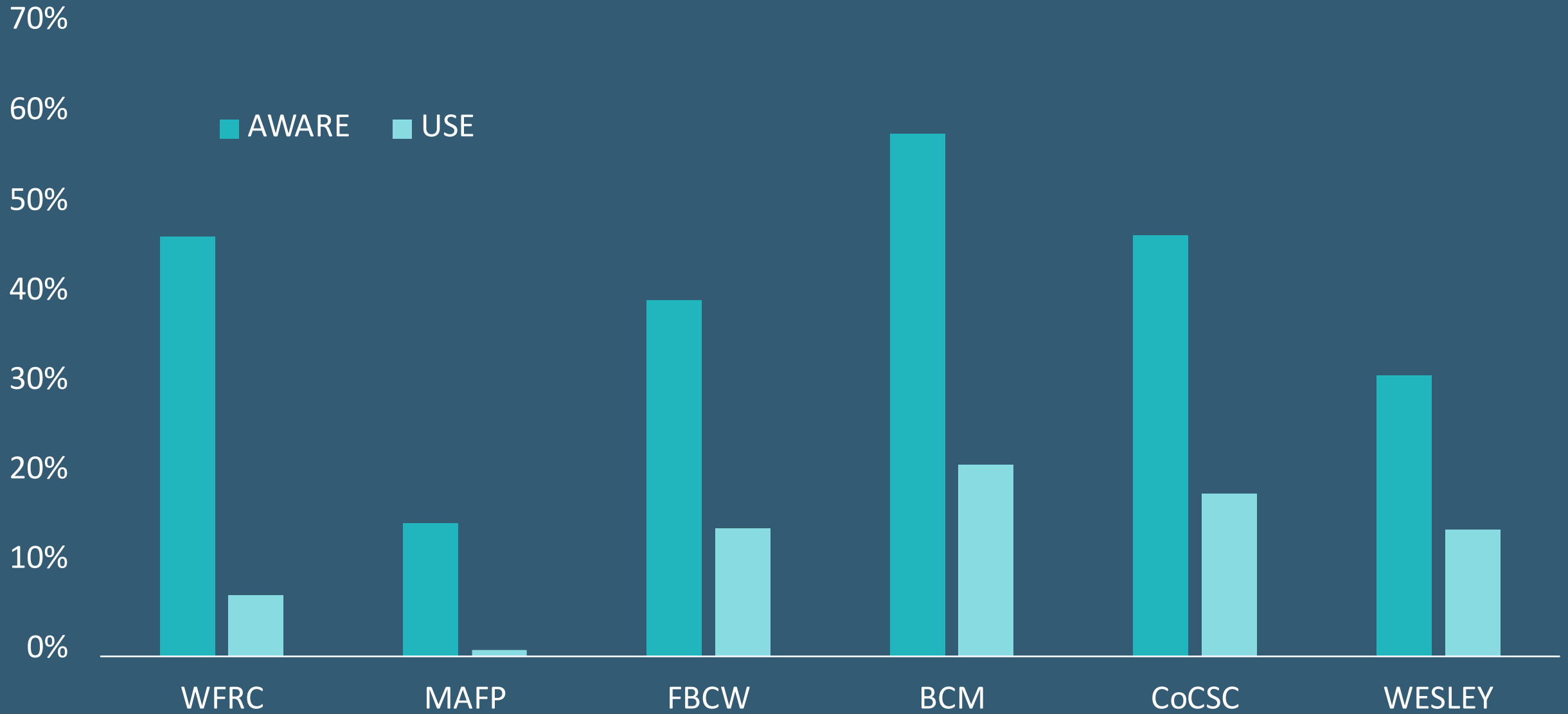
Overall
Awareness of
Food
Resources
Among
SWOSU
Students in
Weatherford

- 17.5% students were not aware of any of the available resources
- 82.5% of students reported being aware of at least one available resource
 - Of these, ONLY 28.8% used at least one resource
- 54.4% reported not utilizing any available resources

