

Food Insecurity and Food Resource Use Among Students Using Rutgers-New Brunswick Student Health

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Food Insecurity

USDA¹ → “economic and social condition of limited or uncertain access to adequate food”

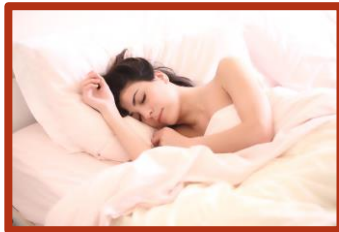
41.2 million people in US. (2016)

Nationally, 14% - 59% of students; 36.9% of undergraduates at Rutgers (2016)

Most at-risk = students of color, first-generation, and housing insecure

What are the consequences of food insecurity?

Physical



Mental



Economic



Academic





Previous
research

Research at
Rutgers

Food pantries +
other food
resources

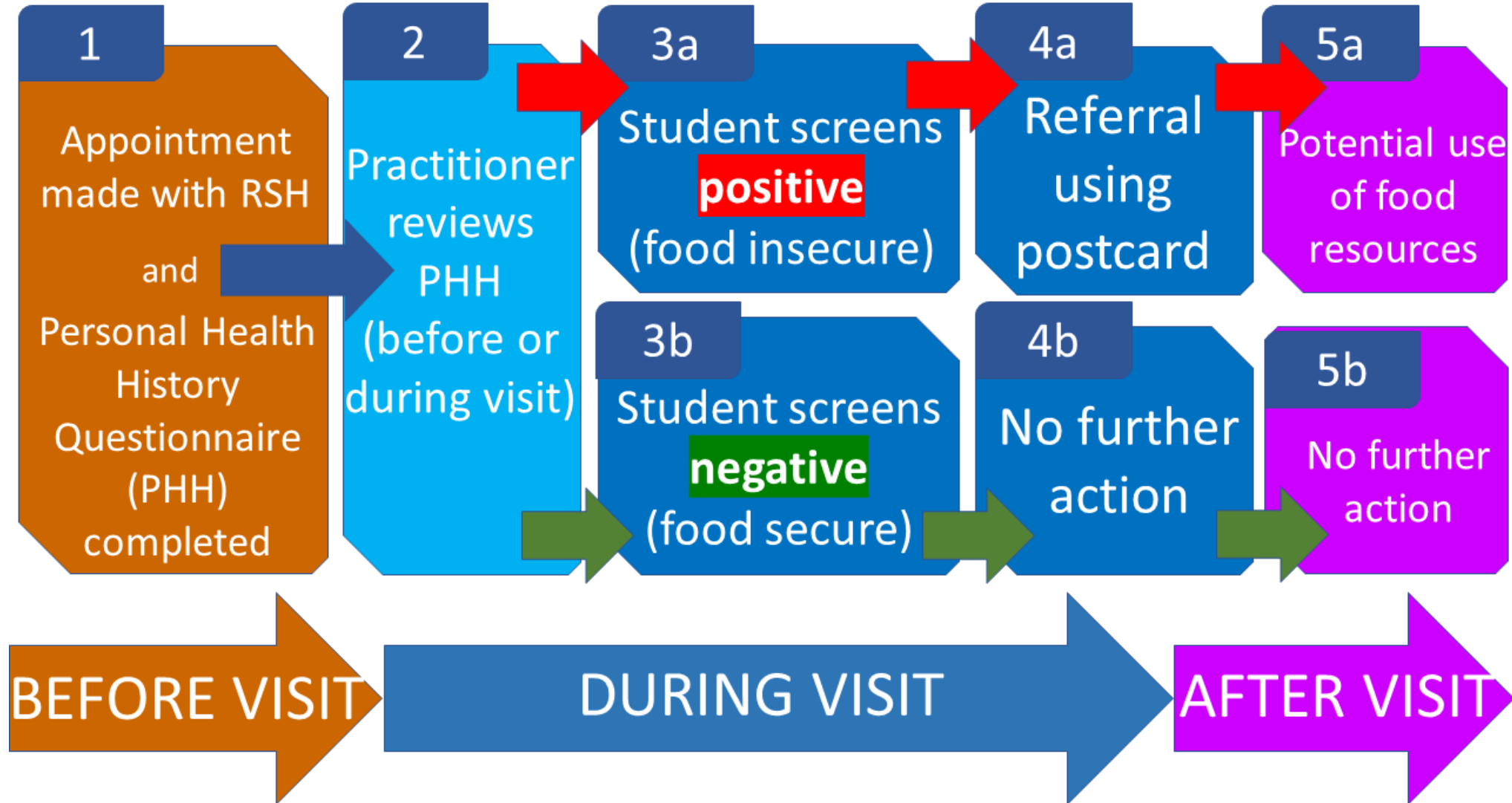
What has
already been
done to help?

