



# Student Hunger On Campus

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## Background

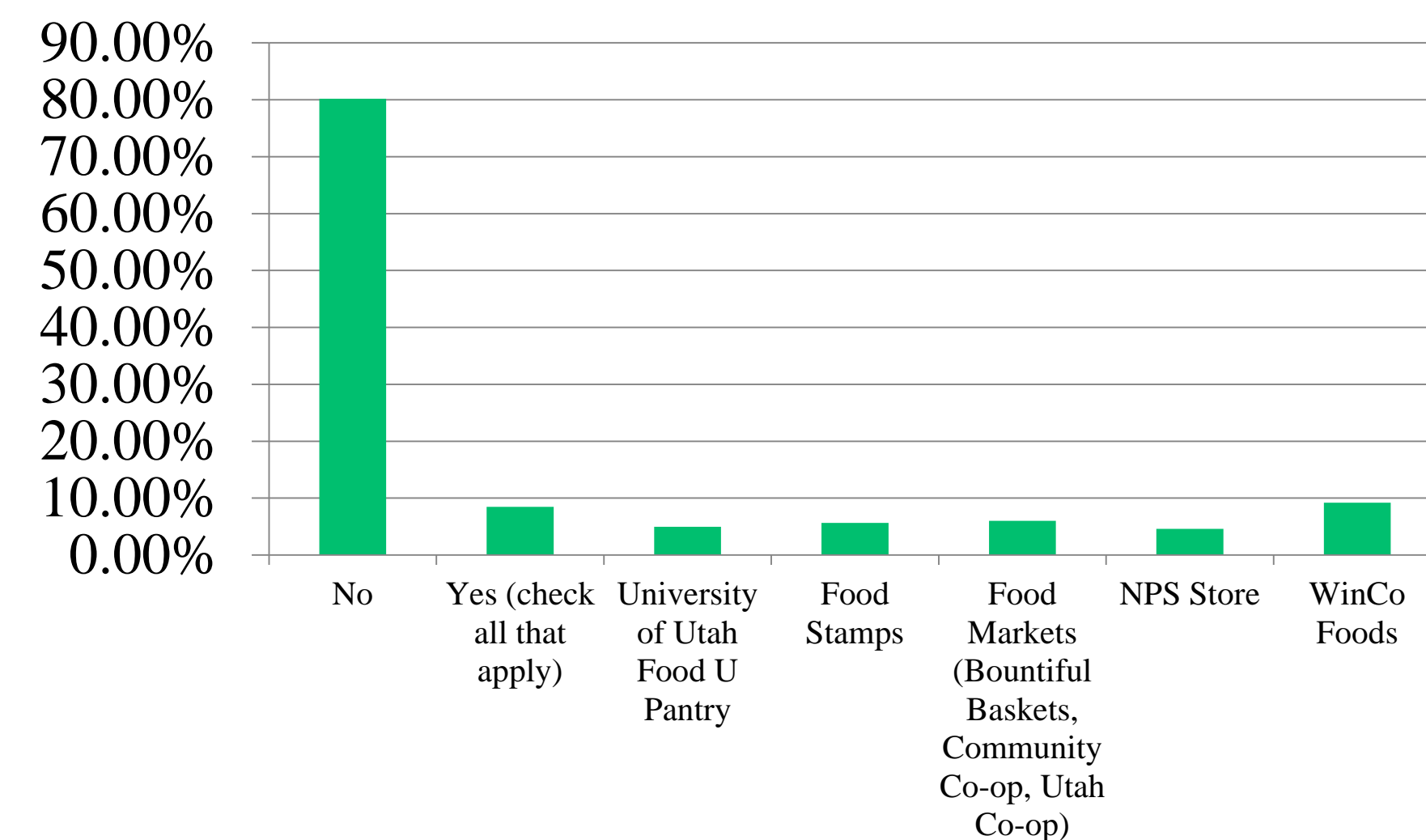
- Many students struggle to fill the basic need of food while attending college
- Students aren't aware of appropriate food resources or don't utilize them
- A student with a refugee background highlighted the need for food availability on campus
- Desired to see how often students skips meals or go hungry during their college experience

