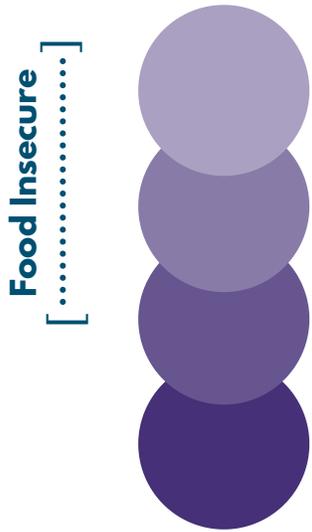


FOOD INSECURITY

among San Francisco State University Students

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

46.8%
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