My Research

- Builds on previous research at Rutgers University–New Brunswick
- Understand and predict food resource use based on food insecurity status, sociodemographic characteristics, and student characteristics

Hypothesis: A student who exhibits food insecurity will be more likely to utilize food resources.

“Screen and Intervene” through Rutgers Student Health (RSH)



Referral Postcard

Rutgers University-New Brunswick

FOOD RESOURCES



Rutgers Student

Patient Name

Prescription for:



Rutgers Student Food Pantry, 39 Union Street
(848)932-5500 Monday-Friday 9:00am-4:00pm
Students are welcome to visit the pantry anytime during operating hours.

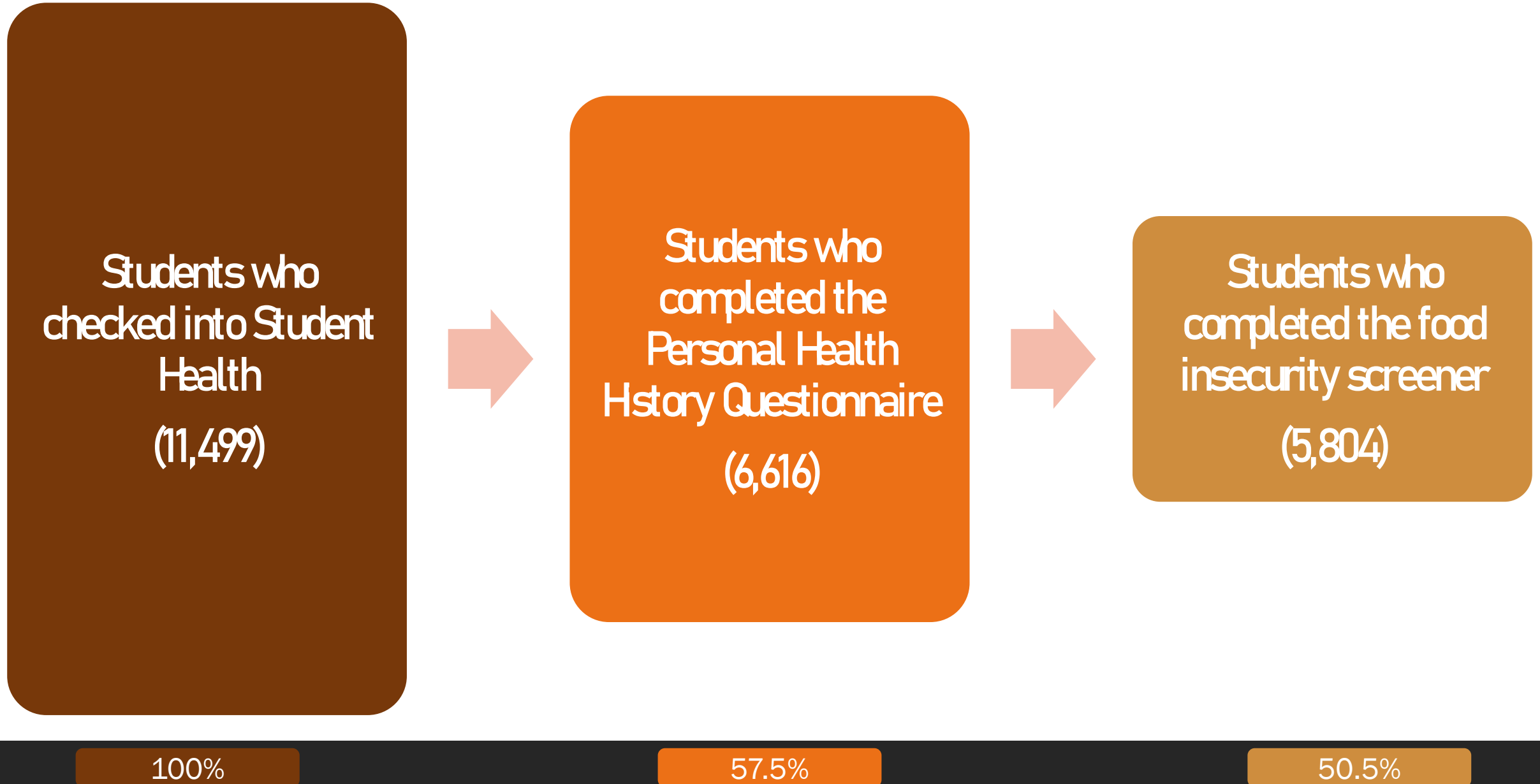


