



# Food Insecurity: Prevalence in the Nation and Institutions

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# What is food insecurity?

When the subject is food insecurity, many people assume we are talking about hunger. However, food insecurity and hunger are two different concepts with distinct meanings.

**Food insecurity** is a household-level economic and social condition of limited or uncertain access to adequate food.

VS

**Hunger** is an individual-level physiological condition that may result from food insecurity.

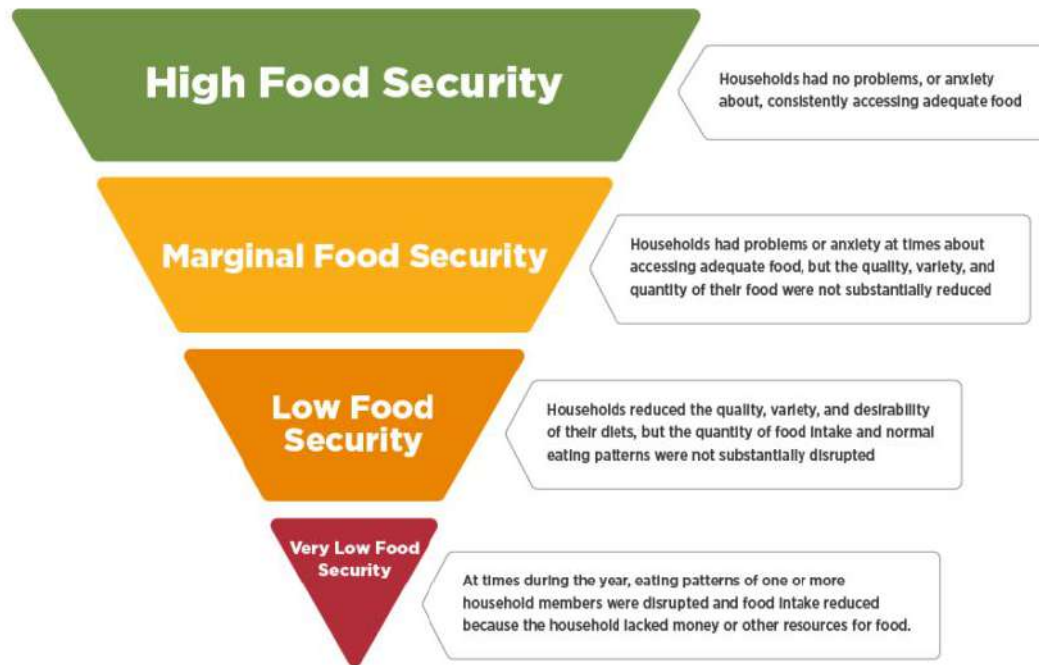
*Source: Committee on National Statistics (CNSTAT)*

# Ranges of Food Insecurity

There are two different ranges of food insecurity - low and very low. Below you can find what classify these two ranges, according to the United States Department of Agriculture:

- **Low food security** (*old label=Food insecurity without hunger*): reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake (USDA, 2019).
- **Very low food security** (*old label=Food insecurity with hunger*): Reports of multiple indications of disrupted eating patterns and reduced food intake (USDA, 2019)

*Source: United States Department of Agriculture*



Source: Adapted from the USDA Economic Research Service.

# Food Insecurity & The United States

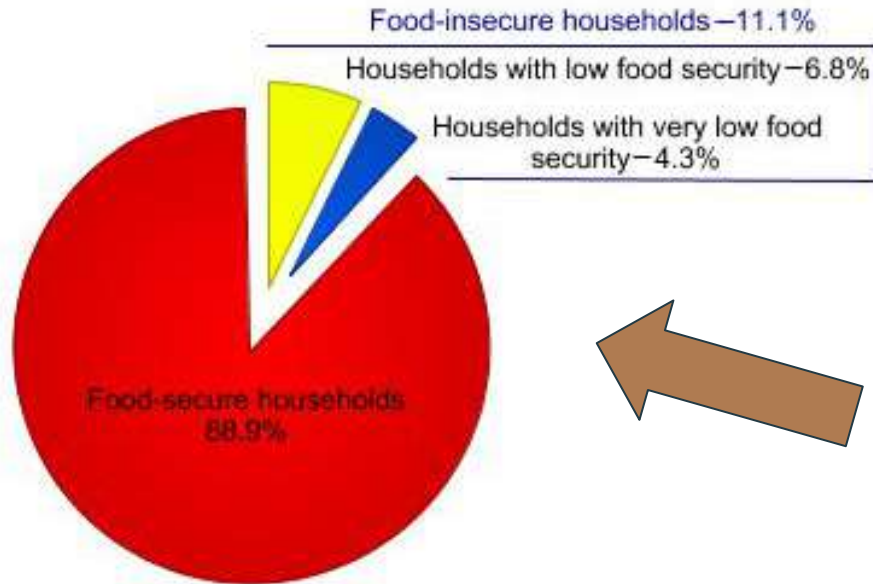
Differently from what most Americans are aware, food insecurity is very present in the United States. In 2018:

- 37.2 million people lived in food-insecure households
- 9.5 million adults lived in households with very low food security.
- 6.0 million children lived in food-insecure households.
- 540,000 children (0/7% of the Nation's children) lived in households in which one or more child experienced very low food security.
- 1 in 9 Americans are food insecure



*Source: United States Department of Agriculture*

# U.S. Households by Food Security Status in 2018



Food insecurity has slowly become a hot topic in the United States, as it affects **11.1% of U.S. households** - as shown in graphic.

*Source: United States Department of Agriculture*

# Who gets affected?

There is no single face of food insecurity, as it impacts every community in the United States. According to USDA, the most affected groups in the U.S. are:

- Households with female head, no spouse with children < 18 years
- Households with male head, no spouse with children < 18 years
- Households with children < 6 yrs
- Hispanic households
- Households with income under 1.85
- Households inside metropolitan area
- Households in the south region

# Consequences from Food Insecurity:

Food Insecurity can have a variety of affects individuals, here are some of the more common outcomes:

## **In Children:**

1. Increased Developmental Risk
2. Lower Physical Function
3. Anxiety
4. Hyperactivity
5. Aggression
6. Depression
7. Behavior Disorders
8. Mood Disorders

## **In Adults:**

1. Micronutrient Deficiencies
2. Lower Diet Quality
3. Poorer Sleep Outcomes
4. Lower Physical Activity
5. Smoking
6. Decrease In Cognitive Function
7. Hypertension
8. Diabetes

Source: Forbes Magazine



# How does Food Insecurity Relates to College Students?

Data from more than 30,000 two- and 4-year college students indicate that approximately **half of the students** are food insecure, and recent estimates suggest that at least **20% of 2-year college students** have very low levels of food security. (Broton & Goldrick-Rab, 2018)

Some groups tend to be disproportionately food insecure at colleges and universities. This include students of color, community college students, first-generation students, older students, students who work longer hours at their jobs, students from the foster care system, veterans, and students who identify as LGBTQ. (Broton & Goldrick-Rab, 2018)

*Source:* Broton, K. M., & Goldrick-Rab, S. (2018)

# Statistics



In 2015,  
**11.2%**  
of students attending  
four-year colleges  
faced food insecurity;  
13.5% of those in  
vocational schools  
faced it too.  
(Urban Institute)



**Students**  
under the age of 20  
are less likely to face  
food insecurity, while  
those aged 30 or older  
were more likely to be  
hungry.  
(Urban Institute)



**31%**  
of households served  
by Feeding America  
must choose between  
food and education  
every year.  
(Feeding America)



Approximately  
**58,000**  
students report that  
they are homeless on  
their FAFSA  
applications.  
(USA Today)

# Who are we at Fontville College?



Fontville College is an institution located in the heart of Texas with approximately 5,100 students enrolled full time.

Fontville is a HSI Private 4-year institution serving students from mostly the surrounding Texas area and attracts HSI qualifying students. We have a budget of \$3,000 and need to address this issue on campus!

**We are the “Home of the Lizards!”**

# Why Care About Food Insecurity?

- Housing Insecurity and Food Insecurity go hand in hand
  - Of students who reported either hunger or housing instability in *Hunger on Campus*,
    - 81 percent said that the problems harmed their academic performance.
      - The most common effects were:
        - 53% missing class
        - 54% missing study sessions
        - 55% Opting out of extracurricular activities
        - 25% Dropped the class
- *Struggling to Survive* reported that 8 % of community college students with food insecurity planned to drop out entirely Students facing food/housing insecurity took more developmental writing (62/65 percent), reading (58/60 percent), and mathematics (71/74 percent) courses. These students felt less on-track, confident, in control, focused, and interested in their school work. They also felt that college was less worthwhile, felt less welcomed by faculty, and felt less engaged both inside and outside of the classroom.