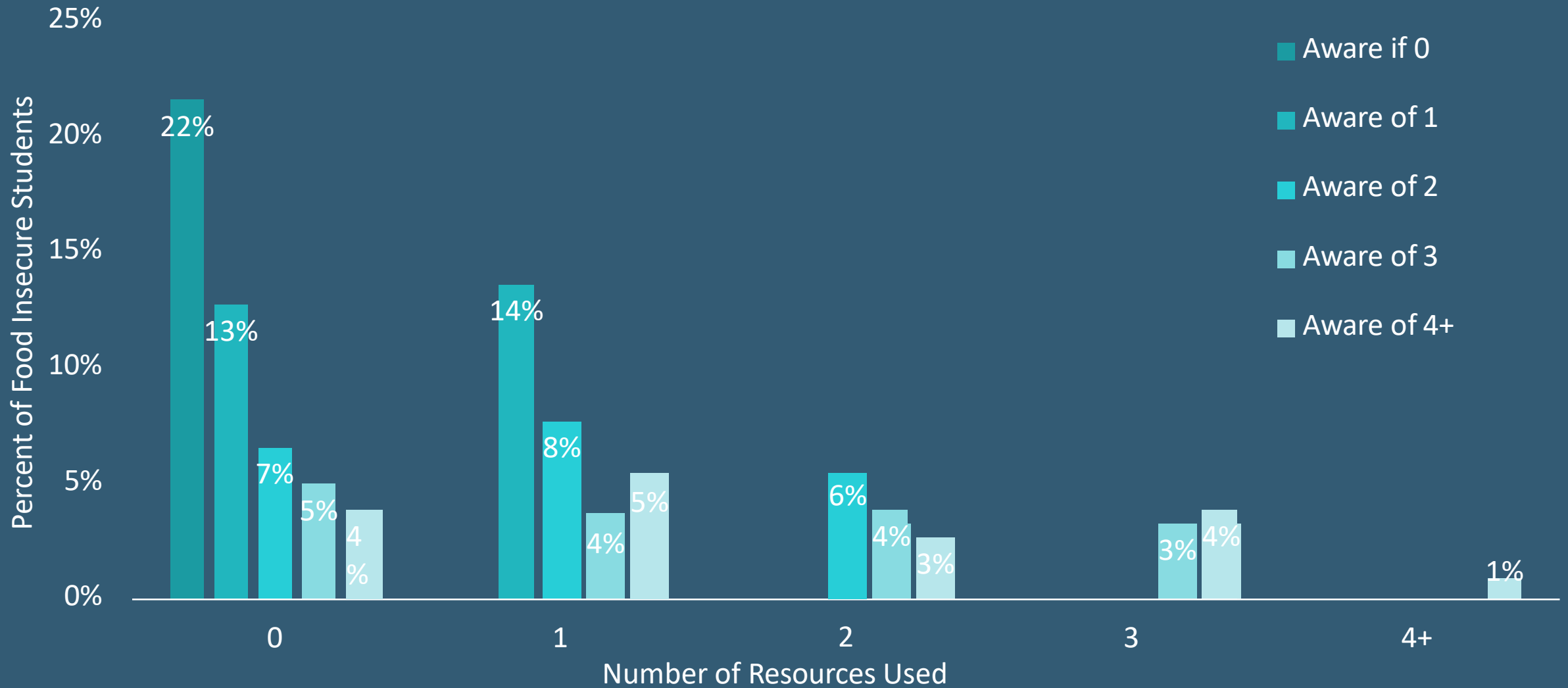
Awareness of Resources by Academic Status



Awareness & Use of Food Resources in Weatherford



Percentage of Food Insecure Students who Were Aware and Used Available Resources



Conclusions and Next Steps

SWOSU students have a higher prevalence of food insecurity than typical Oklahoma households

- Time spent in higher education may increase awareness of food resources.
- While awareness of available resources increases over time, the use of the available resources does not increase over time, particularly for those who are food insecure.



- There may be barriers preventing SWOSU students from utilizing available resources.
- The researchers believe that marketing of available resources could be an initial step towards reducing food insecurity levels among SWOSU students.



Potential Future Steps



- Expanding this survey to other regional universities in Oklahoma
- Marketing resources to students
- Identifying barriers preventing use of existing resources

References

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