Dean of Students, 88 College Ave
(848)932-2300 Monday-Friday 8:30am-5:00pm
Please call to schedule an appointment to meet with a representative from
the Dean's Office.



*Scan to take a virtual tour of
the Rutgers Student Food Pantry!*

Who was included in this research?



How was food insecurity measured?

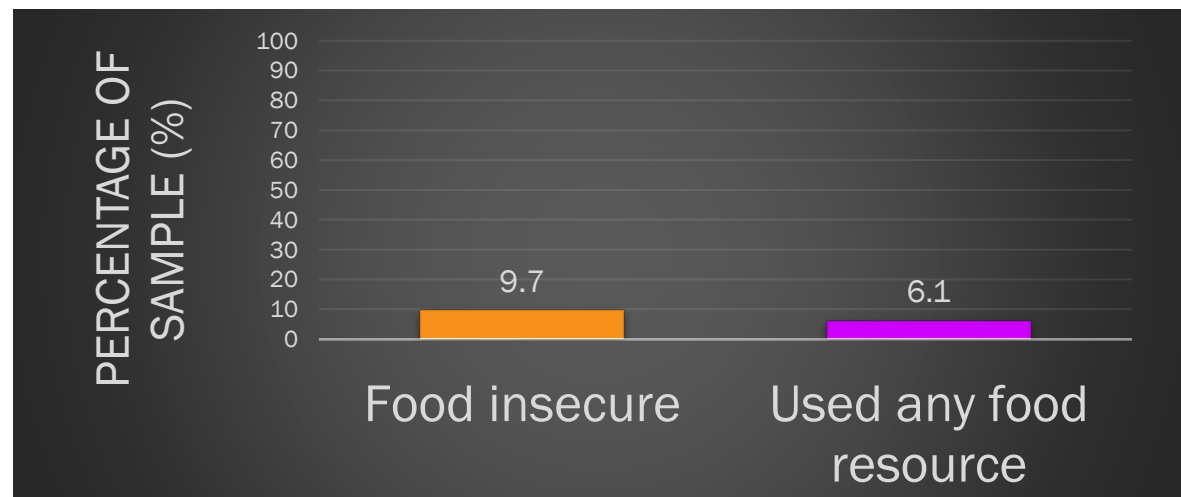
- Food insecurity status
 - Measured with two-item screener on PHH
 - Ideally measured at first visit of year
 - “Thinking about the last 30 days, how true would you say the following statements are?”

1.

I was worried whether my food would run out before I had money to buy more.

2.

The food that I bought just didn't last, and I didn't have money to get more.”