## Methods

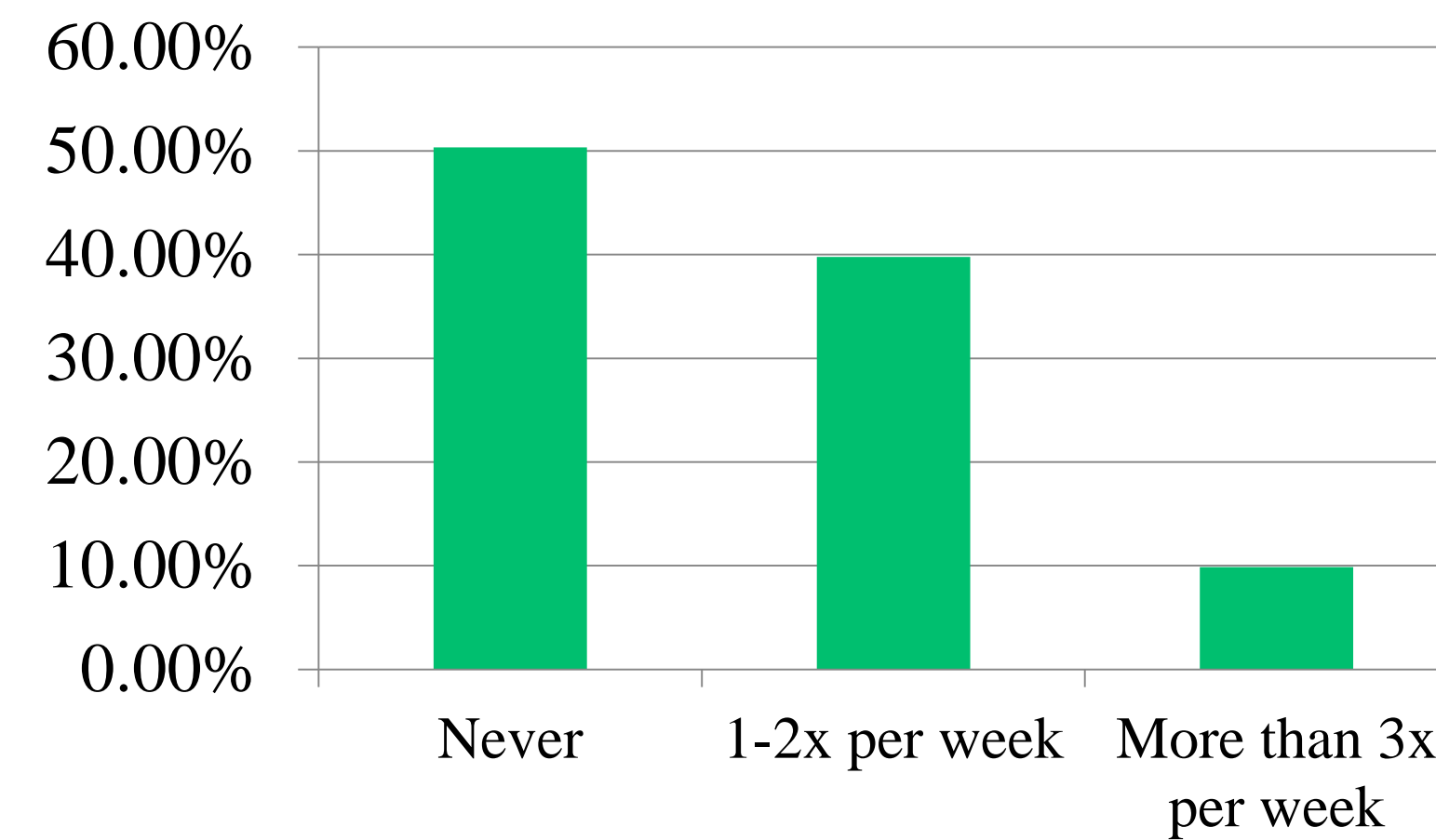
- Compared prices of common foods at local grocery stores to see which stores were most affordable
- Created a Student Food Resource Guide as a reference for College Students
- Formulated a survey in order to measure how often students go without food over 12 months
- Contacted departments on U of U Campus to email the survey to their students
- Analyzed Survey Results (283 responses recorded)