# The Problems of Food and Housing Insecurity In Real Life

**TABLE 8: EDUCATIONAL IMPACT OF FOOD AND HOUSING INSECURITY ON FOOD INSECURE STUDENTS, LAST 12 MONTHS**

	YES
Have hunger or housing problems had an impact on your education?	32%
<b>HAVE HUNGER OR HOUSING PROBLEMS CAUSED YOU TO DO ANY OF THE FOLLOWING?*</b>	
Done any of the following	86%
Miss a class	53%
Miss a study session	54%
Miss a club meeting	37%
Opt not to join an extracurricular activity	55%
Not buy a required textbook	55%
Drop a class	25%
Not perform as well in your academics as you otherwise could have	81%

\*Asked only of students who responded "yes" to the previous question about educational impact.

**TABLE 9: FOOD INSECURITY AMONG CAMPUS MEAL PLAN ENROLLEES AT FOUR-YEAR COLLEGES**

MEAL PLAN ENROLLEES AT FOUR-YEAR COLLEGES	YES	
Experiencing food insecurity	43%	
	ALL STUDENTS ON MEAL PLAN	FOOD INSECURE STUDENTS ON MEAL PLAN
Have you ever run out of meal points before the end of the term?	33%	46%
<b>MEALS EATEN PER WEEK AT DINING HALL</b>		
Less than 5 meals	24%	31%
5-9 meals	32%	38%
10-14 meals	30%	22%
15 or more meals	13%	9%

# How latest trends have increased the awareness of food insecurity at college?

## The 5 Whys

1. A higher proportion of college students are from households with incomes at or below the poverty line
2. The Cost for College is more expensive now than in the past
3. Pell grant purchasing power, has fallen over time
4. Paying for College is Difficult
  - i. “Coupled with rising college prices, students must work nearly full-time to afford full-time community college. To avoid paying for benefits, today’s employers, including universities, often divide full time hours across multiple part time workers, contributing to the growing number of students working several jobs to make ends meet.”
5. Less money to spend on student support programs.
  - i. State funding “has decreased by 25% per student over the last 30 years, and states have cut \$9 billion from higher education in the last 10 years alone. In public universities, budget cuts have led to significant reductions in student services.”

# How do we solve the problem?



# 1) Educating the Educators: Hunger Feast

- The first step to implementing a successful program for food insecurity is teaching others about it through example of hunger.
- A faculty and staff in-service program will be implemented where they are given a Hunger Feast and educational lecture on what food insecurity is and how it relates to the community.
  - This hunger feast is organized in a lottery fashion where they will get their assignment randomly distributed as they enter the meeting space.
  - After the lottery is assigned to the individuals and they receive their food portions, they will be educated on how food insecurity is affecting our campus at Fontville College and the expectations of what is to come when taking on this issue for our campus.



# 1.1 Specifics - Educating the Educator: Hunger Feast

- There will be 3 possible food lottery assignments to represent the states of food security or insecurity.
  - Food security: in this category, a person would receive a balanced meal reaching the nutritional needs of  $\frac{1}{2}$  a plate full of fruit and/or vegetables,  $\frac{1}{4}$  plate for carbs,  $\frac{1}{4}$  plate of protein (Harvard, 2020).
    - Ex:  $\frac{1}{2}$  a plate of broccoli,  $\frac{1}{4}$  plate of rice, and  $\frac{1}{4}$  plate portion of chicken breast
  - Low food insecurity: in this category, a person would receive a full portion of only carbs
    - Ex: a bowl of noodles from a Top Ramen packet
  - Very low food insecurity: a person would not be given anything to eat

## 1.2 Purpose - Educating the Educator: Hunger Feast

- The purpose of the Hunger Feast is to represent what the student population is experiencing in a more direct way that can be easily conceptualized through actual food consumption or lack there of.
- The lottery approach serves as a way to also highlight how not everyone will be able to eat properly due to food insecurity variances and levels.
- Institution take and what they can do:
  - This first “Educating the Educators” meeting with the faculty and staff is an approach to ready them for the proposed campus programs that will be soon implemented to give them insight on what the university is doing to resolve the issue as well as receiving their input.