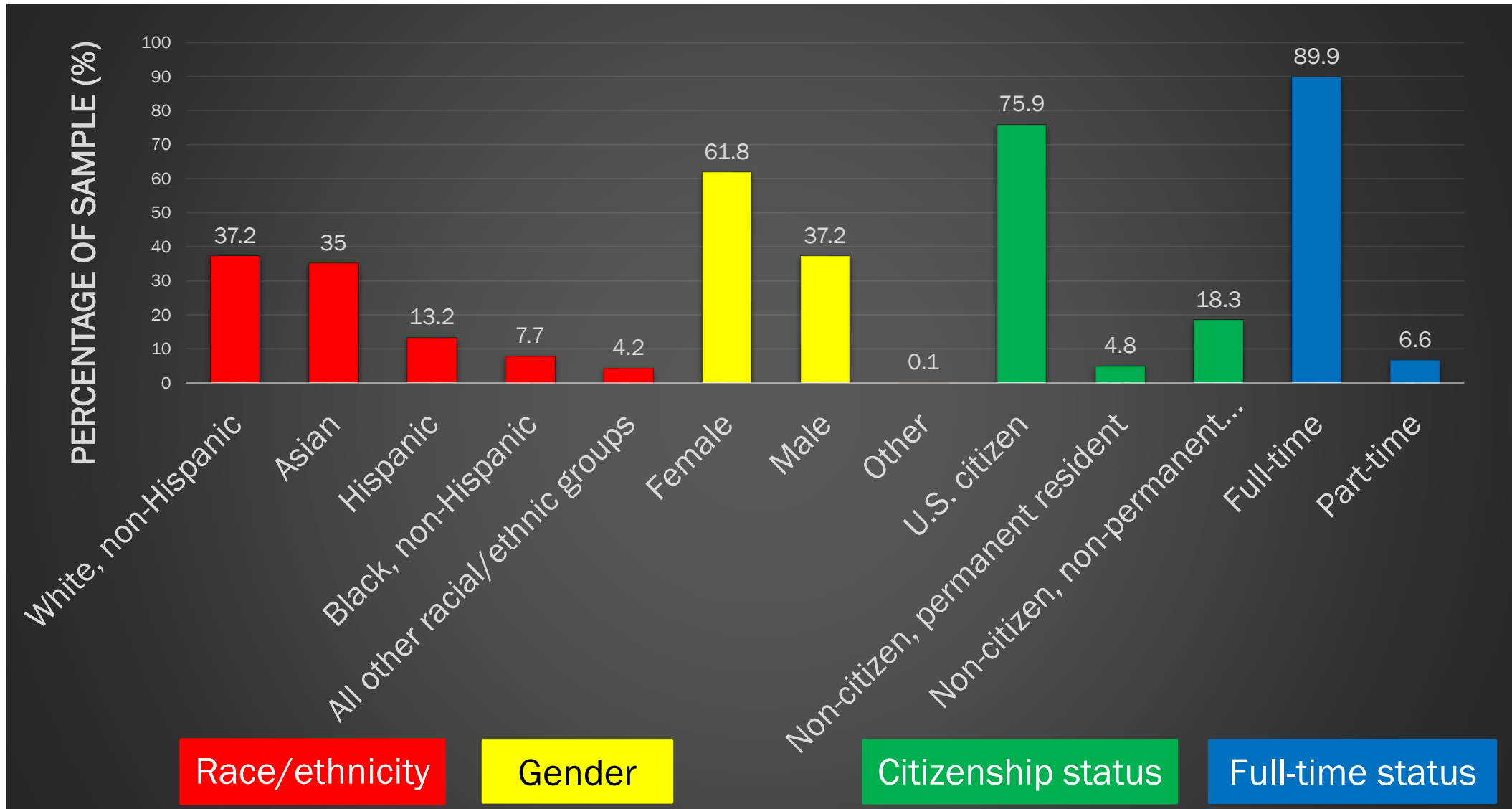


How were other predictors and food resource use measured?