## Results: Survey Data

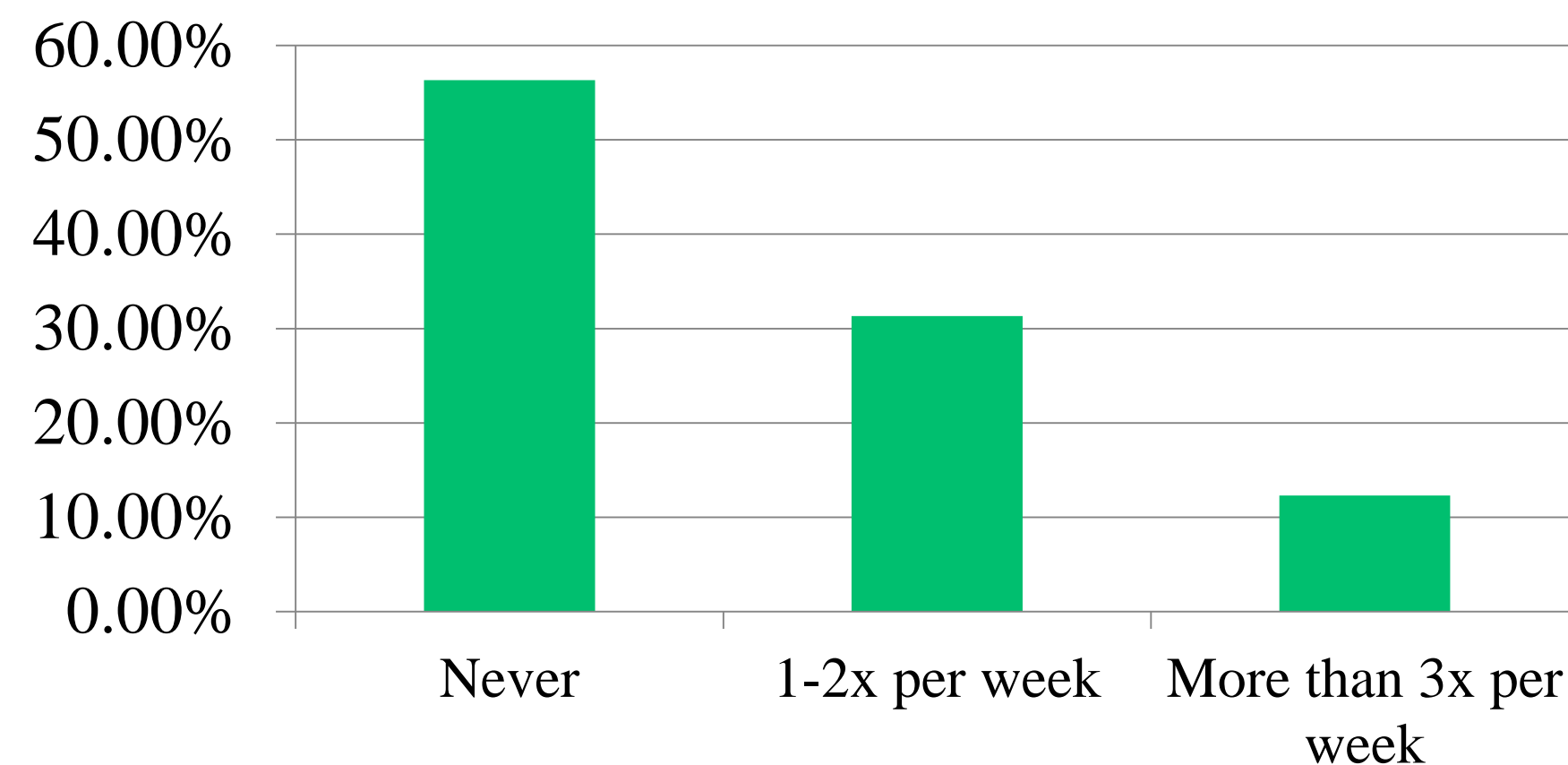
Have you ever used food resources available to students?



