

BEHAVIORAL NUTRITION AND PHYSICAL ACTIVITY LABORATORY

PREDICTORS OF FOOD INSECURITY FOR OUHSC STUDENTS

WHAT WE KNEW:

Food insecurity (i.e. having restricted or uncertain ability to acquire sufficient amount or quality of food [1]) is prevalent among college students [2], and is associated with adverse academic performance [3] and health outcomes [3,4].

WHAT WE DID:

Distributed electronic surveys to students at the University of Oklahoma Health Sciences Center (OUHSC) August to September 2019 to collect information on program enrollment, demographics, and food insecurity (FIS).

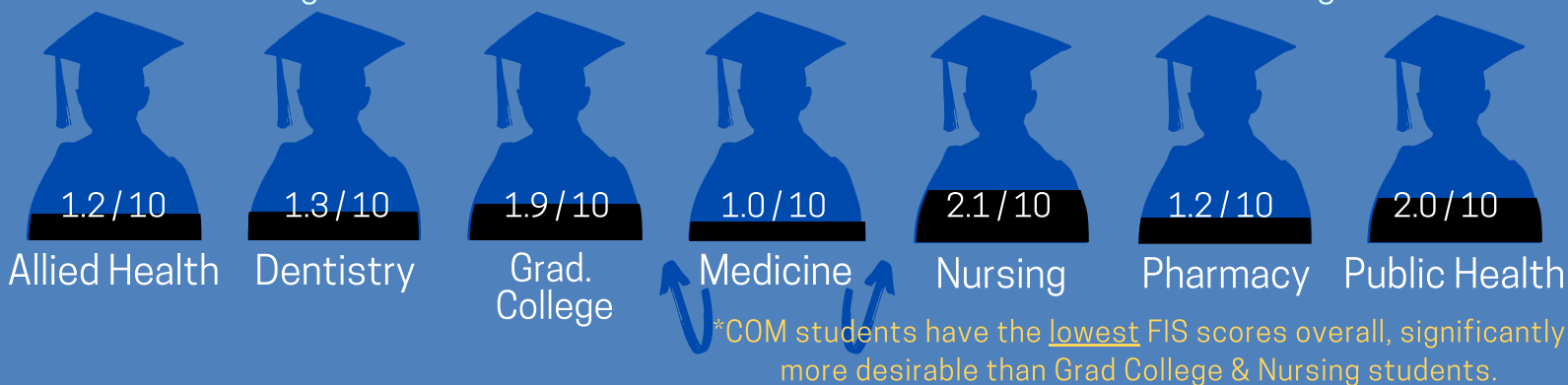
WHAT WE FOUND:

One in five students (19.7%) recently experienced FIS.

Another one in five (17.8%) were considered *at risk* of FIS.

Most students with FIS were interested in seeing (86.5%) and/or using (71.6%) various food assistance programs.

Average FIS scores for students within each OUHSC College:



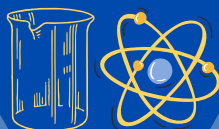
These findings summarize predictors of students having higher FIS, using a score ranging from 0 (least FIS) to 10 (most).

Students had **higher FIS** if they were:

First generation students (6% higher)



Graduate students (6% higher)



GRAs or full-time employees (8-9% higher)



Receiving financial aid (6% higher)



Student demographics predicted FIS severity; specifically, students had **higher FIS** if they were:

Females with BMI considered "Obese" (9% higher)



Black or African American race/ethnicity (14% higher)



International students (21% higher)



Divorced, Widowed or Separated (16-18% higher)



Student characteristics NOT associated with FIS score:

Campus location (OKC vs. Tulsa)

Hispanic or Indigenous race/ethnicity

Having children

Weight status (for *male students* only)

Out-of-state student status

SUMMARY & NEXT STEPS:

- **Program and personal demographic characteristics**- including enrolled College, employment, financial aid, race/ethnicity, international status, marital status, sex and weight- **predicted higher food insecurity** among OUHSC students.
- Identifying student populations who may especially benefit from food assistance programming can guide targeted promotion to meet specific population needs.

REFERENCES

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