DEFINING FOOD INSECURITY

Very Low Food Security
multiple indications of disrupted eating patterns and reduced food intake

Low Food Security
reduced quality, variety, or desirability of diet

Marginal Food Security
anxiety over food sufficiency or shortage of food in the house

High Food Security
no reported indications of food-access problems or limitations

SCOPE OF ISSUE
percentage that reported food insecure

12.3% National
41.6% CSU
48.6% SF State

IMPACT

low academic performance and motivation
difficulty studying
anxiety, stress, fear, and suicidal feelings
fatigue and sleeping problems
poor mental and physical health