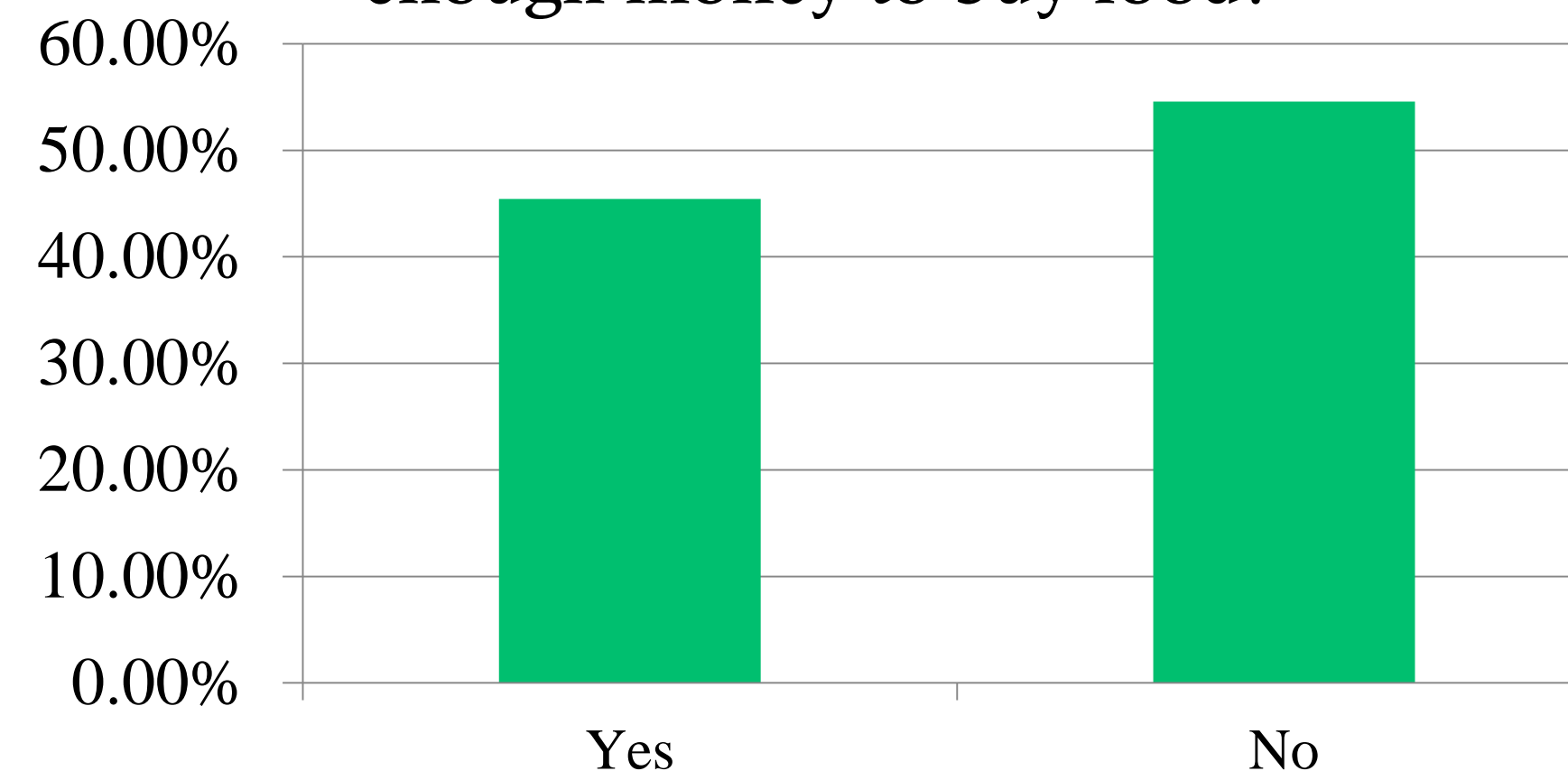
How often do you feel hungry after you eat a meal?



How often do you skip meals because you do not have enough food?



In the past 12 months, did you (personally) ever eat less than you felt you should because there wasn't enough money to buy food?



