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

- **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

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