

HIGHER EDUCATION FOOD SECURITY SURVEY

A First Look



WEBER STATE UNIVERSITY

Center for Community Engaged Learning

Survey Information

- **USDA Household Food Security Module**

- High Food Security: No reported indications of food access problems or limitations.
- Marginal Food Security: One or two reported indications – anxiety over food sufficiency or shortage. Little or no indication of changes in diets or food intake.
- Low Food Security: Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.
- Very Low Food Security: Reports of multiple indications of disrupted eating patterns and reduced food intake.

- **PRAPARE Assessment (Social Determinants of Health)**

- **Other survey questions**

- 11% response rate (n=5,721)
- 91% completion rate

Extent and Severity of Food Insecurity among Higher Education Students

Results of the USDA Household Food Security Module

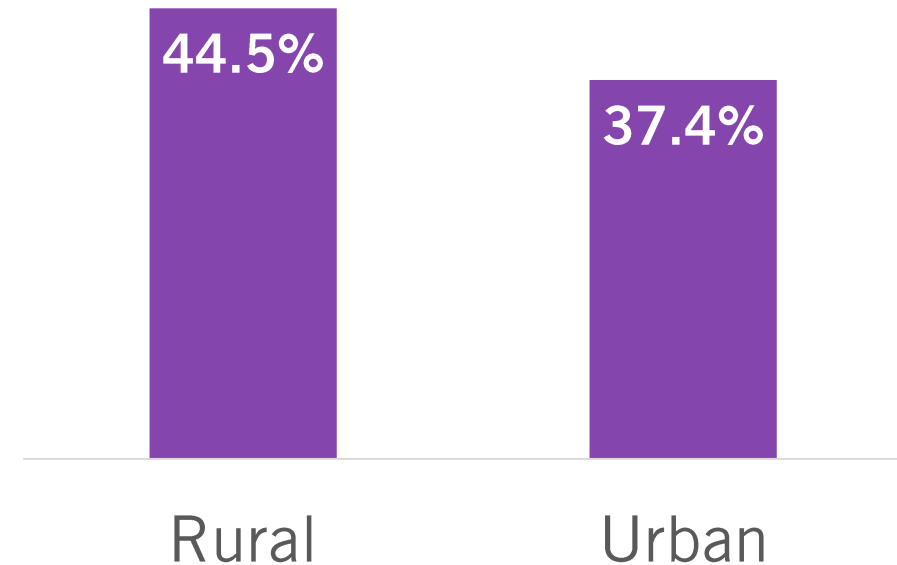
- Thirty-nine percent of students are food insecure; about 1 in 5 experience very low food insecurity.
- There was no difference in food insecurity among households with children compared to households without children.
 - Food insecure with children: 38.3%
 - Food insecure without children: 38.9%
- Hispanic/Latinos are more likely to be food insecure (49.4%) compared to White, non-Hispanic individuals (36.3%).

	% of Students
High Food Security	40.0
Marginal Food Security	21.2
Low Food Security	17.7
Very Low Food Security	21.1

Urban and Rural Food Insecurity

- For students living in Utah, students from rural areas reported higher levels of food insecurity.
- Rural students represented 19.7% of the survey sample (n=1,126)
- Urban counties include Cache, Weber, Davis, Salt Lake, and Utah

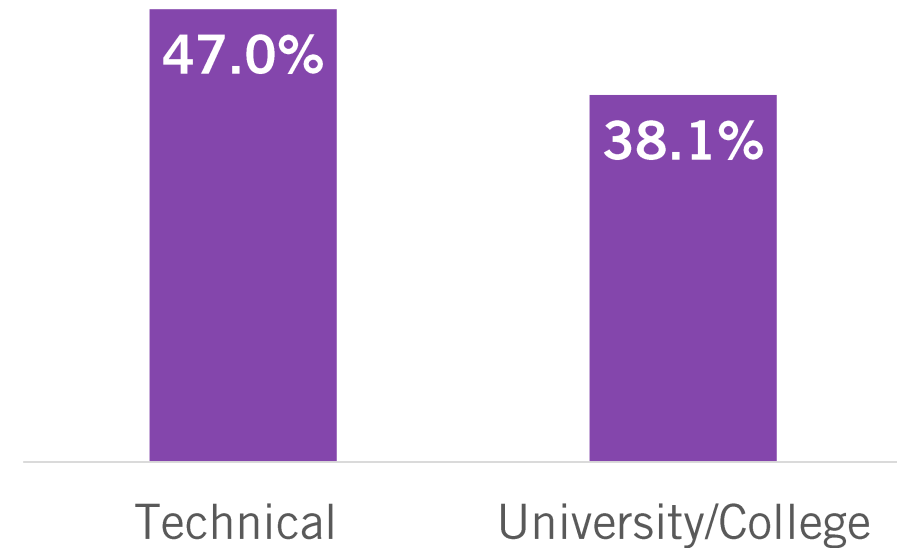
Rural students are more likely to report food insecurity.



Technical and University/College Students and Food Insecurity

Technical college students are more likely to report food insecurity.

- Technical students represent 7.8% of the survey sample (n=447).



Coping with Food Insecurity

Q: How do you cope with not having enough or the right foods to eat?

- Over half of food insecure students skipped a meal or went hungry if they didn't have enough food.
- Nearly half of food insecure students relied on family or friends for food.
- About 15% of food insecure students visited a food pantry.
- Few food insecure students used SNAP or WIC benefits.