## Implications

- According to the survey, 40% of students responded *often* or *sometimes true* to the statement: "The food that you and other household members didn't last, and there wasn't any money to get more"
- "More is known about the prevalence of food insecurity among the general population than among college students" (Payne-Sturges, et al. 2017)
- "Food insecurity...is an important public health concern that might have implications for academic performance, retention, and graduation rates" (University of Maryland, 2017)
- Further research will determine what steps need to be taken to address student hunger and what other resources might be available (free lunch programs, etc.)
- A campus-wide study at the University of Utah is scheduled for Fall 2018

## Results: Food Price Comparison

\*\*Listed in US Dollar Amount

Groceries	NPS Store	WinCo	Walmart	Smith's
<b>Fruits/Veg.</b>				
Lettuce	0.33 ea	1.48 ea	1.18 ea	1.29 ea
Cucumber	0.39 ea	0.48 ea	-----	0.50 ea
Broccoli	0.99 lb	1.28 lb	2.34 lb	1.02 ea
Onions	0.39 lb	0.38 lb	1.74 lb	0.31 ea
Celery	0.50 ea	0.98 ea	1.73 lb	1.48 ea
Apples	0.89 lb	0.78 lb	3.94 (3 lb)	1.49 lb
Oranges	.069 lb	0.98 lb	0.98 lb	0.88 lb
Bananas	0.49 lb	0.52 lb	0.52 lb	0.55 lb
Peaches	1.09 lb	0.98 lb	1.24 (15 oz)	0.98 lb
Strawberries	0.79 lb	1.28 lb	6.98 (16oz)	2.50 (16 oz)
Frozen Peas	0.99 ea (16 oz)	2.21 (16 oz)	0.98 (12 oz)	1.00 (12 oz)
Frozen Corn	1.49 (10 oz)	2.16(32 oz)	0.98 (12 oz)	1.00 (12 oz)
<b>Dairy</b>				
Butter	3.69 (16oz)	2.78 (16oz)	2.78 (16oz)	2.99(16 oz)
Milk	2 gal for 5.00	1.98 gal	1.98 gal	2.29 gal
Eggs (Dozen)	0.79	1.07	0.94	1.69
Yogurt	2.50 (18-pack)	3.72 (8 pack)	1.96 (32oz)	0.60 (6oz)
<b>Meats</b>				
Sliced Deli Meat	0.99 (16oz)	2.17 (16oz)	3.38 (9oz)	7.99 lb
Chicken Breasts	1.99 (2 lb)	5.98 (3 lb)	7.78 (3 lb)	6.99 (3 lb)
Beef Patties	12.99(12 patties)	6.98 (8 patties)	8.78 (12 patties)	5.99 (8 patties)
<b>Grains</b>				
Sliced Bread	0.99	1.88	2.48	2.99
Flour Tortillas	1.59 (20oz)	2.78 (20 oz)	1.58 (11oz)	1.29(17.5oz)
Cereal (Cold)	2.49	1.98	2.98	2.99
Spaghetti Noodles	1.19	0.88	2.14	0.88 (16oz)
<b>Misc.</b>				
Peanut Butter	2.09(16oz)	7.98 (80 oz)	2.98	1.49(16 oz)
Seasonings	0.79-0.89	1.68	2.98	2.69

## Limitations

- Sent e-mail survey to University of Utah departments
- A more diverse respondent pool would demonstrate which groups experience more hunger
  - 76% of the responders were female
  - 72% of the responders reported being White/Caucasian

## References

Payne-Sturges, D. C., Tjaden, A., Caldeira, K. M., Vincent, K. B., & Arria, A. M. (2017). Student Hunger on Campus: Food Insecurity Among College Students and Implications for Academic Institutions. *American Journal of Health Promotion*, doi:10.1177/0890117117719620

University of Maryland (2017). Student Hunger on Campus: Food Insecurity Among College Students and Implications for Academic Institutions. (2017, July 28). *Science Letter*, 1626. Available at <http://link.galegroup.com.ezproxy.lib.utah.edu/apps/doc/A499068070/AONE?u=marriottlibrary&sid=AONE&xid=ff15b3af>