What is the relationship between food insecurity and college students aged 18-22 and its effects on academic performance and how can proper nutrition be promoted?

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**Recommended Citation**
Ramos, Karla; Magbanua, John; Flores, Daniella; de Dios, Janelle; Bugtong, Karla; and Almonia, Shannon, "What is the relationship between food insecurity and college students aged 18-22 and its effects on academic performance and how can proper nutrition be promoted?" (2017). *Student Research Posters*. 64.  
https://scholar.dominican.edu/ug-student-posters/64

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Food insecurity is defined as the limited or uncertain availability of nutritionally adequate and safe foods. It can be measured by the extent to which a household lacks the economic means to acquire suitable food. This can result in a range of negative health outcomes, including malnutrition, obesity, and increased medical expenses.

Income < $1500 was the strongest correlate of food insecurity. Students with grade point average of 3.1 or higher were 45% less likely to be food insecure. Female students were 60% less likely to be food insecure. Low income students were 5 times more likely to report experiences with food insecurity. Income was the strongest correlate of food insecurity.

Students with grade point average of 3.1 or higher were less likely to be food insecure. Participants who identified as female were also less likely to be food insecure. Participants who identified as non-Hispanic were less likely to be food insecure. Income was the strongest correlate of food insecurity.

Food insecurity is an indicator of economic hardship and can affect college students' cognitive, academic, and psychosocial development. It can also be defined as the limited or uncertain ability to acquire acceptable foods in socially acceptable ways. Previous research has observed that food insecurity can disrupt optimal development throughout the life cycle. A growing body of literature has documented the effects of food insecurity on physical, mental, and emotional health among college students.

The purpose of the current study was to further analyze the prevalence of food insecurity and identify its correlates among students attending a rural university in the region.

### What Factors Increase Risk for Food Insecurity Among College Students?

<table>
<thead>
<tr>
<th>Study Title</th>
<th>Sample Size</th>
<th>Design</th>
<th>Study Type</th>
<th>Sample Demo/graphics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food insecurity in the college population</td>
<td>n = 124</td>
<td>Qualitative</td>
<td>Cross-sectional</td>
<td>Students who were employed were almost twice as likely to report experiences with food insecurity.</td>
</tr>
<tr>
<td>Time spent working many hours a week</td>
<td></td>
<td>Quantitative</td>
<td>Cross-sectional</td>
<td>Students who were employed were almost twice as likely to report experiences with food insecurity.</td>
</tr>
<tr>
<td>Income &lt; $1500 was the strongest correlate of food insecurity.</td>
<td></td>
<td>Qualitative</td>
<td>Cross-sectional</td>
<td>Students who were employed were almost twice as likely to report experiences with food insecurity.</td>
</tr>
<tr>
<td>Students with grade point average of 3.1 or higher were 45% less likely to be food insecure.</td>
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### Conclusion/Further Study

- **Risk Factors:**
  - Low income
  - Female gender
  - Lower academic performance

- **Implications for Practice:**
  - Awareness of food insecurity and its impact on academic performance
  - Promotion of proper nutrition and health education

- **Further Research:**
  - Impact of financial aid programs on food insecurity
  - Role of support systems in addressing food insecurity

### Summary: Implications for Practice

- Identify risk factors for food insecurity among college students, such as low socioeconomic status.
- Explore the relationship between poverty and lack of access to nutritious foods and its effects on academic performance.
- Comprehend the social environment and support systems that influence students' ability to access proper nutrition.
- Be able to assess the presence of risk factors and signs of food insecurity.
- Promote the importance of proper nutrition through educational programs and resources available to students.