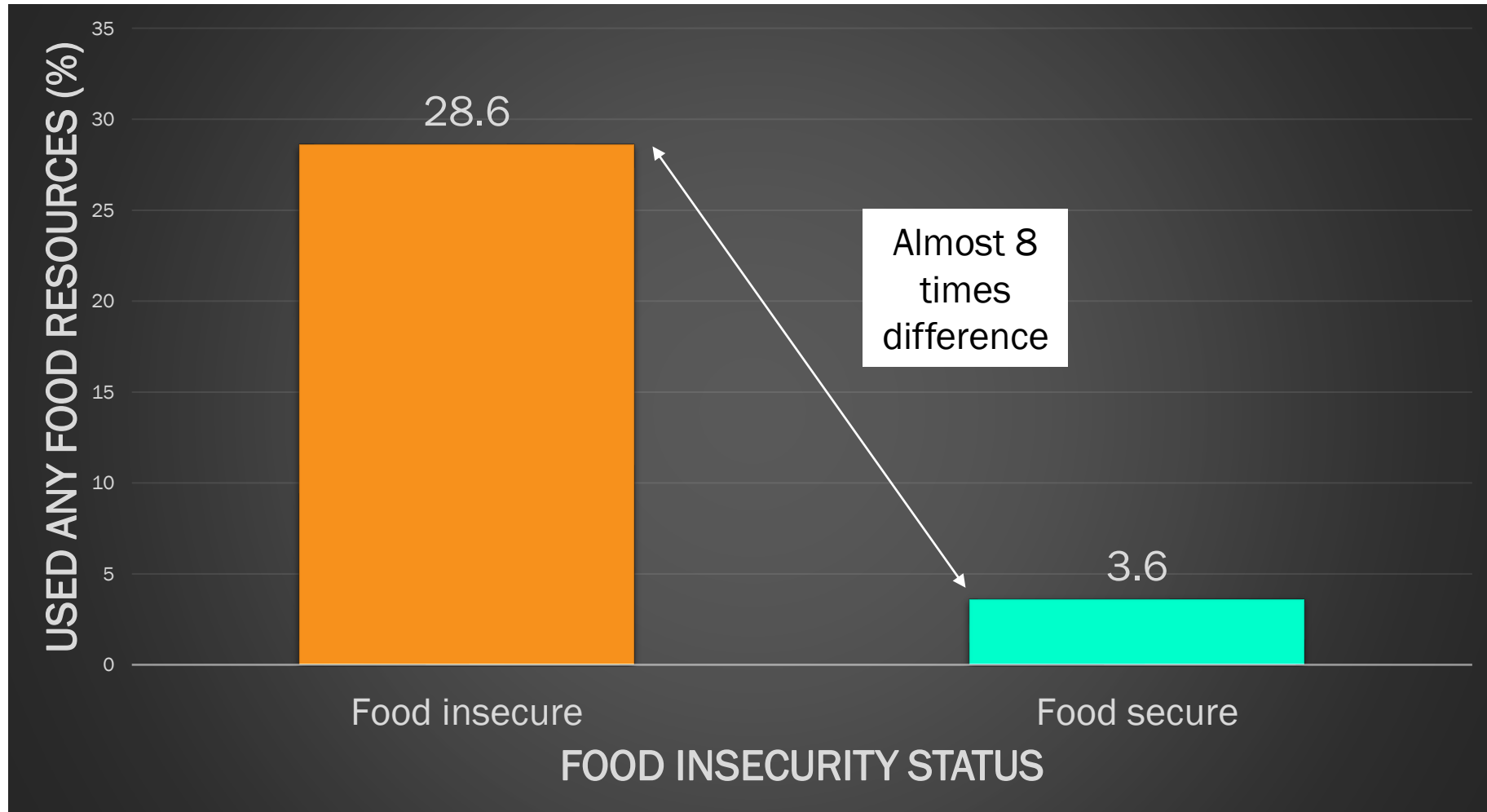
- Other predictors: sociodemographic and student characteristics
- Outcome: food resource use
- Data provided by:



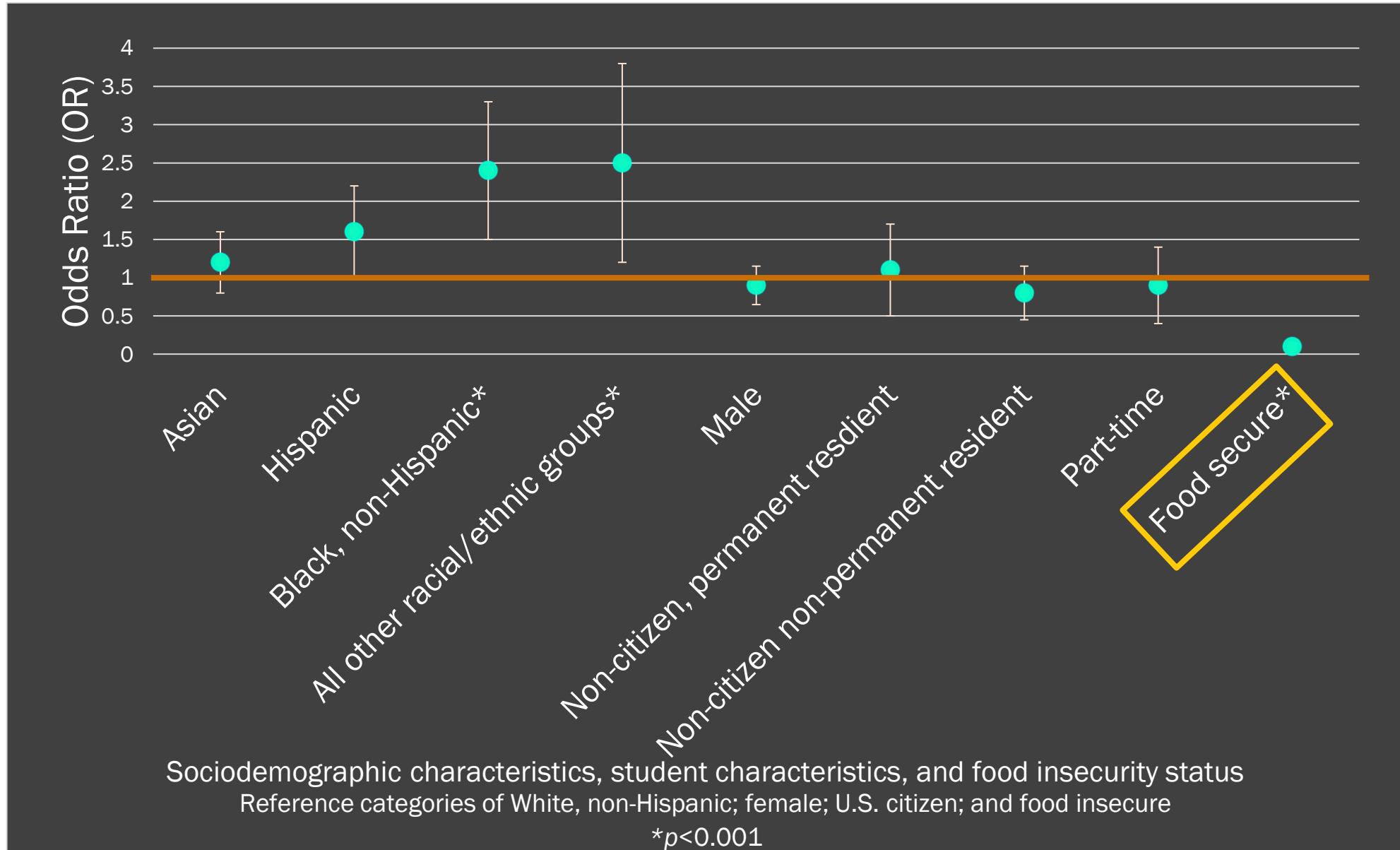
Who used Rutgers Student Health?



What did I find in terms of food insecurity and food resource use?



What did I find in terms of predicting food resource use?