## 2) A Group Called “Hunger”

- It will be proposed to the faculty and staff that there needs to be a greater approach with their input as the educators and guiders of our institution.
  - Will need to have ground-breakers on the issue to start a faculty/staff advised student run organization on campus that will pair with an already established Social Justice organization on campus.
    - This group on campus will help drive the student-to-campus connection on food insecurity in their collegiate community by planning drives and programs
    - The student run organization will be named “Hunger” and receive a yearly budget to plan for an annual hunger walk fundraiser in the community.
    - They will also have leadership representation roles to be elected to in order to establish a leadership opportunity that leads to service events and conference development for the future.
  - In order to keep with the motivation of the organization, it will be pressed that the topic will be a major educational aspect for students in order to reach them greater and proved support.
    - This would require faculty to add required attendance at “Hunger” programs put on during the semester

### 3) On-Campus Food Resources

- Local restaurants and grocery stores utilized in the area will be asked to pair with our initiative for the change it can have on our community.
  - They will be asked to partner with us as “Hunger” allies for resources that they can donate from their stores and providers for our students.
    - In exchange, we will allow their marketing on our flyers and at our events and showcase them for the “Hunger” heroes that they are to be allies in fighting against food insecurity.
    - This connection is meant for longevity within the institution.
- The food will be gathered and available in a common area in the student center. The location will need to be private enough to make students comfortable in the usage, yet also central enough to be educating students in its use and purpose.
  - The on-campus grocery store pantry will allow students to make 2 swipes per week on items they would like to take from our providers.
  - Cook books and kitchen-ware will be allowed for check-out at this location as well, donated by locals libraries and faculty-staff (kitchenware drive)

## 4) Local Involvement

- Local residential involvement is important as well!
  - Get residents in the local town informed about the issues and reach out to them to provide resource support and assistance in drives for resource.
  - They will also be involved in our larger community programs such as the “Hunger Walk”, put on by the student run “Hunger” organization.



## 5) Social Media Platform

- Although it is helpful to have food drives, a student and faculty-staff run organization of “Hunger”, and connect with local providers to have an on campus grocery-store pantry, there needs to be continued resource and education.
- Creation of social media platforms on Instagram, Twitter, and Facebook to provide continued support when not in person.
  - “Struggle Meals” is a series of how-to-cook videos with the intention of teaching people in need how to cook and provide a nutritional meal for themselves under a budget.
    - <https://youtu.be/RgKbpiN0xWY>
    - Videos like these will be added to the pages that are good intentional resources for cooking and baking simplified
  - The nutritionist on campus will also be able to pair with the “Hunger” group and the social media approach. Every month, they will advertise in-person teaching programs for how to make a proper meal and provide helpful resources in the area that are off-campus, but have a similar motivation to ending food insecurity.

# Budgeting: Where is the money going?

*\$3,000.00 Budget*



- A. **\$350.00** - *Inservice Project for Faculty and Staff: Hunger Feast*
  - a. Cost of food, reservation of space, supplies for marketing local partnership allies to “Hunger”
- B. **\$1800.00** - *Student Organization called “Hunger”*
  - a. Fontville College’s Social Justice organization will be in partnership with this club and this is their annual budget to help with the on-campus food pantry outside of donations and fundraising
- C. **\$500.00** - *Local Involvement*
  - a. Promoting “Hunger” throughout the town as well as local communities
  - b. Partnering with local organizations in town wide events such as the “Hunger Walk” fundraiser
- D. **\$350.00** - *Promotional Materials*
  - a. This will be used to advertise effectively throughout the year, give students educational materials, and spread awareness of food insecurity

# Overview of Food Insecurity and Fontville College

- With the overwhelming issue of food insecurity facing our country and on our campus, a desired approach to educating others and making differences starts out small.
  - Even with a small budget of \$3,000 allotted to a difficult issue, there are still creative ways to utilize what you have in money and more importantly in the resources around an institution and its people.
- The approach to creating effective food insecurity programming is multifaceted and designed for longevity, as the issue will still exist unless there is persistence in its education and sponsorship for change.
  - Creating programs for connecting with community involvement, pairing with businesses, and utilizing already implemented resources on campus in conjunction with a new student run organization is a strategy for a new tradition of caring and doing for those in need at Fontville.



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# Thank you!

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