

PREDICTORS OF FOOD INSECURITY FOR OUHSC STAFF

WHAT WE KNEW:

Food insecurity (i.e. having restricted or uncertain ability to acquire sufficient amount or quality of food [1]) is prevalent among US adults, is associated with **adverse health outcomes** [2,3].

While food insecurity occurs in high rates among college students [4], prevalence among **college staff** is not understood.

WHAT WE DID:

Distributed electronic surveys to staff at the University of Oklahoma Health Sciences Center (OUHSC) August to September 2019 to collect information on demographics and **food insecurity (FIS)** characteristics.

WHAT WE FOUND:

One in three staff (32.3%) recently experienced FIS; notably, this was 13% higher than prevalence among students.

Another **one in ten (11.5%)** were considered *at risk* of FIS.

While most staff with FIS were interested in seeing food assistance programs on campus (76%), fewer reported that they would use such resources (60%).

FOLLOW-UP AIMS OF THIS STUDY WERE TO:

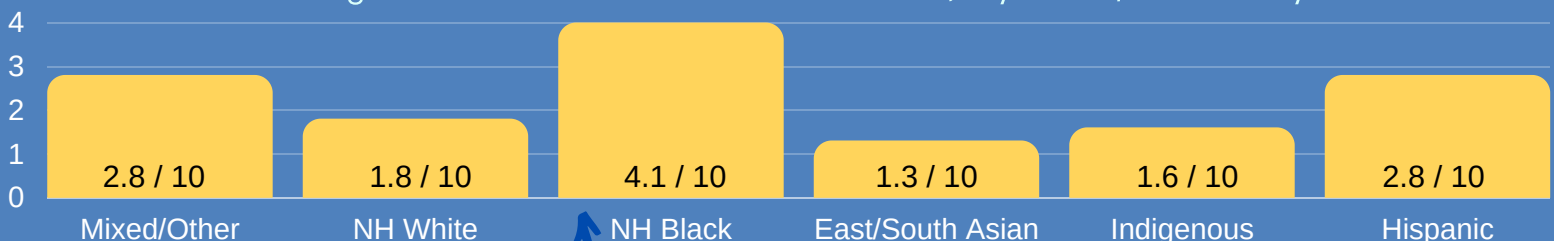
1. Describe FIS among various demographic subgroups for OUHSC staff.
2. Identify predictors of having higher FIS scores in OUHSC staff.

FIS was measured using a **FIS Score**, ranging from 0 (least FIS) to 10 (most).

The sample included 584 staff employed at OUHSC, including both OKC and Tulsa campuses.

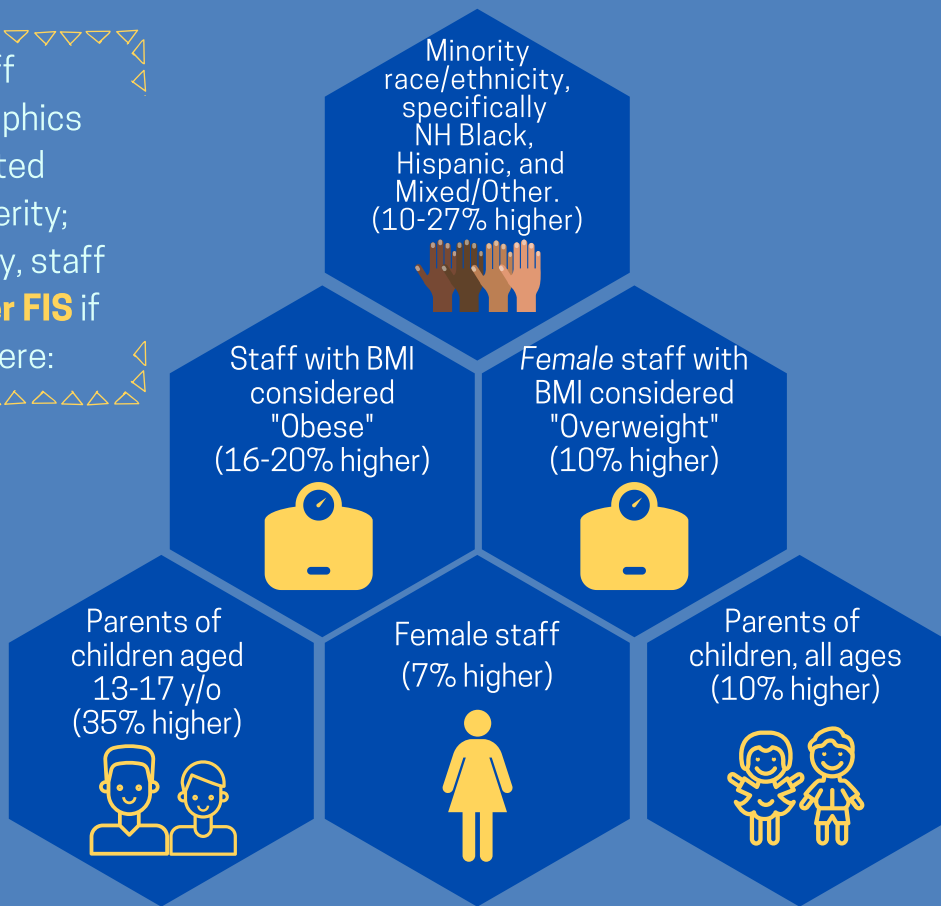


Average FIS scores for OUHSC staff, by race/ethnicity:



*Non-Hispanic black staff have the highest FIS scores overall, significantly less desirable than NH White, Asian, and Indigenous staff.

Staff demographics predicted FIS severity; specifically, staff had **higher FIS** if they were:



Staff characteristics NOT associated with FIS score:

Campus location (OKC vs. Tulsa)

Indigenous race/ethnicity

Overweight status (for male staff only)

SUMMARY & NEXT STEPS:

- Program and personal demographic characteristics- including employed College, race/ethnicity, female sex, weight, being a parent, and specifically having older children- **predicted higher food insecurity** among OUHSC staff.
- Identifying staff populations who may especially benefit from food assistance programming can guide targeted promotion to meet specific population needs.

REFERENCES

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3. Knol LL, Robb CA, McKinley EM, Wood M. Food Insecurity, Self-rated Health, and Obesity among College Students. *American Journal of Health Education*. 2017;48(4):248--255.
4. Nikolaus CJ, An R, Ellison B, Nickols-Richardson SM. Food Insecurity among College Students in the United States: A Scoping Review. *Advances in Nutrition*. 2019.

This report was prepared by Bethany Williams, MS in August 2020 on behalf of the Behavioral Nutrition and Physical Activity Laboratory directed by Dr. Susan B. Sisson, PhD, RDN, CHES. The research study was funded by the College of Allied Health Research and Creativity Grant. If you have any questions or comments, please contact us at nutritionactvlab@ouhsc.edu or 405.271.8001 x41173.