- Combined screen +
intervene approach
through RSH

- Screener
- Data management

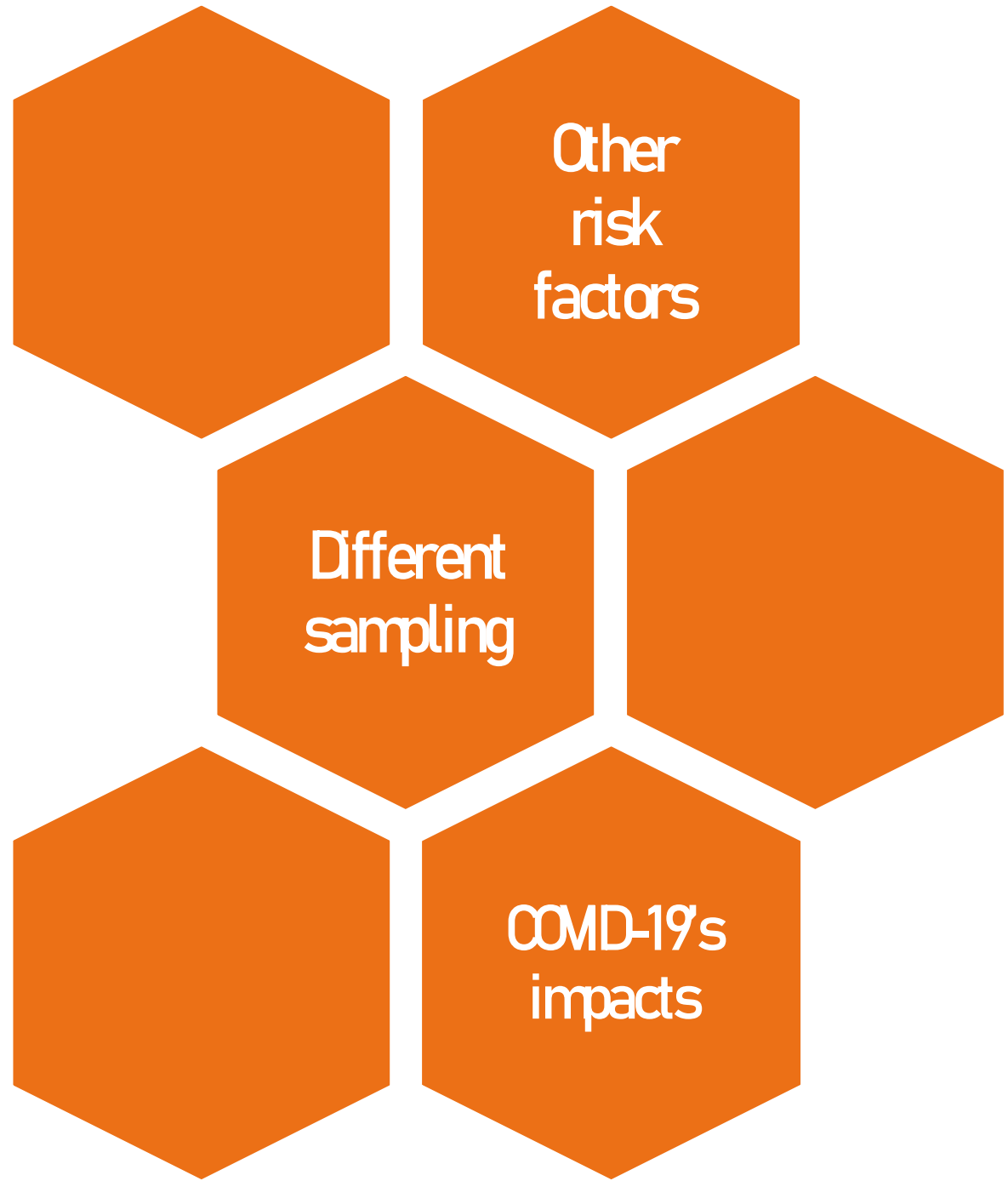


What worked
well?
What could've
been different?

What can Rutgers do to address food insecurity?

- Tailor messaging
- Target stigma through education
- Campus-wide approach
 - Syllabus statement
 - Food insecurity tool-kit
 - Mobile food pantry

What can be
done in future
food insecurity
research?



Thank you very much!
Questions?

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