	Food Secure	Food Insecure
Food pantry	4.7%	15.4%
Family/Friends	16.6%	45.4%
SNAP/EBT	1.1%	5.9%
WIC benefits	1.2%	2.5%
Religious community	3.1%	7.6%
Free food events	12.8%	36.4%
Go hungry/Don't eat	8.2%	53.5%
Not applicable	72.0%	12.5%
Other	2.0%	4.0%

Basic Needs

Q: In the past year, have you or any family members you live with been unable to get or pay for any of the following when it was really needed?

- Nearly 45% of food insecure students were unable to afford or get medicine or healthcare in the past year.
- About 30% were unable to make rent or a mortgage payment.
- Other typically referred to car repairs or academic expenses such as tuition or books.
- Only 3% of food insecure students reported that they were able to meet all of their basic needs last year.

	Food Secure	Food Insecure
Food	2.7%	35.9%
Rent/mortgage	9.4%	29.8%
Utilities	5.8%	24.6%
Phone	3.5%	17.4%
Medicine or Healthcare	21.4%	44.8%
Childcare	2.7%	5.8%
Clothing	6.1%	30.4%
Other	3.3%	5.1%
Prefer not to say	35.1%	25.1%
None	32.0%	3.0%

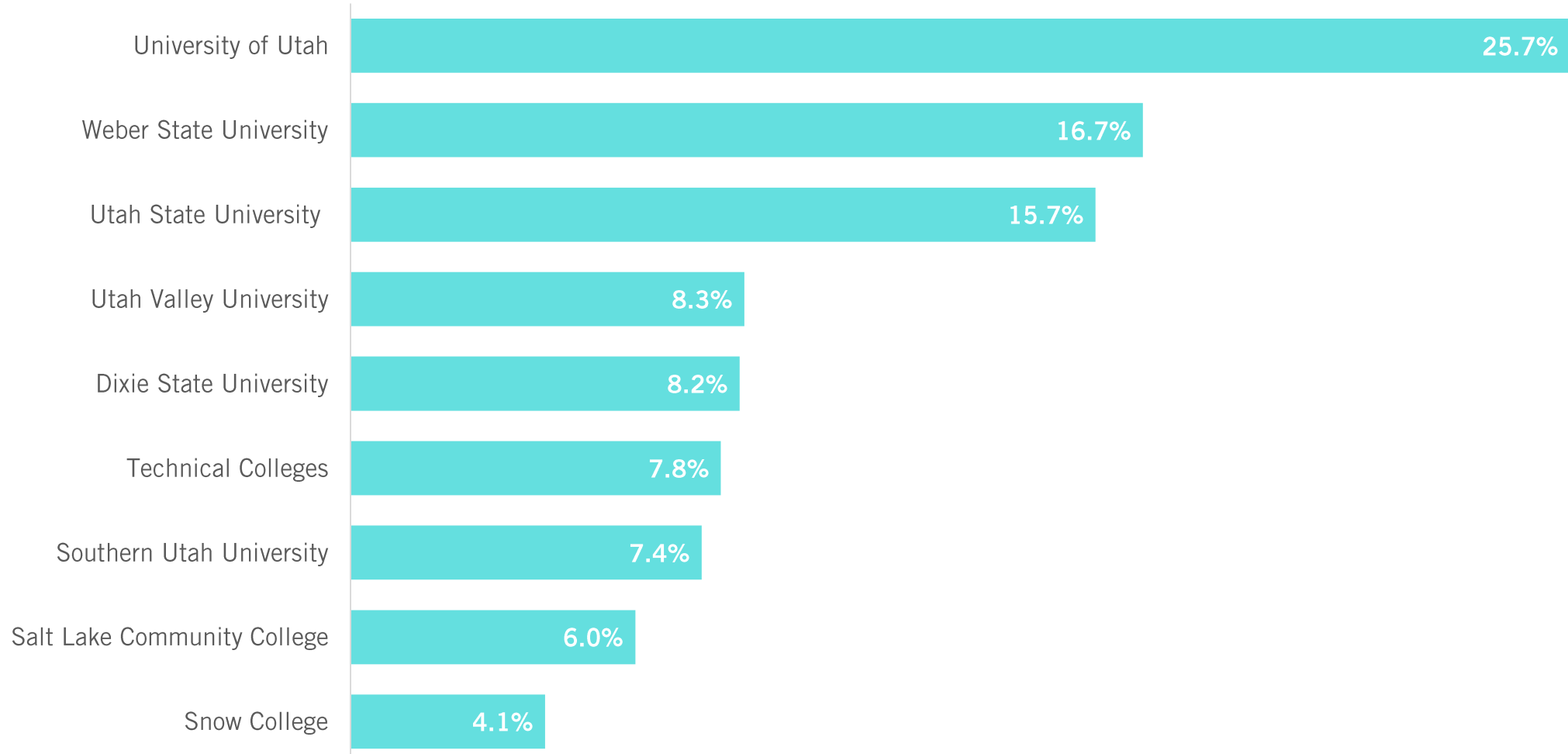
Survey Response Breakdowns

n= 5,721

Characteristic	%	Race & Ethnicity	%
Female	62.0	White, Not Hispanic	79.8
Male	34.7	Hispanic	11.5
Non-binary	2.0	Asian	7.0
Self-identify	0.6	Prefer not to answer	3.3
Undergraduates	78.4	Other	2.4
Graduate students	14.2	American Indian or Alaskan Native	1.9
Technical students	7.4	Black	1.8
Full-time status	79.5	Native Hawaiian or Pacific Islander	1.5
Part-time status	20.5		

Survey Response Breakdowns

n= 5,721



Coming up

- Statewide report and individual campus reports estimated to be completed by end of January.
- Infographic with key points
- Feel free to reach out with questions or requests:
yeseniaquintana@weber.edu